



Year 1 Suggested Home Activities



Week Beginning 15.6.2020

We hope that you are all happy and healthy, and enjoying a little more freedom. Thank you for the feedback regarding home learning tasks; we will continue to do our best to support you with suggestions for home learning and hope that you are able to adapt them to suit your child and individual circumstances. We are very grateful that you have been mindful of the demands on our time now that we have pupils back in school, however, please remember that we would still love to hear from you and see the children's work so that we can offer praise and encouragement to keep everyone going! We may not be as prompt as before but will get back to as soon as we can with a brief message.

Physical and emotional wellbeing

This week the children are the PE teachers! We would like them to write a list numbered 1 to 6 and assign a physical task to each number. We would suggest discussing possibilities that will work in the space you have with the equipment you have available (rolled up socks, a ball, a hoop, a skipping rope) and then leaving them to be as independent as possible with the list. Then (apologies in advance) you take it in turns to roll the dice and instruct someone else to perform the exercise on the list. You could extend this to 12 exercises and throw 2 dice. (This is what we refer to as cross-curricular learning: Maths, writing and PE in all one. Enjoy!)



This week we are suggesting that you think about relaxing and things that we do which make us feel relaxed. Relaxing and relaxation exercises can really help us all to manage reactions to stress, anxiety and worry, especially in this time of uncertainty and change. If you have ever watched a cat, if you have one, or a friend's cat, not only are they super cute, but they are also very good at relaxing. The following exercises help you to relax like a cat and feel like your thoughts and worries are far away and reduce the built-up tension in our muscles. The exercises here include controlled breathing, muscle relaxation and guided imagery and will need to be read by a grown up.

<https://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>



How does it feel to be a relaxed cat? Doesn't it feel nice!

What else can you do when you feel like you need to relax? We have talked about this in PSHE at school; it might be laying in the bath, laying in your bed, cuddled up next to Mummy or Daddy, watching the wind or the rain outside. See how many ideas you can come up with and add to your relaxation bubble on the worksheet.

Foundation Subjects

We would like to recommend the Oak National Academy

The **Science** is Seasons and Change, the **Creative** lessons starts with an exploration of colour.

<https://classroom.thenational.academy/subjects-by-year/year-1/subjects/foundation/>

These are progressive lessons which are intended to be used in sequence, weekly for the rest of the term, but obviously it is entirely up to you if, and how, you use them.

Suggested Maths Activities

Maths on White Rose:

<https://whiterosemaths.com/homelearning/year-1/>

This week we are working through **Summer term Week 6**, measuring and comparing mass and introducing volume. As always, we recommend making this as practical as possible. Comparing the volume of containers and problem solving using water or sand can be great fun!

To download the activity sheets please go to the year 1 page on the school website.

<https://bridge.kent.sch.uk/pupils/classes/year-1>

Suggested English Activities

Individual Reading

Oxford Owl and Big Cat Collins continue to offer free reading material online.

In addition we have included the link for a comprehension pack from Twinkl.co.uk

www.twinkl.co.uk/resource/t-l-52099-traditional-tales-differentiated-reading-comprehension-activity-pack

These are traditional tales written for Year 1 and 2 children. There are three levels of difficulty for each story. The website is free but may ask you to sign up for an account in order to access the resources.

Spelling

www.edshed.com/en-gb/login. This week's spelling shed games focus on the air, ear and are sounds.

Don't forget the Daily phonics lessons produced by the DFE:

www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/featured.

Suggested Writing task

We suggest that children write a poem for dad this week (ready for Father's Day). Replicating the same structure as last week gives us a chance to focus on presenting our ideas well and creating something simple that we can be very proud of! It's the same as last week but we have shown how we might structure it in school as five lessons.



1. Share and discuss	2. Ideas in list	3. Writing and editing	4. Copying	5. Decorate and send
<p>Listen to the poem. My Dad Listen to it again stopping to talk about each page. What does this tell us about Dad? Which parts did you like? What did you think of the illustrations? What do you notice? Who is the poet pretending to be?</p>	<p>Mind map a list of all of the things your Dad does. They should be actions - verbs. Think carefully about using your phonics to spell.</p> <p>plays talks sings works (aim for at least 10)</p>	<p>Use these ideas to compose sentences about dad. Eg. My dad runs very fast when I go out on my bike. My dad reads me funny stories at bedtime. Write each sentence on a separate slip of paper so that you can reorganise them or take them out if you change your mind. Think about the ending of Anthony Browne's poem and finish yours off. Parents, please prompt correction of any common words that are spelt incorrectly but leave good attempts at tricky words.</p>	<p>When you are happy copy it up neatly on a sheet of paper starting each sentence on a new line.</p> <p>(Attached below if you would like to use it)</p>	<p>Decorate the border with little items that you have mentioned in your poem or things that your dad likes. Stick your poem inside a folded piece of card or paper, write a message for Dad and draw picture on the front.</p>

Have a lovely week.

Best wishes,

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HAVE A WHALE OF A TIME

#wellbeingWednesday

CAN YOU LIST
ACTIVITIES IN THE BUBBLES,
THAT MIGHT RELAX YOU?

