

Year 1 Weekly Home Learning Plan – 8th June 2020



ClassDojo

Please find below this week's Home Learning for Year 1. After half term, Mrs Lodge will be in class with the children who are attending so won't be available to respond to as many requests on ClassDojo. Please could all parents send any photos etc through to Mrs Boffy after this time as she will be managing the Home Learning side of Year 1's learning after half term. Thank you!

Daily Reading

Please continue to do lots of reading at home and do send in your photos of your child reading so we can put them on our reading display. We recommend half an hour a day in total which can be broken into shorter bursts.

Don't forget you can access reading activities with questions about texts in the Classroom Secrets Kids section – use the username and password sent out just before school closed or send a message on ClassDojo to confirm your child's login details.



Daily Oak National Academy Lessons

Continue to use the **Oak National Academy** site to access daily English, Maths and Foundation subject lessons. You can find the lessons here:

<https://www.thenational.academy/>

To access the lessons, click on 'Online Classroom' > 'Schedule' > 'Year 1' and select the day. The lessons need to be done in order – don't worry if you have missed a day, just do the next lesson in the sequence depending on where you are up to.

If this online approach to learning doesn't suit your child, please get in touch so we can help make suggestions for alternatives. There is so much available we are sure to be able to find something suitable.



Daily PE / Exercise



- **Daily exercise** – try and do something active every day using the websites and suggestions we have sent previously.
- **Exercise workouts** – <https://danceparent101.com> This has suggestions for a wide selection of dance classes for children of all ages.
- **Start practicing for your own Sports Day.** How about organising your own races? running, egg and spoon, Sack (carrier bag) race, obstacle course, Dressing up race, throwing balls into a bucket race, Stepping up and down on a box, Balancing something on your head
Can you think of any other races? If you have any good ideas please share them on Class Dojo. Maybe we can organise a virtual Sports Day where everyone in Class 1 races at home on the same day and shares their photos and videos?
- **Walking** – We can have plenty of daily exercise outside of the home so enjoy going for a walk whilst the weather is sunny. **Remember to stay 2 metres away from other families.**

Mental Health and Wellbeing

Choose any of these activities to do – these are just some suggestions and don't all have to be completed:

- **Continue to spend plenty of time outdoors.**
- **Make time to think about 'What makes you happy?'** Think of a person who makes you happy, a place you visit or would like to visit and something that you could find that would make you happy. This is your Who? Where? What? Now, use these ideas to create your own adventure story.

To find more information about children's mental health / wellbeing, please visit:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

We would love to see your home learning in action so please send any messages or photos through to Mrs Boffy on ClassDojo to show us. Don't forget you can tweet pictures of your work to @stmatprimary too.

