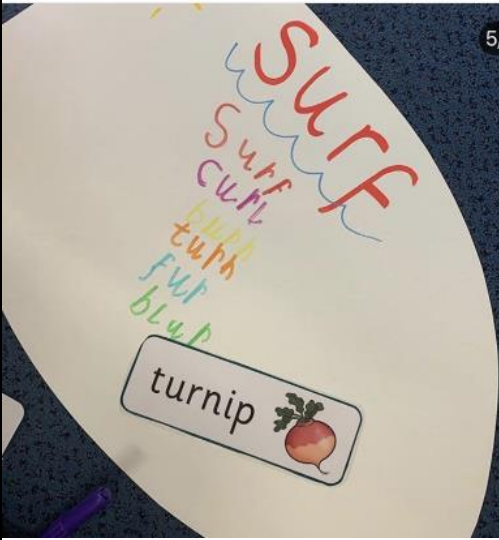



# Year 1 Weekly Plan

## Monday

Approx. Timing	Suggested Activity	Activity Plan																				
10 mins	Mindfulness	This could be a colouring activity, a breathing exercise or a quiet handwriting exercise. Something that gets your child ready for a day of learning.																				
30 mins	PE with Joe Wicks / Eat breakfast with family	This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach children how to hold a conversation or have good table manners.																				
30-40 mins	Reading Activity Wash hands	<div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Phonics activity Watch and join in with set 1 sounds: <a href="https://www.youtube.com/watch?v=hCBzNnSSxdx">https://www.youtube.com/watch?v=hCBzNnSSxdx</a> Then set 2 and 3: <a href="https://www.youtube.com/watch?v=aR0BV1zaFDM">https://www.youtube.com/watch?v=aR0BV1zaFDM</a></p> <p>Today's sound of the day is 'UR' Nurse with a <b>purse</b></p> <p>We are going to make a picture and the write lots of 'UR' words around it. You will need a piece of plain paper to draw a smurf or you can print one off (<a href="http://www.coloring-book.info/coloring/coloring_page.php?id=117">http://www.coloring-book.info/coloring/coloring_page.php?id=117</a>) or you can draw any of the words below or a surf board (like in the picture on the left) . Once you have your picture can you now write your 'UR' words around the picture. Once you have written the words you can decorate your picture and colour in your smurf.</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr><td>Nurse</td><td>Purse</td><td>Fur</td><td>Purr</td></tr> <tr><td>Curb</td><td>Curd</td><td>Surf</td><td>Turf</td></tr> <tr><td>Smurf</td><td>Lurk</td><td>Murk</td><td>Curl</td></tr> <tr><td>Burp</td><td>Burn</td><td>Turn</td><td>Churn</td></tr> <tr><td>Hurt</td><td>Burst</td><td>Church</td><td>Curve</td></tr> </table> </div> </div>	Nurse	Purse	Fur	Purr	Curb	Curd	Surf	Turf	Smurf	Lurk	Murk	Curl	Burp	Burn	Turn	Churn	Hurt	Burst	Church	Curve
Nurse	Purse	Fur	Purr																			
Curb	Curd	Surf	Turf																			
Smurf	Lurk	Murk	Curl																			
Burp	Burn	Turn	Churn																			
Hurt	Burst	Church	Curve																			
15-20 mins	Break Time																					
10 mins	Times tables Practice	<p>You should practise times tables every day.</p> <p>Reception: doubling and halving Year 1&amp;2: 2s, 5s, 10s Year 3: 3s, 4s, 8s Year 4,5,6: All timetables up to 12x12.</p>																				
30-40 mins	Maths Activity	<p>Starter Watch: <a href="https://www.youtube.com/watch?v=ID9tjBUiXs0&amp;t=32s">https://www.youtube.com/watch?v=ID9tjBUiXs0&amp;t=32s</a> or <a href="https://www.youtube.com/watch?v=GyK8iEO5-GI">https://www.youtube.com/watch?v=GyK8iEO5-GI</a></p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Today you are going to review your number bonds from last week. Today you are going to make a rain cloud and the rain is going to be your number bonds to 10. You will need coloured paper to cut into strips and blue paper for your cloud and cotton wool to place round the outside of the cloud. See to the left for a completed example. Encourage your child to use their hands to figure out the number bonds if they can't remember E.g hold up 3 fingers and ask 3 + what makes 10? Get them to count the fingers that remain down. You could get them to look at the other number bonds activities they have been doing to help them to find the answers independently.</p> <p>As a plenary watch <a href="https://www.youtube.com/watch?v=jiZi-6-Uhwc">https://www.youtube.com/watch?v=jiZi-6-Uhwc</a> can you remember some of the number bonds?</p> </div> </div>																				
30-40 mins	Lunch time																					
30-40 mins	Topic/English Activity	<p>Our new topic is going to be everyday heroes/key workers. We will be looking at people who help us such as our keyworkers who we were clapping for every Thursday night.</p> <p>Starter: What is a hero? Who is an everyday hero? Then also ask your child if they know what a key worker is? Also ask them to try to name who they think a key worker is.</p>																				



# Year 1 Weekly Plan

		<p>In school we will look through a PowerPoint showing different key workers and we will discuss what their job roughly is and how they help us and if we have ever been helped by them? When was this? Do you see this key worker a lot?</p> <p>At home you can watch this video and ask your child who can help them? Once it tells you who the right answer is pause the video and discuss the same or similar questions above such as what their job is and how they help us, have you been helped by them etc. <a href="https://www.youtube.com/watch?v=5uTOOQDEMLI">https://www.youtube.com/watch?v=5uTOOQDEMLI</a></p> <p>You can then share the story on get epic about 'help in my community'. Click this link and then sign in by entering the class code dnh1659 and then find your child's name or if you are in Mrs Last's class then click on one of the ones that say 'Mrs Last class guest' <a href="https://www.getepic.com/sign-in/educator">https://www.getepic.com/sign-in/educator</a></p>
--	--	---

10 mins	Golden Mile/Physical Activity	
---------	-------------------------------	--


30-40 mins	PSHE/Topic	<p>Today's emotion is curious! Watch this video you need to start it at 2.44 <a href="https://www.youtube.com/watch?v=uvMx-rojxRw">https://www.youtube.com/watch?v=uvMx-rojxRw</a> pause the video at 3.47 before it plays tomorrows emotion.</p> <ul style="list-style-type: none"> <li>How do you feel when you are curious? Lots of thoughts going on in your head, wanting to know lots of answers to lots of questions, being eager to ask lots of questions and learn, excited to ask and can't help but shouting it out or asking etc.</li> <li>Which inside out character do you think represents being curious? I would say Joy as you tend to be excited/eager to know something. What colour is she? Yellow, do you think this is a good colour to represent curiosity? Yes or no? why? If no, what colour should represent curiosity?</li> <li>Can you act out being curious? Maybe your family could all act it out at once and then if you want to share you can.</li> <li>Now I want you to draw a curious face what does their face look like? Their eyes, mouth etc You could paint, draw use playdough or even use a tablet to draw on a doodle pad. (the video below has curious right at the end look at the faces the children pull)</li> <li>Can you name a time you have been curious? Caregivers you start by telling them a time you have been curious now it the child's turn. Discuss these experiences.</li> </ul> <p><a href="https://www.youtube.com/watch?v=utZr0dPu5sk">https://www.youtube.com/watch?v=utZr0dPu5sk</a> here is another video that goes through lots of different feelings and how they look facially.</p> <p><a href="https://www.youtube.com/watch?v=ITPUxVQ6UIk">https://www.youtube.com/watch?v=ITPUxVQ6UIk</a> a book being read out with lots of emotions discussed it doesn't include curiosity but it is still nice to recap other emotions too.</p>
------------	------------	--

10-20 mins	Story time/Read a text	
------------	------------------------	--

## Tuesday

Approx. Timing	Suggested Activity	Activity Plan												
10 mins	Mindfulness	This could be a colouring activity, a breathing exercise or a quiet handwriting exercise. Something that gets your child ready for a day of learning.												
30 mins	PE with Joe Wicks / Eat breakfast with family	This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach children how to hold a conversation or have good table manners.												
30-40 mins	Reading Activity Wash hands	<p>Phonics activity Watch and join in with set 1 sounds: <a href="https://www.youtube.com/watch?v=hCBzNnSSxds">https://www.youtube.com/watch?v=hCBzNnSSxds</a> Then set 2 and 3: <a href="https://www.youtube.com/watch?v=aR0BV1zaFDM">https://www.youtube.com/watch?v=aR0BV1zaFDM</a></p> <p>Today's sound of the day is 'ea' Cup of tea</p> <p>We are going to make a cup and then write 'ea' words on it or on a bits of square paper attached via string of thin strip of paper to look like a teabag. If you can not print the template then draw a cup or any of the other 'ea' words below. Once you have written the words you can decorate your picture.</p> <p><a href="https://www.redtedart.com/wp-content/uploads/2014/05/RedTedArt-Teacup-copyright.pdf">https://www.redtedart.com/wp-content/uploads/2014/05/RedTedArt-Teacup-copyright.pdf</a> this is the template for making a 3D cup and saucer.</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>Tea</td> <td>Lead</td> <td>Leaf</td> <td>Read</td> </tr> <tr> <td>Cream</td> <td>Beak</td> <td>Bean</td> <td>Peak</td> </tr> <tr> <td>Speak</td> <td>Treat</td> <td>Team</td> <td>Pea</td> </tr> </table>	Tea	Lead	Leaf	Read	Cream	Beak	Bean	Peak	Speak	Treat	Team	Pea
Tea	Lead	Leaf	Read											
Cream	Beak	Bean	Peak											
Speak	Treat	Team	Pea											

# Year I Weekly Plan

		Sea	Clean	Seal	Bead
		Dream	Seat	Scream	
15-20 mins	Break Time				
10 mins	Times tables Practice	You should practise times tables every day. Reception: doubling and halving Year 1&2: 2s, 5s, 10s Year 3: 3s, 4s, 8s Year 4,5,6: All timetables up to 12x12.			
30-40 mins	Maths Activity	Starter Watch: <a href="https://www.youtube.com/watch?v=ID9tjBUiXs0&amp;t=32s">https://www.youtube.com/watch?v=ID9tjBUiXs0&amp;t=32s</a> or <a href="https://www.youtube.com/watch?v=GyK8iEO5-GI">https://www.youtube.com/watch?v=GyK8iEO5-GI</a>  <p>Today you are going to use some different shaped to make a kite. You are going to use: 1 large square, 1 circle, 11 bow shapes made using 2 triangles and one circle per bow). See the picture below of a completed version. Once you have made your kite can you write the number bonds on the bows as shown in the picture below. You can then decorate your kite.</p> <p>As a plenary watch <a href="https://www.youtube.com/watch?v=jZi-6-Uhwc">https://www.youtube.com/watch?v=jZi-6-Uhwc</a> can you remember some of the number bonds?</p>			
30-40 mins	Lunch time				
30-40 mins	Topic/English Activity	<p>Everyday heroes and key workers. We will be looking at people who help us such as our keyworkers who we were clapping for every Thursday night.</p> <p>Today we are going to look at the main keyworkers at the moment during Covid 19 and they are those who are working in a hospital. In a hospital there are lots of workers can you name some?</p> <ul style="list-style-type: none"> <li>• Doctors</li> <li>• Nurses</li> <li>• Help care assistants</li> <li>• Porters</li> <li>• Cleaners</li> <li>• Admin staff (receptionist, HR, finance department etc. )</li> <li>• Security</li> <li>• Paramedics</li> <li>• 111 and 999 call centre workers</li> </ul> <p>There is a book on epic you can read together called 'the hospital'</p> <p>In school we are going to be going through a PowerPoint about different workers in a hospital you can use pictures from google or just talk about them with your child. Ask them if they have been to hospital, why and who helped them when they were there? Talk about in hospitals there are different ways they can help you, you might need an X-ray, surgery, midwives to help women give birth etc. Talk about how in real emergencies ambulances and helicopters may come out. Talk about before the NHS (national health service) only rich people could afford to go to hospital or get medicine. But thanks to a man a long time ago the NHS was created so we can access free health care. It is paid for using money that is collected of every working adult these are called taxes.</p> <p>We are then going to write a thank you card to all the NHS workers. What are you going to draw on the front? What colours are you going to use? Making sure you start your card 'To all the NHS workers' also include 'Thank you' and 'From' your child.</p>			
10 mins	Golden Mile/Physical Activity				
30-40 mins	PSHE/Topic	<p>Today's emotion is disappointed!</p> <p>Watch this video you need to start it at 3.51 <a href="https://www.youtube.com/watch?v=uvMx-rojxRw">https://www.youtube.com/watch?v=uvMx-rojxRw</a> pause the video at 5.00 before it plays tomorrows emotion.</p> <ul style="list-style-type: none"> <li>• How do you feel when you are disappointed? Maybe you feel this way because things have not gone to plan or gone the way you wanted. Maybe you feel disappointed because you are not chosen, things are not going how you hoped and feel like everything is going wrong. You feel let down and maybe a little sad.</li> </ul>			



# Year 1 Weekly Plan

		<ul style="list-style-type: none"> <li>Which inside out character do you think represents being disappointed? I would say sadness as you tend to feel down and upset when you are disappointed. What colour is she? Blue, do you think this is a good colour to represent disappointment? Yes or no? why? If no, what colour should represent disappointment?</li> <li>Can you act out being disappointed? Maybe your family could all act it out at once and then if you want to share you can.</li> <li>Now I want you to draw a disappointed face what does their face look like? Their eyes, mouth etc You could paint, draw use playdough or even use a tablet to draw on a doodle pad.</li> <li>Can you name a time you have been disappointed? Caregivers you start by telling them a time you have been disappointed now it the child's turn. Discuss these experiences.</li> <li>What could we do to make ourselves feel better? Tell ourselves that it okay maybe next time things will be okay, it might be your turn etc. you could think of something positive to cheer you up, do slow deep breathing to re-centre yourself.</li> </ul> <p><a href="https://www.youtube.com/watch?v=utZr0dPu5sk">https://www.youtube.com/watch?v=utZr0dPu5sk</a> here is another video that goes through lots of different feelings and how they look facially.</p> <p><a href="https://www.youtube.com/watch?v=mc2zY1MUr8o">https://www.youtube.com/watch?v=mc2zY1MUr8o</a> a book about a disappointed rabbit.</p>
--	--	--

10-20 mins		Story time/Read a text
------------	--	------------------------

## Wednesday

Approx. Timing	Suggested Activity	Activity Plan																
10 mins	Mindfulness	This could be a colouring activity, a breathing exercise or a quiet handwriting exercise. Something that gets your child ready for a day of learning.																
30 mins	PE with Joe Wicks / Eat breakfast with family	This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach children how to hold a conversation or have good table manners.																
30-40 mins	Reading Activity Wash hands	<p>Phonics activity Watch and join in with set 1 sounds: <a href="https://www.youtube.com/watch?v=hCBzNnSSxds">https://www.youtube.com/watch?v=hCBzNnSSxds</a> Then set 2 and 3: <a href="https://www.youtube.com/watch?v=aR0BV1zaFDM">https://www.youtube.com/watch?v=aR0BV1zaFDM</a></p> <p>Today's sound of the day is 'or' Shut the door</p> <p>Can you think of lots of words with the sound 'or' in maybe write them all down in a picture of a door or maybe you could make a horn. Can you decorate your work and colour it in? Here is a link on how to make a horn you will need paper and pens to decorate and tape or glue. <a href="https://alittlepinchofperfect.com/easy-kid-craft-paper-party-horns/">https://alittlepinchofperfect.com/easy-kid-craft-paper-party-horns/</a></p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>Door</td> <td>Horn</td> <td>Fork</td> <td>Doctor</td> </tr> <tr> <td>North</td> <td>Torch</td> <td>Floor</td> <td>Sport</td> </tr> <tr> <td>Port</td> <td>Short</td> <td>Cork</td> <td>Corn</td> </tr> <tr> <td>Word</td> <td>Cord</td> <td>Porch</td> <td>Torn</td> </tr> </table>	Door	Horn	Fork	Doctor	North	Torch	Floor	Sport	Port	Short	Cork	Corn	Word	Cord	Porch	Torn
Door	Horn	Fork	Doctor															
North	Torch	Floor	Sport															
Port	Short	Cork	Corn															
Word	Cord	Porch	Torn															

15-20 mins	Break Time	
------------	------------	--

10 mins	Times tables Practice	<p>You should practise times tables every day.</p> <p>Reception: doubling and halving Year 1&amp;2: 2s, 5s, 10s Year 3: 3s, 4s, 8s Year 4,5,6: All timetables up to 12x12.</p>
---------	-----------------------	--

30-40 mins	Maths Activity	<p>Starter Watch: <a href="https://www.youtube.com/watch?v=pwOKugrFmjQ">https://www.youtube.com/watch?v=pwOKugrFmjQ</a> and <a href="https://www.youtube.com/watch?v=UqQ1VkBvUrS">https://www.youtube.com/watch?v=UqQ1VkBvUrS</a></p> <p>Today you are going to make and play your own maths board game. I have attached a free copy of one that goes up to 20 but you may wish to change this on yours and go higher or lower. You can include subtraction and addition the one below only has addition. Make sure you have a clear start and finish. Make sure the rules are clear on how you play and that the game looks attractive to everyone. Once you have made it you can play it with your family. Here is a maths board game example <a href="http://resources.sparklebox.me.uk/7000-8000/sb7213.pdf">http://resources.sparklebox.me.uk/7000-8000/sb7213.pdf</a></p>
------------	----------------	---

30-40 mins	Lunch time	
------------	------------	--

30-40 mins	Topic/English Activity	Everyday heroes and key workers. We will be looking at people who help us such as our keyworkers who we were clapping for every Thursday night.
------------	------------------------	---



# Year 1 Weekly Plan

		<p>Yesterday we spoke about hospitals and who works in them well today we are going to look more closely at how hospitals have changed over the years.</p> <p>In school we are going to look at a PowerPoint and <a href="https://www.twinkl.co.uk/go/resource/t-h-150-ks1-florence-nightingale-hospital-picture-hotspots">https://www.twinkl.co.uk/go/resource/t-h-150-ks1-florence-nightingale-hospital-picture-hotspots</a> that compares hospitals for the Victorian era to now you can look up pictures and play this podcast in the background talking about what a Victorian hospital is like <a href="https://www.bbc.co.uk/cbeebies/radio/my-story-lizzie-victorian-hospital">https://www.bbc.co.uk/cbeebies/radio/my-story-lizzie-victorian-hospital</a> there is also some information here about Florence Nightingale <a href="https://www.bbc.co.uk/bitesize/topics/zns9nrd/articles/znsct39">https://www.bbc.co.uk/bitesize/topics/zns9nrd/articles/znsct39</a></p> <p>We will go on to talk about the amazing and important changes she made to nursing.</p> <p>We will then write the differences between the two hospitals e.g. in the Victorian hospital some soldiers had to sleep on the floor, it was dirty, smelly, unclean etc. In modern hospitals it is clean, everyone has a bed etc.</p>
--	--	---

10 mins	Golden Mile/Physical Activity	
---------	-------------------------------	--

30-40 mins	PSHE/Topic	<p>Today's emotion is shyness! Watch this video you need to start it at 5.01 <a href="https://www.youtube.com/watch?v=uvMx-rojxRw">https://www.youtube.com/watch?v=uvMx-rojxRw</a> pause the video at 5.59 before it plays tomorrows emotion.</p> <ul style="list-style-type: none"> <li>• How do you feel when you are being shy? Not feeling comfortable, not wanting to talk or stand out, not wanting to join in, don't like things you haven't tried before etc.</li> <li>• Which inside out character do you think represents being shy? I would say maybe fear as you tend to feel a bit scared and nervous. What colour is he? Purple do you think this is a good colour to represent being shy? Yes or no? why? If no, what colour should represent shyness?</li> <li>• Can you act out being Shy? Maybe your family could all act it out at once and then if you want to share you can.</li> <li>• Now I want you to draw a shy face what does their face look like? Their eyes, mouth etc You could paint, draw use playdough or even use a tablet to draw on a doodle pad.</li> <li>• Can you name a time you have been shy? Caregivers you start by telling them a time you have been shy now it the child's turn. Discuss these experiences.</li> <li>• What could we do to make ourselves feel better? Tell ourselves that it is okay there is nothing to be scared of etc. You could think of something positive to cheer you up, do slow deep breathing to re-centre yourself.</li> </ul> <p><a href="https://www.youtube.com/watch?v=utZr0dPu5sk">https://www.youtube.com/watch?v=utZr0dPu5sk</a> here is another video that goes through lots of different feelings and how they look facially.</p> <p><a href="https://www.youtube.com/watch?v=OKtqxOzjLI0">https://www.youtube.com/watch?v=OKtqxOzjLI0</a> here is a book about being too shy for show and tell.</p>
------------	------------	---

10-20 mins	Story time/Read a text	
------------	------------------------	--

## Thursday

Approx. Timing	Suggested Activity	Activity Plan
10 mins	Mindfulness	This could be a colouring activity, a breathing exercise or a quiet handwriting exercise. Something that gets your child ready for a day of learning.
30 mins	PE with Joe Wicks / Eat breakfast with family	This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach children how to hold a conversation or have good table manners.
30-40 mins	Reading Activity Wash hands	<p>Phonics activity Watch and join in with set 1 sounds: <a href="https://www.youtube.com/watch?v=hCBzNnSSxds">https://www.youtube.com/watch?v=hCBzNnSSxds</a> Then set 2 and 3: <a href="https://www.youtube.com/watch?v=aR0BV1zaFDM">https://www.youtube.com/watch?v=aR0BV1zaFDM</a></p> <p>Today's sound of the day is 'air' That's not fair</p> <p>Today we are going to make a person with long hair and write our 'air' words on them.</p>



# Year 1 Weekly Plan



You will need a large piece of plain paper to draw your persons face on and then you need to cut out strips of coloured paper large enough for your child to write the 'air' words on. First get your child to write their words on the strips of paper and then attached the strips of paper to the top of the persons face and let them dangle off the page. There is an example of what they could look like below but they don't have the words written on the hair. Once you have done this you can colour in your persons face and even draw them a body and decorate their clothes.

Fair	Stair	Pair	Éclair
Hair	Repair	Chair	Airship
Unfair	Hairbrush	Lair	Airport

15-20 mins Break Time

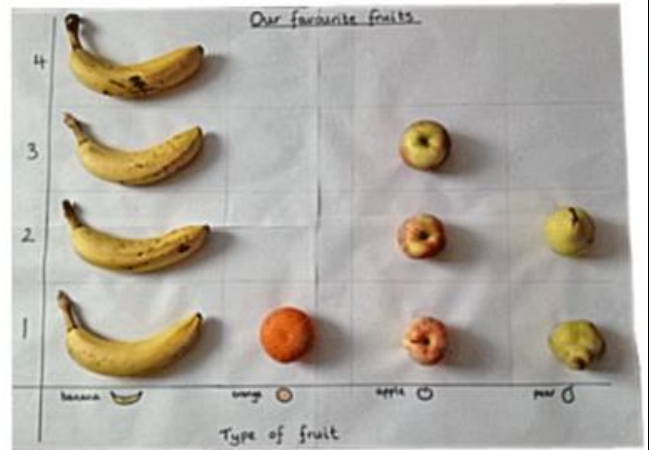
10 mins Times tables Practice

You should practise times tables every day.  
 Reception: doubling and halving  
 Year 1&2: 2s, 5s, 10s  
 Year 3: 3s, 4s, 8s  
 Year 4,5,6: All timetables up to 12x12.

30-40 mins Maths Activity

Today we are going to look at bar charts here are some interactive online games to play <https://www.topmarks.co.uk/maths-games/5-7-years/data-handling>

In school we will be doing a worksheet where there is a box filled with pictures of fruit and the children have to colour one box per fruit so if there are 5 pictures of pears then 5 boxes will be coloured in. If you want to make your own version of this at home if not I have attached a picture below of another idea of how to make a simple bar chart using fruit or other items at home. Remember to put your numbers along the Y axis and the name of the fruit or items along the X axis.



30-40 mins Lunch time

30-40 mins Topic/English Activity

Everyday heroes and key workers. We will be looking at people who help us such as our keyworkers who we were clapping for every Thursday night.

Yesterday we looked at how hospitals differ from the Victorian era and now. We also spoke about a famous nurse can you remember her name? Florence Nightingale.



# Year 1 Weekly Plan

		<p>Today in school we will discuss a nurse's job in more detail by reading a fact file you can read this fact file here <a href="https://easyscienceforkids.com/nurse/">https://easyscienceforkids.com/nurse/</a> there is also this PowerPoint <a href="https://www.tes.com/teaching-resource/people-who-help-us-doctors-and-nurses-6278960#">https://www.tes.com/teaching-resource/people-who-help-us-doctors-and-nurses-6278960#</a> Then we are going to create our own split pin or lollypop stick nurse. Here is a link for a colouring sheet you could print of a nurse to attach to a lollypop stick or straw to create your nurse puppet or you can draw a rough nurse yourself.</p> <p><a href="https://www.google.co.uk/search?q=nurse+colouring&amp;safe=strict&amp;source=lnms&amp;tbn=isch&amp;sa=X&amp;ved=2ahUKewiTqezO9_bpAhWMilwKHXMTD4AQ_AUoAXoECBQQAw&amp;biw=1438&amp;bih=689#imgrc=h-Fnd2eNXKbavM">https://www.google.co.uk/search?q=nurse+colouring&amp;safe=strict&amp;source=lnms&amp;tbn=isch&amp;sa=X&amp;ved=2ahUKewiTqezO9_bpAhWMilwKHXMTD4AQ_AUoAXoECBQQAw&amp;biw=1438&amp;bih=689#imgrc=h-Fnd2eNXKbavM</a></p> <p><a href="https://www.getepic.com/sign-in/educator">https://www.getepic.com/sign-in/educator</a> I have attached a link to Get epic as there are some nice stories about nurses. Here is a link to a story read about a child playing nurse <a href="https://www.youtube.com/watch?v=dHK5e_mgQfQ">https://www.youtube.com/watch?v=dHK5e_mgQfQ</a>.</p>
--	--	---

10 mins	Golden Mile/Physical Activity
---------	-------------------------------

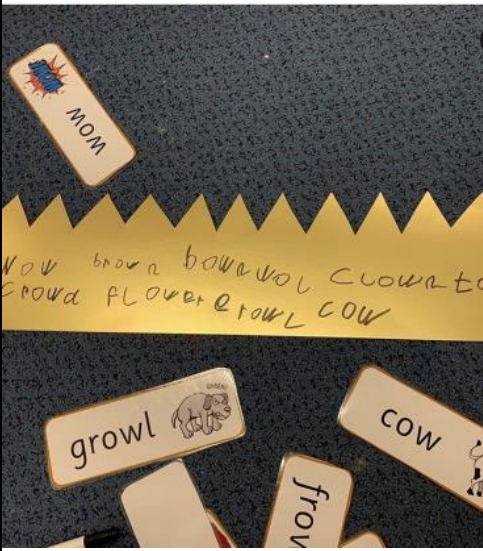
30-40 mins	PSHE/Topic	<p>Today's emotion is Confused! Watch this video you need to start it at 6.00 <a href="https://www.youtube.com/watch?v=uvMx-rojxRw">https://www.youtube.com/watch?v=uvMx-rojxRw</a> pause the video at 7.04 before it plays tomorrows emotion.</p> <ul style="list-style-type: none"> <li>• How do you feel when you are confused?</li> <li>• Which inside out character do you think represents being confused? I would say maybe fear as you tend to feel a bit nervous or unsettled when you are confused or maybe sadness as it doesn't feel too good when you are feeling confused. What colour is fear he is? Purple do you think this is a good colour to represent being confused? What colour is sadness? Blue is this a good colour to represent feeling confused? Yes or no? why? If no, what colour should represent confusion?</li> <li>• Can you act out being confused? Maybe your family could all act it out at once and then if you want to share you can.</li> <li>• Now I want you to draw a confused face what does their face look like? Their eyes, mouth etc You could paint, draw use playdough or even use a tablet to draw on a doodle pad.</li> <li>• Can you name a time you have been confused? Caregivers you start by telling them a time you have been shy now it the child's turn. Discuss these experiences.</li> <li>• What could we do to make ourselves feel better? Tell ourselves that it is okay that we don't know the answer or what is happening you can just ask etc. You could think of something positive to cheer you up, do slow deep breathing to re-centre yourself.</li> </ul> <p><a href="https://www.youtube.com/watch?v=utZr0dPu5sk">https://www.youtube.com/watch?v=utZr0dPu5sk</a> here is another video that goes through lots of different feelings and how they look facially.</p> <p><a href="https://www.getepic.com/sign-in/educator">https://www.getepic.com/sign-in/educator</a> here is a link for get epic and there is a book on there if you search confused it explains what a child looks like when I am confused.</p>
------------	------------	---

10-20 mins	Story time/Read a text
------------	------------------------

<h2 style="margin: 0;">Friday</h2>
------------------------------------

Approx. Timing	Suggested Activity	Activity Plan
10 mins	Mindfulness	This could be a colouring activity, a breathing exercise or a quiet handwriting exercise. Something that gets your child ready for a day of learning.
30 mins	PE with Joe Wicks / Eat breakfast with family	This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach children how to hold a conversation or have good table manners.

# Year 1 Weekly Plan

30-40 mins	Reading Activity Wash hands		<p>Phonics activity Watch and join in with set 1 sounds: <a href="https://www.youtube.com/watch?v=hCBzNnSSxds">https://www.youtube.com/watch?v=hCBzNnSSxds</a> Then set 2 and 3: <a href="https://www.youtube.com/watch?v=aR0BVIzaFDM">https://www.youtube.com/watch?v=aR0BVIzaFDM</a></p> <p>Today's sound of the day is 'ow' Brown cow</p> <p>Today we are going to draw a picture of a cow and then write 'ow' words around it or inside it. You could make a crown to wear on your head with the words on. You will need a large piece of plain paper to trace your picture on or print out the template from the link below or free hand draw a cow. Now write as many 'ow' words as you can think of around your picture or inside the cow. You can write them in different colours if you want to. Once you have written the words you can decorate your picture.</p> <p><a href="https://www.coloring.ws/t.asp?t=https://www.coloring.ws/animals/cow.gif">https://www.coloring.ws/t.asp?t=https://www.coloring.ws/animals/cow.gif</a></p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td>Brown</td> <td>Cow</td> <td>Now</td> <td>Down</td> </tr> <tr> <td>Owl</td> <td>How</td> <td>Bow</td> <td>Pow</td> </tr> <tr> <td>Row</td> <td>Town</td> <td>Brown</td> <td>Clown</td> </tr> <tr> <td>Crown</td> <td>Crowd</td> <td>Gown</td> <td>Wow</td> </tr> </table>	Brown	Cow	Now	Down	Owl	How	Bow	Pow	Row	Town	Brown	Clown	Crown	Crowd	Gown	Wow
Brown	Cow	Now	Down																
Owl	How	Bow	Pow																
Row	Town	Brown	Clown																
Crown	Crowd	Gown	Wow																
15-20 mins	Break Time																		
10 mins	Times tables Practice	<p>You should practise times tables every day.</p> <p>Reception: doubling and halving Year 1&amp;2: 2s, 5s, 10s Year 3: 3s, 4s, 8s Year 4,5,6: All timetables up to 12x12.</p>																	
30-40 mins	Maths Activity	<p>Starter Watch: <a href="https://www.youtube.com/watch?v=ZWvp2TQ428Q">https://www.youtube.com/watch?v=ZWvp2TQ428Q</a> or <a href="https://www.youtube.com/watch?v=tbXER6bLyu4">https://www.youtube.com/watch?v=tbXER6bLyu4</a></p> <p>Today we are going to do another bar chart like yesterday but today we are also going to do a tally chart. Explain that after 4 strikes the 5<sup>th</sup> must go diagonally. The videos above help explain this. You could use sticks outside to physically make the tally to demonstrate before starting the work sheet. The link below has a work sheet very similar to the one we will be using. The bottom part of the sheet is like yesterday's so that is a recap and the tally is the aim for today but feel free to recap the bar chart too.</p> <p><a href="http://www.snappymaths.com/other/handlingdata/barcharts/resources/fruittallybar.pdf">http://www.snappymaths.com/other/handlingdata/barcharts/resources/fruittallybar.pdf</a></p>																	
30-40 mins	Lunch time																		
30-40 mins	Topic/English Activity	<p>For this afternoon we are going to look at who is your male hero at home.</p> <p>This is because this Sunday (21<sup>st</sup> June) it is Father's Day it is a day we celebrate and are thankful for the male role models in our life you can celebrate your: dad, step dad, grandad, uncle etc.</p> <p>There are some nice stories on Get Epic about Father's Day.</p> <p>At school we are going to make cards. We are going to make a shirt and tie card, you will need an A4 piece of paper and a long, thick strip of paper (1/4 of A4 sheet). Place the paper landscape and fold either side to meet in the middle this will make the open shirt. Then turn over the corners that meet at the top to make the collar, to make the tie use the 1/4 piece of paper and fold it in half and cut the bottom diagonally to make it look like a tie shape, then stick it to just one side of the card. (there is an example below/template) you can decorate your card think about what your male hero would like on their card. Inside remember to write 'To Dad', 'Love you lots you are the best', 'you are my hero', 'love from' etc.</p>																	



# Year 1 Weekly Plan

10 mins	Golden Mile/Physical Activity	
30-40 mins	PSHE/Topic	<p>We are going to make our male heroes a medal to celebrate how much they mean to us. Use ribbon or strips of paper to go around their neck. What are you going to write on your medal? What colour would your hero want it to be?</p> <p>In school we are also going to be doing an acrostic poem for our male heroes.            e.g.            Daring            Amazing            Dashing</p> <p>What are you going to make your male hero for Father's Day?</p>
10-20 mins	Story time/Read a text	