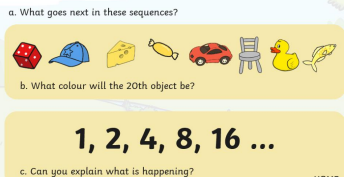
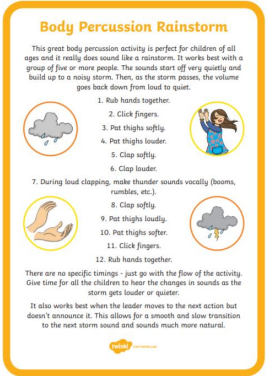




Tuesday 12th January 2021 YEAR 2

Enjoy doing the activities listed.

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

<p><u>MORNING</u> <u>Let's get started</u> <u>challenge</u></p>	 <p>see enlarged version below</p> <p>Can you make up your own sequence? This could be shapes such as we have been learning in P.E., numbers, letters or everyday or natural objects.</p>
<p><u>Music</u></p> <p><i>Learning objective:</i></p> <p><i>Music service or</i></p> <p>Can I explore how to make sounds with my body?</p>	<p><u>Introduction:</u></p> <ul style="list-style-type: none"> • Explore all the different sounds you can make with your bodies. • What noises can you do with your hands? • What noises can you make with your mouth? • Are there any other parts of your body which you can use to make sounds? • Now can you make them loudly/ softly or at different speeds? <p><u>Activity:</u></p> <p>1. Try this activity (see enlarged version below)</p>  <div data-bbox="845 1518 1340 1765"> <p>Activity 2</p> <p>Listen to some music and either sit quietly and relax or dance!</p> </div>

<p><u>English</u></p> <p><i>Learning objective:</i> Can I show my understanding of the story by answering the questions?</p>	<p><u>Introduction</u></p> <ul style="list-style-type: none"> ➤ Yesterday you read the story of 'The Elves and The Shoemaker'. ➤ Remind yourself of the story by reading it again OR listening to it: https://soundcloud.com/talkforwriting/elves <p><u>Activity:</u></p> <ul style="list-style-type: none"> ➤ See how much you have understood about the story by completing pages 7- 8. <p>Top tip: remember to think through your answer before you write it. Write in full sentences with capital letters and full stops. Finally check it.</p>
<p><u>Handwriting/ spellings or phonics</u></p> <p><i>Learning objective:</i> Can I learn the tricky words find, kind, mind, behind?</p>	<p><u>Introduction:</u></p> <ul style="list-style-type: none"> ➤ Today we will be learning some of the tricky words we need to know. ➤ Today's words are: find kind mind behind ➤ First- read the words. ➤ Second- look at the words- what do you notice? ➤ Third- think about how you could remember them <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 data-bbox="517 1771 807 2000"> <p>Write the word out over and over again.</p> </div> <div data-bbox="895 1581 1259 1984"> <p>Think of a funny sentence e.g.</p> <p>f Fred's</p> <p>i igloo</p> <p>n nearly</p> <p>d dropped</p> </div>

	  <p><u>Activity</u></p> <ol style="list-style-type: none"> 1. Choose a way which suits you best to remember those 4 tricky words. 2. Write a sentence for each of those words. <p>When you have time go over the tricky words from last term which are:</p> <table> <tr> <td>door</td><td>poor</td></tr> <tr> <td>floor</td><td></td></tr> <tr> <td>fast</td><td>last</td></tr> <tr> <td>past</td><td></td></tr> <tr> <td>great</td><td>break</td></tr> <tr> <td>steak</td><td></td></tr> <tr> <td>again</td><td>Christmas</td></tr> </table>	door	poor	floor		fast	last	past		great	break	steak		again	Christmas
door	poor														
floor															
fast	last														
past															
great	break														
steak															
again	Christmas														
	Lunchtime!														
<u>AFTERNOON</u> <u>Reading</u>	Read at least 3 pages of your reading book.														
<u>Topic</u> <i>Learning objective:</i> Y2: Can I use words and phrases like past, present, then, now, before,	<u>Introduction:</u> <ul style="list-style-type: none"> ➤ This week's clue was an old photograph. ➤ 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. ➤ It will be good to be able to talk to other older members of your family if you can. ➤ Look at this photograph (enlarged version below) 														

after to talk
about old photos?

Can I give
examples of
things that were
different a long
time ago?

Can I find the
answer by looking
at old photos?
*Extension: can I
begin to give
reasons for why
life was different
in the past?*

Y2 Can I
recognise ways
of keeping safe
on the internet?
Can I decode a
secret message
independently?



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

Introduction

- Watch the internet safety full movie from childnet.com [smart crew](#) about the Adventures of Kara, Winston and the Smart crew.
- Have a go at the online quiz, see what you remember.
- 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

See if you can decode the secret message on the attached sheet.

Story/ yoga/ mindfulness activity

Try some Yoga.

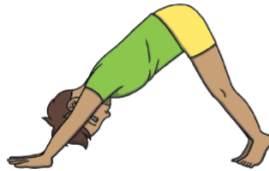
Here are some poses you can learn if you don't know them already.

Yoga Cards

Downward-Facing Dog

Adho Mukha Svanasana

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

Virabhadrasana 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

Utkatasana

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.

Yoga Cards

Mountain Pose

Tadasana

Benefits: Improves posture, strengthens core, muscles and legs.



1. Stand tall with your weight balanced evenly on your feet.
2. Firm your thigh muscles and pull in your tummy.
3. Press your shoulders back and hold your arms out straight, a little way from your body.
4. Breathe deeply and hold as long as needed (at least two long breaths).

Yoga Cards

Tree Pose

Vrikshasana

Benefits: Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.




1. Begin in mountain pose.
2. Lift your right foot, turning your knee out; place your foot below your left knee.
3. Press your hands together.
4. Raise arms overhead; look up to your hands if possible.
5. Return hands to your chest, and lower your right leg.
6. Repeat with left leg.

Additional notes for parents.	If you can 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. This could be done at any time to suit everybody not today!
-------------------------------	---

Please send your completed work to me at 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

a. What goes next in these sequences?



b. What colour will the 20th object be?

1, 2, 4, 8, 16 ...

c. Can you explain what is happening?

Can you make up your own sequence? This could be shapes such as we have been learning in P.E., numbers, letters or everyday or natural objects.

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

Topic



© Norfolk Record Office

Topic

12.1.21

Y2: Can I use words and phrases like past, present, then, now before, after to talk about old photos?

Can I you give examples of things that were different a long time ago?

Can I find the answer by looking at old photos?

Extension: can I begin to give reasons for why life was different in the past?



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.

Why was life different 100 years ago?

List 3 reasons:

Computing

Use the code and reveal the message.

✈️	♦	≈	∅	◐	↶	■	×	∞
A	B	C	D	E	F	G	H	I
🐱	*	✓	♥	✉	➤	☆	↔	◆
J	K	L	M	N	O	P	Q	R
▲	↗	≠	♣	●	★	□	✎	
S	T	U	V	W	X	Y	Z	

.....

✓ ◐ ✈️ ◆ ✉
 ∞ ✉ ↗ ◐ ◆ ✉ ◐ ↗
 ▲ ✈️ ↶ ◐ ↗ □ !

Answer: LEARN INTERNET SAFETY