

# St Edmund's Suggested Weekly Plan

Date w/c 29th 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/>.

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](mailto: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	<b>Mrs Moreland's Assembly</b> <b>Phonics</b> - Traditional Tales - I Spy activity	<b>Phonics</b> - Matching Pairs (computer activity)	<b>Phonics</b> - Matching Pairs (computer activity)	<b>Phonics</b> - Matching Pairs (computer activity)	<b>Phonics</b> - recap the sounds covered this week.
15 mins	<b>Year 1 Spelling</b> - Test - Spellings - <b>eleven, twelve, thirteen, fourteen, fifteen</b> Teach - Introduce spelling words: <b>sixteen, seventeen, eighteen, nineteen, twenty</b>	<b>Year 1 Spelling</b> - introduce spelling words: <b>sixteen, seventeen, eighteen, nineteen, twenty</b> <u>Dictation</u> In my pencil case I have <b>sixteen</b> red pencils, <b>seventeen</b> blue pencils, <b>eighteen</b> green pencils, <b>nineteen</b> purple pencils and <b>twenty</b> yellow pencils.	<b>Year 1 Spelling</b> - introduce spelling words: <b>sixteen, seventeen, eighteen, nineteen, twenty</b> <u>Dictation</u> In my toy box I have <b>sixteen</b> toy cars, <b>seventeen</b> toy trains, <b>eighteen</b> pieces of lego, <b>nineteen</b> dolls and <b>twenty</b> books.	<b>Year 1 Spelling</b> - introduce spelling words: <b>sixteen, seventeen, eighteen, nineteen, twenty</b> <u>Dictation</u> In the classroom there is <b>sixteen</b> desks, <b>seventeen</b> chairs, <b>eighteen</b> books, <b>nineteen</b> pencils and <b>twenty</b> computers.	<b>Punctuation and Grammar Task</b> - What are pronouns? Watch the video clip and complete the activities about pronouns on bbc bitesize. <a href="https://www.bbc.co.uk/bitesize/articles/zhp3bdm">https://www.bbc.co.uk/bitesize/articles/zhp3bdm</a>
15 mins	<b>Whole Class Reading Comprehension: Traditional tales</b> Read the story of the 'Three Billy Goats Gruff' 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.	<b>Whole Class Reading Comprehension: Traditional tales</b> Re-tell the story of the 'Three Billy Goats Gruff' to your adult. Then answer one of the differentiated activity question sheets. Remember to find the answers in the text.	<b>Whole Class Reading Comprehension: Traditional tales with a twist</b> Listen to story 'Not Again Little Red Riding Hood'. <a href="https://www.youtube.com/watch?v=GlzyPf6yKtQ">https://www.youtube.com/watch?v=GlzyPf6yKtQ</a> Why was Little Red Riding Hood nervous about going back into the woods? What characters does she meet along the way? How does the story end?	<b>Reading - Features of Traditional Tales</b> Now that you have explored different traditional tales work through the powerpoint to learn about the different features of a traditional tale (how it starts, key themes, setting) Choose two traditional tales and answer the questions below to compare them. How does the story start? What is the key theme of the story? Where is it set?	<b>Reading - read a book at home.</b> Tell your adult about the characters in your book. Who are they? What are they like? Would you like to be friends with them? Why?

10 mins	<b>Handwriting</b> Work on the following letters: Recap - i, l, j, t, j, u, y, b, p, h Teach - e, f, k, s,	<b>Handwriting</b> Work on the following letters: Recap - i, l, j, t, j, u, y, b, p, h Teach - e, f, k, s,	<b>Handwriting</b> Work on the following letters: Recap - i, l, j, t, j, u, y, b, p, h Teach - e, f, k, s,	<b>Handwriting</b> Work on the following letters: Recap - i, l, j, t, j, u, y, b, p, h Teach - e, f, k, s,	<b>Handwriting</b> Revision of letters taught this week
15 mins	<b>Creative Writing</b> <a href="https://www.pobble365.com/">https://www.pobble365.com/</a> Write something that is inspired by the picture of the day! Share with others.	<b>Creative Writing</b> <a href="https://www.pobble365.com/">https://www.pobble365.com/</a> Write something that is inspired by the picture of the day! Share with others.	<b>Creative Writing</b> <a href="https://www.pobble365.com/">https://www.pobble365.com/</a> Write something that is inspired by the picture of the day! Share with others.	<b>Creative Writing</b> <a href="https://www.pobble365.com/">https://www.pobble365.com/</a> Write something that is inspired by the picture of the day! Share with others.	<b>Creative Writing</b> <a href="https://www.pobble365.com/">https://www.pobble365.com/</a> Write something that is inspired by the picture of the day! Share with others.
15 mins	<b>Outdoor physical break</b> <b>Maths games</b>	<b>Outdoor physical break</b> <b>Maths games</b>	<b>Outdoor physical break</b> <b>Maths games</b>	<b>Outdoor physical break</b> <b>Maths games</b>	<b>Outdoor physical break</b>
5 mins	<b>Washing of Hands Time</b>				
<b>10 mins Eat a mid-morning snack</b>					
55 mins	<b>Year 1 Maths</b> <b>Starter:</b> Sing the 'Big Number' Song. <a href="https://www.youtube.com/watch?v=eOdJWfQHF8Y">https://www.youtube.com/watch?v=eOdJWfQHF8Y</a> Now tell your adult a number <ul style="list-style-type: none"> <li>greater than 36</li> <li>less than 12</li> <li>a number with 5 tens</li> <li>a number with 2 ones</li> </ul> <b>White Rose</b> <b>Summer Term- Week 10 (W/C 29th June)</b> <b>Lesson 1 - Ordering Numbers</b>	<b>Year 1 Maths</b> <b>Starter:</b> Sing the 'doubles' song. <a href="https://www.youtube.com/watch?v=At0quRa90rs">https://www.youtube.com/watch?v=At0quRa90rs</a> Remember that when you double a number you add the same number twice.  <b>Maths - White Rose</b> <b>Summer Term- Week 10 (W/C 29th June)</b> <b>Lesson 2 - Recognising Coins</b> Watch the video and complete the activity sheet.	<b>Year 1 Maths</b> <b>Starter:</b> Sing the 'number bonds to ten' song. <a href="https://www.youtube.com/watch?v=-74-3WSrD0">https://www.youtube.com/watch?v=-74-3WSrD0</a> Now tell your adults all the number bonds to ten.  <b>Maths - White Rose</b> <b>Summer Term- Week 10 (W/C 29th June)</b> <b>Lesson 3 - Recognise Notes</b> Watch the video and complete the activity sheet.	<b>Year 1 Maths</b> <b>Starter:</b> Sing the 'number bonds to twenty' song. <a href="https://www.youtube.com/watch?v=h6udqW6VhWg">https://www.youtube.com/watch?v=h6udqW6VhWg</a> Now tell your adults 2 numbers that make twenty.  <b>Maths - White Rose</b> <b>Summer Term- Week10 (W/C 29th June)</b> <b>Lesson 4 - Counting in Coins</b>	<b>Year 1 Maths</b> Review learning done this week  Make a poster showing what you have learnt

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5 mins	<b>Washing of hands Time</b>				
30 mins	<b>Lunch time</b>				
15 mins	<b>Washing of hands and Guided relaxation</b>				
40 mins	<p><b>Growth Mindset - Managing Worries:</b> Explain to children that this week we are going to focus on <b>Managing Worries</b>. Ask them why they think this may be important? Explain that anxiety can have a lot of names - worry, apprehension, dread, fear. Essentially, you are expecting that something bad is going to happen. Anxiety is a normal emotion and it is not always bad. It can help to keep us to stay safe and motivates us to be prepared and do our best. However, too much anxiety too often can interfere with our day to day life. Sometimes our worries can interfere with our ability to</p>	<p><b>Growth Mindset - Managing Worries:</b> Today we are going to use 2 strategies. The first is the <b>'Worry Jar'</b>. Sometimes just getting worries out of our minds and on the page can really help us to get some perspective. This worksheet offers a space for children to do this. Complete the sheet.</p> <p>Our second strategy today is the use of <b>'Positive Thoughts'</b>. Children can note down a positive or more helpful thought to balance out their tendency to focus on the negatives. Complete the sheet. (Instead of completing the sheet you may want to draw</p>	<p><b>Growth Mindset - Managing Worries:</b> Today we are going to focus on how to <b>'Challenge our Worried Thoughts'</b>. This task will help children to learn that often our worried thoughts are based on the worst case scenario and do not reflect the truth about a situation. Complete the sheet.</p> <p>(Instead of completing the sheet you may want to draw clouds using watercolours/ crayons/felt tips and write your positive thoughts inside them).</p>	<p><b>Growth Mindset - Managing Worries:</b> Today we are going to focus on <b>'Traffic Light Thinking'</b>. This helps children to recognise that we have lots of thoughts all the time, some are helpful, some are neutral and some are more negative. It offers them a chance to notice red thoughts and balance them with more helpful green thoughts. Complete the task.</p> <p>Reflect upon the week's learning and strategies. Complete the 3-2-1 sheet.</p>	<p><b>Music or French:</b> Complete the activity set out by Mr J or Madame Parke</p>

learn and keep going. This is why it is important that we all learn and practice ways of managing these feelings. Today's first strategy that we will focus on is to 'Be a Wise Worrier'. Sometimes worries start with 'what if...?' questions. These questions do not usually get answered and instead continue to spin round in our minds and end up making us feel more worried. This worksheet helps children with think about some 'What if?' worries and then come up with a 'Then I can...' solution. This can help children to feel more confident that even when we have worries, there is a way they can cope with the challenges they are facing. Complete the sheet.

clouds using watercolours/ crayons/felt tips and write your positive thoughts inside them).

2:05-2:30

Pack up and **Story time** (outside weather permitting)