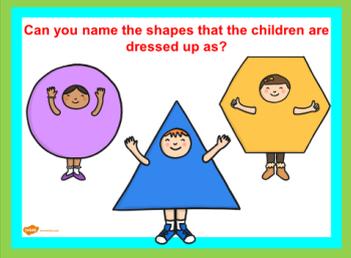


**Tuesday 12th January 2021** YEAR 1

Enjoy doing the activities listed.

The order to do them in is suggested below but you can change them to suit you. Please e mail me any work, notes, photos or comments. Thank you.

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|---|--|
| <p><b><u>MORNING</u></b><br/><b><u>Let's get started challenge</u></b></p>                                      |  <p>Can you name the shapes that the children are dressed up as?</p> <p>see enlarged version below</p> <p>Now go for a walk round your house and garden. What can you find that are a circle, triangle or hexagon shape?</p>  |
| <p><b><u>Music</u></b></p> <p><i>Learning objective:</i><br/>Can I explore how to make sounds with my body?</p> | <p><b><u>Introduction:</u></b></p> <ul style="list-style-type: none"><li>• Explore all the different sounds you can make with your bodies.</li><li>• What noises can you do with your hands?</li><li>• What noises can you make with your mouth?</li><li>• Are there any other parts of your body which you can use to make sounds?</li><li>• Now can you make them loudly/ softly or at different speeds?</li></ul> <p><b><u>Activity:</u></b></p> <p>1. Try this activity (see enlarged version below)</p>  <p><b>Activity 2</b></p> <p>Listen to some music and either sit quietly and relax or dance!</p> |

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| <p><u>English</u></p> <p><i>Learning objective:</i><br/>Can I remember the story by answering the questions?</p>   | <p>The story and activity pack is on the school website under home learning. The pages to be completed will be indicated on the daily notes. If you don't have access to a printer your child can record their answers on paper.</p> <p><u>Introduction</u></p> <ul style="list-style-type: none"><li>➤ Yesterday you read the story of 'Pippety Skycap'.</li><li>➤ Remind yourself of the story by reading it again OR listening to it:<br/><a href="https://soundcloud.com/talkforwriting/pippety">https://soundcloud.com/talkforwriting/pippety</a></li><li>➤ As you read it or listen to it again think carefully about who is saying what.</li></ul> <p><u>Activity:</u></p> <ul style="list-style-type: none"><li>➤ Complete page 7 - who said what</li><li>➤ Now challenge yourself to a quiz - page 8</li></ul> |
| <p><u>Handwriting/ spellings or phonics</u></p> <p><i>Learning objective:</i><br/>Can I learn the tricky words</p> | <p><u>Introduction:</u></p> <ul style="list-style-type: none"><li>➤ Today we will be learning some of the tricky words we need to know.</li><li>➤ Today's words are:<br/><b>here</b><br/><b>there</b><br/><b>where</b></li><li>➤ First- read the words.</li><li>➤ Second- look at the words- what do you notice?</li><li>➤ Third- think about how you could remember them.</li></ul>  |

|   |  |
|---|--|
|   | <p>Top Tip: there are different ways we can try and remember words which we can't sound out. Here are some suggestions:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid green; border-radius: 50%; padding: 10px; background-color: #e0f2f1;"> <p>Write the word out over and over again.</p> </div> <div style="border: 2px solid blue; border-radius: 15px; padding: 10px; background-color: #bbdefb;"> <p>Think of a funny sentence e.g.</p> <p>h henry</p> <p>e enjoys</p> <p>r rotten</p> <p>e eggs</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="border: 2px solid yellow; padding: 10px; background-color: #fff9c4;"> <p>Say each letter aloud over and over again</p> </div> <div style="border: 2px solid orange; padding: 10px; background-color: #ffe0b2;"> <p><b>Write them out and play games e.g. snap</b></p> </div> </div> <p><u>Activity</u></p> <ol style="list-style-type: none"> <li>1. Choose a way which suits you best to remember those 3 tricky words.</li> <li>2. Write a sentence for each of those words.</li> </ol> |
|   | <p>Lunchtime!</p>  |
| <p><u>AFTERNOON</u><br/><u>Reading</u></p>  | <p>Read at least 3 pages of your reading book.</p>   |
| <p><u>Topic</u><br/><i>Learning objective:</i></p> <p>Y1: Can I use words to talk about photos such</p> | <p><u>Introduction:</u></p> <ul style="list-style-type: none"> <li>➤ This week's clue was an old photograph.</li> <li>➤ Today we will be looking at old photos to find out more about life in the past. You will need to answer some simple questions about the photos and have the chance to ask some questions of your own.</li> <li>➤ It will be good to be able to talk to other older members of your family if you can.</li> <li>➤ Look at this photograph (enlarged version below)</li> </ul>   |

as in a long time ago?  
Can I ask and answer questions about the past using old photographs?



Who do you think are the people in the photo? Why do you think that?

Where was the photo take? How do you know?

What are they doing? Give reasons to explain your answers.

#### Activities.

- Complete the sheet below.

Think about some questions you would like to ask an older person to find out more about what families were like a long time ago.

#### Computing.

Internet Safety.

- Watch the internet safety full movie from [childnet.com](http://childnet.com) [smart crew](http://childnet.com) about the Adventures of Kara, Winston and the Smart Crew.
- If you are not able to access the movie think about what we have been learning in class before about Internet safety for example, always ask a grown up if something pops up on the screen you are not sure of or not giving strangers your name.

#### Activity

- With a grown up, think about what rules we should follow when using the internet. Write your own rule about keeping safe on the internet on the sheet attached.

Y1: Can I say at least 3 rules about keeping safe on the internet.  
Can I write one of these rules independently?

Story/ yoga/ mindfulness activity

Try some Yoga.

Here are some poses you can learn if you don't know them already.

Yoga Cards

### Downward-Facing Dog

Adho Mukha Svānāsana

**Benefits:** Calms the mind, relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches, back pain and fatigue.



1. Begin on hands and knees with toes tucked under.
2. Exhale, strengthen knees and lift hips, so that you are in an upside-down V.
3. Hold this position for as long as you like.
4. To release, exhale and bring knees to the floor.

Yoga Cards

### Preparation and Safety

**Age** 5-7

**National Curriculum** Develop balance, agility and co-ordination.

**Time** Can be adapted to any setting or time frame.

**Preparation** Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

**Safety** Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.



Yoga Cards

### Warrior II Pose

Virabhadhrāsana II

**Benefits:** Strengthens and stretches legs and core; stretches chest and shoulders; relieves bad aches.



1. Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
2. Inhale and lift your arms parallel to floor.
3. Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
4. Keep your torso tall, turn your head, and look out over your fingertips.
5. Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Yoga Cards

### Chair Pose

Utkatāsana

**Benefits:** Strengthens legs, stretches shoulders and chest.

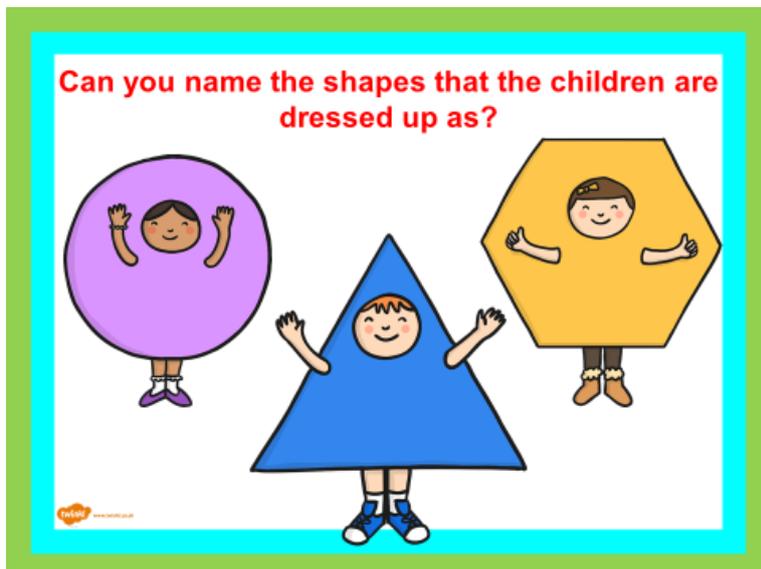


1. Start in mountain pose.
2. Exhale, and bend your knees as if you were sitting in a chair.
3. Reach your arms towards the ceiling, with your palms facing each other.
4. Hold this pose and breathe.

|   |   |   |
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|   | <p>Yoga Cards</p> <h3>Mountain Pose</h3> <p>Tadasana</p> <p><b>Benefits:</b> Improves posture, strengthens core, muscles and legs.</p>  <ol style="list-style-type: none"><li>1. Stand tall with your weight balanced evenly on your feet.</li><li>2. Firm your thigh muscles and pull in your tummy.</li><li>3. Press your shoulders back and hold your arms out straight, a little way from your body.</li><li>4. Breathe deeply and hold as long as needed (at least two long breaths).</li></ol> | <p>Yoga Cards</p> <h3>Tree Pose</h3> <p>Vrikshasana</p> <p><b>Benefits:</b> Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.</p>  <ol style="list-style-type: none"><li>1. Begin in mountain pose.</li><li>2. Lift your right foot, turning your knee out; place your foot below your left knee.</li><li>3. Press your hands together.</li><li>4. Raise arms overhead; look up to your hands if possible.</li><li>5. Return hands to your chest, and lower your right leg.</li><li>6. Repeat with left leg.</li></ol> |
| <p><b>Additional notes for parents.</b></p> | <p>If you can, please encourage your child to talk to an older member of the family or friend e.g. a grandparent via WhatsApp or Zoom (or some other way) so that they can ask their questions to find out more about family life in the past.</p> <p>This could be done at any time to suit everybody not today!</p>   |   |

Please send your completed work to me at [willow@lyng.norfolk.sch.uk](mailto:willow@lyng.norfolk.sch.uk) so I can enjoy seeing what has been done and give top tips and feedback as necessary.

### Let's get started challenge



## Music

### Body Percussion Rainstorm

This great body percussion activity is perfect for children of all ages and it really does sound like a rainstorm. It works best with a group of five or more people. The sounds start off very quietly and build up to a noisy storm. Then, as the storm passes, the volume goes back down from loud to quiet.



1. Rub hands together.
2. Click fingers.
3. Pat thighs softly.
4. Pat thighs louder.
5. Clap softly.
6. Clap louder.



7. During loud clapping, make thunder sounds vocally (booms, rumbles, etc.).



8. Clap softly.
9. Pat thighs loudly.
10. Pat thighs softer.
11. Click fingers.
12. Rub hands together.



There are no specific timings - just go with the flow of the activity. Give time for all the children to hear the changes in sounds as the storm gets louder or quieter.

It also works best when the leader moves to the next action but doesn't announce it. This allows for a smooth and slow transition to the next storm sound and sounds much more natural.



## English

See story and activity pack.

Spellings- practise here if you would like to

12.1.21 Year 1 Name:

Topic



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**Topic**

12.1.21

Y1: Can I use words or phrases to talk about photos such as, 'in the past', 'a long time ago'?

Can I ask and answer questions about the past using old photographs?



This picture was taken in 1900.

What can you say about the picture? Here are some things to think about:

Are the family rich or poor?

Where are they?

Do you think the family live in the country or the city?

What do you notice about what they are wearing?

Now write some questions about the photo.

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**Computing**

