

# Year 1

# Home Learning



**Always do your best and be your best!**

**Week Commencing 1<sup>st</sup> June 2020**

# Hello Year 1,

We hope you've all had a great half term week and enjoyed doing some of the activities in the fun pack.

Here are your Home Learning lessons and activity suggestions for the coming week. You may have lots of your own ideas that you would like to try or some work from previous weeks left to finish and that's ok too!

**Parents/carers**, we would love to hear how your child is getting on. If they have done anything exciting or that they are particularly proud of, please could you email it to school or put it on our school Facebook Page?

This Home Learning pack is designed to provide you with ideas linked to lessons or topics that we would normally be following in school. There is no need to print any of the slides or worksheets out (unless you would like to). The activities can all be read on the screen, completed on paper, are practical or creative based learning.

**Some activities your child may find easy, some they may find difficult and need more help with. They do not need to complete all activities, just go with what they can do and move them on to the next stage or challenge if they are ready. Please don't worry either way, just give them lots of praise, encouragement and reassurance that they are doing well!**

Sending you all our wishes  
Year 1 team.

# MENTAL HEALTH AND WELL-BEING

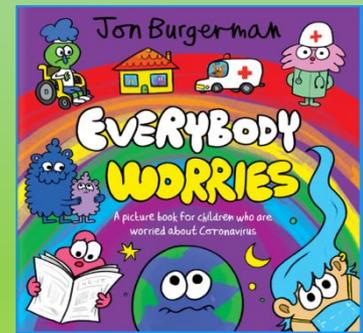
Below are links to some useful activities to support good mental health.

Cosmic Kids Yoga like we use in school:

<https://www.youtube.com/user/CosmicKidsYoga>

This is a link to a story I have read to my 3 little boys. It's called 'Everybody Worries' from Oxford Owl.

<https://www.oxfordowl.co.uk/api/interactives/29765.html>



Colouring is a great way to relax. Twinkl have some great mindfulness colouring activities.

<https://www.twinkl.co.uk/resource/t-t-26681-space-themed-mindfulness-colouring-sheets>

<https://www.twinkl.co.uk/resource/t-t-28301-words-of-encouragement-mindfulness-colouring-sheets>

## •Other ideas to promote mindfulness:

- Lay on the ground and look up at the clouds. What pictures can you see in the clouds?
- Sit quietly for one minute and listen for all the sounds around you. Open your eyes and tell someone everything you heard.
- At the end of each day, say 3 things you are grateful for or that have made you smile that day.

# PICTURE NEWS

**Parents/carers** - in school we use resources from 'Picture News'. These resources are designed to help young children think about, question and discuss events happening in the news and the world around them, at an age appropriate level. Please read the question on the photograph below and encourage your child to have a discussion with you. The next slide has some questions to further support this.



# PICTURE NEWS



## Lockdown – what I have learned about myself?

Think about your lockdown experience and what it has taught you about yourself. Use the questions below to help you to think about your response:

- What have you missed?
- Have you discovered any new skills, talents, or hobbies?
- Did you find not being able to see friends hard or easy? What does this tell you about yourself and your friendships?
- Have you learned anything about someone else? Did they react, behave, do what you expected them to during lockdown?
- What did you do and how did you behave when you were having a rough day?
- What did you do and how did you behave when you were having a good day?
- What are you grateful for?
- Is there anything you will now change about the way you do things since being in lockdown?
- What are the most important things to you?

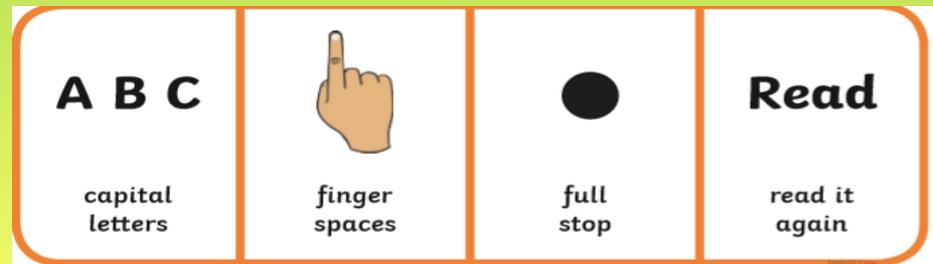
# WRITING

This week's writing activity is to write about your own experiences of lockdown. Use your thoughts and answers from the questions on the previous slide to give you lots of ideas. To make this even more interesting and memorable for the future, you could add some photos or drawings too.

This work would be a fantastic addition to your 'Time Capsule' competition. The next slide contains information about the competition launched by East Riding Schools Library Service.

## TOP TIPS for amazing writers

- use phonics and tricky words to spell
- use exciting, interesting words
- form each letter correctly

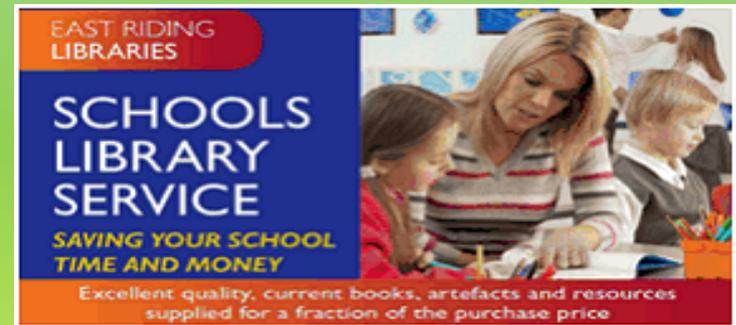


# TIME CAPSULE COMPETITION

Do you remember in the first few weeks of Home Learning, we asked you to create a **Time Capsule**? It would now be fantastic for you to add more to this or start to create one if you didn't get chance before. Recently, East Riding School Library Service have asked children to take part in this activity which will later form part of a competition. The information below tells you a bit more about it.

## How to take part:

At this stage, we are really wanting to encourage as many children as possible to record their thoughts, feelings and experiences. This will give them the ability to reflect on those feelings when we launch the competition, later in the year. For now, it is quite simple ...



Please follow the link to a printable time capsule resource.

<https://s3.letsembark.ca/long-creations/2020-COVID-19-Time-Capsule-EN-US.pdf>



## 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	
a-e  make a cake	i-e  nice smile	o-e  phone home	u-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

# PHONICS

Please continue to use this slide daily, going through each sound will make sure you are really confident with each sound.

## Extra Challenge!

This week, try to learn 3 (or more) new sounds. If you are confident with all of these sounds, then you can move on to the next slide where we have added some different sounds and words for you to read.

You could try to write some words using the new sounds you have learnt this week or with the sounds you already know.

# READING CHALLENGE

How many of these words can you read? Remember to spot any 'special friends' and then 'Fred talk' to read. Some of the words are real and some are alien (nonsense) words.

bop      shell      chick      cag      blip

got      chill      chom      tox      blan      chop

quimp      spray      thrass      tram      crop

voo      snoop      pight      night

bleep      breet      slime      stripe      drive

same      phone      trote      blame      lafe      brave

# PHONICS

## Super Challenge!

If you are confident with the Set 2 and 3 sounds on the previous slide, please practise the new sounds which have been in the home learning packs for the last few weeks. Can you read the words for each sound?

ie

untie  
pie  
dried  
flies  
lie  
tried

oe

toe  
Joe  
potatoes  
tomatoes  
dominoes

ue

blue  
glue  
true  
clue  
rescue

# Red Word Challenge

We have left this slide on from last week for you to keep practising. How many 'red words' can you read independently now? Remember you need to read these on sight and cannot sound them out! If you are unsure about some of the words on Challenge 1 from last week, it's ok to go back and use that slide too.

Challenge 1	Challenge 2	Challenge 3
your	like	was
said	I've	she
you	want	old
he	her	saw
me	some	watch
be	there	school
we	so	small
all	what	their
call	they	who
tall	do	

**EXTRA CHALLENGE!** Can you spell the words in each challenge?

**SUPER CHALLENGE!** Can you write each word in a sentence?

# YEAR 1 MATHS

## Geometry

### Direction and Position

**What are we learning this week?**

- To describe turns
- To describe position

**Key vocabulary for this block of work:**

direction, position, turns, full turn, half turn, quarter turn, up, down, left, right, forwards, backwards, route, journey, under, underneath, above, below, top, middle, bottom, side, around, in front, behind, front, back, beside, next to, opposite, apart, between, across.

The following slides and activities are created using a combination of the schemes we use in school and the tasks are linked to their planning. These are 'Primary Stars Education' and 'White Rose Maths Hub'. You can also sign up to 'Primary Stars Education' to access a printable Year 1 pack if you would like any extra challenges to complete and you can also visit White Rose Maths online.

# Lesson 1

## Activity 1

Start by counting to 50. If you can do this, then challenge yourself to count to 100!

## Activity 2

Stand up and follow these instructions

Make a **full** turn

Make a **half** turn

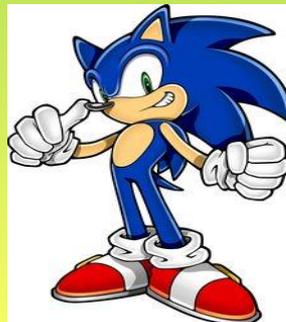
Make a **quarter** turn

## Activity 3

Ask a someone in your house to stand up and follow the instructions to make a full, half and quarter turn.

## Activity 4

Look at the pictures below and say if they have made a full, half or quarter turn.



Now can you practise full, half and quarter turn using a teddy or toy from home?

# Lesson 2

## Activity 1

Start by counting backwards in 1's from 10.

**CHALLENGE!** Can you count backwards in 1's from 20?

**SUPER CHALLENGE!** Can you count backwards in 1's from 50?

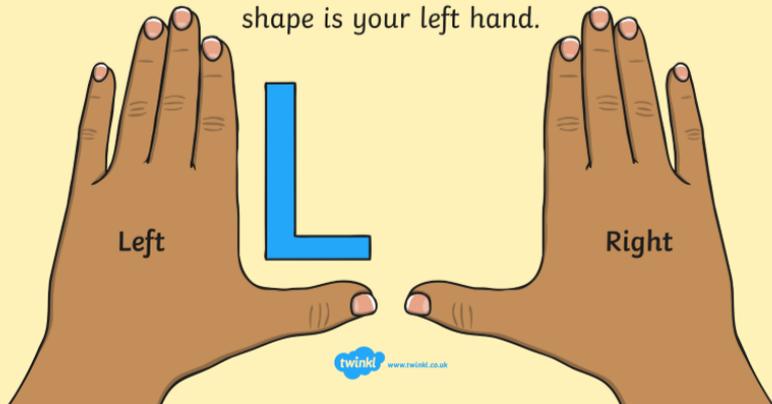
## Activity 2

Talk to an adult about the words 'left' and 'right'. When have you heard these words used before?

Can you give some examples?  
What do these words mean when you are giving directions?

## Left and Right

The hand that makes an 'L' shape is your left hand.



## Activity 3

Look at the poster for a helpful way to remember 'left' and 'right'.

Ask someone in your family to give you directions to get from one place to another. Ask them to use the words **forwards, backwards, left and right.**

# Lesson 2 continued

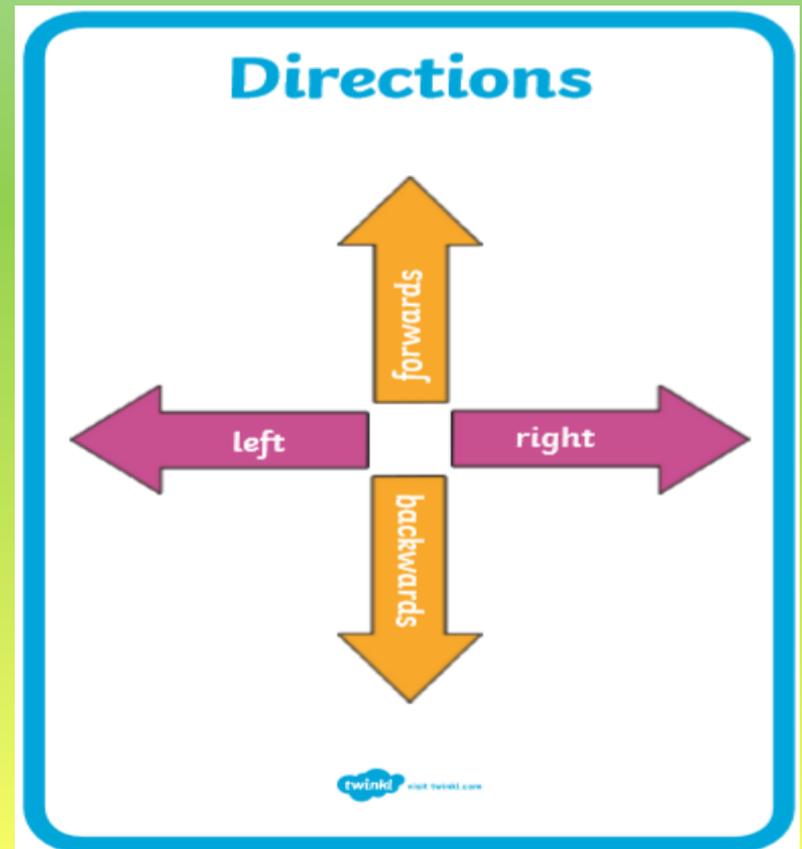
## Activity 4

# CHALLENGE

Look at the useful poster from [www.twinkl.co.uk](http://www.twinkl.co.uk) . It shows different directions. Practise reading and saying these.

Now can **you** give directions for someone in your house to get from one place to another. Remember to use the words **forwards**, **backwards**, **left** and **right**.

For an extra challenge **you** might want to write the direction down for them to follow.



# Lesson 3

## Activity 1

Start by counting in 2's to 20.

**CHALLENGE!** Can you count backwards in 2's from 20?

## Activity 2

Use your knowledge from the previous lessons to write instructions to get from **START** to **END** using the grid below.



## Activity 3 CHALLENGE!

How many different routes can you find?

# Lesson 4

## Activity 1

Practise walking **forwards**, **backwards**, **left** and **right**. Ask someone in your family to say each one to you and see if they can catch you out!  
You can use the twinkl powerpoint below if you would like an extra activity.

<https://www.twinkl.co.uk/resource/t-n-2544816-year-1-position-and-direction-warm-up-powerpoint>

## Activity 2

Use the words '**left**' or '**right**' to complete the sentences.

The apple is on the ..... of the teddy.

Sonic is on the ..... of the apple.

The teddy is on the ..... of the apple.

The car is on the ..... of the teddy.



# Lesson 4 continued

## Activity 3

# CHALLENGE



Use your amazing problem solving and reasoning skills to answer these questions.

Jack says that the teddy is on the left of the apple.  
Sam says that the teddy is on the right of the apple.

Who is correct?  
Who made a mistake?  
Can you explain why and how you know?

# Lesson 5

## Activity 1

Start by counting in 5's to 50.

**CHALLENGE!** Can you count backwards in 5s from 20?

**SUPER CHALLENGE!** Can you count backwards in 5's from 50?

## Activity 2

Ask someone to help you draw the table below. Then sit down somewhere and complete the table by drawing or writing a few things in each box.

In front of me	Behind me	To the right of me	To the left of me

# Lesson 5 continued

## Activity 3

Use the pictures below to answer the following questions.



1. The ...is above the ...
2. The ...is below the ...
3. The ... is to the right of the ...
4. The ...is to the left of the ...
5. The ...is between the ...

Dear Parents/carers,

The activities on the next slides are designed to give ideas for your child to complete for their home learning. We **do not** expect children to do all of the activities but of course, it's great if they want to! Also, if they have other ideas or have a particular interest that they would prefer to complete activities based around, then **we really encourage you to let them do this!** For example; they might want to complete a project on Space, Dinosaurs, Vehicles or Under the Sea.

### Other activities that count as home learning:

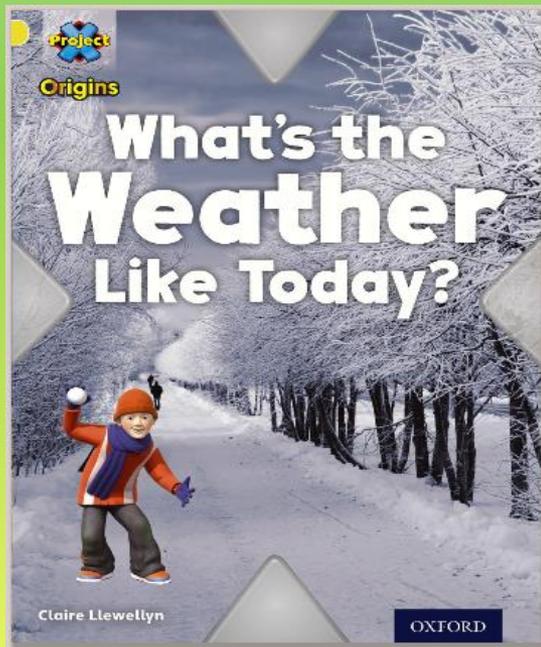
Baking  
Completing jigsaws  
Drawing  
Making and playing with playdough  
Reading a story  
Skipping/ball games  
Playing board games  
Painting  
Colouring  
Junk/box modelling  
Lego/Knex  
Pretend/imaginative play

# SCIENCE

This half term we will continue to observe and to learn about the weather.

The link below is to a book called 'What's the weather like today?' We thought you might enjoy reading this at home.

**Parents/carers**, some children will be able to read this independently, some children will be able to join in with you supporting.



<https://www.oxfordowl.co.uk/for-home/library-page/?query=What%27s+the+weather+like+today?>

As we did in week 5, can you keep a weather diary over the next 5 days? Then use this diary and the one you completed in week 5, to think about how the weather has changed. Think about any similarities or differences you have noticed. The next slide has a sheet for you to use. If you don't have a printer, don't worry, you can draw/create your own chart and use the symbols to copy.

**Over the next week, try to watch the Weather Forecast on TV and look out for the symbols.**

# 5 Day Weather Diary

Write each day in the boxes. Then draw the correct weather symbol for each morning. Repeat this for each afternoon.

**Weather Symbols**



sunny and cloudy      sunny      rain      snow      cloudy      thunder and lightning      windy

Day:	Day:	Day:	Day:	Day:
Weather symbol				
Weather symbol				

# GEOGRAPHY

This half term our topic is about our local area. We will be learning about where we live and about the seaside. This week can you start to think about this by answering the questions below and then the next 2 slides have some activities for you to complete.

Where do you live?

What is your address?

What is the name of the town where you live?

Why is it special?

How do you think it compares to living in a city or in the countryside?

What can you do in Bridlington?

Where is your favourite place to visit?

What do you like about Bridlington?

Is there anything you don't like about Bridlington?

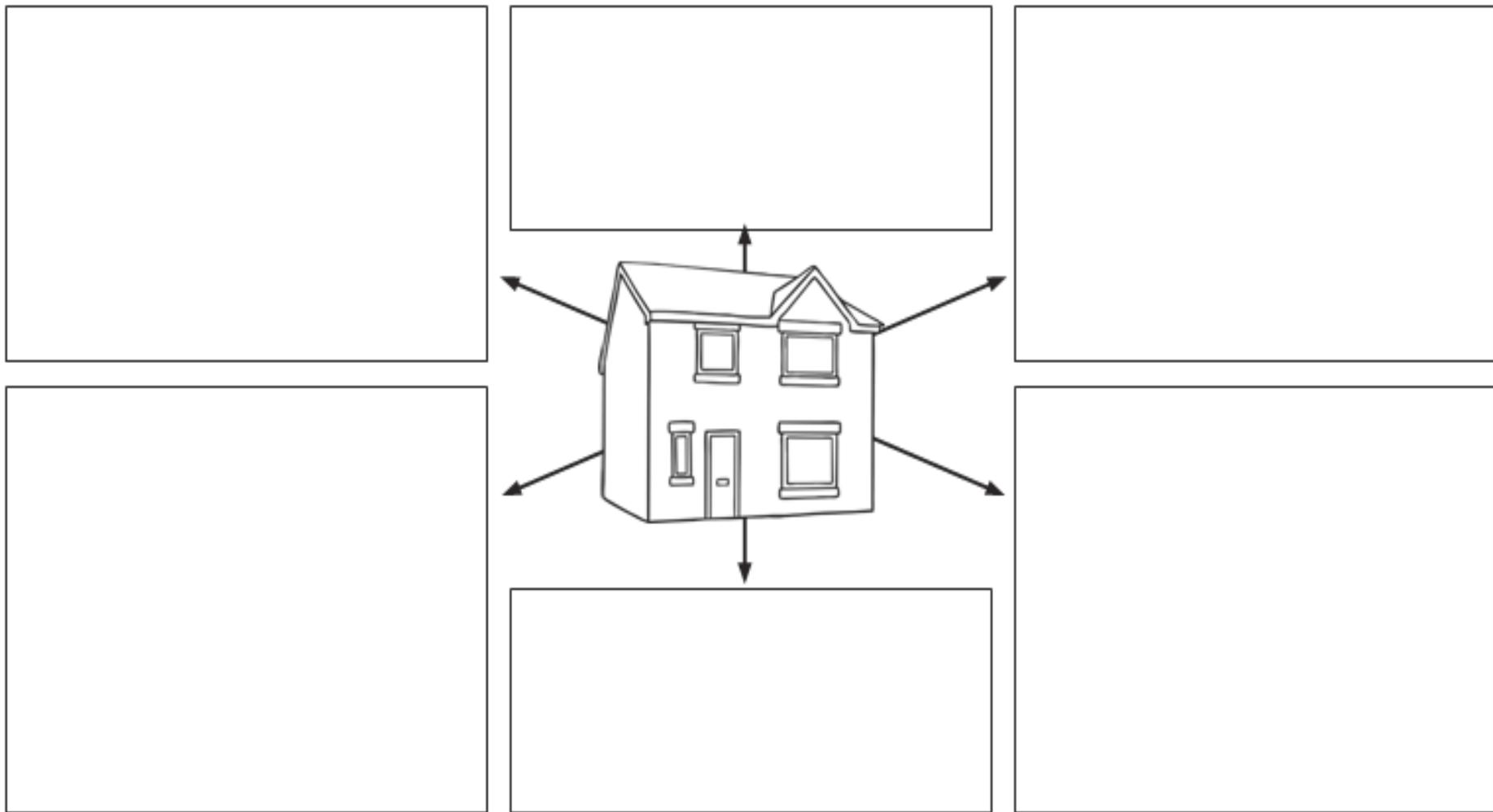


Can you name and talk about these places?



# My Local Area

Think about the area where you live. Think of 6 places that you know of in your area, these may be places you like to visit. Draw a picture and label each place. You may like to include some facts about each place. There is no need to print this sheet out, just use it as a guide and draw your own on plain paper.



The worksheet is designed for a child to draw their local area. In the center is a simple line drawing of a two-story house with a gabled roof, a chimney, a front door, and four windows. Six arrows radiate from the house, pointing towards six empty rectangular boxes arranged around it (top-left, top, top-right, bottom-right, bottom, and bottom-left). These boxes are intended for the child to draw and label six different places in their local area.

# Music



This week in Music we are thinking about learning songs and performing them for family members. We have chosen **'Oh I Do Like To Be Beside The Seaside.'** The link below has the lyrics and tune for you to sing along to. Practise the song a few times and then have fun performing it to your family!



<https://www.bing.com/videos/search?q=oh+i+do+like+to+be+beside+the+seaside&&view=detail&mid=4471F410D49025417F4A4471F410D49025417F4A&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Doh%2Bi%2Bdo%2Blike%2Bto%2Bbe%2Bbeside%2Bthe%2Bseaside>

# PHYSICAL EDUCATION

## STAY ACTIVE!

It's really important that you stay active, even if you can't get outside or only have a small space for exercise. Staying active is good for your heart, health and mind!

This week we would like you to continue with the Daily Mile. This can be in a space outside, in your home (carefully!) or on your daily exercise outdoors. This week we would like you to record how many miles you walk or run and then at the end of 7 days, total how far you have managed to run, walk or jog.

<https://thedailymile.co.uk/>

### The #DailyMileAtHome

With most schools now closed - but children still needing to keep healthy - we would like to introduce all families across the UK to The #DailyMileAtHome. It's an easy and fun way to keep fit and maintain good health and wellbeing for you and your children. Always follow the Government's Guidance.

[Read More](#)

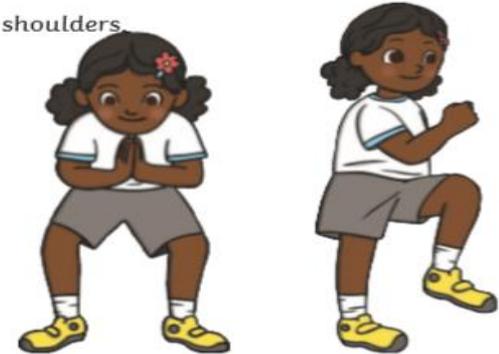


# STAY ACTIVE!

If you would like to be extra active this week you could try this JOE WICKS 5 minute workout from [twinkl.co.uk](https://www.twinkl.co.uk).

## Joe Wicks: 5-Minute Move Workout 4 Squat Knee-Up

1. Start with your feet a bit wider than your shoulders.
2. Bend your knees as if sitting in a chair.
3. Stand up straight.
4. Lift one knee high.
5. Bring your elbow to your knee.
6. Repeat, this time using the other knee.



## Joe Wicks: 5-Minute Move Workout 4 Knee Lifts

1. Hold your arms out to the side at about chest height.
2. Keep your arms straight.
3. Lift your knee high up to your elbow.
4. Keep your back straight.
5. Return your foot to the floor.
6. Repeat with the other knee.



What happens to your heart beat when you exercise?

Which exercise did you find the most difficult?

Which exercise did you find the easiest?

## Joe Wicks: 5-Minute Move Workout 4

### Mountain Climbers

1. Get on your hands and feet.
2. Keep your back and legs in a straight line.
3. Bend one knee and bring it to your chest.
4. Return your foot to the floor.
5. Move nice and slowly.
6. Repeat with your other knee.



## Joe Wicks: 5-Minute Move Workout 4

### Lunge Punch

1. Start with your feet close together.
2. Step one foot backwards and bend your knees.
3. Punch out with one hand.
4. Stretch your arm out forwards.



**STAY  
ACTIVE!**

# R.E.

This half term we are thinking about **Worship and Festivals**.

This week we are going to be thinking about a special Christian Festival. This year it was celebrated on 31<sup>st</sup> May. It is called **Pentecost** and is thought of as the birthday of the Christian Church.

**This is what Christians believe about Pentecost.** It is celebrated 50 days after Easter Sunday, the day when Jesus was resurrected (came back to life). After Jesus' resurrection he stayed on earth for 40 days. During this time Jesus travelled to many places and spoke to many people about God and his love for them.

One day Jesus took his disciples (special friends) to a mountain and spoke to them for the last time.

He said that he was going to go to heaven to be with God and that they had an important job to do. They had to tell people about him (Jesus) and God's love for them. Jesus said it would not be easy but that he would send the Holy Spirit to help them.

After Jesus had finished speaking he was taken up to heaven to be with God.

The story of Pentecost tells of what happened when the Holy Spirit came to Jesus' disciples.

**Activity:** Read the story of Pentecost on the next slide. Talk about how the disciples might have felt.

## **Symbols of Pentecost.**

The special colour for Pentecost is red. Red is used in church and the minister or vicar will wear red.

The symbol of Flames is used because flames appeared over the disciples' heads.

The symbol for the Holy Spirit is a Dove.

## **Activity: Make your own Pentecost Dove.**

Draw and cut out the shape of a dove.

Cut a slit in the dove's body (see picture).

Fold a sheet of paper to make a fan and push it through the slit to make wings.

You can colour the wings in Pentecost colours of red, orange and yellow. Do this before you fold the paper.



# The Pentecost Story



Jesus' disciples would meet to pray and talk about how He had been taken to Heaven.



One day as they were praying, they heard a mighty wind rush around the room they were in.



Suddenly, a fire appeared. The tongues of the fire separated and came to rest above each of the disciples' heads.



The disciples found that they could talk in different languages. They began to pray and give their thanks to God.



The sound of the disciples' praises drifted out on to the street. People were amazed to hear the disciples speaking in different languages.



Peter spoke to the crowd and told them how they had been blessed with the Holy Spirit. He told them about Jesus.



That day, 3000 people were baptised and received the Holy Spirit.



We look forward to hearing about  
the fun you are having at home.

Stay Safe and be happy  
everyone!

Remember the **Golden Rules**:

