




Year Group: 1

Home Learning

Week Beginning: 01.02.21

<p>Communication</p>	<p>This week the Year 1 bubble will be closed on Monday. Mrs Wise and Ms Gudaityte will deliver live sessions to their own classes on Monday.</p> <p>Mrs Wise (TUE) and Mrs Loh (WED-FRI) will be overseeing the logistics of remote learning for the whole of Year 1 and Ms Gudaityte will be in school with the bubble. If you have any queries regarding home-learning (links to pre-recorded lessons, activities) please email llw@valley.bromley.sch.uk</p> <p>Access to the lessons will be by using the Teams login details. Please access meeting via the Calendar in Teams.</p> <p>Details of lessons for the next day will be emailed to you the evening before to help you plan your day and prepare resources.</p> <p>This week is Children's Mental Health Week. Last week you received an email about this from Mrs Coulson and Mrs Appleton via Parentmail. The theme is Express Yourself and a grid of videos and activities was included. Many of the activities are creative and encourage time away from screen. To allow opportunities to access some of the activities over the week we have left most of the afternoon sessions free for children to express themselves and hopefully keep calm. (The grid is included at the end of this document.)</p>
<p>Reading</p>	<p>We recommend that your child reads up to 20 minutes every day.</p> <p>We have set some books for you on the Bug Club, your login details are in the  Reading Record book.</p> <p>In addition, <u>all children</u> will have LIVE Guided Reading sessions with their teacher. These will be at 11:30-12:00 on the days that the children usually read with a teacher in class. You will see the meeting in your calendar when you log in.</p>
<p>English</p>	<p>Monday, Wednesday and Friday pre-recorded lessons – writing based on 'The day the crayons quit' book. Lessons and materials will be emailed.</p> <p>Story can be listened following the link below: https://www.youtube.com/watch?v=489micE6eHU</p> <p>Additional Grammar and Punctuation activities – Differentiated worksheets are on the website. Use the attached link to support the learning. https://www.youtube.com/watch/DIOaD4FBqM</p>
<p>Maths</p>	<p>Tuesday and Thursday pre-recorded lessons – place value - Lesson and materials will be emailed.</p> <p>In addition, see the website for Mental Maths activities and recommended IXL tasks, for those wishing to do extra work.</p>

Spellings/ Handwriting	Spellings and Handwriting – Can you be creative and write some tricky words in the mud when you go for a walk, make the letters with your body like you did with Ms G in golden time or using lots of different colours on paper.
Phonics	<p>You will be emailed daily Phonics pre-recorded lessons and any related activities. If you wish to use Espresso Education please use the login details below:</p> <p>www.discoveryeducation.co.uk</p> <p>Username: student16583 Password: valley</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>PhonicsPlay have made access to their site free again.</p> <p>username: jan21</p> <p>password: home</p> </div> <p>If your child is in Miss Ali's phonics group we will send you separate phonics lessons.</p>
IPC/Science	Children's Mental Health week activities.
RE/PE/PSHCE /ICT	<p>As this week is Children's Mental Health week we have activities based on the theme 'Express Yourself'. On Monday our story time will include an assembly and an activity to introduce the week. On Wednesday our story time will include an assembly too. We would love to see some your creative expressions.</p> <p>On Thursday there will be a pre-recorded lesson with a PSHE and Art focus.</p>
Golden Time	<p>To make your life easier from now on we will hold Golden Time sessions at 2:30 pm as per daily check-in pm Story time.</p> <p>This week the theme if you wish to play along is to wear a colour. You could even try and make yourself look like a crayon!</p>

The children attending school will be following the learning timetable below. However, we are very aware that many of you are working and also have other children at home. This timetable is for guidance and we hope that you can access the recorded lessons at times that suit you.

Independent differentiated follow up tasks will be set daily by email. Differentiation will be marked by the chillies – the more chillies the harder the task. As a parent you can choose which chilli you would like to start on and you can (but do not have to) work your way through the activities. Please note the phonics set for Tuesday and Friday has stars rather than chillies but the principle still applies.

At school we would be doing Maths and English every day, but initially we are starting with one core lesson a day. With that in mind we will set some additional SPaG (for English) and Mental Maths activities for those who wish to do more.

Year 1 Timetable Spring | Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
9 am	Register and expectations of the day LIVE				
9:30	English Pre-recorded	Maths Pre-recorded	English Pre-recorded	Maths Pre-recorded	English Pre-recorded
10 - 10:30 am	Independent differentiated follow up task				
11 AM	Phonics Pre-recorded				
11:30 – 12:00	Guided Reading with your class teacher in your reading groups (every other week) LIVE Reading to an adult at home on the other days.				
1:30	Express Yourself activity from the grid.	Express Yourself activity from the grid.	Express Yourself activity from the grid.	PE/RE/PHCE Pre-recorded or PSHE/ART	Catch up on activities you might have missed throughout the week.
2:30	Afternoon check-in and Assembly and Activity LIVE	Afternoon check-in and story time LIVE	Afternoon check-in and Place2Be assembly LIVE	Afternoon check-in and story time LIVE	Golden Time LIVE Game and story

Children's Mental Health Week: Week Beginning: 1st February: Theme – Express Yourself

<p>Art</p> <p>Express yourself – in how many different ways can you express your emotions? <i>Drawing</i> – splashing paint or taking your pencil for a walk? <i>Sports</i> – Dancing, running, football. <i>Music</i> – singing, dancing <i>Being creative in other ways</i></p>	<p>How do I?</p> <p>What do you do when you're feeling sad or angry? What helps you? What do you do when you're feeling happy or proud? Remember these bits of advice for when a friend might need them.</p>	<p>A-Z</p> <p>Can you name an emotion for each letter of the alphabet?</p> 	<p>A children's mental health animated short story – KS2</p> <p>https://www.youtube.com/watch?v=Umr1JV8y-KQg&ch=Lucy%27sBlueDay</p>	<p>How can you be a good listener?</p> <p>Make a poster to help give some top tips about how to be a good listener?</p>
<p>The Origami Challenge</p> <p>https://www.youtube.com/watch?v=dD4-Cv3s3QH8</p> <p>Have a go at this two-minute creative challenge. You'll need your own piece of paper.</p>	<p>Identify part 2</p> <p>Take some time to reflect. Can you pin point the "trigger" for your emotion. For example: <i>I usually feel frustrated when I've forgotten where I've put my favourite toy.</i></p>	<p>Writing</p> <p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write down negative things in it too. Or write a letter to yourself.</p>	<p>Expressing</p> <p>https://www.youtube.com/watch?v=KIINW7h7eY https://www.youtube.com/watch?v=rfh0k1WETRAw</p> <p>Watch these two videos, how have these individuals chosen to express themselves?</p>	<p>Talking Time</p> <p>Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories. Talk about the things that are worrying you or you feel unsure about. It's good to talk.</p>
<p>The Squiggle Game</p> <p>https://www.youtube.com/watch?v=ozkWJm97jXF&feature=youtu.be</p> <p>Have a go at the one-minute Squiggle Game. What exciting and creative things can you imagine?</p>	<p>Letting off Steam</p> <p>What do you need to do when you feel like you need to explode? What strategies can you use in the classroom that are respectful? What strategies can you use when you're at home to let go?</p>	<p>Random Acts of Kindness</p> <p>https://www.randomactsofkindness.org</p> <p>Scroll to the bottom of the website page where you'll find socially distanced kindness resources. Find an idea you like. Can you show an act of kindness today?</p> <p>Random Acts of Kindness Day Wednesday 17th February 2021</p>	<p>Cool down corner</p> <p>https://classroom.thenationalacademy/lessons/cool-down-corner-5hjkaz2activityvideo8step1</p> <p>Make yourself a safe corner or space where you can feel your emotions. You might keep your favourite toy here to cuddle.</p> <p>Oak Academy</p>	<p>Happiness Box</p> <p>https://classroom.thenationalacademy/lessons/keep-calm-and-carry-on-6cu3le2activityvideo8step1</p> <p>Make yourself a box of all the things that make you feel happy and safe. You can look at this when you are feeling scared or worried.</p> <p>Oak Academy</p>

Pick some activities and videos to watch over the course of the week to help you, express yourself and keep calm.