

Healthy Living Week

This week we will be learning all about healthy living - this includes the food we eat, the exercise we do and looking after our mental health and wellbeing. We hope that you enjoy working on this as a family and have the opportunity to think about ways to improve your wellbeing.

Reading	Phonics	Writing	Maths
<p>Using the class login for Oxford Owl</p> <p>Username: year1ps Password: nye123</p> <p>Make sure to share a book every day.</p> <p>Listen to the story of Oliver's Vegetables on YouTube.</p> <div data-bbox="138 748 548 867" style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>https://www.youtube.com/watch?v=2yvllKqyVUc</p> </div> <p>At the end can you answer the list of questions with your grown up?</p> <p>Read the information called Is it a fruit?</p> <p>Can you answer the questions with your adult?</p> <p>Remember to work like Rex Retriever and check the text to find the answers to the questions.</p>	<p>Our phonics and spellings we will focus on the or sounds.</p> <p>or as in storm our as in four aw as in paw au as in haunt ore as in bore</p> <p>Using Phonics Play games Picnic on Pluto, Buried Treasure, Dragon's Den</p> <p>to practise different sounds each day.</p> <p>Spelling Shed</p> <p>Practise the words released each day.</p> <p>Spell Year 1</p> <p>Common Exception words - use your child's individual list to work from, targeting those he/she is still working on.</p>	<p>This week we will have a different daily task based on the 5 ways to wellbeing you can do these in any order!</p> <p>Connect - write a card to someone special to you. Tell them why they are special. Remember proper nouns such as names use a capital letter!</p> <p>Be Active - Write a set of instructions for your favourite sport or game - remember a title and numbers.</p> <p>Take Notice - Go on a nature walk or visit your garden. Using adjectives write a sentence to describe what you can see, hear, smell, taste and feel.</p> <p>Give - as a family create an acts of kindness jar. Write down ways that you can be kind to each other. Each day pick an act of kindness to complete.</p> <p>Keep Learning - Pick any topic that interests you. Can you find out five facts or create an information poster to teach others about it.</p>	<p>Day 1 - Can you create your own number line from 0 - 20. Make sure to form each number correctly. Practise counting forwards and backwards.</p> <p>Day 2 - Make a number line counting in 2's - 0,2,4,6 etc. Use your number line to help you count in 2's forward and backwards.</p> <p>Day 3 - Make a number line counting in 10's - 0, 10, 20, 30 etc. Use your number line to help you count in 10's forwards and backwards.</p> <p>Day 4 - Make a number line counting in 5's - 0, 5, 10, 15 etc. Use your number line to help you count in 5's forwards and if you've really got that backwards.</p> <p>Day 5 - Make a money number line using the coins attached. Can you put the coins in order?</p>

Discussion Time

Listen the story of The Colour Monster together. The Colour monster is all mixed up and very confused and he doesn't know why!

<https://www.youtube.com/watch?v=Ih0iu80u04Y>

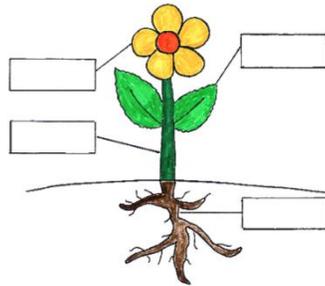
In the story there are 6 different coloured feelings, can you name them all and how they made the Colour Monster feel?

As a family can you make a collection of yellow things in a jar to show happiness, red to show anger, blue to show sadness, black to show fear, green to show calm and pink to show love.

Use the jars to touch base with each other this week, discussing how the different colours can make you feel.

Science

With your grown up verbally label the parts of a plant. Can you have a look at a plant in your house or your garden and see the parts?



Can you draw or build your own imaginary plant?

Make it as amazing as you like but remember it must have a:

stem
roots
leaves
flower

Fruits and Vegetables are all plants, can you name one that is a stem, one that is a root, one that is a leaf and one that comes from the flower?

Music

Can you chant this rhyme to remind ourselves how important it is to eat 5 portions of fruit and vegetables a day:

FIVE A DAY
Lots of ways
To help your heart
Five a day
Is where to start.
Eat fruits and vegetables
You know it's right
Keeps you healthy
Day and night!

Once you know the words can you clap a **steady beat** to the rhyme as you say it? Remember a steady beat is like the constant heartbeat of the song. Once you've mastered that can you then clap the **rhythm** of the words?

Discuss with your grown up how they are different and how they are the same.

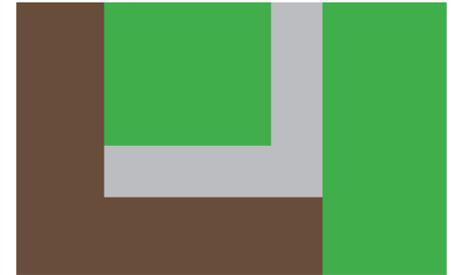
Can you clap a steady beat to your favourite nursery rhyme? Can you clap the rhythm of the same rhyme?

Geography

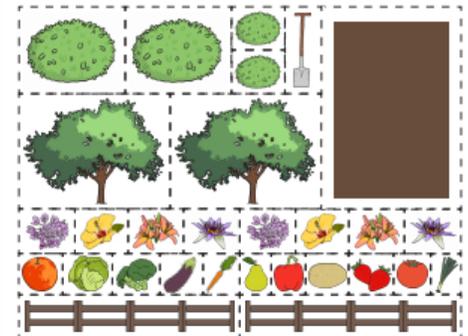
After reading Oliver's Vegetables design your own fruit and vegetable garden. Can you label it?

Will you draw a front facing or an aerial view map?

Use colours to show soil, grass and paths:



Which fruit and vegetables would you plant? Maybe you'd like to add trees and flowers too.



Empty number lines you may want to use or make your own, as the bigger they are the easier it is for the children to write their numbers!



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Number Formation Rhymes

Free Printable at TeachingMama.org

0
Around and around
And around we go...
When we get home we have a zero.

1
Number 1 is like a stick.
A straight line that is very quick.

2
Around and back on the railroad track.
Two, two, Two, two!

3
Around a tree,
Around a tree.
That's the way to make a three!

4
Down and over,
Down once more.
That's the way to make a four!

5
Straight line down,
Then around.
Hat on top
And five's a clown!

6
Make a curve.
Then make a loop.
There are no tricks
to make a six!

7
Across the sky
And down from heaven.
That's the way to make a seven!

8
Make an S
And do not wait.
Go back up
And that's an eight!

9
A loop and a line,
That makes a nine!

10
Straight line down,
Then around with a grin.
That's the way
To make a ten!

IS IT A FRUIT?

We often think of some things as vegetables, when they are actually fruit.



Apples and pears are fruit, not vegetables. Right? What makes them fruit is the fact that they have seeds inside. Anything that has seeds inside is a fruit, even if we eat it like a vegetable. Even on a pizza! Peppers – red, yellow, green and orange – are also fruit, because they contain seeds, which can grow into new pepper plants.



1. Why do we call apples and pears fruit?

2. Do we use peppers as if they were fruit or vegetables?

3. Peppers come in different colours. What are they?

4. What do pepper seeds do?



Can you place the coins in order - can you label the coin?

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Smallest value

Largest value