



Year 1 Remote Learning Menu – Term 2 Week 4

PE

Yoga – Cosmic Kids –
<https://www.youtube.com/user/CosmicKidsYoga>

Andy’s wild workouts –
<https://www.bbc.co.uk/iplayer/episode/p06tmrxh/andys-wild-workouts-series-1-10-arctic>

Phonics

Recap Phase 2 letters and sounds:

s,a,t,p,i,n,m,d,g,c,k,ck,e,u,r,h,b,f,ff,l,ll,ss

Recap Phase 3 sounds: j,v,w,x,y,z,zz, qu,sh,th,ng, ai, ee, oa, igh, oo, ow, oi, ur, er, ar, ear, air, ure

Read and write tricky words: the, to, I, no, go

Read high frequency words: he, she, we, me, be, was, my, you, her, they, all, are.

Phonics Play website

<https://www.phonicsplay.co.uk/resources>

Username: **march20** Password: **home**

We are now focussing on constant blends and clusters.

We learn these to help speed up or reading of words.

They are 2 or 3 separate sounds that we blend together.

Mon	Practise the blend sc The ‘s’ and ‘c’ blended together. Read these words: Scooter, scorpion, school. scalp
Tue	Practise the scr The ‘s’, ‘c’ and ‘r’ blended together. Read these words: Scratch, scrimp, scrag, scraps
Wed	Practise the shr The ‘sh’ and ‘r’ blended together. Read these words: Shrimp, shrill, shredder, shrug
Thurs	Practise the sk The ‘s’ and ‘k’ blended together. Read these words: Skip, skid, skull, dusk, tusk
Fri	Recap and practise the initial consonant blends sc, scr, shr and sk Read the words Scan, scorch, scraps, scrum, shrink, shredder, skill, skin

To support our phonics to embed our phase 2 and 3 sounds, use the link below to search your favourite Alphablocks episode.

<https://www.bbc.co.uk/iplayer/episodes/b01cz0p1/alphablocks>

Writing

Hand strengthening exercises – fine motor skills.
 Practise handwriting patterns & letter formations (See below).

This term we are basing our writing activities around the book ‘Lost and Found’ by Oliver Jeffers. Here is a link to watch the story online:

<https://www.youtube.com/watch?v=cRAAQ8EWzig>

We will continue to use Lost and found to inspire our own writing.

Mon	Speech bubbles Use the attached pictures from the story. Children should use the pictures to retell the story in their own words. Look at the penguin and the boy hugging. What might they say? On a piece of paper, roughly sketch the characters. Ask the children to write their own speech bubbles and check they have used capital letters, finger spaces and full stops for each of their sentences.
Tue	Watch the video (or read the story if you have it at home). Sequence the story of Lost and Found using the pictures provided. Order the pictures and then retell the story out loud. Can you act it out? Will you be the penguin or the boy? Or both? If you are working with your child, please encourage them to think of full sentences
Wed	Draw a story path for the story Lost and Found, thinking about the beginning, middle, end. Write some key words for each part of the story.
Thur	Write your own version of the story Lost and Found using your story path. (It is recommended that you write 3-8 sentences for the story. You will need to remember your capital letters, fingers spaces and full stops. Any words that your child asks to spell should be encouraged to be written phonetically using their phonics knowledge.)
Fri	Continue to write your story. You might even want to add in some illustrations.

Reading

At least 5 min 3 times a week listening to your child read an appropriate levelled text. Reading to your child is also a great way to spend quality time together modelling good reading habits.

Some additional ideas for the week could be;

	Mon	Play a word bingo game. Choose 6 words linked to a sound (oa, oi, and ure)
	Tue	Read your favourite book. Can you spot any tricky words? Who is in the story?
	Wed	Word detective. Reading our tricky words. Can you spot these words in a book? no, go, the, and, to & I. Can you give these a go too? He, she, me, be we, you, are, her, was, all, they, my
	Thur	Play the Yes/No game Write the following sentences on a piece of paper. Can you child read them and answer yes or no? Can a duck quack? Is a Zebra a pet? Can dogs yap? Will a box fit in a van? Can men jog to get fit? Can a rabbit yell at a man? Is a robin as big as a jet?
	Fri	Read a favourite book together. Can you spot any of our tricky words? How many words can you sound out yourself? Who is your favourite character? Why? Can you retell the story in your own words?

Maths

Warm up - Practice counting in 10s, 5s & 2s. How far can you count? Challenge yourself every day to see how far you can get.

This week we continue to focus on number skills.

The children love Numberblocks. Use the attached link to search the numberblock menu and re-watch some of the fun episodes to support and embed their learning of our numbers to 20.

Number blocks menu - <https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks>

Mon	Follow the link to NCETM Number, addition and subtraction. The commutative law of aggregation. Lesson 1 https://www.youtube.com/watch?v=gctuPMaAd4c&list=PLQqF8sn28L9wsQ8csk9Ymc56zJDkrH2hl&index=1
Tue	Follow the link to NCETM Number, addition and subtraction. The commutative law of augmentation. Lesson 2 https://www.youtube.com/watch?v=yQ-oToomX48&list=PLQqF8sn28L9wsQ8csk9Ymc56zJDkrH2hl&index=2
Wed	Follow the link to NCETM Number, addition and subtraction. Measures context to show the commutative law of addition Lesson 3 https://www.youtube.com/watch?v=QYMcSkDpWw8&list=PLQqF8sn28L9wsQ8csk9Ymc56zJDkrH2hl&index=3
Thur	Follow the link to NCETM Number, addition and subtraction. Embedding understanding of equivalent expressions Lesson 4 https://www.youtube.com/watch?v=tmHRkDHWm-E&list=PLQqF8sn28L9wsQ8csk9Ymc56zJDkrH2hl&index=4
Fri	Follow the link to NCETM Number, addition and subtraction. Reasoning about expressions using number bonds to 10 Lesson 5 https://www.youtube.com/watch?v=RtqUXI-Z7VY&list=PLQqF8sn28L9wsQ8csk9Ymc56zJDkrH2hl&index=6

Discovery

Mon	Where do we live? Can you find our country on a map of the world? Can you find the North Pole and the South Pole? Which is called the Arctic and which is the Antarctic? Can you draw a picture of our planet and label where these places are? https://www.youtube.com/watch?v=b1h-9TSu4wE
Tue	Comparing the North and South Pole - research what each is like. Can you identify the physical features of each one? Which one is made up of land and which is not? Which one do people live on? Why do you think this is? North Pole (Arctic) https://www.youtube.com/watch?v=umAeFKF2uxA South Pole (Antarctic) https://www.youtube.com/watch?v=X3uT89xoKuc
Wed	Can you find out which animals live at the South pole and the North pole? Can you write a list or draw a picture and label it of which ones live at each place? North Pole - https://www.youtube.com/watch?v=IFqQALaXUo South Pole - https://www.youtube.com/watch?v=lv_LNPYU9n8
Thur	Can you draw a realistic picture of an arctic animal? Follow this video to learn how to draw an Emperor penguin https://www.youtube.com/watch?v=Y1APW_4J8dw
Fri	Choose one of your tasks from your Home Learning Menu (sent to you at the beginning of the Term) to complete.

Handwriting Warm-up Exercises

Letter-join

Fine Motor Skills (FMS)

A selection of fine motor skills activities to use before each handwriting lesson.

Finger and Hand Exercises

Here are some fun warm up exercises to wake up your fingers and hand muscles before you start to write.

Action	Description
Finger Stretches	Put the tips of your fingers together and straighten your fingers by pushing your fingertips against each other. Repeat 5 times.
Play the Piano	Touch the table with one finger at a time from each hand like you are playing the piano. Start slowly and get faster.
Fishing Hooks	Put your elbows on the table, keep your hands apart, squeeze your fingers together on each hand and point them to the sky. Now make a hook with your fingers. Hold, then straighten five times.
Fireworks	Make a fist with both hands and hold them tight. Then let your fingers go like exploding fireworks! Repeat five times.
Take a Bow	Put your elbows on the table, keep your hands apart, squeeze your fingers together on each hand and point them to the sky. Bend your fingers inwards so your fingers bow to each other. Repeat 5 times.

Pencil Activities

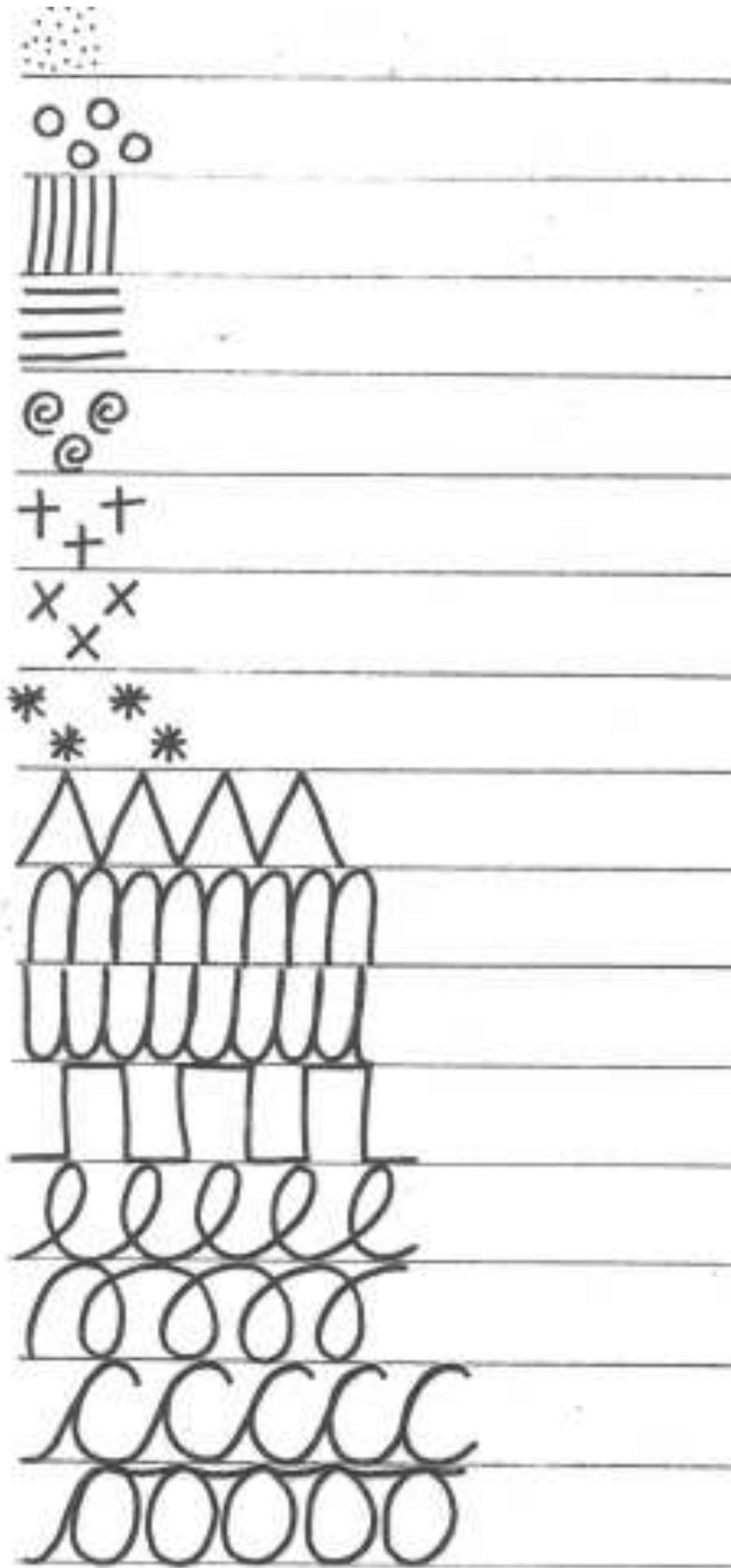
Practice holding your pencil correctly by using our tripod grip rhyme (see page 8).

*Point away the pencil,
Pinch it near the tip,
Lift it off the table,
Spin it round and grip.*



Action	Description
Quack, Quack, Fingers	Start your warm-up by making a beak with your thumb and first finger on both hands. Make them quack twice, then do the same with your other fingers.
Roly-poly Pencil	With the palm of your hand facing upwards, lay your pencil flat across your fingers. Use your thumb to roll it backwards and forwards. Now try it with your other hand.
Crawling Caterpillar	Hold your pencil ready to write. Move the pencil through your three fingers to the top like a crawling caterpillar. When you get to the top, make your caterpillar crawl back down again!
Helicopter Twirls	Hold your pencil in the middle with your three correct fingers. Make a twirling helicopter by moving your fingers one at a time from one side of the pencil to the other.

Handwriting patterns



↑ | | | | | | | | | | and ↓ | | | | | | | | | |

cccccccccccccccccccc

ooo ooo ooooooo

wwwwwwwwwwwwwwww

uuuuuuuuuuuuuuuuuu

mmmmmmmmmmmmmmmm

llllllllllllllllllll

xxxxxxxxxx

gggggggggggggggggg

eeeeeeeeeeeeeeee

oooooo

Cursive Letter Formation Teaching Order

Letters are taught in formation groups.

l i t u y e

n m r j

h b p

v w

c o a d g q

f s x z k