



Sir Martin Frobisher Academy Weekly Lesson Plan

Year 1



Date: 18.5.20-22.5.20

Suggested Daily Timetable:

8:30-9:00	9:00-9:30	9:30-9:45	9:45-10:15	10:15-10:30	10:30-10:45
Wake up, have breakfast, get washed and dressed	Joe Wicks PE	Quick drink break and get things ready for Maths	Phonics/ Read Write Inc Activity	Timestable Rockstars	Get Outside!
10:45-11:30	11:30-12:30	12:30-1:30	1:30-1:45	1:45-3:00	3:00-3:15
Maths Activity	English Activity	Lunchtime	Read for Pleasure	Topic Activity	Read with someone/watch Newsround

Phonics/Read Write Inc.

If you have a computer/iPad/phone to connect to the Internet: RWI now have Set 1 Word Time and Spelling lessons on You Tube

If you do not have a computer/iPad/phone to connect to the Internet:

Monday: practice all the single sounds Watch:

<https://www.youtube.com/watch?v=qB6SvZscxgg>
Can you say all the single sounds, and can you find and/or write something that starts with the long letters 'l' 'h' 'b' 'd' 'f' 'k' and 't'. (e.g. leg leopard hip hippopotamus ball balloon dog dandelion fin flower kite kangaroo tap trampoline)

Monday: practice all the single sounds

Can you use a baking tray or plate with a sprinkle of flour for your child to write the single sounds and say them as they write (it will make it fun)? Maybe you could find some things around the house that begin with the long letters 'l' 'h' 'b' 'd' 'f' 'k' and 't'.

Tuesday: Set 1 sounds

Watch: set 1 sounds and focus on the digraphs (sounds with 2 letters)

<https://www.youtube.com/watch?v=hCBzNnSSxds>

Can you think of things in your home that have the 'sh' 'th' 'ch' 'qu' 'ng' and 'nk' sound in them. Now can you write some of these words down maybe write them and draw a picture to go with it. Can you decorate your work with pictures and colour it in?

Tuesday: Set 1 sounds

Can you think of lots of words with the 'sh' 'th' 'ch' 'qu' 'ng' and 'nk' sound in maybe write them all down or maybe you could draw a picture for the words you think of and write your words around the picture. At least three words for each sound. Can you decorate your work with pictures and colour it in?

'sh'	'th'	'ch'	'qu'	'ng'	'nk'	words
ship	thick	chips	quilt	thing	sink	
sheep	thumb	chick	queen	ring	drink	
fish	thorn	church	quiz	string	bunk	

Wednesday: Set 2 sounds Watch:
<https://www.youtube.com/watch?v=p7hRbrpq5Bo>
'oo' poo at the zoo 'oo' look at a book

Can you find things in your home that have the 'oo' 'oo' sound in them? Make a book

<https://www.youtube.com/watch?v=21qi9ZcQVto> and can you write some of these words down. Write them all down in your book and a picture of a moon and write the words around it. Can you use your words to write some sentences?

Wednesday: 'oo' poo at the zoo 'oo' look at a book

Can you think of lots of words with the sound 'oo' and 'oo' in write them all down in a picture of a moon or make a book and write the words inside your book or around your moon. Can you use your words to write some sentences?

'oo' words		'oo' words	
zoo	zoom	book	look
broom	food	brook	crook
too	moon	cook	foot

Thursday: Set 2 sounds Watch:
<https://www.youtube.com/watch?v=p7hRbrpq5Bo> set 2
'air' that's not fair
<https://www.youtube.com/watch?v=za4fVA-xfAI> 'air'
'ir' whirl and twirl

Thursday: 'air' that's not fair 'ir' whirl and twirl
Can you think of lots of words with the sound 'air' and 'ir' in and write them all down in a picture of a funfair and a girl? Can you use your words to write some sentences? Can you decorate your work with pictures and colour it in?

Can you find things in your home that have the 'air' and 'ir' in and write them all down in a picture of a **fair** and a **girl**? Can you use your words to write some sentences? Can you decorate your work with pictures and colour it in?

'air' words

'ir' words

fair	air	bird	girl
hair	stairs	fir	stir
pair	airport	chirp	shirt

Friday: word time reading and spelling Watch: <https://www.youtube.com/watch?v=nXCjdnO3lYQ>

Can you write some of these words down maybe write them all down by using you Fred talk and spelling them.

Friday: word time reading and spelling

Can you write some of these words down maybe write them all down by using you Fred talk and spelling them. Maybe you could use playdough or flour on a tray to write your words in.

cvc words

fun	get	ship	sunset
hen	log	cheer	laptop
had	let	with	backpack

Maths

Daily: Complete some work from your Home Learning Pack or go onto

<https://www.bbc.co.uk/bitesize/subjects/zjxhfg8>. This website has a video for you to watch and then an activity to complete. If you cannot print the activity, look at the activity on your screen and answer on a piece of paper.

Additional Activity Monday:

<https://www.twinkl.co.uk/resource/year-1-measurement-dimensions-mass-and-capacity-a-step-by-step-guide-for-parents-t-m-30622>

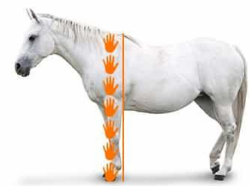
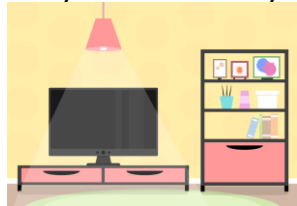
This week we are going to look at length, height, capacity and mass.

Today we are going to look at **length**. Look around your house and find 10 objects (or find things during your walk), can you order these items by length shortest to longest. Are there any items that are equal (the same length)? Draw the items to record your discovery.



Additional Activity Tuesday: Today we are going to look at **height**.

Can you look around your lounge and find the tallest thing?



How do you know it is the tallest? How did you measure it?

You can use your hands, lolly sticks, spoons, pencil or anything else but what item is tallest? On your daily walk and look for different things that are tall? Ask your adult if they can take a picture of you next to this item to compare the height of it with you.

Additional Activity Wednesday: <https://www.twinkl.co.uk/resource/capacity-quiz-t-m-3633> take the capacity quiz on twinkl.

Today we are going to look at **capacity** and mass



Find five or more items for this activity (it might be better to do this in the bathroom or sink or over a bowl or in the garden area) Use a cup or glass item to fill the others until they are **FULL** – which items took the most cups Write down your results by drawing the item and how many cups it took to fill it next to it e.g. a glass might only have 1 or 2 cups next to it but a saucepan will have 5 to 6 cups (for a small pan) or more.

Additional Activity Thursday:

Today we are going to look **capacity**



Look at the final page there are some cups like these can you cut and order them from empty to full.

If you can't print the sheet, find different containers around your house. Experiment with how much water they can hold. Do some look a different size but hold the same amount of water?

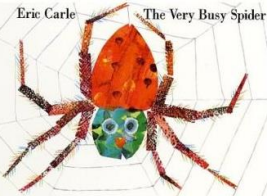
Additional Activity Friday: Today we are going to look at **mass** or **weight** and compare **different objects**



near the end of the planning I have pasted this page **circle and colour** the item you think is the **heaviest**. If you have a set of scales at home ask an adult to help you weigh out ingredients to make a cake or go to <https://www.twinkl.co.uk/resource/t-t-15581-fairy-cake-recipe-sheet> if you do not have scales there is a recipe using cups and spoons for measuring the ingredients at the end of the planning.

English


Monday: <https://www.youtube.com/watch?v=TfL0g-XRxA> watch the story of **The very busy spider** by Eric Carle



Look at the spider and write about him in sentences. The very busy spider has... fill in the blank what can you see how many long brown legs does he have? How many large round eyes does he have? What colour is he orange/brown/blue/black/Use Fred talk to support each letter sound of the word to help you write it. e.g. l-o-ng=long, b-r-ow-n=brown, l-e-g-s=legs. You can write this using a pencil/pen and paper or write it into sand on a beach walk or use playdough to make the sentence that you want.

Tuesday:

Read the story and make your own story map

One morning 	a spider began to spin her web 	Neigh, neigh do you want to go for a ride? 	She was too busy spinning her web. 	The spider did not answer 	Baa, Baa want to run in the meadow? 
Moo moo want to eat some grass? 	Maa, maa want to jump on rocks? 	Oink, oink want to roll in the mud? 	Woof, woof want to chase the cat? 	Meow, meow want to take a nap? 	Quack, quack want to go for a swim? 
Cock-a -doodle do want to catch a fly? 	The spider caught the fly just like that. 	Whooh, Whooh made this beautiful web? 	Did not answer, the spider had fallen asleep. 	It had been a busy day. 	The spider had finished her web. 

Look at the animals and you can use the same animals or think of some of your favourite creatures



e.g. a dinosaur might roar and ask the spider, "Do you want to come hunting?". What animals

will you choose? <https://www.twinkl.co.uk/resource/t-l-1953-story-map-worksheets-pack> use one of the pack or make your own

Wednesday: Draw a picture of a spider and label it



Thursday: Acrostic poem Using the word **spider** can you write it down on word or a phrase to describe it
E.g.

- | | |
|-------------------------------------------|-----------------|
| • S silently he creeps along | S peedy |
| • P laying died if he is seen | P layful |
| • I inside or out he does not mind | I nsect |
| • D dancing on his silken thread | D arning |
| • E ever busy spinning, spinning | E vening |
| • R ready for his meal to catch | R unning |

Friday: <https://www.twinkl.co.uk/resource/t-t-252808-minibeasts-simple-sentence-cards>

What do you notice about the bugs? Look at the bug sheets and write sentences about what you see. Which one is your favourite don't forget your Capital letters, finger spaces and full stops. Add some wow words (adjectives) to describe them.

Topic: Minibeasts

If you have a computer/iPad/phone to connect to the Internet:

Monday: <https://www.twinkl.co.uk/resource/t-t-5064-minibeasts-legs-or-no-legs-sorting-activity> **legs no legs**
Go for a walk where there is grass. Can you find any bugs (as your daily exercise) what can you find? Do the minibeasts have legs or no legs? Take pictures of the bugs you see or draw pictures. Sort them into bugs with legs and no legs. <https://www.twinkl.co.uk/resource/T-T-019-Minibeast-hunt-sheet>

If you do not have a computer/iPad/phone to connect to the Internet:

Monday: Go for a walk where there is grass. Can you find any bugs (as your daily exercise) what can you find? Do the minibeasts have legs or no legs? Take pictures of the bugs you see or draw pictures. Sort them into bugs with legs and no legs

You can use the **minibeast spotter sheet** at the end of planning sheet

Tuesday: <https://www.twinkl.co.uk/resource/t-t-19191-minibeasts-craft-activity-pack>

today we are going to make some of our own minibeasts.



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Using string or wool, wooden lolly sticks, scraps of coloured paper, kitchen foil, or even any recycling materials e.g. bottles, caps,

Wednesday: <https://www.twinkl.co.uk/resource/t-t-27093-make-your-own-minibeast-hotel-outdoor-activity>



Using an old plastic bottle or juice carton, or a drink crate and various bottles and pieces of old wooden lolly sticks, paper, magazines, grass cuttings, cones, sticks, plastic straws, pebbles and stones.

Wednesday: today we are going to make a **bug hotel**



Using an old plastic bottle or juice carton, or a drink crate and various bottles and pieces of old wooden lolly sticks, paper, magazines, grass cuttings, cones, sticks, plastic straws, pebbles and stones. Cut one side of the bottle off (let an adult do this as it may get sharp) or carton and layer the various items in starting at the bottom. Make sure they are tightly packed than find a space outside to hide it either in your garden or somewhere safe on your walk.

Thursday: <https://www.twinkl.co.uk/resource/t-t-5109-minibeasts-and-their-habitats-worksheet>

Click on the link and complete the minibeast worksheet

Thursday: What do you notice about the bugs? Where do they live? Can you draw each of their habitats and who lives in each? Can you find each of these bugs on your walk?

Here are some bugs

spider	dragonfly	woodlouse	bee
worm	caterpillar	butterfly	ant

And here are their homes

soil	web	pond	hive
leaf	anthill	flowers	under rocks

Friday: <https://www.twinkl.co.uk/resource/t-tp-583-the-cautious-caterpillar-minibeast-sounds-music-activity>

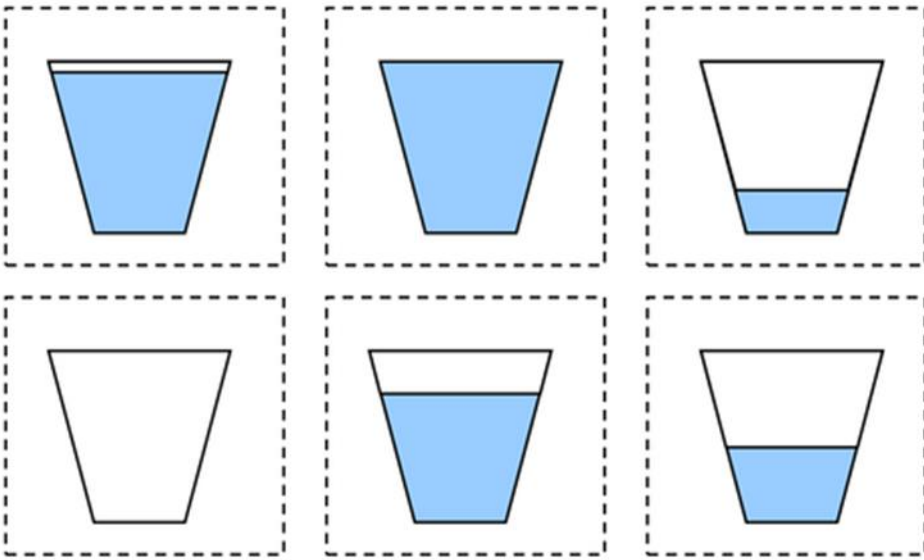
Decide what you can use, things out of the kitchen to make different sounds (wooden spoons, saucepan and lid, a bowl – what else can you use).

Create the rhythm to a favourite song or nursery rhyme

Friday: Can you make a musical bug rhyme ...cut out the bugs and make a bug rhyme. Decide what you can use, things out of the kitchen to make different sounds (wooden spoons, saucepan and lid, a bowl – what else can you use).

Create the rhythm to a favourite song or nursery rhyme

Order the cups; empty to full.



Minibeast Spotting

Keep your eyes open!

Which minibeasts have you seen? (tick the circles)



ladybird



butterfly



spider



beetle



ant



fly



worm



wasp



bee



slug



dragonfly



grasshopper



snail



newt



snake



centipede

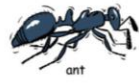
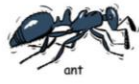


frog



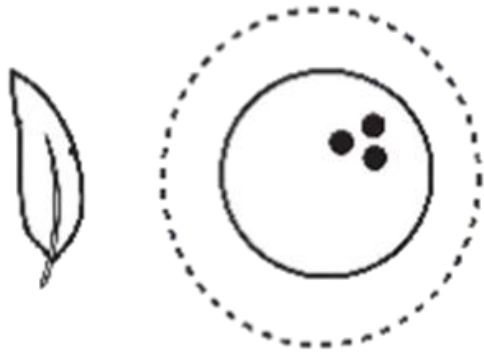
woodlouse



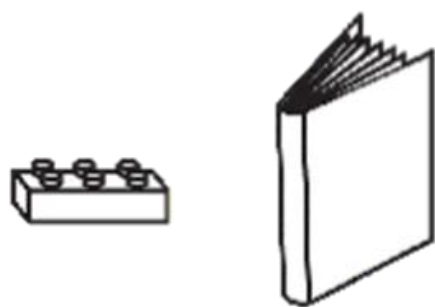


1. Cut out the bugs.
2. Choose 8 bugs to make a word rhythm pattern.
3. When you have a pattern that you like, glue them into the boxes below.
4. Find home-instruments to play the rhythm. (wooden spoons, fill small containers to be shakers...)
5. Sing the Old Dog Song as an A section. Play your bug composition as a B section.

1.



2.



3.



4.



5.



6.



Quick and easy chocolate cupcake

Serves 12

Dairy and egg free, easy chocolate cupcake recipe.

Prep Time 15 min Cook Time 35 min Total Time 50 min

Ingredients











- 1 1/2 cup self-raising flour
- 1 cup caster sugar
- 1/3 cup cocoa powder
- 1/2 tsp salt
- 1 cup water
- 1/3 cup canola oil
- 1 tsp vanilla essence

Instructions




















- Preheat oven 180c (356f)
- Mix dry ingredients in bowl
- Mix wet ingredients in separate bowl
- Combine wet and dry ingredients with electric mixer or until smooth
- Add to cake cases
- Cook for 25 minutes



Speed Sounds Set 2

ay  may I play?	ee  what can you see?	igh  fly high	ow  blow the snow	oo  poo at the zoo
oo  look at a book	ar  start the car	or  shut the door	air  that's not fair	ir  whirl and twirl

Speed Sounds Set 3

ea  cup of tea	oi  spoil the boy	ou  shout it out	oy  toy for a boy	
ā-e  make a cake	i-e  nice smile	ō-e  phone home	ū-e  huge brute	aw  yawn at dawn
are  care and share	ur  nurse with a purse	er  a better letter	ow  brown cow	ai  snail in the rain
oa  goat in a boat	ew  chew the stew	ire  fire, fire!	ear  hear with your ear	ure  sure it's pure