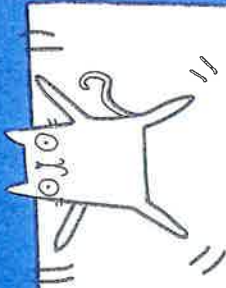


# Week 4 - w/c 25th - F/S level SEN pack

Monday 25 <sup>th</sup> January	
30 mins	<p><b>Get active / wake up shake up</b></p> <p>Over the next two weeks complete the "feeling active" challenge. Record your scores each day! Can you improve or equal your score each day?</p>
10 mins	<p><b>Handwriting</b></p> <p>Have a go at writing these months of the year in your best handwriting.</p> <p><b>January February</b></p>
40 mins	<p><b>Maths</b></p> <p>Make a shape picture out of the shapes on the sheet. Cut and stick to create your image. Then name each shape.</p>
Break	
20 mins	<p><b>High Frequency Words</b></p> <p>Complete the high frequency word spelling sheet starting with 'a'. Can you write a sentence including each word you have practised today?</p>
30 mins	<p><b>Literacy</b></p> <p>Can you make some words using these sounds and write them down? m, a, s, d, t E.g. mat, sat... Can you put one of the words into a sentence?</p>
Lunch	
15 mins	<p><b>Reading</b></p> <p>In your homework book, draw a picture of a character from your school reading book. Make it as detailed as possible. Can you write some words around them to describe what their personality is like? For example, if I was to draw Goldilocks, I would write - curious, naughty, greedy.</p>
15 mins	<p><b>Wellbeing</b></p> <p>Write a letter to someone you love telling them why you think that they are great. Use the vocabulary to help you. You may want to write a letter to more than one person. If you do not want to write a letter maybe you could draw reasons why they are great.</p>
30 mins	<p><b>Non-Core (PSHE)</b></p> <p>Have a look at this clip from the BBC about feeling worried. <a href="https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-worried/zb6ngwx">https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-worried/zb6ngwx</a></p> <p>Talk or think about a time when you have been worried. What happened and how did it make you feel? Draw a picture to show what happened.</p>
Break	
10 mins	<p><b>Gratefulness</b></p> <p>Using the tree template provided or the one you had made. Add the new leaf explaining what you are thankful or grateful for. You may want to decorate your tree using colour as well! You could be grateful for almost anything, the weather, your family, a kind action from someone, a meal or even an activity you have done throughout the day.</p>
15 mins	<p><b>Storytime</b></p> <p>Listen to a story. An adult could read you a story or you can listen to one online.</p>

# FEELING ACTIVE

Exercises can help make you feel better. Try doing one of these exercises every day.

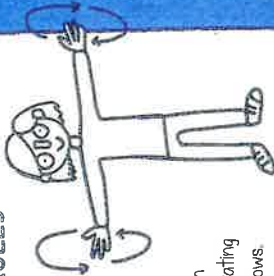


## 20 JUMPING JACKS

Stand tall with your feet together and your hands at your sides. Quickly raise your arms above your head while jumping your feet out to the sides. Then immediately bring your arms back down to your sides and jump so your feet are together again.

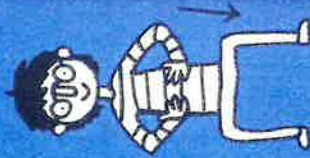
## 30 ARM CIRCLES

Stand up straight with your arms stretched out on either side of your body. Slowly move your arms in circles without rotating your wrists or elbows.



## 8 SQUATS

Stand with your feet hip-width apart, hands on your hips, and slowly bend down, bending at your knees and hips. Make sure your back is straight, and sink as low as possible without letting your knees go past the angle of your feet. Then slowly rise back to standing position.



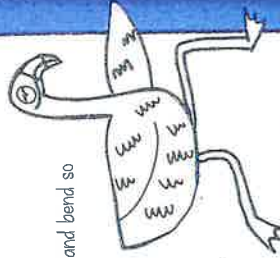
## 10 CALF RAISES

With your feet spaced hip-width apart, place your hands on your legs and lift your heels off the ground. Standing on the toe part to right, slowly lower back down, then return your feet to the floor.



## 10 LUNGES

Take a step forward and bend so that your back knee touches the floor. Make sure your front knee doesn't bend past your toes.



Cut out this chart and put it on your wall.

Tick off when you have completed any of these exercises.



20 JUMPING JACKS  
30 ARM CIRCLES  
8 SQUATS  
10 CALF RAISES  
10 LUNGES

MONDAY

TUESDAY

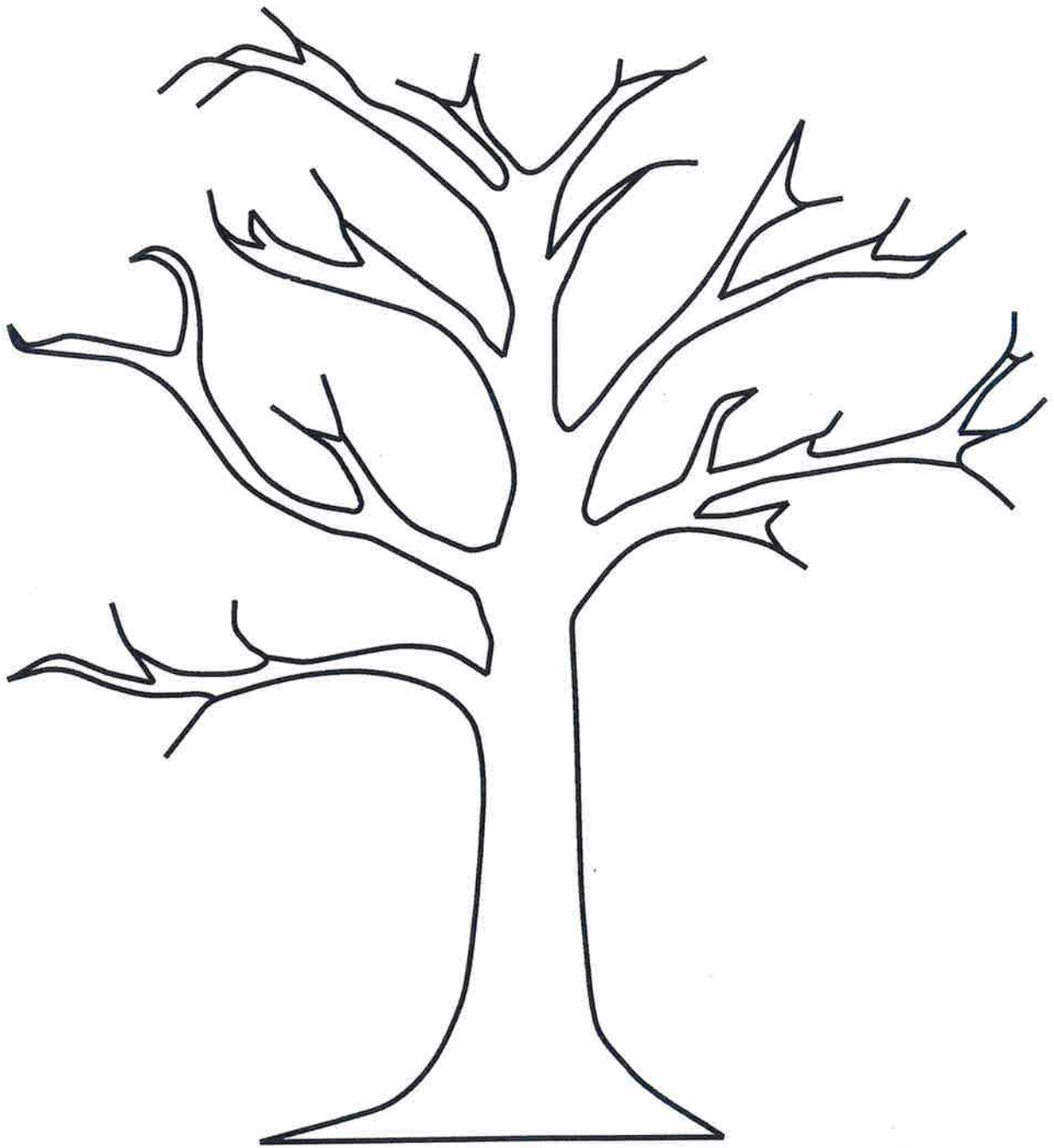
WEDNESDAY

THURSDAY




FRIDAY

SATURDAY

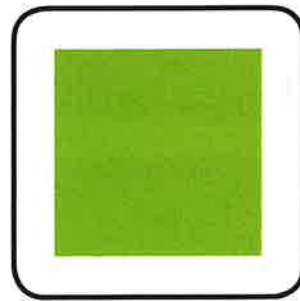
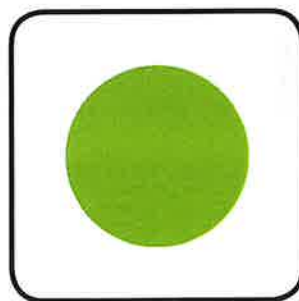
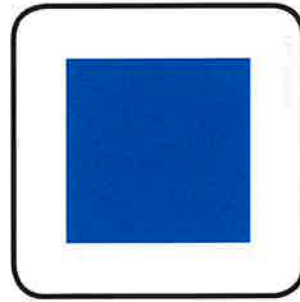
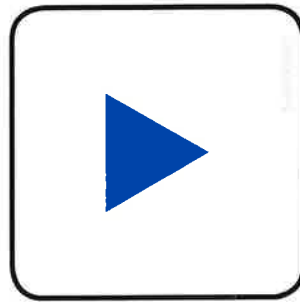
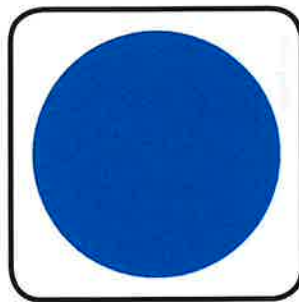
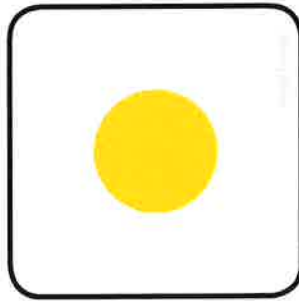
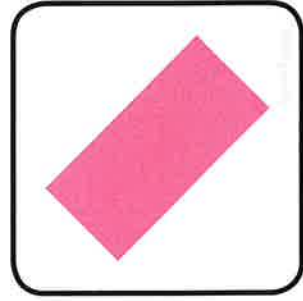
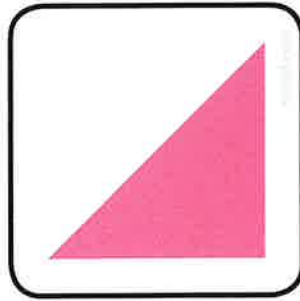
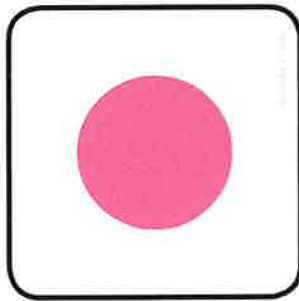
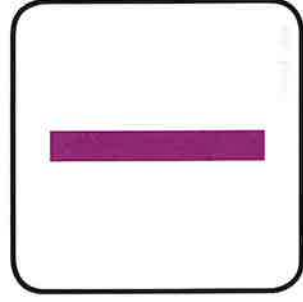
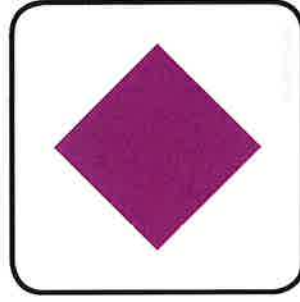
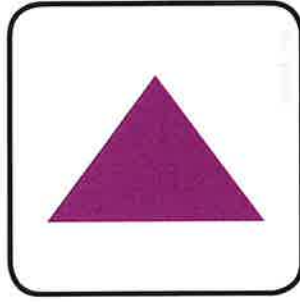
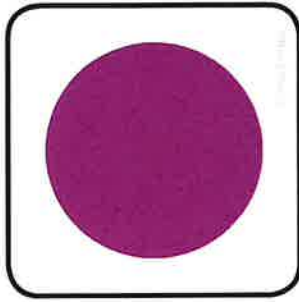
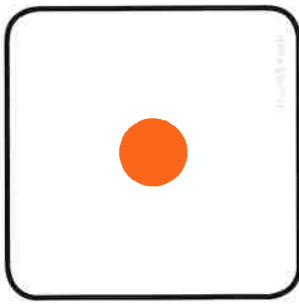
SUNDAY



Apple Tree Template

 Look and say	 Look, say and write	 Cover and write
<b>a</b>		
<b>an</b>		
<b>as</b>		
<b>at</b>		

Mon 25th



MON 25th




WRITE A LETTER TO SOMEONE YOU LOVE,  
TELLING THEM WHY THEY ARE GREAT.

Here are some description words to help you write the letter:

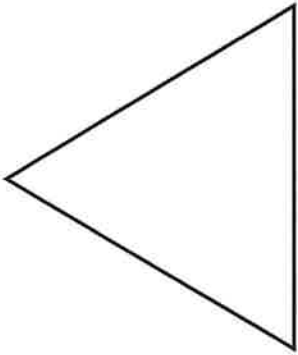
**THOUGHTFUL**      **chatty**  
**caring**      *interesting*  
*helpful*  
**KIND**      *give good hugs*  
*FORGIVING*  
make me laugh  
**INTERESTED**      **funny**  
good at listening      loving  
**FUN**      *inspiring*

A large, blank, lined writing area for the letter, consisting of approximately 15 horizontal lines. The lines are evenly spaced and extend across the width of the page. The writing area is framed by a simple black border.

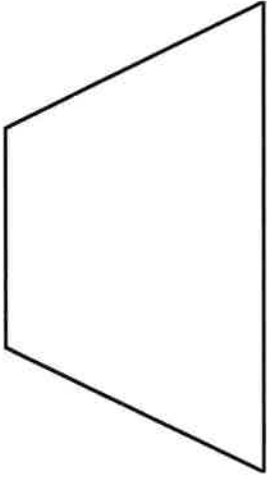
Tuesday 26 <sup>th</sup> January	
30 mins	<p><b>Get active / wake up shake up</b></p> <p>Over the next two weeks complete the "feeling active" challenge. Record your scores each day! Can you improve or equal your score each day?</p>
10 mins	<p><b>Handwriting</b></p> <p>Have a go at writing these months of the year in your best handwriting.  <b>March April</b></p>
40 mins	<p><b>Maths</b></p> <p>See sheet in your pack. Name each shape and count how many sides each shape has.  Use these words to help you: Triangle, square, circle, rectangle, rhombus, octagon, hexagon, pentagon.</p>
Break	
20 mins	<p><b>High Frequency Words</b></p> <p>Complete the high frequency word spelling sheet starting with 'if'.  Can you write a sentence including each word you have practised today?</p>
30 mins	<p><b>Literacy</b></p> <p>Write the letter 'i'.  Can you think of things that begin with the 'i' sound? Draw them on a sheet of paper and have a go at writing the words. Sound out your words and remember to start with 'i'.</p>
Lunch	
15 mins	<p><b>Reading</b></p> <p>Read the book in your book bag, or any other book or magazine that you like. Read for at least 15 minutes. If possible, ask an adult or older brother or sister to listen to you. Remember to get your Reading Superstar sheet signed.</p>
15 mins	<p><b>Wellbeing</b></p> <p>Complete the 'Empty your mind' sheet in your pack.</p>
30 mins	<p><b>Non-Core (ICT)</b></p> <p>Take a look at BBC bitesize:  <a href="https://www.bbc.co.uk/bitesize/topics/z3tbwmn/articles/z3whpv4">https://www.bbc.co.uk/bitesize/topics/z3tbwmn/articles/z3whpv4</a></p> <p>Play some of the games that are linked to the video you have watched. If you can't get onto the internet, an algorithm is a set of instructions to your computer to make something work. Write your own set of instructions about anything you wish. Make sure you use technical vocabulary. For example, if you are baking a cake, you will need to use vocabulary such as 'mix' and 'fold'.</p>
Break	
10 mins	<p><b>Gratefulness</b></p> <p>Using the tree template provided or the one you had made. Add the new leaf explaining what you are thankful or grateful for. You may want to decorate your tree using colour as well! You could be grateful for almost anything, the weather, your family, a kind action from someone, a meal or even an activity you have done throughout the day.</p>
15 mins	<p><b>Storytime</b></p> <p>Listen to a story. An adult could read you a story or you can listen to one online.</p>

 Look and say	 Look, say and write	 Cover and write
<b>if</b>		
<b>in</b>		
<b>is</b>		
<b>it</b>		

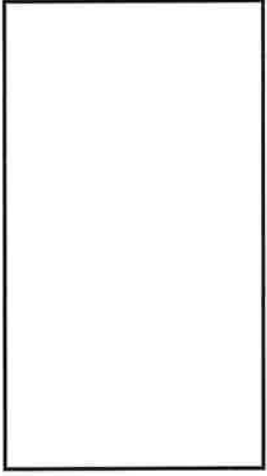
# Name the 2D Shape



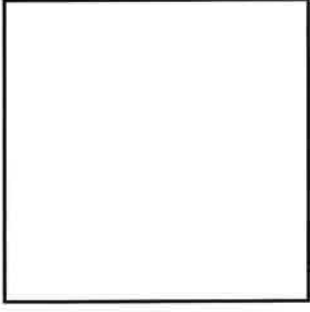
Number of sides \_\_\_\_\_  
Name \_\_\_\_\_



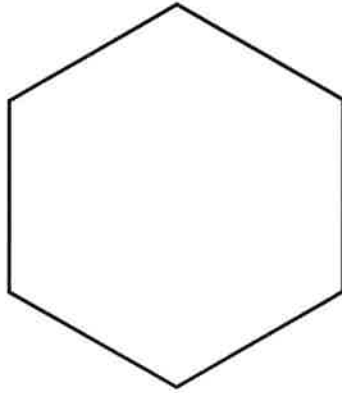
Number of sides \_\_\_\_\_  
Name \_\_\_\_\_



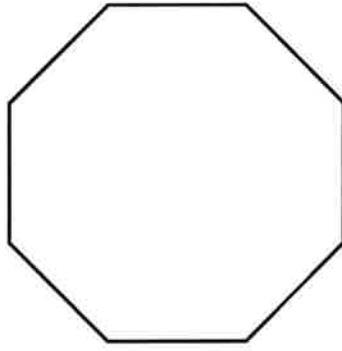
Number of sides \_\_\_\_\_  
Name \_\_\_\_\_



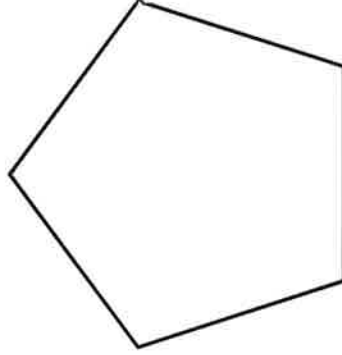
Number of sides \_\_\_\_\_  
Name \_\_\_\_\_



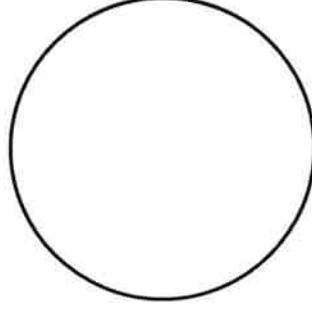
Number of sides \_\_\_\_\_  
Name \_\_\_\_\_



Number of sides \_\_\_\_\_  
Name \_\_\_\_\_



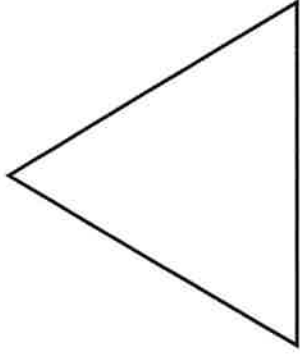
Number of sides \_\_\_\_\_  
Name \_\_\_\_\_



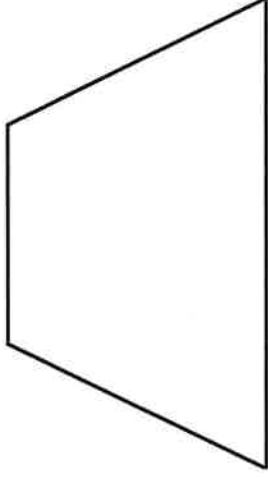
Number of sides \_\_\_\_\_  
Name \_\_\_\_\_

Tue 26th

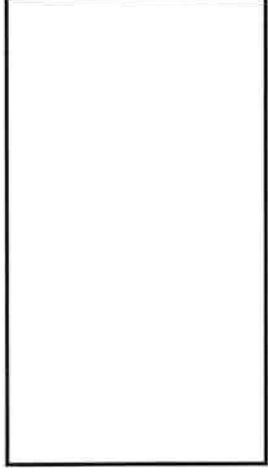
# Name the 2D Shape - Answers



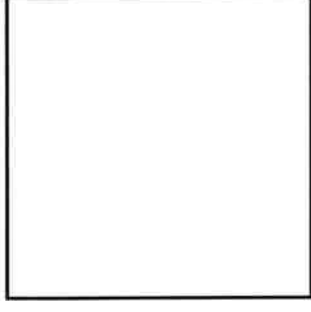
Number of sides **3**  
Name **triangle/equilateral triangle**



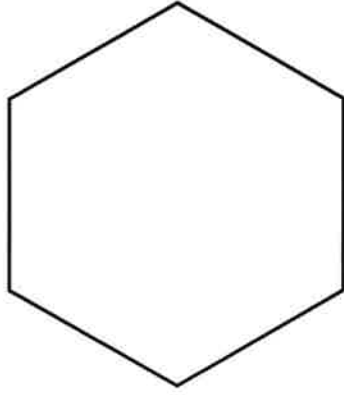
Number of sides **4**  
Name **trapezium**



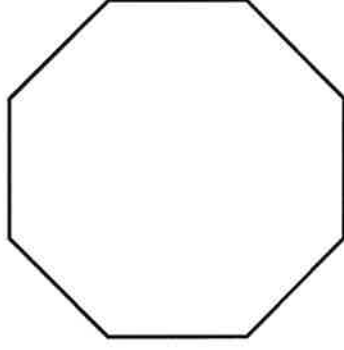
Number of sides **4**  
Name **rectangle**



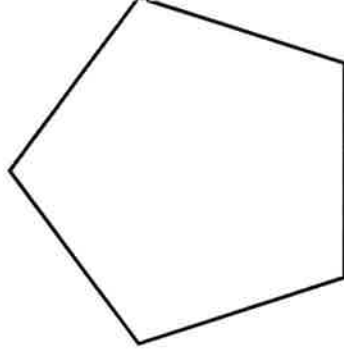
Number of sides **4**  
Name **square**



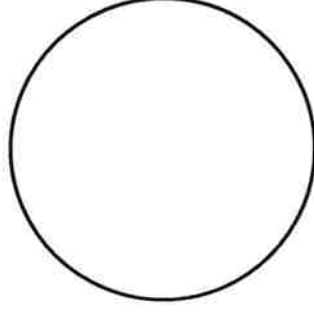
Number of sides **6**  
Name **hexagon**



Number of sides **8**  
Name **octagon**



Number of sides **5**  
Name **pentagon**



Number of sides **1**  
Name **circle**

Tues 26th

# EMPTY YOUR MIND

When your mind is empty think about your five senses - touch, taste, sight, hearing and smell

Empty your mind completely by focusing on this spot.



Fill in the sentences below for each sense.

I smell...

I hear...

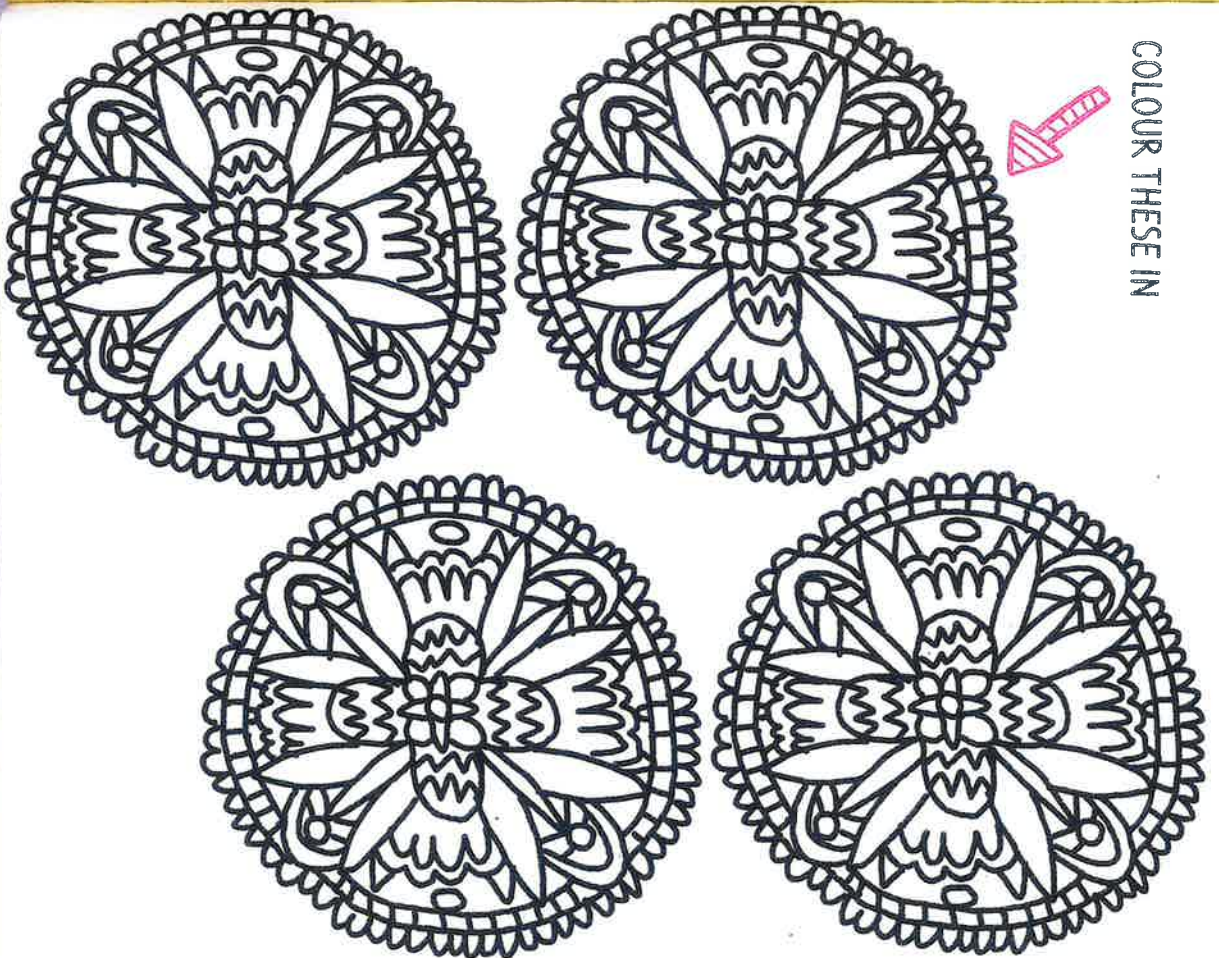
I feel..

I see...

I taste...






COLOUR THESE IN



Wednesday 27<sup>th</sup> January


30 mins	<b>Get active / wake up shake up</b> Over the next two weeks complete the "feeling active" challenge. Record your scores each day! Can you improve or equal your score each day?
10 mins	<b>Handwriting</b> Have a go at writing these months of the year in your best handwriting. May June
40 mins	<b>Maths</b> Today we are going to look at repeating patterns. Have a look at the sheet in your pack and try to repeat the patterns on the sheet provided.
<b>Break</b>	
20 mins	<b>High Frequency Words</b> Complete the high frequency word spelling sheet starting with 'of'. Can you write a sentence including each word you have practised today?
30 mins	<b>Literacy</b> Write the letter 'n.' Can you think of things that begin with the 'n' sound? Draw them on a sheet of paper and have a go at writing the words. Sound out your words and remember to start with 'n.'
<b>Lunch</b>	
15 mins	<b>Reading</b>
15 mins	<b>Wellbeing</b> Complete the happy jar sheet in your pack. If you have any empty jars at home, you may wish to make your own happy jar so that you can continue this!
30 mins	<b>Non-Core (PE)</b> Create your own workout session! Pick your three favourite exercises. Create a workout session for you and your family to complete. You could even do this session with music! Pick your favourite song and complete your exercise routine to it. Remember, your heart rate should increase when you are exercising.
<b>Break</b>	
10 mins	<b>Gratefulness</b> Using the tree template provided or the one you had made. Add the new leaf explaining what you are thankful or grateful for. You may want to decorate your tree using colour as well! You could be grateful for almost anything, the weather, your family, a kind action from someone, a meal or even an activity you have done throughout the day.
15 mins	<b>Storytime</b> Listen to a story. An adult could read you a story or you can listen to one online.

 Look and say	 Look, say and write	 Cover and write
of		
off		
on		
can		



# Repeating Patterns

Can you continue the patterns below?




1. 

																			
-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--





2. 

																			
-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--






3. 

																			
-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

4. 

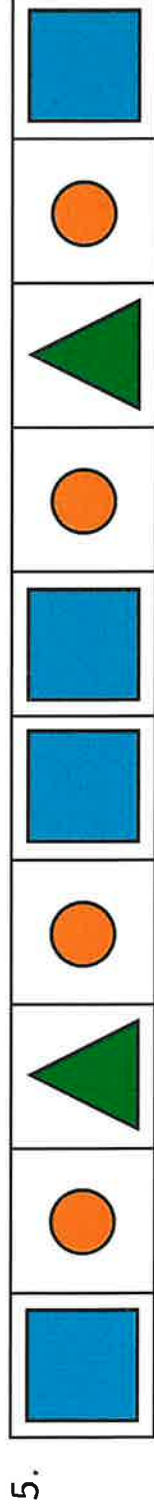
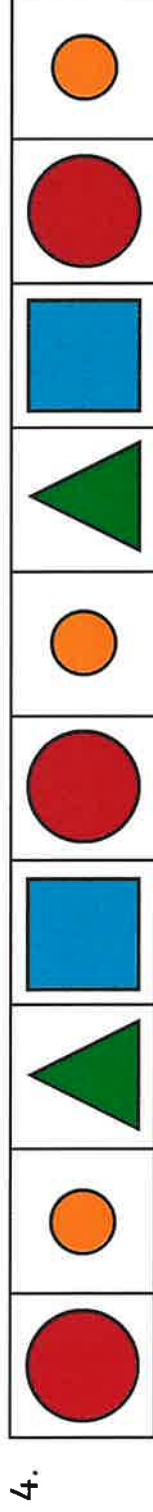
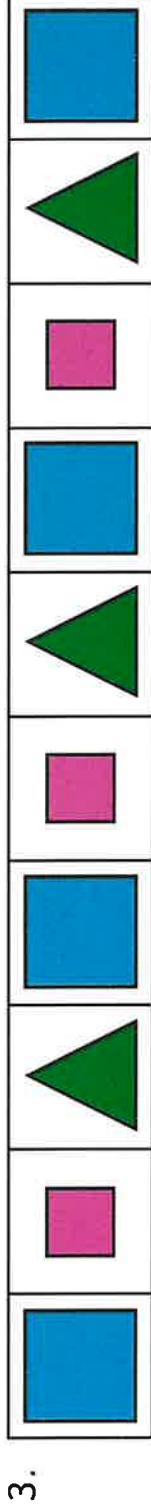
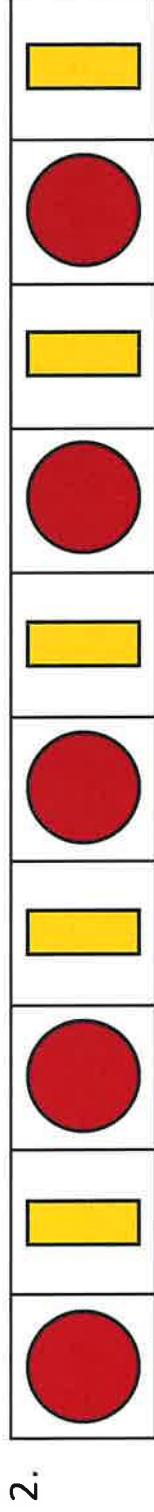
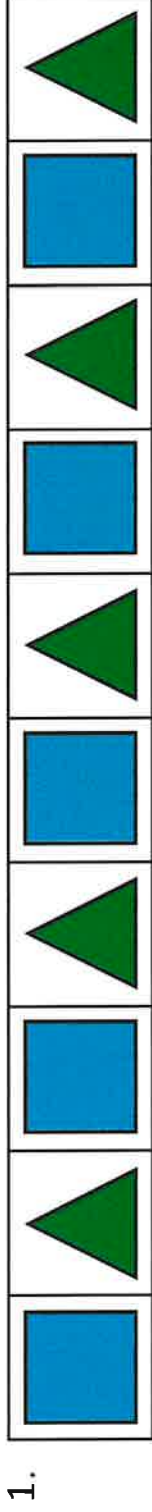
																			
--------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

5. 

																			
---------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

# Repeating Patterns Answers

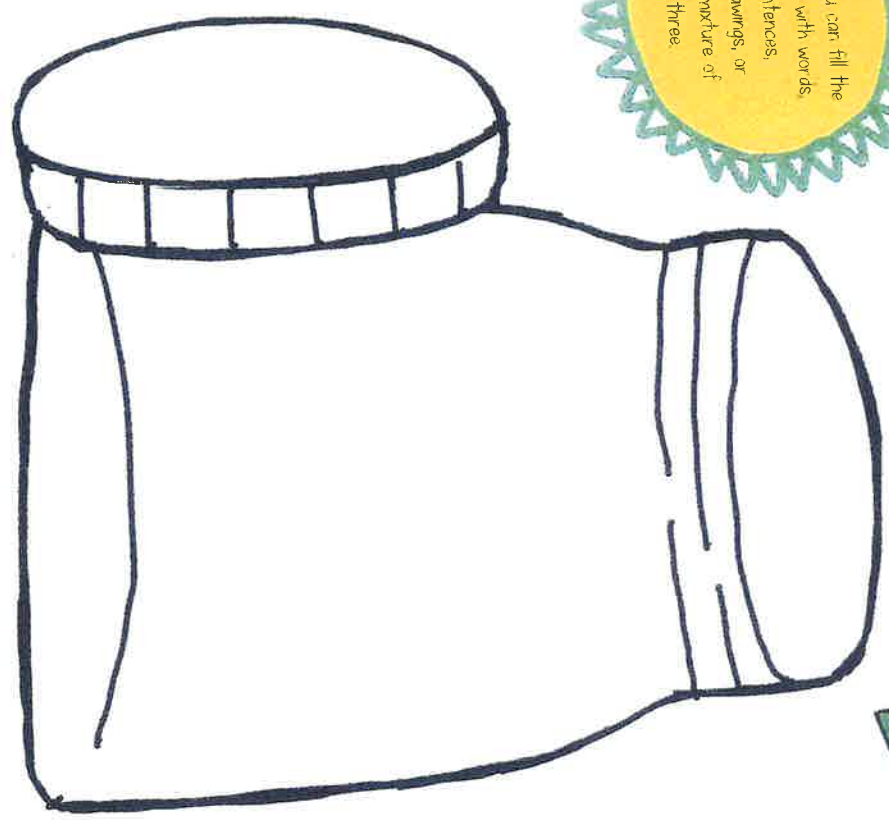
Can you continue the patterns below?



Wed 27th

# THE HAPPY JAR

You can fill the jar with words, sentences, drawings, or a mixture of all three.



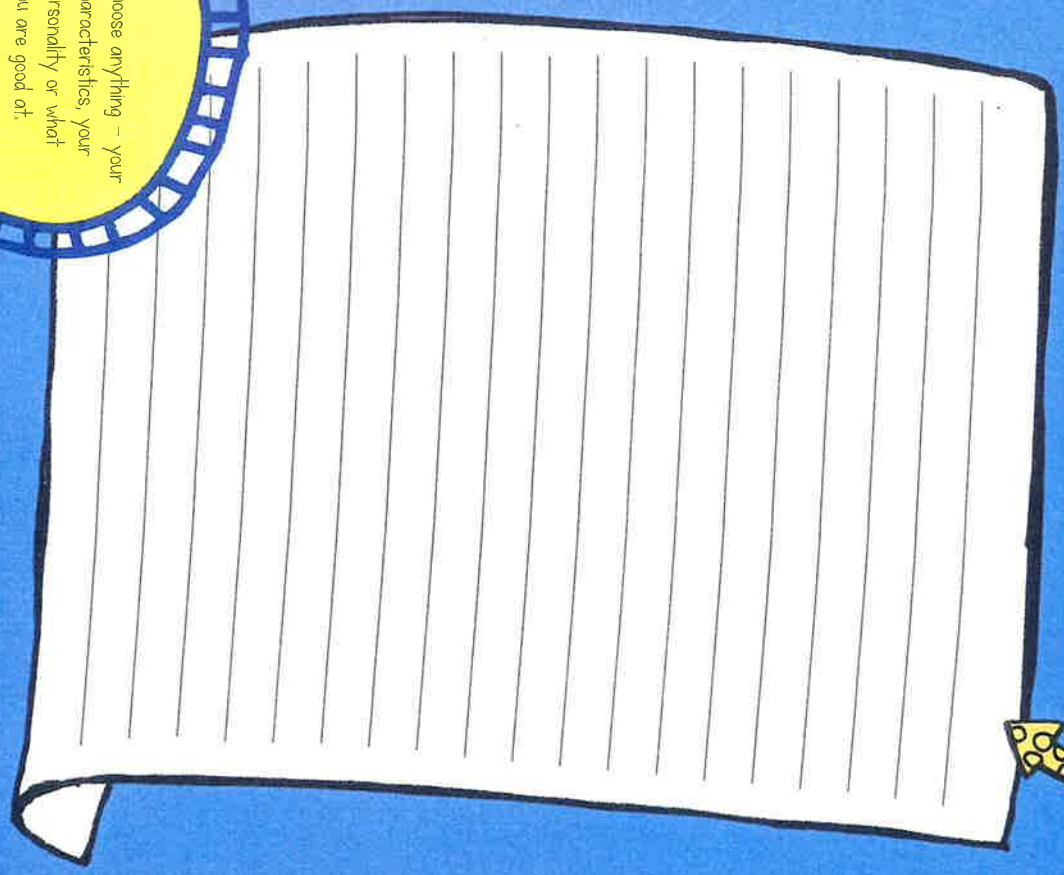
Fill this jar with happiness by writing or drawing in happy thoughts and pictures.






# ALL ABOUT ME!

Write a list of things you like about yourself.




Choose anything - your characteristics, your personality or what you are good at.



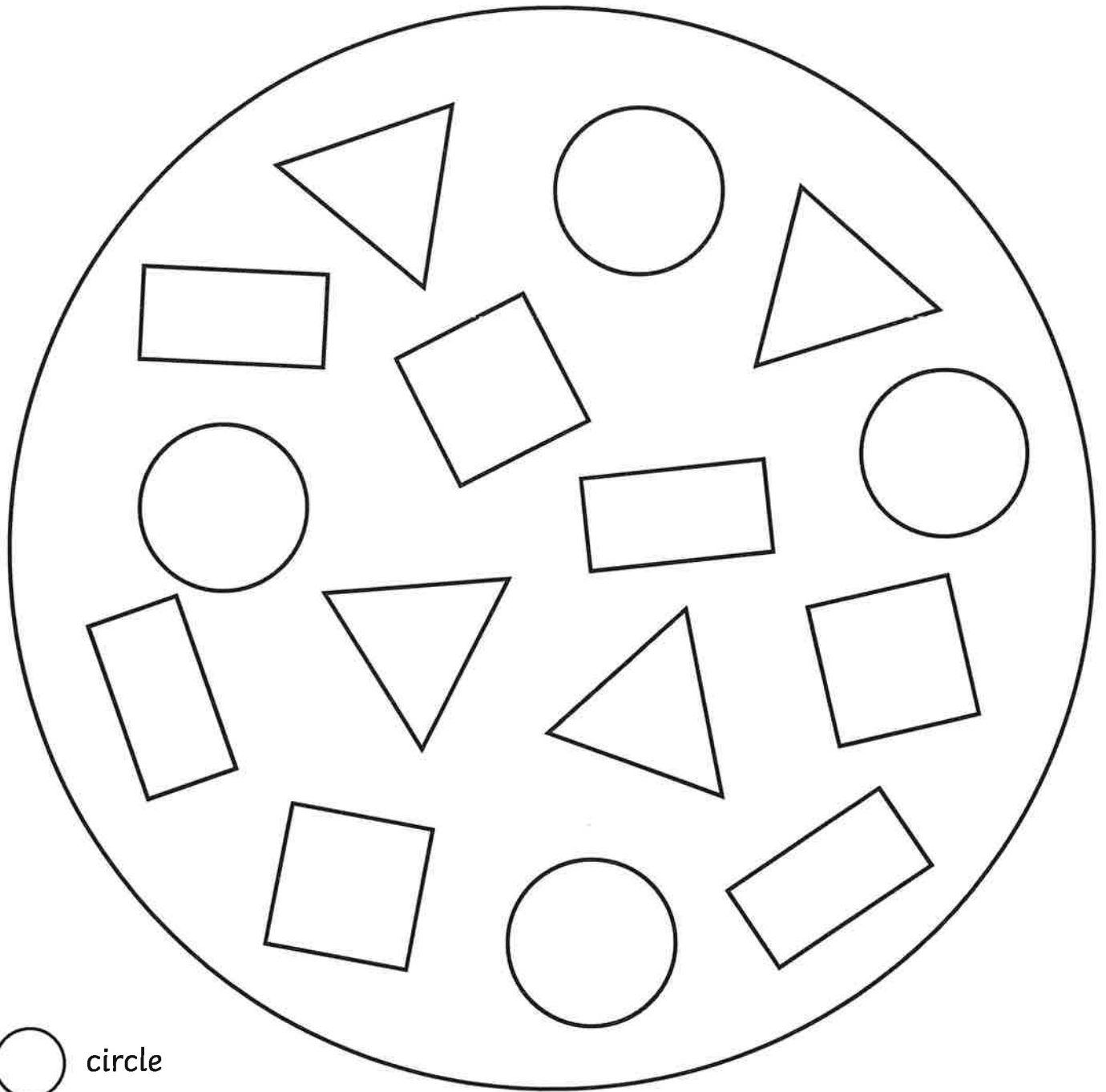
Thursday 28 <sup>th</sup> January	
30 mins	<p><b>Get active / wake up shake up</b></p> <p>Over the next two weeks complete the "feeling active" challenge. Record your scores each day! Can you improve or equal your score each day?</p>
10 mins	<p><b>Handwriting</b></p> <p>Have a go at writing these months of the year in your best handwriting.</p> <p><b>July August September</b></p>
40 mins	<p><b>Maths</b></p> <p>Draw around your hand and write the numbers 1 to 5 on each finger or thumb. Then draw around the other hand and write in the numbers 6 to 10. Under number 1, draw 1 shape. Under number 2, draw two shapes, etc.</p>
Break	
20 mins	<p><b>High Frequency Words</b></p> <p>Complete the high frequency word spelling sheet starting with 'dad'. Can you write a sentence including each word you have practised today?</p>
30 mins	<p><b>Literacy</b></p> <p>Write the letter 'p.' Can you think of things that begin with the 'p' sound? Draw them on a sheet of paper and have a go at writing the words. Sound out your words and remember to start with 'p.'</p>
Lunch	
15 mins	<p><b>Reading</b></p> <p>Think about a character in a book that you have really liked or enjoyed reading about. Can you write a postcard to them? What do you want to find out about them?</p>
15 mins	<p><b>Wellbeing</b></p> <p>Complete the 'chuckle box' sheet in your pack.</p>
30 mins	<p><b>Science</b></p> <p>Take a look at the link below. <a href="https://teachers.thenational.academy/lessons/to-understand-the-difference-between-hot-and-cold-6cukcr">https://teachers.thenational.academy/lessons/to-understand-the-difference-between-hot-and-cold-6cukcr</a> Now freeze some more ice cubes with food colouring inside, watch the ice cubes melt and the water change colour.</p>
Break	
10 mins	<p><b>Gratefulness</b></p> <p>Using the tree template provided or the one you had made. Add the new leaf explaining what you are thankful or grateful for. You may want to decorate your tree using colour as well! You could be grateful for almost anything, the weather, your family, a kind action from someone, a meal or even an activity you have done throughout the day.</p>
15 mins	<p><b>Storytime</b></p> <p>Listen to a story. An adult could read you a story or you can listen to one online.</p>

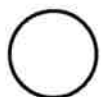
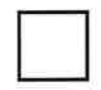
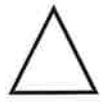
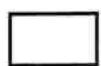
 Look and say	 Look, say and write	 Cover and write
<b>dad</b>		
<b>had</b>		
<b>back</b>		
<b>and</b>		

Friday 29 <sup>th</sup> January	
30 mins	<p><b>Get active / wake up shake up</b></p> <p>Over the next two weeks complete the "feeling active" challenge. Record your scores each day! Can you improve or equal your score each day?</p>
10 mins	<p><b>Handwriting</b></p> <p>Have a go at writing these months of the year in your best handwriting.  <b>October November December</b></p>
40 mins	<p><b>Maths</b></p> <p>Have a go at the Pizza Shape colouring sheet. Can you colour the Triangles, squares, rectangles and circles using your key?</p>
Break	
20 mins	<p><b>High Frequency Words</b></p> <p>Complete the high frequency word spelling sheet starting with 'get'.  Can you write a sentence including each word you have practised today?</p>
30 mins	<p><b>Literacy</b></p> <p>Write the letter 'g.'  Can you think of things that begin with the 'g' sound? Draw them on a sheet of paper and have a go at writing the words. Sound out your words and remember to start with 'g.'</p>
Lunch	
15 mins	<p><b>Reading</b></p> <p>Look at the book in your book bag. Where is the story set? In your homework book, draw a picture of the setting, try to include as much detail as possible. Can you write some words around your picture to describe it? For example, if my book was Little Red Riding Hood, I would draw the woods and write words like; dark, mysterious, dangerous.</p>
15 mins	<p><b>Wellbeing</b></p> <p>Complete the 'artwork' sheet in your pack.</p>
30 mins	<p><b>Non-Core (Exploring)</b></p> <p><u>Make your own pizza</u></p> <p>Draw a picture of it thinking about what you will put on it.  Then make it! Was it as good as you hoped?!  (You can make the base or buy it from the shop)</p>
Break	
10 mins	<p><b>Gratefulness</b></p> <p>Using the tree template provided or the one you had made. Add the new leaf explaining what you are thankful or grateful for. You may want to decorate your tree using colour as well! You could be grateful for almost anything, the weather, your family, a kind action from someone, a meal or even an activity you have done throughout the day.</p>
15 mins	<p><b>Storytime</b></p> <p>Listen to a story. An adult could read you a story or you can listen to one online.</p>

 Look and say	 Look, say and write	 Cover and write
<b>get</b>		
<b>big</b>		
<b>him</b>		
<b>his</b>		

# Pizza Shape Colouring



-  circle
-  square
-  triangle
-  rectangle

Fri 29th

THIS IS YOUR EMBOSSED ARTWORK.  
GIVE IT A NAME.



I NAME THIS ARTWORK.....

RIP OUT THIS PAGE  
AND TEAR IT INTO  
AS MANY TEENY  
TINY PIECES AS YOU  
CAN, THEN THROW  
THEM INTO THE  
RECYCLING!