


Week 3 - w/c 18th Jan - F/5 level SEN pack.

Home Learning	
<p>In this pack we have provided a set of activities which are similar to a school day. We have suggested a length of time for each activity. Please feel free to spend more or less time on each activity to suit you and your child. In your pack there are all the resources you need for each day. We are available to contact should you have any questions on info@scraptoftvalley.leicester.sch.uk or you can call the school office on 0116 2413444 where somebody will be able to help you.</p>	
Monday 18 th January	
30 mins	<p>Get active / wake up shake up</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>Handwriting</p> <p>Practise writing your first name in your best handwriting. Are you writing on the line? Is each letter shaped correctly?</p>
40 mins	<p>Maths</p> <p>Can you make a shape picture? Use different 2D shapes to draw a picture of your choice. Can you name each shape correctly?</p> 
Break	
20 mins	<p>High Frequency Words</p> <p>Complete the high frequency word spelling sheet starting with 'time'. Can you write a sentence including each word you have practised today?</p>
30 mins	<p>Literacy</p> <p>Write the letter 'm.' Can you think of things that begin with the 'm' 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 'm.'</p>
Lunch	
15 mins	<p>Reading</p> <p>Read your home reader book. How many sight words can you find in your book?</p>
15 mins	<p>Wellbeing</p> <p>Take a look at the doodle faces sheet. Look at the emotions, can you draw an expression on each blank face which matches one of the listed emotions?</p>
30 mins	<p>Non-Core (PSHE)</p> <p>Have a look at this clip from the BBC about feeling brave. https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-brave/z7vrwty Talk or think about a time when you have been brave. What happened and how did it make you feel? Draw a picture to show what happened.</p>
Break	
10 mins	<p>Gratefulness</p> <p>Using the tree template (or if you want to draw your own), each day add something 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. Only add one each day!</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>

FEELING ACTIVE

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

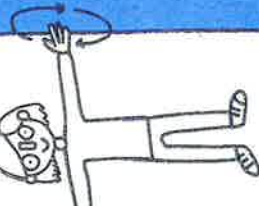


20 JUMPING JACKS

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.

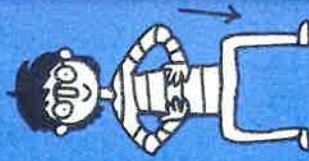
30 ARM CIRCLES

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 sink 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 ends of your toes. Then slowly rise back to standing position.



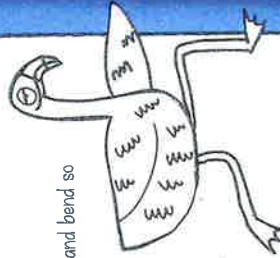
10 CALF RAISES

With your feet spaced hip-width apart, place your hands on your hips and lift your heels off the ground. Standing on tip-toe count to eight, 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
40 CALF RAISES
10 LUNGES

MONDAY

TUESDAY




WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

 Look and say	 Look, say and write	 Cover and write
time		
house		
about		
your		

DOODLE FACES

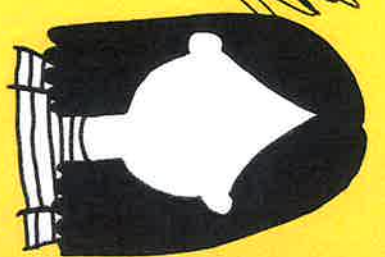
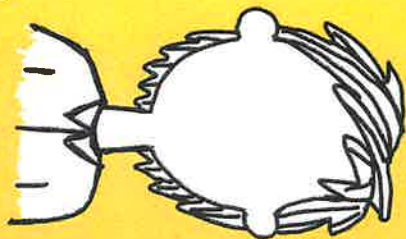
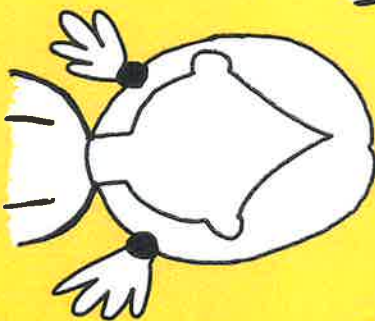
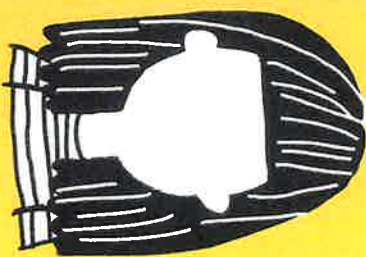
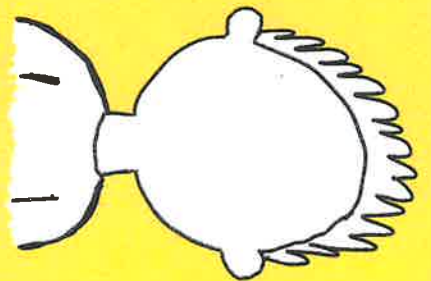
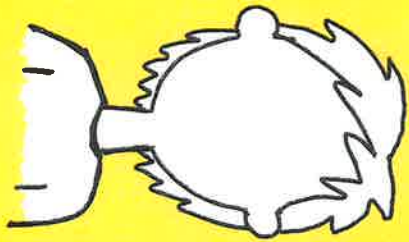
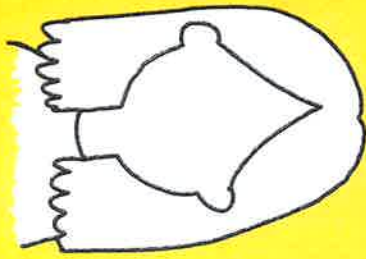
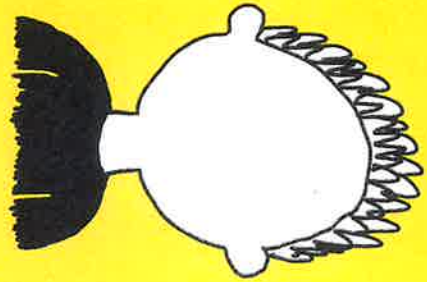
Add faces and expressions to the people in this scene to match some of these emotions.

HAPPY
SCARED

LAUGHING
CRYING

ANGRY
THOUGHTFUL

LONELY
SAD



Handwritten scribbles

Handwritten scribbles

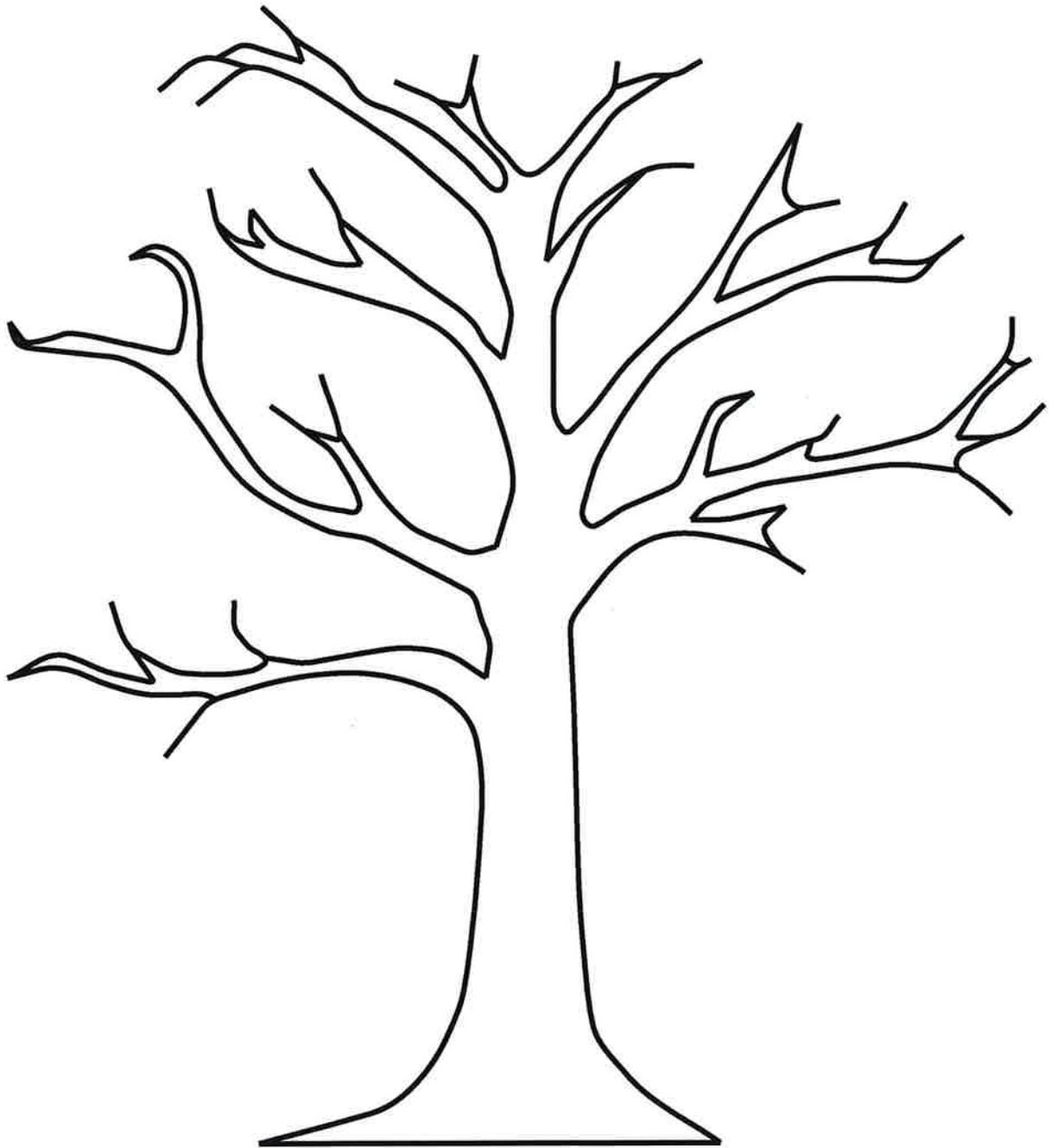
Handwritten scribbles

Handwritten scribbles

Handwritten scribbles


Handwritten scribbles




Every day.



Apple Tree Template

Tuesday 19th January

30 mins	<p>Get active / wake up shake up</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>Handwriting</p> <p>Try writing these sight words in your neatest handwriting. Copy them carefully and try to write on a line.</p> <p>Little am come see</p>
40 mins	<p>Maths</p> <p>Have a go at adding to these repeating patterns. Then have a go at making a pattern of your own.</p> 
Break	
20 mins	<p>High Frequency Words</p> <p>Complete the high frequency word spelling sheet starting with 'day'. Can you write a sentence including each word you have practised today?</p>
30 mins	<p>Literacy</p> <p>Write the letter 'a.'</p> <p>Can you think of things that begin with the 'a' 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 'a.'</p>
Lunch	
15 mins	<p>Reading</p> <p>Read the poem called 'What is Pink' can you spot which words rhyme? Read the poem at least twice and then answer the questions on the sheet. The answers are included so you can mark your own work if you want to</p>
15 mins	<p>Wellbeing</p> <p>Complete the 'Nature's daydream' sheet in your pack.</p>
30 mins	<p>Science</p> <p>Sound science experiment - links to music https://offschool.org.uk/super-science/pitch-perfect/</p> <p>Watch the video and follow the activity. Now make a musical instrument using materials found in your house.</p>
Break	
10 mins	<p>Gratefulness</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>Storytime</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
day		
made		
came		
make		

What Is Pink? by Christina Rossetti

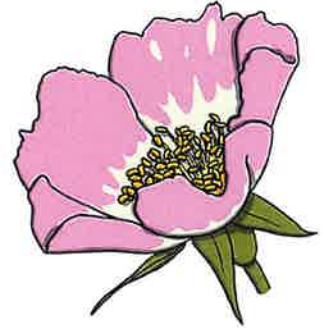
What is pink? A rose is pink
By the fountain's brink.

What is red? A poppy's red
In its baley bed.

What is blue? The sky is blue
Where the clouds float through.

What is white? A swan is white
Sailing in the light.

What is yellow? Pears are yellow,
Rich and ripe and mellow.



1. How does the poet describe how the swan moves?

floating

waddling

swimming

sailing



2. Draw lines to match the object to the colour it describes.

poppy

yellow

rose

red

pear

pink



3. Are the pears ready to be eaten?

4. This is the next line in the poem. Fill in what you think the missing word could be.

What is green? The _____ is green.

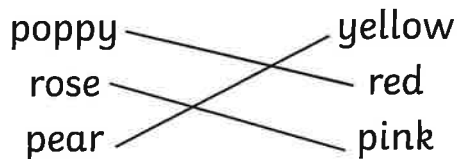


What Is Pink? by Christina Rossetti Answers

1. How does the poet describe how the swan moves?

- floating waddling
 swimming sailing

2. Draw lines to match the object to the colour it describes.



3. Are the pears ready to be eaten?

Example answer: Yes because they are ripe.

4. This is the next line in the poem. Fill in what you think the missing word could be.

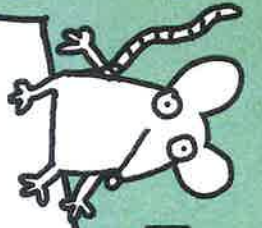
Accept any answer that is green in colour, e.g.

What is green? The **grass** is green.

What is green? The **leaf** is green.

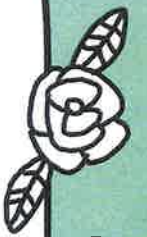
What is green? The **frog** is green.

Tues 19th



NATURE DAYDREAM

Close your eyes and imagine you are outside
in a beautiful place. Where are you?
A meadow, a forest, on the beach?






Who would you like to be with or would you rather be on your own?
What sounds do you think you can hear?
Draw or write your nature daydream below.



Wednesday 20th January

30 mins	Get active / wake up shake up 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	Handwriting Have a go at writing these days of the week in your best handwriting. Monday Tuesday
40 mins	Maths How far can you count? Have a go at counting to 20. Have you got all the numbers in the correct order? Can you count backwards? 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 Challenge: Can you count higher than 20? 21 22 23 24 25 26 27 28 29 30
Break	
20 mins	High Frequency Words Complete the high frequency word spelling sheet starting with 'saw'. Can you write a sentence including each word you have practised today?
30 mins	Literacy Write the letter 's.' Can you think of things that begin with the 's' 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 's.'
Lunch	
15 mins	Reading Find the sheet called 'Fairy Tale Times.' Read through the text at least twice and answer the questions on the sheet. The answers on the back, you can mark your own work if you would like to.
15 mins	Wellbeing Complete the 'think positive' sheet in your pack.
30 mins	Science <u>Growing a rainbow science experiment https://offschool.org.uk/get-creative/growing-a-rainbow/</u> Watch the video and make your own rainbow.
Break	
10 mins	Gratefulness 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	Storytime 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
saw		
very		
here		
oh		

Fairy Tale Times

Farmer Fred Grows An Enormous Turnip!

There was a surprise last night at the Fairy Tale town vegetable show. Farmer Fred had brought his enormous turnip to show the judges and it was the size of a car!

The farmer had planted his turnip in March. He worked hard to feed and water it every day. He was shocked by how big it grew.

The farmer needed the help of his wife and his grandchildren and even some of the farm animals to pull up the turnip. Then they had to move it to the show. Fred used his tractor to pull the turnip.



1. Can you find another word in the text that means 'enormous'?



2. Where does the vegetable show take place?

3. Who is the first character that we meet in the text?



the farm animals

the farmer's wife

Farmer Fred

the farmer's grandchildren



4. Which fairy tale do you think this newspaper report is about?

The Gingerbread Man

The Enormous Turnip

Goldilocks and the Three Bears

The Princess and the Pea

Fairy Tale Times
Farmer Grows An Enormous Turnip!
Answers

1. Can you find another word in the text that means 'enormous'?

big

2. Where does the vegetable show take place?

Fairy Tale town

3. Who is the first character that we meet in the text?

the farm animals

the farmer's wife

Farmer Fred

the farmer's grandchildren

4. Which fairy tale do you think this newspaper report is about?

The Gingerbread Man

The Enormous Turnip

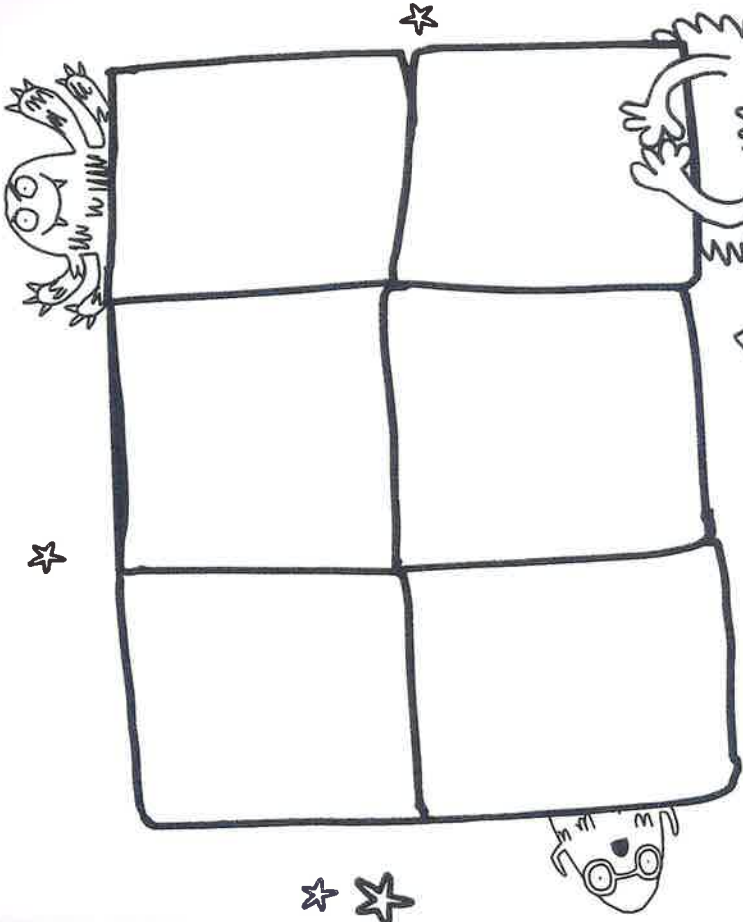
Goldilocks and the Three Bears

The Princess and the Pea

THINK POSITIVE

The best thing to do to worries, after you've talked about them, is not to pay them very much attention.

Draw pictures of all the things you could be doing rather than thinking about your worries.






COLOUR THESE IN



Use any colours you wish.
Try different colours for each pattern or colour them all the same.

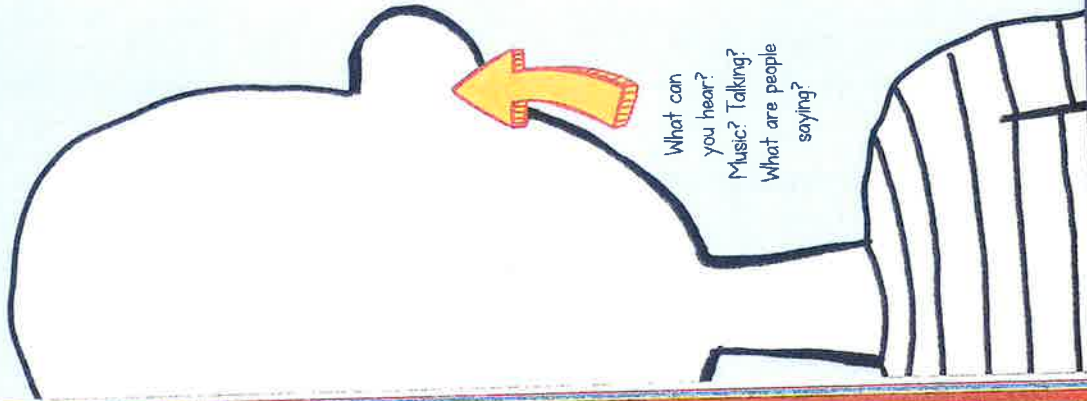
Thursday 21 st January	
30 mins	<p>Get active / wake up shake up</p> <p>Over the next two weeks complete the "feeling active" challenge. Record your scores each day! Can you improve or equal your score each day?</p>
10 mins	<p>Handwriting</p> <p>Have a go at writing these days of the week in your best handwriting.</p> <p>Wednesday Thursday</p>
40 mins	<p>Maths</p> <p>Practise your 2, 5 and 10 times tables. Can you say them forwards? Can you say them backwards? Can you answer the questions in a random order? Try these:</p> <p>3 x 5 = 2 x 8 = 4 x 2 = 5 x 10 = 6 x 10 = 9 x 5 = 6 x 2 = 1 x 10 = 7 x 2 = 8 x 5 =</p>
Break	
20 mins	<p>High Frequency Words</p> <p>Complete the high frequency word spelling sheet starting with 'their'. Can you write a sentence including each word you have practised today?</p>
30 mins	<p>Literacy</p> <p>Write the letter 'd.'</p> <p>Can you think of things that begin with the 'd' 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 'd.'</p>
Lunch	
15 mins	<p>Reading</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>Wellbeing</p> <p>Complete the 'What can you hear?' worksheet in your pack.</p>
30 mins	<p>Non-Core (PE)</p> <p>Take a look at this website: https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/ Pick an activity that you would like to do. You may want to pick more than one!</p>
Break	
10 mins	<p>Gratefulness</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>Storytime</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
their		
people		
Mr.		
Mrs.		

THURSDAY 21st

WHAT CAN YOU HEAR?

When you're at home and there's lots going on around you, try closing your eyes and listening for a whole minute.



What can you hear?
Music? Talking?
What are people saying?

Draw or write all the things you can hear.

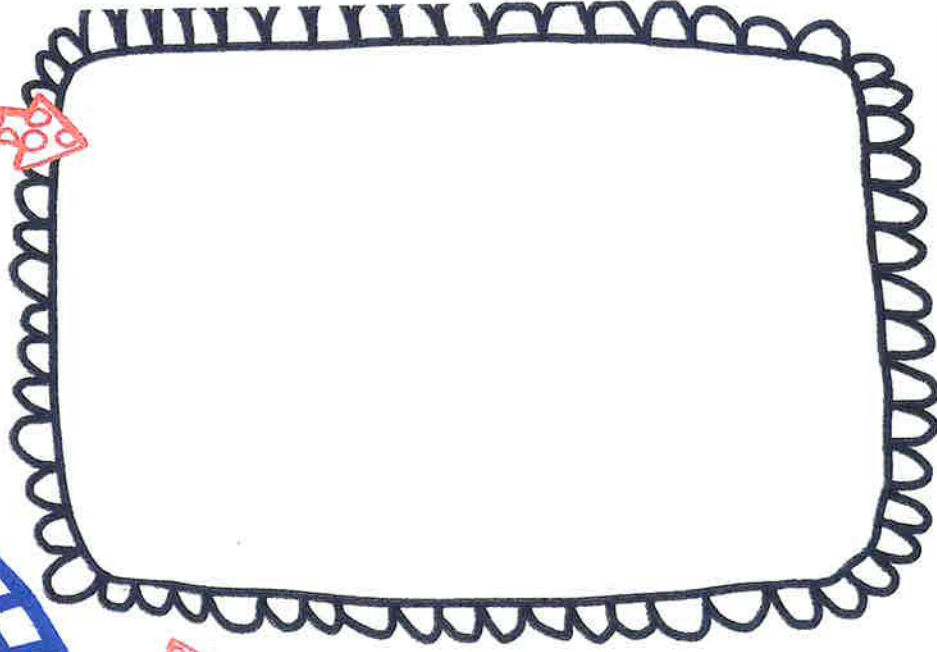
FRIDAY 22ND

GREAT MEMORIES!

Write or draw your happy memory in the box below.



Think of one of your happiest memories. It could be a family memory, a day with your friends, a trip, the time your favourite team won a match or just a moment when you're at your happiest, such as reading a book or doing sport.






Find someone to show your memory to and tell them all about it.

Next time you're feeling worried, try thinking about this memory instead and picture it in your mind.

Friday 22nd January

30 mins	<p>Get active / wake up shake up 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>Handwriting Have a go at writing these days of the week in your best handwriting. Friday Saturday Sunday</p>
40 mins	<p>Maths Can you match up the numbers with the words on the sheet? Ask an adult to help you with the reading if you are not sure.</p>
Break	
20 mins	<p>High Frequency Words Complete the high frequency word spelling sheet starting with 'looked'. Can you write a sentence including each word you have practised today?</p>
30 mins	<p>Literacy Write the letter 't.' Can you think of things that begin with the 't' 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 't.'</p>
Lunch	
15 mins	<p>Reading 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>Wellbeing Complete the sheet 'Great Memories' in your pack.</p>
30 mins	<p>Technology Talk to your grown up about how electrical items can be dangerous. How can you stay safe around electricity? Make a warning sign to keep your friends and family safe. You could write this down and draw labelled diagrams as well! Create a poster about how to use different electrical items safely.</p>
Break	
10 mins	<p>Gratefulness 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>Storytime 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
looked		
called		
asked		
could		

Match Up the Numbers

Can you find the right word to match up with the number? Draw a line to link each pair.

0

three

1

nine

2

four

3

one

4

six

5

seven

6

zero

7

five

8

ten

9

eight

10

two