


Week Beginning 22nd June 2020

Monday 22nd June 2020

Phonics / Spelling	Reading / Writing	Maths	Physical	Foundation
<p><i>Different ways of spelling the same sound</i> aw, or, au</p> <p>aw – paw or – short au – astronaut</p> <p>Remember to use your yellow speed sounds book.</p> <p><i>Words to learn this week:</i> saw yawn important sweetcorn launch astronaut two some</p> <p>Can you find any other words that use these sounds and add them to your list?</p>	<p>Objective: To listen to a recount. Man on the Moon by</p> <p>Link to lesson video and activities: https://classroom.thenational.academy/lessons/to-listen-to-a-story-a1104f/activities/1</p> <p>This week's focus is on recounts. We write recounts about something that has happened to us in the past. We write in the first person using 'I', 'my' or 'me'.</p> <p>Make a prediction: Bob, the character in the recount this week, is an astronaut and is known as the Man on the Moon. Where do you think he might go every day for work?</p> <p>Focus words to read and understand: astronaut, launch, rocket, moon, breakfast, alien, tourist, entertain, somersault, handstand, yawn</p> <p>Listen to the recount – provided in resource sheets.</p> <p>Questions to answer on the recount: What is Bob's job? An astronaut What does Bob eat for breakfast? Two eggs and a cup of tea What does Bob do to entertain the tourists? Jump, handstands and somersaults</p>	<p>Objective: To count in 2s</p> <p>Link to lesson video and activities: https://whiterosemaths.com/homelearning/year-1/Summer-Term-Week-7-lesson-1-Count-in-2s</p> <p>Count in 2s from 0 to at least 24. Can you challenge yourself to count in 2s all the way to 50? Do you notice a pattern? Write down all the multiples of 2 from 0 to 24 or 50 – does this help you spot a pattern? Hint: Look closely at the ones number. Can you find pairs of things at home? Or make pairs of objects? Count in twos to find the total number of each type of object. Look at the pictures provided . (Monday Maths task 1) What number is represented by each image? If you cannot print – can you draw them and label them?</p> <p>Look at the vases of flowers. (Monday Maths task 2) How many flowers are there? Remember to only count in 2s.</p> <p>How many pairs of socks will I need for 14 feet?</p> <p>Write out and continue this number sequence: 0, 2, 4, __, __, __, __, __, __, __, __</p> <p>Write out and complete this number sequence: 18, 16, __, 12, __, 8, __, __, __ - what do you notice?</p> <p>Challenge; Count back in 2s from 24. Count back in 2s from 50.</p>	<p>Objective: To be active as part of a healthy lifestyle</p> <p>Complete Monday 22nd Joe Wicks work out here: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>Alternatively, use the Joe Wicks activity cards provided at the end of this planning document to guide your own work out.</p> <p>These cards will be updated each week until the summer holidays so you will have four different workouts to keep and practice.</p>	<p>Objective: To recognise and talk about feelings.</p> <p>You will need: Any box or container - you could decorate it too! Life is upside down right now. Finding ways to relax and cope is vital to help our mind and body switch off from our worries. You should fill your coping toolbox with things which remind you of good times or will help you feel better. For example; Photos, drawings, a gift which someone has given you, a sachet of hot chocolate, a bath bomb, a list of activities you can do to relax (cuddle a teddy, watch favourite DVD, take 10 deep breaths etc.) If you don't have a box or container you can find a special place in your room to put the items or simply list/draw your chosen items on a piece of paper to keep safe and refer back to when you feel it is needed.</p>

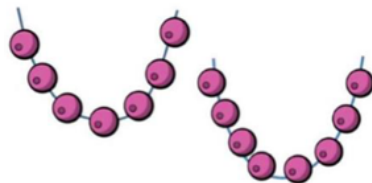
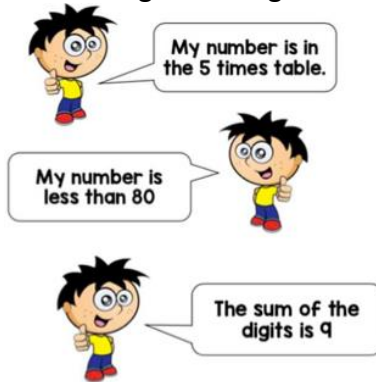
Tuesday 23rd June 2020

Phonics / Spelling	Reading / Writing	Maths	Physical	Foundation
<p>Different ways of spelling the same sound: aw, or, au aw – paw or – short au – astronaut</p> <p>Can you spot the 'aw' sound in these words? yawn, short, launch, saw, fork, haunt</p> <p>Sound them out and then blend the words. Can you spot any other digraphs too?</p> <p>Recap sounds from previous weeks. Read these words: house, now, third</p> <p>Spellings – read the list provided in Monday's planning.</p> <p>Focus: sweetcorn – 2 syllables important – 3 syllables record each part but remember, do not leave spaces in the middle!</p>	<p>Objective: To commit a recount to memory</p> <p>Use this link to complete today's lesson: https://classroom.thenational.academy/lessons/to-commit-a-story-to-memory-82ce18/activities/1</p> <p>Recap yesterday's story. Can you read it for yourself? Fold a piece of paper into 9 boxes. As in previous lessons, create a recount map for the recount. An example could include: 1 – six o'clock, breakfast – cup of tea, 2 eggs, bicycle, rocket launchpad, newspaper, toffees 2 – quarter to nine, spacesuit, rocket, Moon, clock (on time) 3 – nine o'clock, big mess, crisp packets, cans, alien crossed out, 4 – twelve thirty, sandwiches, ham, sweetcorn, toffees, Billy on Mars, Sam on Saturn 5 – After lunch, tourists, suitcase, camera, jumps, handstands, somersaults 6 – four thirty, yawn, tired face, rocket, Earth, horn/buzzer 7 – five o'clock, bicycle, home 8 – At home, dinner – plate/knife/fork, bath 9 – At the end of the day, bed/sleep, busy on Moon Can you now use your story map to tell yourself the story? Share it with someone else too.</p>	<p>Objective: To count in 5s</p> <p>Link to lesson video and activities: https://whiterosemaths.com/homelearning/year-1/Summer-Term-Week-7,lesson-2-Count-in-5s</p> <p>Count in 5s from 0 to at least 60. Can you challenge yourself to count in 5s all the way to 100? Do you notice a pattern? Write down all the multiples of 5 from 0 to 60 or 100 – does this help you spot a pattern? Hint: Look closely at the ones numbers first, then the tens numbers. Look at the pictures provided . (Tuesday Maths task 1) What number is represented by each image? If you cannot print – can you draw them and label them? Look at the Ladybirds. (Tuesday Maths task 2) How many spots are there? Remember to only count in 5s.</p> <p>If there are 5 petals on a flower,  how many petals will there be on 7 flowers?</p> <p>Write out and continue this number sequence: 0, 5, 10, __, __, __, __, __, __, __, __</p> <p>Write out and complete this number sequence: 50, 45, 40, __, __, __, __, __ - what do you notice?</p> <p>Challenge; Mo counts up to 50 in 5s. Eva counts up to 50 in 2s. What numbers will they both say? Can you spot a pattern?</p>	<p>Objective: To be active as part of a healthy lifestyle.</p> <p>Complete Tuesday 23rd Joe Wicks work out here: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>Alternatively, try 'Transport Tuesday'</p> <p>Can you stay active for at least 30 minutes using;</p> <p>a scooter a bike a pogo stick a skateboard</p> <p>Remember to be careful and stay safe, always and stay in your garden or with an adult if you are outside your home.</p> <p>Can you learn any new tricks?</p>	<p>Objective: To recognise and talk about feelings.</p> <p>Building on from yesterday's session. look at the feelings chart provided and see if you can describe the feelings shown. (A separate chart with suggested answers is included.)</p> <p>Can you create your own set of images to show these feelings or other feelings that you have, if they have not been listed? Think carefully about the colours you choose. How do they help show feelings and emotions too?</p> <p>You can keep and use these pictures to help you explain how you are feeling to your grown-up or to begin to understand how the other people in your house/family might be feeling too.</p>

Wednesday 24th June 2020

Phonics / Spelling	Reading / Writing	Maths	Physical	Foundation
<p>Different ways of spelling the same sound: aw, or, au</p> <p>aw – paw or – short au – astronaut</p> <p>Read the words, underline the ‘aw’ sounds: launch, sort, paw, taunt, saw, torn</p> <p>Recap previous sounds. Read the sentence below and spot all of the previous sounds we have learned: The mouse ran softly into his brown house.</p> <p>Can you read this sentence fluently, with no sounding out before you move on?</p> <p>Spelling focus: astronaut – clap 3 syllables, as-tro-naut Cover and write 3 times.</p>	<p>Objective: To use the first person and the past tense.</p> <p>Use this link to complete today’s lesson: https://classroom.thenational.academy/lessons/to-use-the-first-person-and-the-past-tense/activities/1</p> <p>We use the first person and past tense to talk about something we did before now. e.g. Yesterday I went to the park. Last year I travelled to France.</p> <p>Together, read the sentences and change them into the first person and the past tense: She walks to the park. – (I walked to the park.) He eats eggs. – (I ate eggs.) He goes to the Moon. – (I went to the Moon.) Now try these yourself: He goes to the launchpad. (I went to the launchpad.) He cleans the Moon. (I cleaned the Moon.) He eats his lunch. (I ate my lunch.)</p> <p>Challenge: Can you write three sentences in the first person and the past tense about something you did yesterday? Think about what you ate or did yesterday.</p> <p>In the next session you will use the first person and the past tense to begin to write a recount.</p>	<p>Objective: To count in 10s.</p> <p>Link to lesson video and activities: https://whiterosemaths.com/homelearning/year-1/ Summer Term - Week 7, lesson 3 – Count in 10s</p> <p>Count in 10s from 0 to at least 100. Can you challenge yourself to count in 10s all the way to 150? Do you notice a pattern? Write down all the multiples of 10 from 0 to 100 or 150 – does this help you spot a pattern? Hint: Look closely at the ones numbers first, then the tens numbers.</p> <p>Look at the pictures provided . (Wednesday Maths task 1) How many muffins are on each tray? What do the muffin trays remind you of? (tens frames) If you cannot print – can you draw them and label them then complete the sentences?</p> <p>Look at the apples. (Wednesday Maths task 2) How many apples are there? Remember to only count in 10s. Complete the sentences provided.</p> <p>How many counters are there? (Wednesday Maths task 3)</p> <p>Write out and continue this number sequence: 10, 20, 30, __, __, __, __, __, __, __, __ Write out and complete this number sequence: 70, __, 50, __, __, __, __ - what do you notice?</p> <p>Challenge; Tom has 6 packs of balloons. each pack contains ten balloons. He needs 60 balloons for his party. Does Tom have enough balloons? How do you know?</p>	<p>Objective: To be active as part of a healthy lifestyle.</p> <p>Complete Wednesday 24th Joe Wicks work out here:https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>Alternatively, use the Joe Wicks activity cards provided at the end of this planning document to guide your own workout.</p> <p>These cards will be updated each week until the summer holidays so you will have four different workouts to keep and practice.</p>	<p>Objective: To identify wind direction.</p> <p>Use this link to follow the online lesson: https://classroom.thenational.academy/lessons/how-can-we-record-wind-direction/</p> <p>Wind is when air moves. We cannot see wind but we can see it moving objects around us.</p> <p>Can you record examples of things you see moving because of the wind?</p> <p>Look outside, how do you know it is windy? what clues are there?</p> <p>Using the step by step instructions provided in the leaflet below, can you make your own windmill?</p>

Phonics/Spelling	Reading / Writing	Maths	Physical	Foundation
<p>Different ways of spelling the same sound: aw, or, au aw – paw or – short au – astronaut</p> <p>Can you read these sentences and spot all the different ‘aw’ sound spellings? The important launch went well. I saw a man yawn and launch to the Moon.</p> <p>Spelling focus: two – number 2, say two with a ‘w’ some – some with an ‘o’ and an ‘e’ (with oranges and eggs – might help)</p> <p>Cover the list from this week and see how many you can spell correctly. Can you write each word three times?</p>	<p>Objective: To begin to write a recount.</p>	<p>Objective: To add equal groups.</p>	<p>Objective: To be active as part of a healthy lifestyle.</p>	<p>Objective: To have self help strategies.</p>
	<p>Use this link to complete today’s lesson: https://classroom.thenational.academy/lessons/to-begin-to-write-our-recount/activities/1</p>	<p>Link to lesson video and activities: https://whiterosemaths.com/homelearning/year-1/Summer-Term-Week-7, lesson 4 – Add equal groups</p>	<p>Complete Thursday 25th Joe Wicks work out here: https://www.youtube.com/channel/UCAXW1XT0iEJo0TYIRfn6rYQ</p>	<p>Use the “Ways to feel better” sheet provided below to help come up with ideas to feel better when you have difficult feelings.</p>
	<p>Using your recount map from Tuesday and the focus words from Monday to help with spelling, begin to write your own version of the recount. Start with the title (A day in the life of the Man on the Moon) and remember YOU are Bob, the Man on the Moon, YOU are the astronaut! Aim to complete up to box 3 on your map. You must remember:</p> <ul style="list-style-type: none"> Capital letters to start sentences Capital letters for proper nouns Small spaces between words All sounds / words in words Full stops, question marks or exclamation marks to show the end of sentences First person and past tense <p>Take your time and remember to: THINK your sentence – use your story map pictures to help, SAY your sentence – out loud a couple of times to help you remember it, WRITE your sentence – one word, one sound at a time! CHECK your sentence – does it make sense? Have you used all of the words you intended to? Use your high frequency word and common exception word charts to help with spelling too.</p>	<p>Now that you can count confidently in 2s, 5s or 10s, we are going to apply that skill to find totals using repeated addition, or adding equal groups. Look at the pictures provided for Thursday Maths Tasks 1- 4 and complete the sentences for each. If you cannot print, just draw the images and write the sentences to go with them.</p> <p>Use counters or objects to show the equal groups below and complete the number sentences:</p> <p>$2 + 2 + 2 + 2 = \underline{\quad}$</p> <p>$5 + 5 + 5 + 5 + 5 = \underline{\quad}$</p> <p>Challenge: There are 7 equal groups of 5 counters. How many counters are there altogether? There are <u> </u> counters altogether. Can you write out the repeated addition sentence to show this?</p>	<p>Alternatively, use the Joe Wicks activity cards provided at the end of this planning document to guide your own workout.</p> <p>These cards will be updated each week until the summer holidays so you will have four different workouts to keep and practice.</p>	<p>Talk about a time when you have had a difficult feeling – sad, angry, annoyed, jealous or scared. Discuss different things you can do to help yourself feel better using the suggestions below as a prompt.</p> <p>Choose your top three strategies, perhaps drawing or writing one we haven’t thought of!</p> <p>Keep this on display at home so when you have a difficult feeling you can help yourself to feel better.</p>

Phonics/Spelling	Reading / Writing	Maths	Physical	Foundation
<p>Different ways of spelling the same sound: aw, or, au aw – paw or – short au – astronaut</p> <p>Can you write the different ways of spelling 'aw' we have been learning this week? Spelling quiz/check. Write each of the words your grown up tells you from the list we have been learning. Think carefully about which spelling of the 'aw' sounds you need.</p> <p>You may want to write these words in sentences or phrases too.</p>	<p>Objective: To continue to write a recount, edit and improve</p> <p>Use this link to complete today's lesson: https://classroom.thenational.academy/lessons/to-continue-to-write-our-recount/activities/1</p> <p>Read what you have written so far before continuing with the story. Use the success criteria to remind yourself what we need to include to be the best writers. Most important is to write in the first person and the past tense. Once you have written the whole recount it is time to check the whole recount and make any changes that are needed. Give yourself ticks for capital letters at the start of sentences, for names and places, correct use of full stops and exclamation marks. If you have missed any, correct them now. Finally give yourself a tick every time you use I, my, me (first person) and past tense verbs.</p> <p>Grown-ups - It is not expected that children write the story word for word the same as the given text, more that they retell it including all the key events as mapped out in their own recount map, showing they can write at length with increased independence – in the first person and past tense.</p>	<p>Objective: To use reasoning and problem-solving skills</p> <p>Remember, start with what you do know to work out what you don't know.</p> <p>Challenge 1 Sal has 20 beads. She uses some of the beads to make these necklaces:</p>  <p>How many beads does she have left?</p> <p>Challenge 2 George is thinking of a 2-digit number.</p>  <p>(Remember 'sum' means the total if both digits were added together e.g. 23 would be 2+3=5) What is George's number?</p>	<p>Objective: To be active as part of a healthy lifestyle.</p> <p>Complete Friday 26th Joe Wicks work out here: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>As it is 'feel good Friday' again, use the provided yoga poses to help you stretch. Which stretches are becoming easier to do? Are you noticing that you are becoming more flexible as the weeks go by? (see sheet at the end of this planning pack) Remember to hold each pose still, with control. If you can, play some calming instrumental music too.</p> <p>Remember: Never continue to bend or stretch or hold a pose if you become uncomfortable. Listen to your body, it will tell you when to stop. We are all different and can stretch, twist or bend differently.</p>	<p>Objective: To relax and find calm</p> <p>Feel good Friday! To continue to look after your mental and physical wellbeing take some time today to be kind to yourself and nurture your mental health. We all have different ways of doing this. I recently decided to learn to read music properly and to start learning to play the flute! This is a new challenge for me but it makes me feel good that I am trying something new too, and is a welcome distraction from my everyday responsibilities. Think about what calm, non-screen, activities you enjoy doing and do your best to allow yourself at least 30 minutes of this. That includes grown-ups too!</p>

Man on the Moon, (adapted from the story written by Simon Bartram)

My name is Bob and I am the Man on the Moon. I am an astronaut. I am going to tell you about my day yesterday.

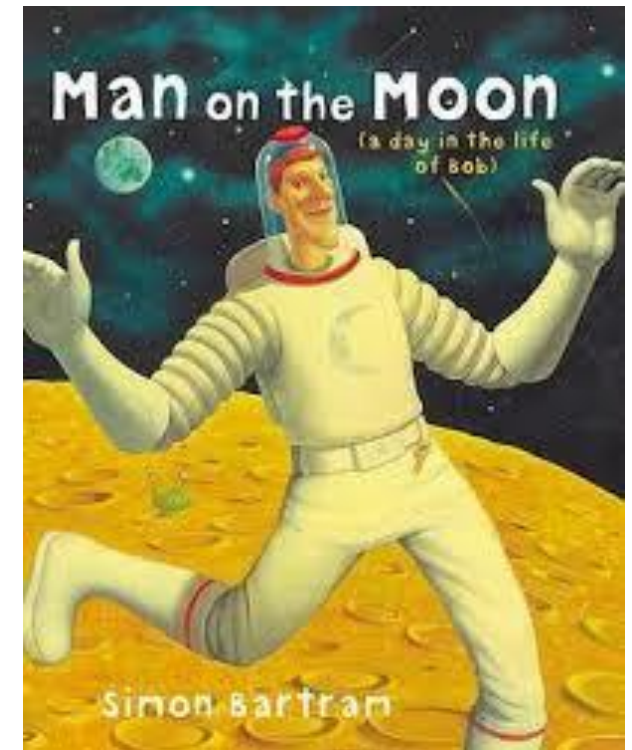
Yesterday I got up at 6 o'clock. I had a cup of tea and two eggs for breakfast. Then I went to my rocket launch pad on my bike. On the way I stopped to buy a newspaper and some chocolate toffees. They are my favourite!

When I got to the launchpad I put on my special Man on the Moon suit and I sat in my normal rocket ship. I left at quarter to nine so that I could be at the Moon on time. My job is very important.

Yesterday, when I got to the Moon I had to tidy it up. It was such a mess! There were crisp packets and cans everywhere. Some people say that it is aliens but that's not true because I never saw one.

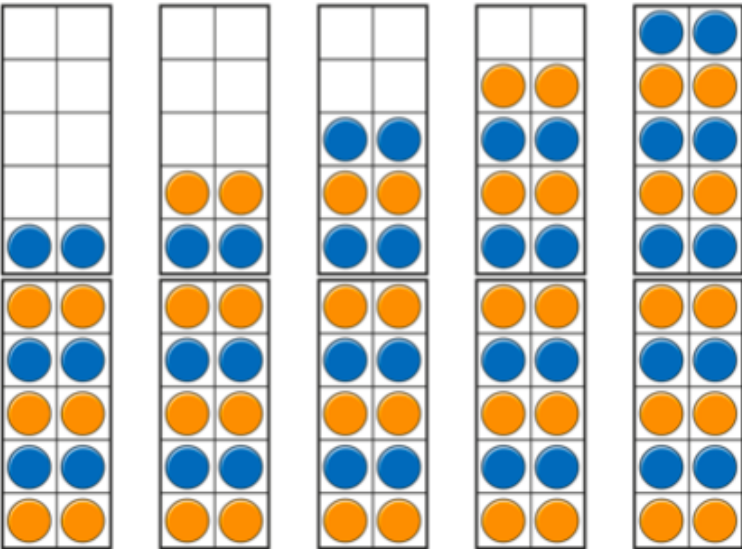
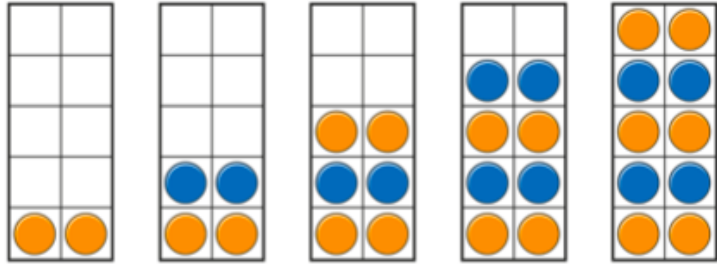
At twelve thirty it was time for lunch. I had two sandwiches with pork and sweetcorn. Then I had my chocolate toffees. After that I played sport with Billy the Man on Mars and Sam the Man on Saturn. After lunch the tourists arrived to visit the Moon. I had to entertain them so I did some jumps, some somersaults and a handstand.

At four thirty I yawned and I felt so tired. I got in my rocket and left the moon. I went back to Earth. I blew the horn as I landed to say that I had arrived. I got to Earth at five o'clock and rode home on my bicycle. At home I had some dinner and a bath. Then finally it was time to go to sleep. What a busy day being the Man on the Moon!



Monday Maths Task 1:

Monday Maths Task 2:

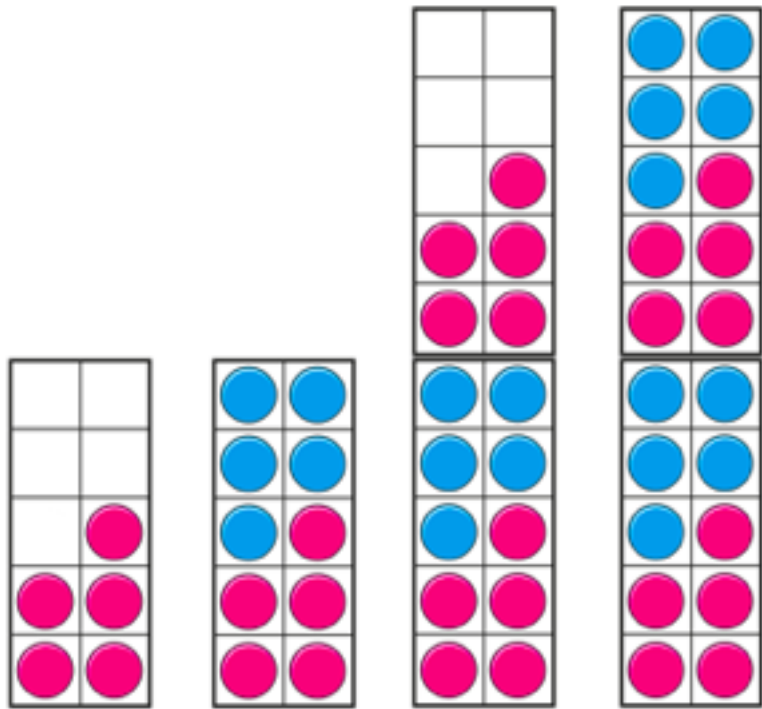


There are flowers.



There are flowers.

Tuesday Maths Task 1:



Tuesday Maths Task 2:



There are spots in total.



There are spots in total.

Wednesday Maths Task 1:

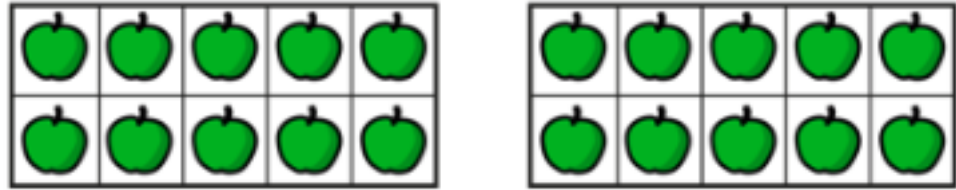


There are ____ muffins on each tray.

There are ____ trays.

There are ____ muffins altogether.

Wednesday Maths Task 2:

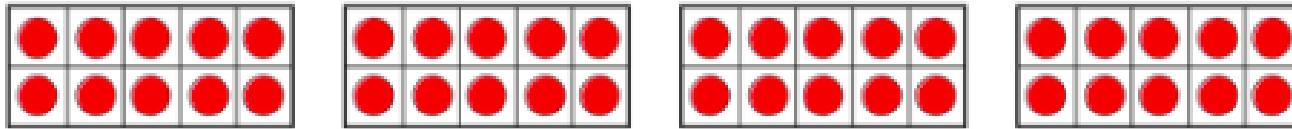


There are ____ apples in each tens frame.

There are ____ tens frames.

There are ____ apples altogether.

Wednesday Maths Task 3:



There are ____ counters altogether.

Thursday Maths Task 1: How many apples are there?



There are ____ apples in each bag.

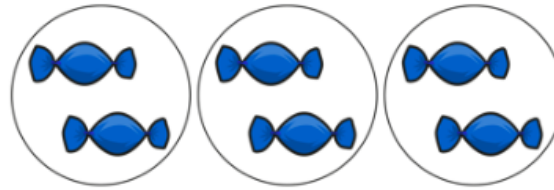
There are ____ bags.

There are ____ equal groups of ____.

There are ____ apples altogether.

____ + ____ + ____ + ____ = ____

Thursday Maths Task 2: How many sweets are there?



____ + ____ + ____ = ____

There are ____ sweets.

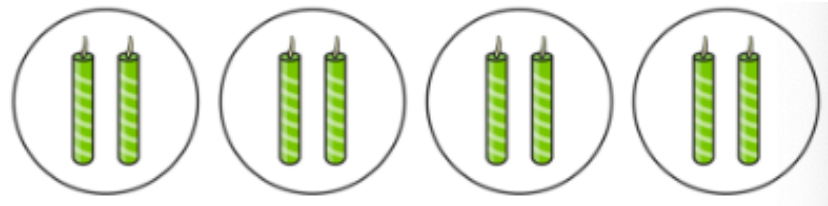
Thursday Maths Task 3:



____ + ____ + ____ = ____

There are ____ marbles.

Thursday Maths Task 4: How many candles are there?



____ + ____ + ____ + ____ = ____

There are ____ candles.

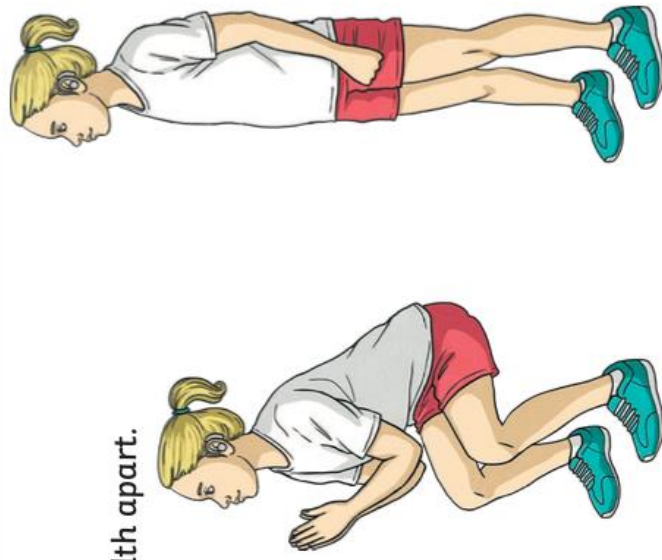
Joe Wicks 8-minute workout 1

These cards have been created to illustrate the exercises demonstrated by Joe in his workout videos. You can use the cards by themselves or watch the video for this work out here: <https://youtu.be/uqLNxJe4L2I>

Each exercise is performed for 35 seconds, with a 25-second rest in-between but you can make this harder by repeating the exercise for up to 1 minute with a 1 minute rest in between.

Squats

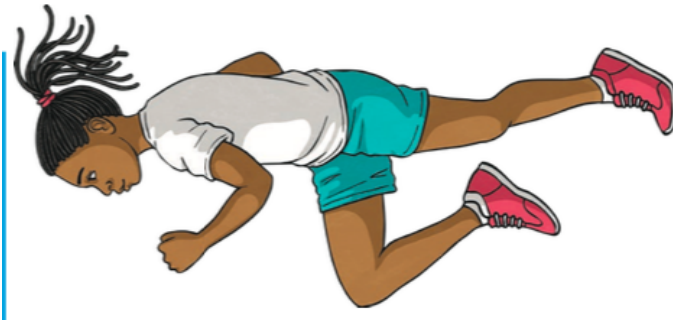
1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep a straight back.



REST

Running on the Spot

1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.
3. Try facing different compass directions, such as north, south, east and west.



REST

Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



REST

Climb the Rope

1. Imagine a rope is hanging down from the ceiling.
2. Reach up with one hand and pull the rope down towards your tummy.
3. Reach up with your other hand and pull it down towards your tummy.
4. Run on the spot and climb the rope at the same time.



REST

Knee to Elbow

1. Imagine you are marching on the spot.
2. Lift up one knee and bring it towards the opposite elbow.
3. Repeat with the other knee and the opposite elbow.
4. Keep a straight back.



REST

Frog Jumps

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down and touch the ground with both hands – bend from the knees not from the back.
3. Jump up high with your hands in the air.

Can you jump like a frog?



REST

Slow Motion Burpees

1. Start with your feet shoulder-width apart.
2. Bend your knees and place your hands down on the floor in front of you.
3. Step back with one leg and then the other so that they are both straight.
4. Step forwards with one leg and then the other leg.
5. Stand up tall, stretching your arms above your head.



How many can you do in 35 seconds? It's you against the clock!

REST

Squat Hold with Punches

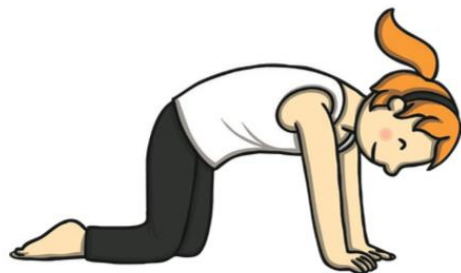
1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Hold the position and punch forwards with your arms one at a time.

Can you feel it in your legs?



REST

Yoga poses:



cat pose



tree pose



flamingo pose



mountain pose



cobra pose



camel pose



lion pose



butterfly pose



elephant pose



warrior pose



shoulder stand pose



downward facing dog pose



cow pose

Feeling chart for Tuesday's lesson (without text)

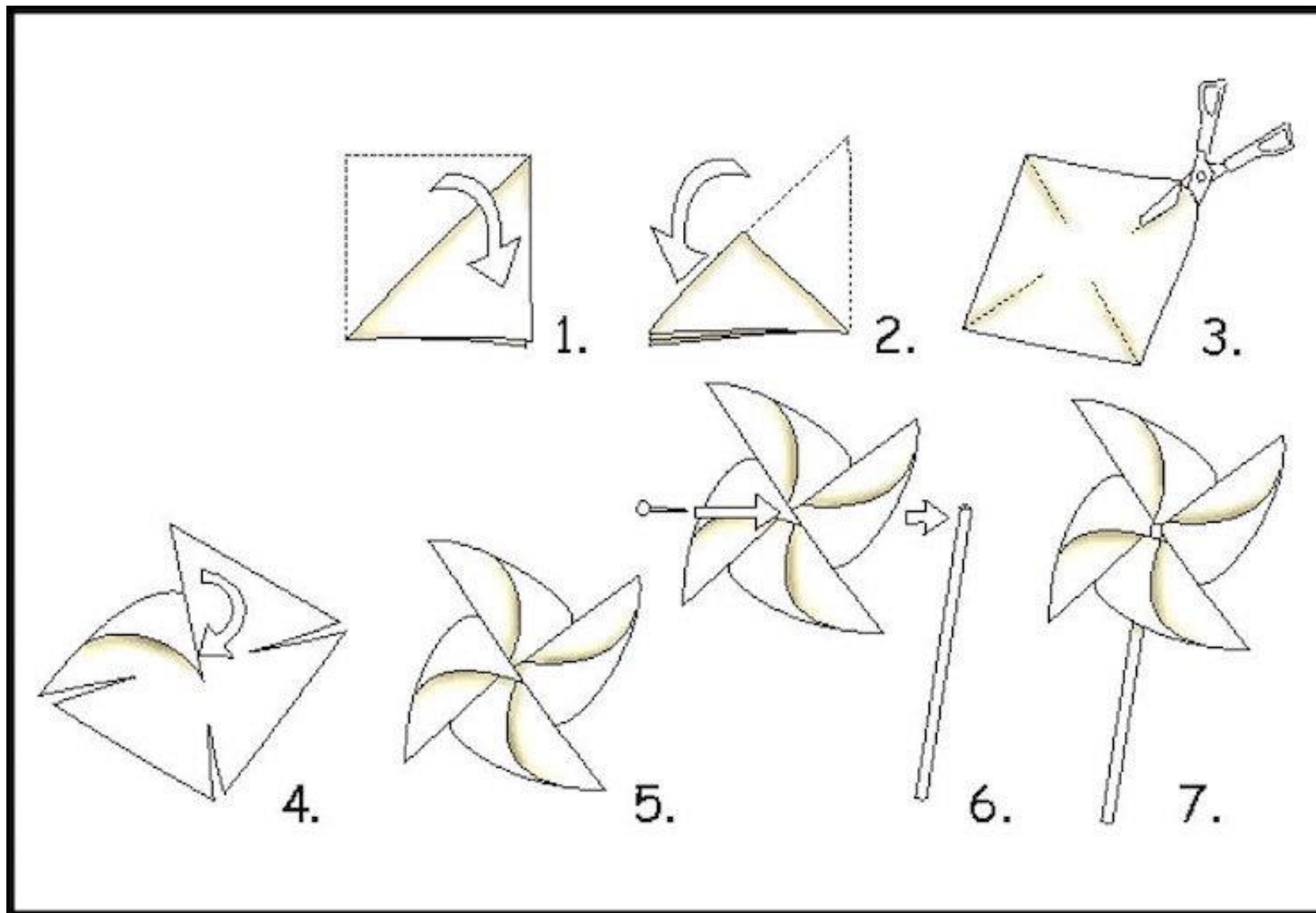


Feeling chart for Tuesday's
lesson (with text)



How to make a Windmill

You will need: Paper (cut into a square), scissors, a pencil or straw, a drawing pin or similar



				
Dance to your favourite song	Have a drink of water	Do some colouring	Smell your favourite smell	Hug a toy
				
Think of a happy memory of your friends/family	Think of the three best moments of the day	Do five star jumps	Ask for help	Take some deep breaths
				
Talk to a friend online	Write down how you are feeling	Think of a happy time	Watch television	Imagine your favourite place
				
Think of three solutions for your problem	Have a nap	Say you're sorry	Make a list of things you are good at	Do a full body stretch