

Year 1 Weekly Home Learning Plan – 18th May 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, including PE with Joe, GoNoodle, BBC Super Movers, Dance with Oti Mabuse and Cosmic Yoga.

Obstacle Course – can your child build an obstacle course, either indoors or in the garden? Crawl under a chair, jump in and out of a circle/spot on the floor, throw a beanbag/ball into a laundry basket, do 10 star jumps, run on the spot for 20 seconds etc.

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.**
- ✓ **Listening** - Go to the local common, sit down and listen out for different sounds. It might help if children close their eyes. Ask children to share what they can hear.
- ✓ **Bubble Balloon** – blow up a balloon and try and keep it off the ground. Imagine it's a bubble so you can't hit it too hard to keep it floating!
- ✓ **Mindful breathing** – there are lots of ways to be more mindful of breathing. Count on your fingers how long each breath in and out takes, put your hand on your tummy and feel it going in and out.
- ✓ **How was your day?** Talk about your day using this free template:
<https://www.twinkl.co.uk/resource/how-was-your-day-activity-t-tp-2549755> You could either write and draw the answers on paper you have at home or download the sheet if you have a printer.

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.

