

## Year 1 Weekly Home Learning Plan – Week beginning 30<sup>th</sup> March 2020

### Daily Reading (this will be the same every week)

Read to an adult for at least half an hour each day. This could be broken into two 15-minute sessions. Enjoy any reading material you have at home including comics, magazines, books, annuals etc. If you run out of books and are able to get online, you can also access reading activities on:



**Lexia** – the app is free and your child knows how to log on. If you need a teacher email address to get started, please use [head@stmatthias.worcs.sch.uk](mailto:head@stmatthias.worcs.sch.uk)



**Teach Your Monster to Read** – this is free if you access it on a laptop but the app is 99p on the App Store or Google Play. This one is very popular in class.



### Phonics Play

A website we use every day in Year 1 and is free to access during the school closures. The timed activities are good – see if you can beat your score from the day before. The children especially like doing the Obb and Bob activity – you'll see why when you have a go together!

### Daily Writing

Write a story that includes your favourite character. Include narrative elements including:



**When? Who? Where? Problem? Solution? Ending**

If your child finds it tricky to write independently, you can write for them if they tell you the words. Encourage them to tell you how to spell them and ask them to say what letter it begins with etc. Do a little bit of your story each day or add another chapter or sequel if you like writing a lot!

### Spelling

Practise your spelling using the list of 100 high-frequency words sent home with all children a couple of weeks ago. If they can already spell most / all of the words, ask them to put them into a sentence. Choose 10 spellings to master before choosing another 10. The list of spellings can be found here:

<https://www.twinkl.co.uk/resource/100-high-frequency-words-t-l-4541>

### Daily Maths

#### Addition and Subtraction

Give your children some addition and subtraction number sentences to complete. All children are able to do 1-digit add/subtract 1-digit. As you get used to what they can do, increase the challenge by increasing the size of the numbers. Something all the children find tricky is missing number problems e.g.  $4 + \underline{\quad} = 12$   $\underline{\quad} - 7 = 4$

**Number Bonds to 10** – all children need to practise these! All the different ways of making 10 e.g.  $0 + 10$ ,  $1 + 9$ ,  $2 + 8$ ,  $3 + 7$ ,  $4 + 6$ ,  $5 + 5$ ,  $6 + 4$ ,  $7 + 3$ ,  $8 + 2$ ,  $9 + 1$ ,  $10 + 0$ .

If they can remember these without needing to count, move on to number bonds to 20.

### Daily PE

It is important to be active every day whilst we aren't able to go to school.

**PE with Joe** <https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889gVcPxYEjdSTI>

Mrs Lodge would highly recommend the Joe Wicks PE lesson at 9am every day on YouTube. She did it with her son this morning and her face went very red! It is really good fun and all the family can join in.

### Rainbow Walk

Go for a walk every day and see how many rainbows you can see in other people's windows. Mrs Lodge spotted 15 on a walk near school and thinks next time she goes there will be even more. Remember to stay at least 2 metres away from other walkers – cross the road safely if you must.



### Mental Health and Wellbeing – weekly suggestions

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

- ✓ Go into the garden or a safe outdoor space and spend time playing or gardening.
- ✓ Make a rainbow picture to put in your front window. Add a message to cheer people up as they walk by.
- ✓ Make a list of things you're looking forward to doing when we get back to normal.
- ✓ Make a card for someone you know to say hello and brighten their day. Walk to the post box to send it to them – look for rainbows on the way!
- ✓ Do some Garden Yoga – see instructions below.

### Other subjects – weekly suggestions (other subjects will be added if we stay closed)

**Science** – we were about to start a topic about plants and trees. If you can, plant some bulbs or seeds and track their progress. Look for different types of plants when you go for a walk. Look at the different shapes of the leaves that are just starting to come on many trees. See if you can find out what they are when you get home.

**Geography** – make a map of your local area. Include landmarks such as shops, churches, parks and other well-known buildings.

We would love to see your home learning in action so don't forget to tweet pictures of your work to @stmatprimary or bring it into school when we return.

### Garden Yoga:

## GARDEN YOGA FOR KIDS



### Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



### Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



### Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



### Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



### Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster