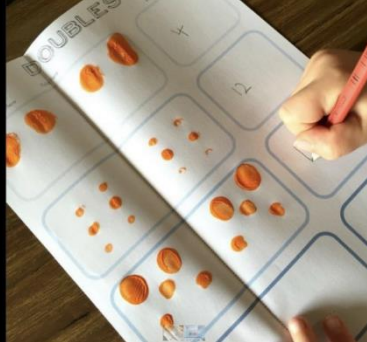


# Year 1 Weekly Plan

## 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	<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=aROBVlzaFDM">https://www.youtube.com/watch?v=aROBVlzaFDM</a></p> <p>Today's sound of the day is 'IR' Whirl and twirl</p> <p>We are going to make a bird mask and the write lots of 'IR' words in it. You will need a piece of plain paper to draw a bird mask or you can print one off (<a href="http://www.supercoloring.com/sites/default/files/fif/pdf/2019/02/robin-bird-mask-outline-paper-craft.pdf">http://www.supercoloring.com/sites/default/files/fif/pdf/2019/02/robin-bird-mask-outline-paper-craft.pdf</a>) or you can draw any of the words below. Once you have your mask or picture can you now write your 'IR' words around or in the picture/mask. Once you have written the words you can decorate your mask/picture and colour it in.</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td>Whirl</td> <td>Twirl</td> <td>First</td> <td>Shirt</td> </tr> <tr> <td>Bird</td> <td>Birthday</td> <td>Chirp</td> <td>Dirty</td> </tr> <tr> <td>Girl</td> <td>Third</td> <td>Firm</td> <td>Stir</td> </tr> <tr> <td>Thirsty</td> <td>Thirty</td> <td>Skirt</td> <td>Circle</td> </tr> <tr> <td>Birth</td> <td>Thirteen</td> <td>Circus</td> <td>Girls</td> </tr> </table>	Whirl	Twirl	First	Shirt	Bird	Birthday	Chirp	Dirty	Girl	Third	Firm	Stir	Thirsty	Thirty	Skirt	Circle	Birth	Thirteen	Circus	Girls
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Bird	Birthday	Chirp	Dirty																			
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Birth	Thirteen	Circus	Girls																			
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>Recap doubling <a href="https://www.youtube.com/watch?v=4U2QLjqripY">https://www.youtube.com/watch?v=4U2QLjqripY</a> Today we are going to recap doubles. You will need a piece of paper, paint and a pencil. First fold the paper as shown in the picture beside its not directly in half but instead the first 1/3 is folded over. Then get your child to pain a number of dots you can instruct or ask them to pick a number between 1-10. Once they have painted them fold to paper to copy the dots on to the other side of the paper and then say 'so double 2 = 4' or 'double 6 = 12' keep going.</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>Last week we looked at the job of a nurse in detail. Today we are going to look at a doctor's job in detail <a href="https://www.youtube.com/watch?v=bwx2Z69S0YA">https://www.youtube.com/watch?v=bwx2Z69S0YA</a> by reading a fact file you can read this fact file here <a href="https://www.theschoolrun.com/homework-help/people-who-help-us">https://www.theschoolrun.com/homework-help/people-who-help-us</a> or this PowerPoint that is more a generalised hospital overview <a href="https://www.twinkl.co.uk/resource/au-t-759-people-who-help-us-hospital-video-powerpoint-australia">https://www.twinkl.co.uk/resource/au-t-759-people-who-help-us-hospital-video-powerpoint-australia</a>.</p> <p>Then we are going to create our own split pin or lollipop stick doctor. Here is a link for a colouring sheet <a href="http://www.getcoloringpages.com/doctor-coloring-pages">http://www.getcoloringpages.com/doctor-coloring-pages</a> you could print of a doctor to attach to a lollipop stick or straw to create your doctor puppet or you can draw a doctor yourself.</p> <p><a href="https://www.youtube.com/watch?v=d6qlEZA1-BI">https://www.youtube.com/watch?v=d6qlEZA1-BI</a> here is a video showing you the Makaton for doctor and nurse.</p> <p>On get epic (class code is dnh1659) there are some stories about doctors and one about a dinosaur that goes to the doctors that you could share together <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 boredom! Watch this video you need to start it at 7.06 <a href="https://www.youtube.com/watch?v=uvMx-rojXRw">https://www.youtube.com/watch?v=uvMx-rojXRw</a> pause the video at 8.07 before it plays tomorrow's emotion.</p>																				



# Year 1 Weekly Plan

- How do you feel when you are bored? Got nothing to do; feeling down, annoyed, fed up, stuck, time is running slow/going slow, nothing is getting your attention etc.
- Which inside out character do you think represents being bored? I would say maybe sadness as you tend to feel down and not very happy when you are bored. What colour is she? Blue do you think this is a good colour to represent being bored. Maybe you could say disgust represents being bored? What colour is she? Green- is this a good colour to represent feeling bored? Yes or no? Why? If no, what colour should represent boredom?
- Can you act out being bored? Maybe your family could all act it out at once and then if you want to share you can.
- Now I want you to draw a bored 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.
- Can you name a time you have been bored? Caregivers you start by telling them a time you have been bored now it the child's turn. Discuss these experiences.
- What could we do to make ourselves feel better? Tell ourselves that it is maybe we can do a fun activity or something instead etc. You could think of something positive to cheer you up, do slow deep breathing to re-centre yourself.

<https://www.youtube.com/watch?v=utZr0dPu5sk> here is another video that goes through lots of different feelings and what faces we make to show these feelings.

<https://www.getepic.com/sign-in/educator> on here there is a story about being bored if you search bored.

<https://www.youtube.com/watch?v=4OIVeS18cGA> or a video of a story being read out or this one [https://www.youtube.com/watch?v=63fdm6BT4\\_A](https://www.youtube.com/watch?v=63fdm6BT4_A)

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 'ow' Blow the snow</p> <p>We are going to draw round a shadow of a toy and then write 'ow' words in it or around it. You will need some plain paper, pencil, an object to make a shadow like a plastic toy and some sunlight. Draw round the objects shadow and then write your 'ow' words in the shadow or around it. Once you have written the words you can decorate your shadow picture.</p> <table border="1"> <tr> <td>Blow</td> <td>Snow</td> <td>Bow</td> <td>Row</td> </tr> <tr> <td>Own</td> <td>Crow</td> <td>Rainbow</td> <td>Borrow</td> </tr> <tr> <td>Narrow</td> <td>Follow</td> <td>Grow</td> <td>Tomorrow</td> </tr> <tr> <td>Show</td> <td>Shadow</td> <td>Shallow</td> <td>Scarecrow</td> </tr> <tr> <td>Hollow</td> <td>Pillow</td> <td>Slow</td> <td>Low</td> </tr> </table>	Blow	Snow	Bow	Row	Own	Crow	Rainbow	Borrow	Narrow	Follow	Grow	Tomorrow	Show	Shadow	Shallow	Scarecrow	Hollow	Pillow	Slow	Low
Blow	Snow	Bow	Row																			
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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	Recapping doubling again <a href="https://www.youtube.com/watch?v=4U2QLqripY">https://www.youtube.com/watch?v=4U2QLqripY</a>																				

# Year 1 Weekly Plan

			<p>You will need toys, either paper or white board, pencil or a whiteboard pen and a mirror.</p> <p>Place a number of toys in front of you e.g. 2 then write your number down, what is double 2? Place the mirror in front of the toys and look in it how many do you see? 2 so 2+2=? 4. So double 2 = 4. Keep going trying different numbers.</p>
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30-40 mins	Lunch time		
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30-40 mins	Topic/English Activity	<p>Today's everyday hero is a paramedic. What is a paramedic? What do they do? What is the vehicle called that they drive? An ambulance that's right!</p> <p><a href="https://www.youtube.com/watch?v=UCIBcKfQVIs">https://www.youtube.com/watch?v=UCIBcKfQVIs</a> here is a nice video talking about ambulances and paramedics. In school we are going to look at a power point it talks about the different ways paramedics can get to an incident to help ether an ambulance, car, bike or helicopter. Talk about what characteristics does a paramedic need/what do they need to be good at? Be caring, kind, calm, helpful, quick-thinking, responsible and good problem solving.</p> <p>Talk about how if there was an accident and someone was really hurt who would you call? 999 and ask for an ambulance.</p> <p><a href="https://www.youtube.com/watch?v=UVdTTUkQajQ">https://www.youtube.com/watch?v=UVdTTUkQajQ</a> here is the Makaton sign for ambulance.</p> <p>There are some nice activities here <a href="https://www.londonambulance.nhs.uk/getting-involved/public-education-schools-community-visits/childrens-games-activities/">https://www.londonambulance.nhs.uk/getting-involved/public-education-schools-community-visits/childrens-games-activities/</a></p> <p>There are also some nice books about ambulances and paramedics on Get Epic <a href="https://www.getepic.com/sign-in/educator">https://www.getepic.com/sign-in/educator</a> or a book read out on YouTube here <a href="https://www.youtube.com/watch?v=GvBl6KejC8M">https://www.youtube.com/watch?v=GvBl6KejC8M</a></p>	
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10 mins	Golden Mile/Physical Activity		
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30-40 mins	PSHE/Topic	<p>Today's emotion is being worried!</p> <p>Watch this video you need to start it at 8.08 <a href="https://www.youtube.com/watch?v=uvMx-rojxRw">https://www.youtube.com/watch?v=uvMx-rojxRw</a> pause the video at 9.24 before it plays tomorrow's emotion.</p> <ul style="list-style-type: none"> <li>• How do you feel when you are worried? Do you keep wondering what if? What if it goes wrong, I don't know the answer, I'm not good etc. All these thoughts in your head just means you are worried. If you are feeling a bit unsure maybe even scared about something it is probably because you are worried.</li> <li>• Which inside out character do you think represents being worried? I would say sadness as you tend to feel down and upset when you are worried. What colour is she? Blue, do you think this is a good colour to represent being worried? Yes or no? why? How about fear? Maybe he could represent being worried too? What colour is he? Purple, do you think this is a good colour to represent being worried? If no, what colour should represent being worried?</li> <li>• Can you act out being worried? 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 worried 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 worried? Caregivers you start by telling them a time you have been worried 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 no one is perfect we all make mistakes and get things wrong. Practice makes perfect and sharing your worries can help make them makes sense. You could think of something positive to cheer you up, do slow deep breathing to re-centre yourself.</li> <li>• Can you remember the Makaton sign for worry? <a href="https://www.youtube.com/watch?v=NmN-PbTZI80">https://www.youtube.com/watch?v=NmN-PbTZI80</a> here is a link to remind you of the sign.</li> </ul>	
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# Year 1 Weekly Plan

		<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>In school we will be watching this book <a href="https://watch.vooks.com/videos/slumberkins-presents-the-feels">https://watch.vooks.com/videos/slumberkins-presents-the-feels</a> but here is a YouTube version <a href="https://www.youtube.com/watch?v=FOdyu5WTP5k">https://www.youtube.com/watch?v=FOdyu5WTP5k</a></p> <p>Here is another nice story <a href="https://www.youtube.com/watch?v=VCyihI2SJU">https://www.youtube.com/watch?v=VCyihI2SJU</a> it talks about being worried and how people cant see them not even your teacher etc.</p> <p><a href="https://www.getepic.com/sign-in/educator">https://www.getepic.com/sign-in/educator</a> or there is a book called 'worried' on get epic too.</p>
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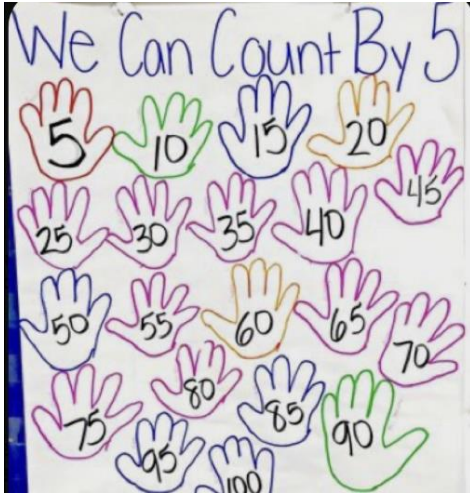
10-20 mins		Story time/Read a text
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## Wednesday

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 'oa' Goat in a boat</p> <p>Can you think of lots of words with the sound 'oa' in maybe write them all down in a picture of a goat or maybe you could make a boat. Can you decorate your work and colour it in?</p> <p><a href="https://www.youtube.com/watch?v=981tlyRjGFc">https://www.youtube.com/watch?v=981tlyRjGFc</a> here is a video that shows how to make a 3D paper boat out of paper or this simple 2D boat <a href="https://www.youtube.com/watch?v=em9yUH_NgTE">https://www.youtube.com/watch?v=em9yUH_NgTE</a></p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td>Goat</td> <td>Boat</td> <td>Float</td> <td>Groan</td> </tr> <tr> <td>Coat</td> <td>Raincoat</td> <td>Soak</td> <td>Soap</td> </tr> <tr> <td>Toad</td> <td>Load</td> <td>Coach</td> <td>Oak</td> </tr> <tr> <td>Oat</td> <td>Foam</td> <td>Goal</td> <td>Road</td> </tr> </table>	Goat	Boat	Float	Groan	Coat	Raincoat	Soak	Soap	Toad	Load	Coach	Oak	Oat	Foam	Goal	Road
Goat	Boat	Float	Groan															
Coat	Raincoat	Soak	Soap															
Toad	Load	Coach	Oak															
Oat	Foam	Goal	Road															

15-20 mins	Break Time	
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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>
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30-40 mins	Maths Activity	<p>Today we are going to focus on counting in 5s <a href="https://www.youtube.com/watch?v=r176jXYwct8">https://www.youtube.com/watch?v=r176jXYwct8</a> here is a video to help your child learn about counting in 5s.</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>You will need a piece of large paper or two A4 pieces stuck together and some pens or pencils, place your hand at the top of the paper and draw round it then repeat next to it along the top then drop down a line and go along until your page is filled with hand prints you will need 20 to be able to go to 100 in 5s or 10 to go to 50 in 5s. You could do this by painting your hands to create the handprints then let them dry before doing the next bit.</p> <p>Now starting at the top and working your way along and then drop down the line to continue, write multiples of 5 so 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100. Here is an example in the picture on the left.</p> </div> </div>
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30-40 mins	Lunch time	
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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>Yesterday we spoke about hospitals and doctors today we are going to look at the people who help us look after our teeth. Who would you go and see if you had problems with your teeth? That's right a dentist!</p>
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# Year 1 Weekly Plan

Talk about dentists and how we go to them for regular check ups as well as when we have a problem with our teeth. How many times a day should we brush our teeth? Twice that's right in the morning and before we go to bed! Making sure we use toothpaste too.

<https://www.youtube.com/watch?v=V87sjstPxa4> Makaton for dentist.

We as humans have 2 sets of teeth: our baby teeth (20) and then our adult teeth (32). Talk about how your child might have lost some baby teeth (also known as milk teeth) or prepare them for this happening if it hasn't yet. It is normal as it means your adult teeth are coming through. You might even be lucky and get a visit from the tooth fairy! This is when you put your tooth under your pillow at night and the fairy comes along and takes your tooth.

We as humans have teeth so do a lot of animals but not all animals do have teeth. An example is a bird they have beaks and no teeth.

Why do we have teeth? Not just for a nice smile but so we can cut, tear and crush our food in our mouths before we swallow.

Now to look at the three types of teeth we have as humans: canines, molars and incisors.

Last week when we looked at carnivore (meat eaters), herbivore (plant eaters) and omnivores (eat both meat and plants so most humans unless they are vegetarian or vegan) we looked at what teeth they had sharp or rounded. (This video may help the children remember and consolidate knowledge)

<https://www.youtube.com/watch?v=3yrikH2QEFA>

- What shape teeth did the carnivores have (T-Rex, velociraptor, Spinosaurus)? That's right sharp, pointed triangle shaped teeth these are called canines. Canines are used to rip and tear food apart.
- How about herbivores (triceratops, diplodocus, stegosaurus) which teeth do they tend to have more of? That's right they tend to have round/squarish flat teeth these are called molars these are used to crush and grind food. Herbivores sometimes don't have canines as they don't need to rip and tear their food. These teeth are at the back of our mouths.
- The third type of tooth is the incisor this is used to cut of pieces of food so they are bite size. They are the ones at the front of your mouth that you see when you smile. The video below shows this.

[https://www.youtube.com/watch?v=b5CPdI\\_r03s](https://www.youtube.com/watch?v=b5CPdI_r03s) this video is a good explanation of the different types of teeth in our mouths.

Now can you make your own mouth full of teeth you will need some white paper or mini white marshmallows, glue and pink paper. Cut a large oval shape out of the pink paper and fold in half this will make your mouth. Inside now place your marshmallows or cut out the teeth and stick them around the edge of the paper. Can you cut some molars (round and flat), some canines (sharp, pointy and triangular) and some incisors (rectangular shaped)? Think about your incisors go at the front of your mouth then your canines and then your molars at the back of your mouth. (picture below of some examples make a mouth like in the first three but try to cut the different teeth like in the bear/animal mouth)





# Year 1 Weekly Plan

30-40 mins	PSHE/Topic	<p>Today's emotion is being tired! Watch this video you need to start it at 9.27 <a href="https://www.youtube.com/watch?v=uvMx-rojxRw">https://www.youtube.com/watch?v=uvMx-rojxRw</a> pause the video at 10.41 before it plays tomorrows emotion.</p> <ul style="list-style-type: none"> <li>How do you feel when you are tired? Feeling sleepy, not awake, cant stop yawning, want to go to sleep or bed, has it been a busy day, haven't you had a good night's sleep, are you finding it hard to concentrate, feeling sleepy and slow, don't feel like you can do any more than your body and mind are needing a rest, so get into bed and have a big yawn and close your eyes because we all know that sleep is the best it makes you feel nice and refreshed.</li> <li>Can you act out being tired? Maybe your family could all act it out at once and then if you want to share you can. Think about your face and your body how do they look when you are tired?</li> <li>Now I want you to draw a tired 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 tired? Caregivers you start by telling them a time you have been tired now it the child's turn. Discuss these experiences.</li> <li>What could we do to make ourselves feel better? We could get up and jump around to try to reenergise ourselves and wake ourselves up, eat and drink water to get some energy, if you are at home maybe you could have a nap or if not an early night and a good nights sleep.</li> <li>Can you remember the Makaton sign for tired? <a href="https://www.youtube.com/watch?v=A74hU3N6uBo">https://www.youtube.com/watch?v=A74hU3N6uBo</a> here is a video reminding you.</li> </ul> <p><a href="https://www.youtube.com/watch?v=L6puaY8iLTw">https://www.youtube.com/watch?v=L6puaY8iLTw</a> here is a book about being sleepy/tired.</p>
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10-20 mins		Story time/Read a text
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## 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=aR0BVlzaFDM">https://www.youtube.com/watch?v=aR0BVlzaFDM</a></p> <p>Today's sound of the day is 'ar' start the car</p> <p>Today we are going to make our own car and write our 'ar' words on or around it. Here is a YouTube video on how to make a 3D car out of paper <a href="https://www.youtube.com/watch?v=IFzfmqllbY">https://www.youtube.com/watch?v=IFzfmqllbY</a> You will need a large piece of plain paper to draw your car on and then write the 'ar' words on or around it. Once you have done this you can colour in your persons face and even draw them a body and decorate their clothes.</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>Start</td> <td>Car</td> <td>Carpet</td> <td>Army</td> </tr> <tr> <td>Farther</td> <td>Bark</td> <td>Starch</td> <td>Star</td> </tr> <tr> <td>Dark</td> <td>Charm</td> <td>Jar</td> <td>Farm</td> </tr> <tr> <td>Sharp</td> <td>Art</td> <td>Market</td> <td>Far</td> </tr> </table>	Start	Car	Carpet	Army	Farther	Bark	Starch	Star	Dark	Charm	Jar	Farm	Sharp	Art	Market	Far
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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>So yesterday we worked on counting in 5s lets recap <a href="https://www.youtube.com/watch?v=r176jXYwct8">https://www.youtube.com/watch?v=r176jXYwct8</a>. Today we are going to recap counting in 5s.</p> <p>We are going to work on filling in a number square to 100 once you have filled in the gaps can you jump and colour in all the multiples of 5. Then at the bottom of the grid there is a number sequence of counting in 5s can you fill in the missing gaps you can use your work from yesterday or the number grid above to help you. The link to the sheet is below there are two different levels of work the first involves the child filling in the missing gaps in the grid as I explained above and then the other is filled in so they just need to</p>																



# Year 1 Weekly Plan

		<p>colour and filling in the number sequence below the grid. It is free to download you just need to make a free account in order to download it.</p> <p><a href="https://www.tes.com/teaching-resource/counting-in-5s-6109768">https://www.tes.com/teaching-resource/counting-in-5s-6109768</a> or here is a completed space themed version for free on twinkl if you search number square there is a free pirate one, seaside one or blank ones <a href="https://www.twinkl.co.uk/resource/t-n-800-space-themed-100-number-square">https://www.twinkl.co.uk/resource/t-n-800-space-themed-100-number-square</a></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>Yesterday we looked at the people who help us with our teeth what are they called again? That's right the dentist. Today we are going to look at people who help us with our eyes who knows what they are called. That's right the optometrist or optician. We go to the opticians for eye tests to check how well we can see and if we need help then we get glasses. It is free for children to have eye tests thanks to the NHS. Can you remember what the NHS is? That's right he national health service/hospital.</p> <p><a href="https://www.youtube.com/watch?v=FkxxZwaK5Oo">https://www.youtube.com/watch?v=FkxxZwaK5Oo</a> Makaton sign for optometrist/optician.</p> <p>Here is a video of pepper pig going to the opticians <a href="https://www.youtube.com/watch?v=bVChvgvJLvw">https://www.youtube.com/watch?v=bVChvgvJLvw</a> and this video explain opticians, how they test our eye sight it also goes into details of the eye this is advanced but feel free to still show your child <a href="https://www.youtube.com/watch?v=GDmz2j0hF2U">https://www.youtube.com/watch?v=GDmz2j0hF2U</a>.</p> <p>Our activity today is to make a paper pair of glasses. You will need either card or paper to cut your glasses shape with a hole in the middle so you can see through them. You then need to make your arms for your glasses to go over your ears. Here are some templates you could print out <a href="https://www.firstpalette.com/craft/paper-eyeglasses.html">https://www.firstpalette.com/craft/paper-eyeglasses.html</a></p> <p>There is a nice book on Get epic about eyes aimed at 3-7 year olds <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 being happy! Watch this video you need to start it at 10.43 <a href="https://www.youtube.com/watch?v=uvMx-rojxRw">https://www.youtube.com/watch?v=uvMx-rojxRw</a> pause the video at 11.44 before it plays tomorrow's emotion.</p> <ul style="list-style-type: none"> <li>• How do you feel when you are happy? The sun is shining, you can't stop smiling and laughing, can't help loving and everything is going your way, it's a lovely, brilliant and wonderful feeling when nothing is getting you down.</li> <li>• Which inside out character do you think represents being happy? I would say Joy definitely. What colour is she? Yellow, do you think this is a good colour to represent being happy? Yes or no? why? If no, what colour should represent happiness?</li> <li>• Can you act out being happy? 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 happy 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 happy? Caregivers you start by telling them a time you have been happy now it the child's turn. Discuss these experiences.</li> <li>• Who can remember the Makaton sign for happy? <a href="https://www.youtube.com/watch?v=q8agOV3bB6A">https://www.youtube.com/watch?v=q8agOV3bB6A</a> in this video signing and singing if you are happy and you know it you can see them use the sign of happy.</li> </ul> <p><a href="https://www.youtube.com/watch?v=fBISYTkW6kc">https://www.youtube.com/watch?v=fBISYTkW6kc</a> here is a story being narrated about being happy or maybe listen to the song because I'm happy by Pharrell Williams <a href="https://www.youtube.com/watch?v=CiA4iWUhtIs">https://www.youtube.com/watch?v=CiA4iWUhtIs</a></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 are some books on there if you search happy</p>
10-20 mins	Story time/Read a text	
Friday		
Approx. Timing	Suggested Activity	Activity Plan

# Year 1 Weekly 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.																
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30-40 mins	Maths Activity	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Yesterday we looked at counting in 5s today we are going to look at counting in 10s. <a href="https://www.youtube.com/watch?v=_yr-luM4SEA">https://www.youtube.com/watch?v=_yr-luM4SEA</a> here is a video to help your child learn to count in 10s.</p> <p><a href="https://thestemlaboratory.com/ice-cream-skip-counting-puzzles/">https://thestemlaboratory.com/ice-cream-skip-counting-puzzles/</a> here is an activity to help count in 10s. there is an ice cream cone and then a scoop of ice-cream for each multiple of 10. Can you stack the ice-cream scoops in the right order 10, 20, 30, 40, 50, 60, 70, 80, 90, 100. If you can not download or print then you are more than welcome to cut your own rough ice cream cone and scoops and ask your child to write the multiples of 10 down in each scoop. I have attached a picture showing you what the downloaded worksheet produces so you could make your own version if you can not print it.</p> </div> </div>																
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>Yesterday we looked at the people who help us with our eyes what are they called again? That's right the optician. So, the last few days we have looked at where we would go as humans when something is wrong with us but where would an animal go if they were not well? That's right a veterinarian or vet for short!</p> <p>In school we will look over a PowerPoint that talks through being a vet I have summarised the information from it below or here is a video that talks though being a vet <a href="https://www.youtube.com/watch?v=z8ckAFRd5Eo">https://www.youtube.com/watch?v=z8ckAFRd5Eo</a> . Here is the Makaton sign for vet <a href="https://www.youtube.com/watch?v=VOSU_iRUEA8">https://www.youtube.com/watch?v=VOSU_iRUEA8</a> can you see it is similar to doctor that is because a vet is an animal doctor.</p> <p>So, what does a vet do? A vet is someone who looks after animals. These animals might be poorly or injured. A vet is like a doctor for animals. Vets are animal scientists.</p> <p>A vet must do lots of different things. These include checking that animals are healthy; giving poorly animals injections or medicine; doing tests on animals to check what is wrong; doing operations on poorly animals; teaching people how to look after their animals.</p> <p>How can you become a vet? You need to work hard at school, especially in science. Then, you need to go to university where you will learn how to be a vet. Spending some time working with animals (such as on a farm) will also give you lots of good experience. It takes 4-8 years to become a vet in total.</p> <p>What skills do you think a vet needs to have?</p> <ul style="list-style-type: none"> <li>• love animals</li> </ul>																





# Year 1 Weekly Plan

		<ul style="list-style-type: none"> <li>• caring, kind, helpful</li> <li>• Vets also need to know a lot of information about lots of different animals.</li> <li>• Being a vet is hard work. Sometimes, they have to work overnight or on weekends.</li> </ul> <p>Most vets work in a special building called a vet's surgery. This is where people will bring their animals to see the vet. Sometimes, a vet will visit other places to see an animal. This is usually if the animal is too big or too poorly to go to the vet's surgery. They may visit farms, zoos, parks or people's homes in order to help the animal.</p> <p>We are going to make our own pet masks <a href="https://www.firstpalette.com/craft/printable-animal-masks.html">https://www.firstpalette.com/craft/printable-animal-masks.html</a> only do the dog, cat or rabbit as next week we will look at wild and zoo animals.</p> <p><a href="https://www.youtube.com/watch?v=gPjtnVVMaYh4">https://www.youtube.com/watch?v=gPjtnVVMaYh4</a> a nice book to share together.</p>
10 mins	Golden Mile/Physical Activity	
30-40 mins	PSHE/Topic	<p>Today's emotion is being scared! Watch this video you need to start it at 11.45 <a href="https://www.youtube.com/watch?v=uvMx-rojxRw">https://www.youtube.com/watch?v=uvMx-rojxRw</a> pause the video at 12.47 before it plays tomorrow's emotion.</p> <ul style="list-style-type: none"> <li>• How do you feel when you are scared? It might help to talk about the things you feel afraid of, there are lots of different things people can be scared of, scary hairy monsters, noises in the night, someone shouting boo can give you a fright, when you're scared your heart might be beating really fast and doing something new can make you feel all shaky.</li> <li>• Which inside out character do you think represents being scared? I would say Fear, definitely. What colour is he? Purple, do you think this is a good colour to represent being scared? Yes or no? why? If no, what colour should represent being scared?</li> <li>• Can you act out being scared? 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 scared 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 scared? Caregivers you start by telling them a time you have been scared now it's the child's turn. Discuss these experiences.</li> <li>• Can you remember the Makaton sign for being scared? How about if you are really scared? <a href="https://www.youtube.com/watch?v=Y8AS_tSPE9Q">https://www.youtube.com/watch?v=Y8AS_tSPE9Q</a> here is the Makaton for scared if you are really frightened or scared you can use two hands to show this.</li> </ul> <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 are some books on there if you search scared.</p> <p><a href="https://www.youtube.com/watch?v=8wl2sMvnNmo">https://www.youtube.com/watch?v=8wl2sMvnNmo</a> here is a link to a story being narrated about a rabbit being scared.</p>
10-20 mins	Story time/Read a text	