

Year 1 - Day 10	
30 mins	<p>Get active / wake up shake up</p> <p>Find an area that you can move around inside or outside your home. If you have space, try to find different ways of moving around this area. You can jump, jog, skip, gallop or side step. Try to move around this area as many times as you can. How many times can you complete the circuit in a minute? If you do not have space to move around you can get active on the spot. Try jumping, hopping and jogging on the spot. Make yourself as tall as possible and as small as possible.</p> <p>Challenge: Listen to your favourite song and dance along. Try to keep moving until the music stops.</p>
10 mins	<p>Handwriting</p> <p>Complete page 20 of your handwriting book.</p>
40 mins	<p>Maths</p> <p>Today, you are going to add and subtract. Take care to read each number sentence carefully to check whether you are adding or taking away. Complete page 39 in your maths book.</p> <p>Shape Challenge: Watch this clip about 2D shapes https://www.bbc.co.uk/bitesize/topics/zjv39j6/articles/ztpwdmn Think about the 2D shapes we have been learning about at school. We can name a circle, a triangle, a square and a rectangle. See what 2D shapes you can find around your house.</p>
Break	
20 mins	<p>Phonics</p> <p>Watch the phonics video and join in with the sounds. https://offschool.org.uk/fun-with-stories-and-words/revision-of-phase-2-and-3-sounds/ Today we are going to learn the sound 'igh'. Watch the lesson below and join in with reading the words. When you get to the writing part pause the video so you have time to try to write the word before the teacher writes it. https://offschool.org.uk/fun-with-stories-and-words/phase-3-sounds-igh/</p>
30 mins	<p>Literacy</p> <p>Today you are going to imagine that you are Goldilocks. How do you think she felt after she was found by the three bears? Do you think she felt bad about going into the bears' house, eating the porridge and breaking the chair? You are going to write a letter to Baby Bear to say that you are sorry for your behaviour. You can write this in your book or log on to your Purple Mash account and complete the set task.</p>
Lunch	
15 mins	<p>Reading</p> <p>Find the 'I spy with my little eye sheet'. Try to read each word beside the picture when you find them. Challenge: Can you play I spy with someone in your house?</p>
15 mins	<p>Wellbeing</p> <p>You are amazing! There are lots of things that you are good at doing. Think about the things you enjoy and be proud of yourself. We are very proud of you! Follow this link if you can and join into the song and dance about self-belief https://www.bbc.co.uk/teach/supermovers/ks1-pshe-believe-with-naomi-wilkinson/zjchd6f</p>
30 mins	<p>Non Core - ICT</p> <p>It is very important to keep safe when you are online. https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-5-7s-home-activity-sheet-1.pdf Watch episode 2 https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/ Talk to adult in your house about the clip - How did lots of people end up seeing the pictures? What made Mo feel sad? How did the friends get help when they needed it? What did Miss Humphrey say she would do to help? Draw a picture of your favourite character singing the 'funny tummy' song.</p>
Break	
10 mins	<p>Gratefulness</p> <p>Research shows that you can teach your brain to think positively by finding something you are grateful for each day! At the end of every day we want you to think of something you are grateful for and draw it or write it in the hearts below.</p>
15 mins	<p>Storytime</p> <p>Listen to a story. An adult could read you a story or you can listen to one online.</p>