

Year 1 Weekly Home Learning Plan – 6.7 2020



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.

Having been in school now over the past few weeks we have been starting the morning with Joe Wick's 5 minute workout. The children really love it. You can find a number of these on You Tube.

The weather is due to be nicer this week so try and learn a new skill – riding your bike, dribbling ball, throwing and catching, skipping, hoola hooping, safe kite flying, throwing a frisbee.

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** – Playing in the garden and walking.

There are so many activities within this – please continue to work towards your 50!

The National Trust have devised a project which involves using the great outdoors for building and making, finding and exploring. The project is called '50 things to do before you're 11 ¾.'

www.nationaltrust.org.uk

Try this week to spend as much time outdoors as possible and see how many of these tasks you can complete. Please share the activities on Class Dojo so that your children can connect with their school friends and also inspire others to may be have a go too! Enjoy being explorer!

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.

