

Year 1 Weekly Home Learning Plan – 11th May 2020

Please find below this week's Home Learning for Year 1 in conjunction with the **Whole School Learning Log marking VE Day 2020**. (See weekly newsletter for details)



ClassDojo

Thank you for all the updates on ClassDojo – we hope you are finding it useful and a great way to keep in touch with school and the class. If you need us to resend your invite, please email head@stmatthias.worcs.sch.uk to arrange for this to be activated for you.

Daily Reading

Please continue to do lots of reading at home – we recommend half an hour a day in total which can be broken into shorter bursts. Remember it doesn't have to be a book – magazines, a recipe, instructions for a game, a letter / postcard, all reading counts!

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.

Ball Skills - See if you can focus on ball skills this week – catching and throwing are really important skills to develop. Stand close together and throw the ball to each other and see if you can catch it. Increase the challenge by moving further and further apart.

Walking - It's still ok to have 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 when the weather is good.**
- ✓ **3 Good Things** – write down or talk about three good things that have happened this week – think about how they made you feel and why.
- ✓ **Movie Night** – share a kids' movie together as a family. Close the curtains to make it dark like a cinema and treat yourselves to a bag of popcorn to share.
- ✓ **Give a Gold Star** - cut out a star template and each family member writes one for each other e.g. "I give you a gold star for always making me laugh"
- ✓ **Find Your Balance** - Stand with your feet hip-width apart. When you feel comfortable with your posture, gently close your eyes. Begin by feeling where your weight is generally falling – to the front/back/side of your feet? Gently rock your weight to each side and front and back, feeling how your body responds and noticing where you are comfortable. Carefully move your weight onto one foot and slowly peel the other foot off the floor. If you can, balance there for a few moments. When you are ready to put your foot back down, do so as slowly as you can. Repeat on the other foot. Slowly open your eyes. Ask the children what they noticed about their bodies and minds.

Find more ideas for wellbeing on the **Young Minds** website: <https://youngminds.org.uk/>

We would love to see your home learning in action so please send any messages or photos through ClassDojo to show us and we will message you back! Don't forget you can tweet pictures of your work to [@stmatprimary](https://twitter.com/stmatprimary) or bring it into school when we return.

