

**Distance Learning - Summer 1 2020 overview**

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Year Group: 1	Science Focus: Plants		Geography Focus: United Kingdom		PSHE Focus: Healthy Lifestyles
	w/b April 20th	w/b April 27th	w/b May 4th	w/b May 11th	w/b May 18th
<b>Phonics</b>	Your child will need to access the daily RWI lessons online. Link: <a href="https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ">https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ</a> Please choose the set you do in school. These are the times they will be uploaded onto youtube. Set 1 - 9.30am Set 2 - 10am Set 3 - 10.30am	Your child will need to access the daily RWI lessons online. Link: <a href="https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ">https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ</a> Please choose the set you do in school. Please choose the set you do in school. These are the times they will be uploaded onto youtube. Set 1 - 9.30am Set 2 - 10am Set 3 - 10.30am	Your child will need to access the daily RWI lessons online. Link: <a href="https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ">https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ</a> Please choose the set you do in school. Please choose the set you do in school. These are the times they will be uploaded onto youtube. Set 1 - 9.30am Set 2 - 10am Set 3 - 10.30am	Your child will need to access the daily RWI lessons online. Link: <a href="https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ">https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ</a> Please choose the set you do in school. Please choose the set you do in school. These are the times they will be uploaded onto youtube. Set 1 - 9.30am Set 2 - 10am Set 3 - 10.30am	Your child will need to access the daily RWI lessons online. Link: <a href="https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ">https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ</a> Please choose the set you do in school. Please choose the set you do in school. These are the times they will be uploaded onto youtube. Set 1 - 9.30am Set 2 - 10am Set 3 - 10.30am
<b>Reading</b>	Ark English lessons - week 1 <b>1. Read a book that you have at home.</b> Tell me 3 things that happen in the story. You can either think, talk or write 3 things. <b>2. Read a book that you have at home.</b> Answer these 3 questions about the text. - Who is the author? - What was your favourite part of the story and why? - Who is your favourite character and why?	Ark English lessons - week 2 <b>1. Read a book that you have at home.</b> Before reading: Look at the front cover. What do you think this book will be about? What do you think is going to happen? Draw a picture of what you think is going to happen. <b>2. Read a book that you have at home.</b> After reading: What happened in the story? Was it what you thought? What was your favourite part of the story and why? Record your answer to the last question and post it to us on Google Classroom.	Ark English lessons - week 3 <b>1. Read pages 1 to 4 of Acorn Wood.</b> You can either think, talk or write about the questions. 1. How many characters are there? 2. What game did Hen and Pig play? 3. Which character wrote letters to his friends? (Upload Acorn Wood extract) <b>2. Read pages 1 to 4 of Acorn Wood again.</b> You can either think, talk or write about the questions. 1. Which character is your favourite and why? 2. Draw a new character who might live in Acorn Wood. Post your character on Google Classroom. (Upload Acorn Wood extract)	Ark English lessons - week 4 <b>1. Read last week's story again, Acorn Wood.</b> You can either think, talk or write about the questions. 1. Which characters read Bear's letter? 2. What game were Hen and Pig playing? 3. What is your favourite game to play with your friends and why? <b>2. Read some instructions for a game in your house.</b> What do you notice about the words they use? Which words help you to understand the instructions?	Ark English lessons - week 5 <b>1. Read the first two poems in Out and About – A first Book of Poems: 'Cold' and 'Wind'.</b> Draw a picture of what are they about. (upload the poems) <b>2. Read the poems again out loud to your family.</b> Talk about how they make you feel. Which poem is your favourite? Why? (upload the poems)
<b>Additional reading</b>	<a href="https://www.youtube.com/watch?v=kAo4-2UzgPo">https://www.youtube.com/watch?v=kAo4-2UzgPo</a> Story: Be kind.	The runaway iceberg (upload e-book)	<a href="https://www.youtube.com/watch?v=oLpZE32QG5g">https://www.youtube.com/watch?v=oLpZE32QG5g</a> Story: One fish, two fish, red fish, blue fish.	The old toy room (upload e-book)	Charlie the firefighter (upload e-book)
<b>Writing</b>	Ark English lessons - week 1 <b>1. Think about last week. Write five sentences about last week and draw a picture to go with it.</b> What did you do last week? What did you play? Who did you see? Remember to start sentences with a capital letter and to include finger spaces. <b>2. Write a setting description of a place in your book.</b> <b>3. Write a character description of the character from your book.</b>	Ark English lessons - week 2 <b>1. Write a letter to a friend or family member who you are not able to see at the moment.</b> Start the letter with Dear _____, End the letter with From _____. Tell them what you have been doing. Ask them some questions, for example How are you? What have you been watching on TV? <b>2. Write a diary extract from this week. Remember to start with a dear diary. (try and write a sentence for every day) you could use this sentence starter: On Monday, On Tuesday.</b> <b>3. Make a poster for a book that you</b>	Ark English lessons - week 3 <b>1. Look at page 1 and 2 of Acorn Wood.</b> Write two sentences about what you think Frog and Tortoise might be doing. (Upload Acorn Wood extract) <b>2. Read pages 1 and 2 of Acorn Wood again.</b> Write the next two pages of the story including Mole and Tortoise's actions. Use the other pages of the story to help you. (Upload Acorn Wood extract) <b>3. Acorn Wood.</b> Write a description of your new character that you created as part of your reading activity.	Ark English lessons - week 4 <b>1. Write instructions for a game. Example: Hide and Seek.</b> Use these words to tell someone in order what you do. First, Then, After, Finally, <b>2. Look again at your instructions for your game.</b> Finish these sentences to tell people what they need to remember to do or not do. Remember you need to ..... Remember you can't ..... <b>3. Now see if you can write instructions for someone to wash their hands.</b> Use these words to tell someone in order what you do. First, Then, After, Finally. Challenge: include a 'remember to' sentence in your instructions.	<b>1. Read through the colour poem. . Then create your own poem about a bright colour.</b> (Upload colour poem) Here are some things you could include. <input type="checkbox"/> description of the colours (bright/dull) <input type="checkbox"/> how the colours might feel (rough/smooth) <input type="checkbox"/> objects those colours (grass/leaves) <input type="checkbox"/> an emotion the colours make you think of (happy/sad) <b>2. Read through the colour poem. Then create your own poem about a dull colour.</b> (Upload colour poem) Here are some things you could

		<p><b>have read this week.</b> Include why someone might want to read the book. What is good about it? Can you include something that happens in the book on your poster?</p>			<p>include.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> description of the colours (bright/dull)</li> <li><input type="checkbox"/> how the colours might feel (rough/smooth)</li> <li><input type="checkbox"/> objects those colours (grass/leaves)</li> <li><input type="checkbox"/> an emotion the colours make you think of (happy/sad)</li> </ul> <p><b>3. Use the skills you have used for the colour poems to now write a poem about spring.</b> Think about the colours you might see, different things you would see outside and how spring makes you feel.</p>
<b>Handwriting /Spelling</b>	<p><b>Handwriting:</b> Here is a link on youtube which gives instructions on how to form your lowercase letters correctly using cursive handwriting. <a href="https://www.youtube.com/watch?v=cVf-LnFmt-U">https://www.youtube.com/watch?v=cVf-LnFmt-U</a> Use your neatest handwriting to copy out the spellings below.</p> <p><b>Spellings:</b> Please write the days of the week. Don't forget your capital letters. Monday Tuesday Wednesday Thursday Friday Saturday Sunday</p>	<p><b>Handwriting:</b> Here is a link on youtube which gives instructions on how to form your lowercase letters correctly using cursive handwriting. <a href="https://www.youtube.com/watch?v=cVf-LnFmt-U">https://www.youtube.com/watch?v=cVf-LnFmt-U</a> Use your neatest handwriting to copy out the spellings below.</p> <p><b>Spellings:</b>Please write the words; like went play read cooks tidy</p>	<p><b>Handwriting:</b> Here is a link on youtube which gives instructions on how to form your lowercase letters correctly using cursive handwriting. <a href="https://www.youtube.com/watch?v=cVf-LnFmt-U">https://www.youtube.com/watch?v=cVf-LnFmt-U</a> Use your neatest handwriting to copy out the spellings below. Please practise writing capital letters.</p> <p><b>Spellings:</b> Please write the words; Sam Spain Scotland Emma God Jack</p>	<p><b>Handwriting:</b> Here is a link on youtube which gives instructions on how to form your lowercase letters correctly using cursive handwriting. <a href="https://www.youtube.com/watch?v=cVf-LnFmt-U">https://www.youtube.com/watch?v=cVf-LnFmt-U</a> Use your neatest handwriting to copy out the spellings below.</p> <p><b>Spellings:</b> Please write the words; bank honk sunk think sink sank</p>	<p><b>Handwriting:</b> Here is a link on youtube which gives instructions on how to form your lowercase letters correctly using cursive handwriting. <a href="https://www.youtube.com/watch?v=cVf-LnFmt-U">https://www.youtube.com/watch?v=cVf-LnFmt-U</a> Use your neatest handwriting to copy out the spellings below.</p> <p><b>Spellings:</b> Please write the words; cat book link pink hat cook</p>
<b>Maths (incl. number facts / timestables)</b>	<p>Maths week 1 whiterose (lessons 1-5) Timetable Rock Stars/Numberbots <a href="https://whiterosemaths.com/homelearning/year-1/">https://whiterosemaths.com/homelearning/year-1/</a></p>	<p>Maths week 2 whiterose (lessons 1-5) Timetable Rock Stars/Numberbot</p>	<p>Maths week 3 whiterose (lessons 1-5) Timetable Rock Stars/Numberbot</p>	<p>Maths week 4 whiterose (lessons 1-5) Timetable Rock Stars/Numberbot</p>	<p>Maths week 5 whiterose (lessons 1-5) Timetable Rock Stars/Numberbot</p>
<b>Topic</b>	<p><b>Science:</b> Use the pictures provided and draw the life cycle of a plant in the correct order. (Upload pictures of the strawberry plant)</p> <p><b>Geography:</b> Make a poster that describes where you live. It can include the country, town, your home and family.</p> <p><b>Art:</b> Go on a walk and look for art in nature. What different flowers can you find? What different trees can you find? (Upload flower and tree hunt sheet). Can you choose your favourite flower and tree to draw?</p>	<p><b>Science:</b> <a href="https://www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/zxxsyrd">https://www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/zxxsyrd</a> Watch the video and make a poster of all the things a plant needs to survive. Bitesize link.</p> <p><b>Geography:</b> Label the countries in the United Kingdom- countries given. <a href="https://www.bbc.co.uk/bitesize/topics/zyhp34j/articles/z4v3jhy">https://www.bbc.co.uk/bitesize/topics/zyhp34j/articles/z4v3jhy</a> (upload map and country names)</p> <p><b>Music:</b> Can you guess the musical instrument? (upload ppt)</p>	<p><b>Science:</b> Use the sheet provided to name the different plants</p> <p><b>Geography:</b> Make a poster about a country you chose using the resources. (upload all facts- England, Wales, Scotland, Northern Ireland) Read the information and make a poster about your chosen country. On your poster try to include a title, the capital city, the national symbol and two interesting facts. You could even do your own research.</p> <p><b>Art:</b> Look at textures around your home and describe the textures that you have found. Compare the textures that you might see on your daily walk. Can you do a rubbing of the different textures that you could find in your</p>	<p><b>DT:</b> During your daily walk, choose a creature or object to make using recycled materials. These could be your own recycling or materials that you have collected on your walk. Make a design for your creature or object. Remember to list the resources that you would need and label the parts of the object.</p> <p><b>RE:</b> Listen to the song <a href="https://www.youtube.com/watch?v=SV9ZP8ZTPnM">https://www.youtube.com/watch?v=SV9ZP8ZTPnM</a> Can you create a picture to represent one of the days?</p> <p><b>Music:</b> Vivaldi's Spring. Work through the powerpoint listening to the piece of music and create a piece of artwork linked to Vivaldi's Spring (upload spring).</p>	<p><b>DT:</b> Now is your chance to use your design to help you to build your creature or object. Complete an evaluation. What worked well? What would you change if you repeated it?</p> <p><b>RE:</b> Thoughtful moment- Can you answer one of these questions? (upload questions)</p> <p><b>Art:</b> <a href="https://www.youtube.com/watch?v=S2RPTySrlvs">https://www.youtube.com/watch?v=S2RPTySrlvs</a> Use the video to show you have to draw a rose. Now draw your own rose using this video.</p>

			home or outside?		
<b>Physical</b>	<p>Have a go at our homemade work out: Complete each exercise for 30 seconds, then 30 seconds rest. Repeat.</p> <ol style="list-style-type: none"> <li>1. Walk like a crab side to side across the room.</li> <li>2. Jog on the spot, get your knees up high.</li> <li>3. Hold yourself in a plank position.</li> <li>4. Stretch up to reach the ceiling then bend down small to touch your toes and repeat.</li> <li>5. Sumo squats.</li> </ol>	<p>Design your own workout which includes 5 different exercises that you can do in your own home. For example: star jumps, lunges, leg raises.</p> <p>Can you teach it to someone else in your family?</p>	<p>Timer challenge - Set a timer for 1 minute and challenge yourself to complete a certain activity in that time. For example, how many squats can you complete in 1 minute? Now try with a different exercise. Repeat each day to try to beat your score.</p>	<p>Place five cups or containers on the floor and use a ball (or scrunched up tin foil) and challenge your family to see how many times you can get the ball in the cups.</p>	<p>Mirror balances - With a partner take it in turns to make a balance pose. Now try to mirror their pose. Can you make a pose that is...? Wide? Tall? Laying down? On one foot? With a hand and foot on the floor?</p>
<b>PSHE</b>	<p>What do we need to stay healthy?  <a href="https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p">https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p</a>          Watch the video and make a poster about how to keep your body healthy and share it with us.</p>	<p>Keep a food diary for a week and then think about the food choices you have made. Are all of your food choices healthy? Are some unhealthy? Think about what food you might eat next week instead. Post your food diary to us on Google Classroom.</p>	<p>Exercise: Heartbeat game – sit on the floor or somewhere comfy and put your hand on your heart. Feel your heartbeat and take a deep breath. Count your heartbeats for 30 seconds. Carry out an exercise for 30 seconds (star jumps, running, squats, etc). Repeat the heartbeat game again and count your heartbeats for 30 seconds. What do you notice? Post your results to us on Google Classroom.</p>	<p>Think of different ways you can keep your mind healthy too. Mindful posing is a way we can keep our minds healthy. Think about how you feel before starting your mindful posing. Try these poses, do each at least 5 times. Think about how you feel after trying these poses.</p> <ul style="list-style-type: none"> <li>❖ <b>Superman</b> – stand with your feet just wider than your hips, clench your fists and reach your arms up to the sky, stretch as tall as you possibly can.</li> <li>❖ <b>Wonder woman</b> – stand with your feet just wider than your hips and put your hands on your hips. Take a deep breath in.</li> </ul> <p>Post on Google Classroom how these poses made you feel.</p>	<p>A way to be mindful is mindful seeing. Think about how you are feeling right now. Watch the video below to focus your mind and thoughts. <a href="https://www.love-relaxation.com/mindful-seeing/">https://www.love-relaxation.com/mindful-seeing/</a>          How do you feel now? Do you feel calmer? More relaxed?          Post on Google Classroom how the mindful seeing made you feel.</p>