

St Edmund's Suggested Weekly Plan

Date w/c 15th June

Year 1



Outlined below are a range of activities that you may want to follow as part of your home learning schedule.

As you can see below, tasks should not be very long at all. We have included timings to give you an indication of how long could be spent on each task.

Our aim over the next couple of weeks is to ensure that all children have the skills necessary to move on to their next year group, and so this is what we will be focusing on, consolidating key skills.

For the maths activities we will continue to use the White Rose maths resources. These are based on the topics that we would have been covering in school at this time. Each lesson contains a video to explain the task, an activity for the children and the answers. The link to access the maths is as follows <https://whiterosemaths.com/homelearning/year-1/> . Please ignore the week dates as we continue to work a week behind that on the website.

We find ourselves in a new and challenging time in which not only our physical health is at risk but our mental health and wellbeing and so each week we are going to focus on a different topic that encourages the development and maintenance of growth mindset (Dweck, 2007). We will be following some activities from a pack provided by our local authority to do so. Not only is this helpful in the current climate, it will continue to be helpful and stand them in good stead as it can help to support their academic abilities, help them to form healthy social relationships and vitally, contribute to building positive mental wellbeing.

We are available to be contacted via our year group email (year1@st-edmunds.richmond.sch.uk), however please bear in mind that we are teaching all day so may not respond to you as promptly as we have done during lockdown. We ask that no more than two photos, one photo could show a range of your child's work and the other a close up of their work that they feel most proud of, are sent in to us once a week per child.

	Day 1	Day 2	Day 3	Day 4	Day 5
5 mins	Morning Assembly led by Mrs Cuthbert and Miss Purton alternative days (only for children in school)				
15 mins	Phonics - GPCs	Phonics - can you spot the graphemes that make the ew sound? How many different graphemes are there that make the ew sound?	Phonics - can you spot the graphemes that make the ay sound? How many different graphemes are there that make the ay sound?	Phonics - look around the room which objects can you see have the ee sound in them? How many different graphemes are there that make the ee sound?	Phonics - recap the sounds covered this week.
15 mins	Year 1 Spelling - Test - Spellings - one, two, three, four, five Teach - Introduce spelling words: six, seven, eight, nine, ten	Year 1 Spelling - introduce spelling words: six, seven, eight, nine, ten <u>Dictation</u> On Saturday I went to a farm. I saw six hens, seven sheep, eight horses, nine butterflies and ten fluffy rabbits.	Year 1 Spelling - introduce spelling words: six, seven, eight, nine, ten <u>Dictation</u> On Monday I went to London Zoo. I saw six poisonous snakes, seven lions, eight tigers, nine meerkats and ten chimpanzees.	Year 1 Spelling - introduce spelling words: six, seven, eight, nine, ten <u>Dictation</u> On Wednesday I went shopping. I bought six bags of crisps, seven apples, eight packets of grapes, nine ice-creams and ten cans of lemonade.	Punctuation and Grammar Task - Prepositions Play amazing words on education city/Year 1/English/Amazing words to learn about and understand these prepositions: to from in out on off for by with over under
15 mins	Whole Class Reading Comprehension: Traditional tales Read the story of the Enormous Turnip choosing one of the differentiated stories. Add sound buttons and spot the high frequency words. Talk to your adult about the story and the characters.	Whole Class Reading Comprehension: Traditional tales Re tell the story of the Enormous Turnip to your adult. Then answer one of the differentiated activity question sheets. Remember to find the answer in the text.	Whole Class Reading Comprehension: Traditional tales Read the story of Goldilocks and the Three Bears choosing one of the differentiated stories. Add sound buttons and spot the high frequency words. Talk to your adult about the story and the characters.	Whole Class Reading Comprehension: Traditional tales Re tell the story of Goldilocks and the Three Bears to your adult. Then answer one of the differentiated activity question sheets. Remember to find the answer in the text.	Reading - Read to someone at home

Outdoor play (break) 20 mins followed by washing of hands and then a mid-morning piece of fruit

10 mins	Handwriting Work on the following letters: Recap - i, l, j, t Teach - u, y	Handwriting Work on the following letters: Recap - i, l, j, t Teach - u, y	Handwriting Work on the following letters: Recap - i, l, j, t Teach - u, y	Handwriting Work on the following letters: Recap - i, l, j, t Teach - u, y	Handwriting Revision of letters taught this week
15 mins	Creative Writing https://www.pobble365.com/ Write something that is inspired by the picture of the day! Share with others.	Creative Writing https://www.pobble365.com/ Write something that is inspired by the picture of the day! Share with others.	Creative Writing https://www.pobble365.com/ Write something that is inspired by the picture of the day! Share with others.	Creative Writing https://www.pobble365.com/ Write something that is inspired by the picture of the day! Share with others.	Creative Writing https://www.pobble365.com/ Write something that is inspired by the picture of the day!
55 mins	Year 1 Maths - White Rose Remember to ignore dates- we are working a week behind. Summer Term- Week 6 (W/C 1st June) Lesson 1 - Measuring Mass Watch the video and complete the activity sheet. You can download the sheet from the school website.	Year 1 Maths - White Rose Remember to ignore dates- we are working a week behind. Summer Term- Week 6 (W/C 1st June) Lesson 2 - Compare Mass Watch the video and complete the activity sheet. You can download the sheet from the school website.	Year 1 Maths - White Rose Remember to ignore dates- we are working a week behind. Summer Term- Week 6 (W/C 1st June) Lesson 3 - Introduce capacity and volume. Watch the video and complete the activity sheet. You can download the sheet from the school website.	Year 1 Maths - White Rose Remember to ignore dates- we are working a week behind. Summer Term- Week 6 (W/C 1st June) Lesson 4 - Measure Capacity Watch the video and complete the activity sheet. You can download the sheet from the school website.	Year 1 and 2 Maths Review learning done this week Make a poster showing what you have learnt
5 mins	Washing of hands Time				
30 mins	Lunch time				
15 mins	Washing of hands and Guided relaxation				

<p>40 mins</p>	<p>Relaxation: Explain to children that we are going to continue working on ways to promote our mental well-being. This week focuses on relaxation. Explain why this is important. Relaxation is a useful skill because: - It can help us to regulate our feelings and calm down when we are worried or upset. - It helps us to learn. A calm brain learns better than a stressed brain. Ask children 'How can we grow this area?' Explain that we can grow this area through learning about lots of different relaxation strategies and finding those that work best for us. We can also develop this area by ensuring that we have opportunities to be in nature and take regular exercise.</p> <p>Today we will focus on 2 different strategies 5,4,3,2,1 (This exercise is a grounding activity that invites us to notice 5 things we can see, 4 things we can touch, 3 things we can hear, 2 things we can smell and 1 thing we can taste. This</p>	<p>Relaxation: Today we will focus on 2 more strategies to help us relax. The first strategy is Breathing (Bubble breathing: This encourages children to use bubbles to support them in taking deep breaths. The deeper the breath, the more bubbles you can blow. 3) Hand breathing: This exercise is both a relaxation and grounding exercise as it encourages children to trace their fingers as they take 5 deep breaths. Created by the Emotional Health Service 4) Star breathing: Similar to hand breathing, cutting out or drawing a star which the child can follow as they take deep breaths can support them to focus because it gives them something concrete to follow. NB: All breathing exercises should be breathing in through the nose and out through the mouth).</p> <p>The second strategy is Exercising. Complete the accompanying worksheet and try a few exercises.</p>	<p>Relaxation/Science: Today we will focus on our last strategy which is 'Nature'. Complete the I-Spy style checklist to encourage children to be curious about the natural world and be outside if they can and enjoy nature.</p>	<p>Relaxation: Think about the 5 relaxation strategies that we have looked at this week. Which was your favourite? Which one worked best and helped you feel most relaxed? Complete the 3-2-1 exercise to promote a growth mindset.</p>	<p>Relaxation: Draw a poster showing the 5 different relaxation strategies that we have worked on this week.</p> <p>Music: follow either Mr J's Music lesson or Madam Parke's French lesson on the website.</p>
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<p>allows us to reconnect to the present environment which can be particularly helpful when people feel anxious). Draw around your hand and write/draw a symbol for these different senses.</p> <p>Our second strategy today is stretches (focuses on alleviating tension that might build in our bodies when we feel worried or stressed by first tensing different areas of the body and then relaxing them). Explain and practise each of these strategies a few times.</p>	<p>How did we feel before we began exercising? How do we feel after exercising?</p>			
<p style="text-align: center;">2:05-2:30 Pack up and Story time (outside weather permitting)</p>				