

Don't forget to look on the distance learning for the Sports Week activities to try at home!



YOUTH
SPORT
TRUST

NATIONAL SCHOOL

SPORT WEEK 2020

AT HOME

supercharged by

sky sports

Week 11

A graphic with an orange background and blue splatters. It features a large white hashtag symbol followed by the text 'Wellbeing Wednesday' in white, bold, sans-serif font.

Wellbeing
Wednesday

Year 1

Home Learning

Please write all answers in your distance learning journal and email to:

willow@newvalleyprimary.com

Find the wellbeing Wednesday activities on a separate document!

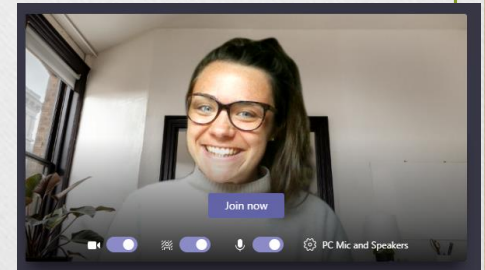
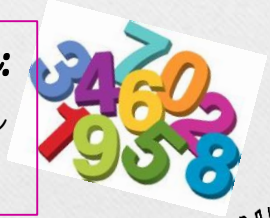


Click here for morning exercise!

Timetable for the day



Fluency practice:
Counting in 10s



Word of the Day: **overhead** (adv / noun / adj)

Definition: above the head or a cost.

*A ball flew **overhead**.*

***Overhead**, aeroplanes could be heard.*

Synonym: above.

Antonym: below, underneath.

Joke of the Day!

DAY 23

Q: What did the apple tree say to the farmer?

A: Stop picking on me!

Don't forget our video meeting today, 11:15am for a class maths lesson.



Speed Sounds Set 2

ay may I play? 	ee what can you see? 	igh fly high 	ow blow the snow 	oo go on the zoo
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oo look at a book 	ar start the car 	or shut the door 	air that's not fair 	ir whirl and twirl
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Speed Sounds Set 3

ea cup of tea 	oi spoil the boy
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ou shout it out 	oy toy for a boy
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a-e make a cake 	i-e nice smile 	o-e phone home 	u-e huge brute 	aw yawn at dawn
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are care and share 	ur nurse with a purse 	er a better letter 	ow brown cow 	ai snail in the rain
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oa a boat 	ew chew the stew 	ire fire, fire! 	ear hear with your ear 	ure sure it's pure
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We have now had a go at all of the sounds. Please click on the one you would like to practice. It is important that we keep practicing them!



Remember you can still watch Alphablocks too!

Join in with the tricky words song like we do in class!



Click on the bee to find your spellings!



PSHE

LO: I can think about the feelings of a refugee.

REFUGEE WEEK 2020

Last week was Refugee week.

WHAT IS A REFUGEE?

A refugee is a person who has been forced to leave their country because they fear they may be punished or mistreated due to their race, religion, opinions or because of where they are from.

Watch this animated poem called 'Help them feel at home' to help you understand what a refugee is and how they might feel when they have to leave their home.



What would you take in your suitcase?

Dino and Sana had to leave their home suddenly. Refugees often have to leave their homes very quickly and may only be able to take a few possessions with them.

What would you take in your suitcase – you can only take a few items, so what is important to you?

Copy the outline of this suitcase and draw/label what you would pack in it.

Paddington was a refugee as his home in Peru was destroyed by an earthquake. He travelled to London in a lifeboat, with only a suitcase containing an empty jar of marmalade, a scrapbook, some coins and a photograph.



Wellbeing Wednesday

You will now find a 'Wellbeing Wednesday' document with the rest of today's activities under the distance learning tab for Year 1.

This will include a link to the normal Votes for Schools lesson as well as many other activities.

Go and check it out and have fun 😊





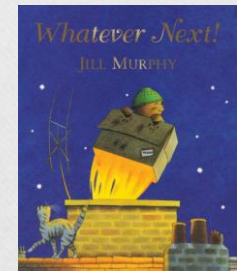
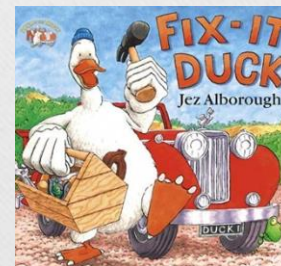
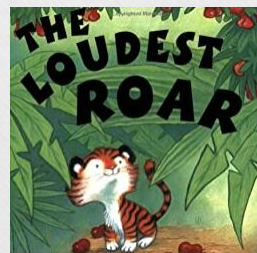
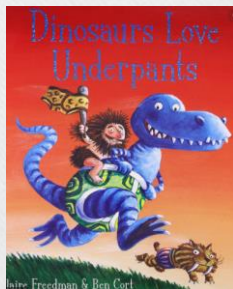
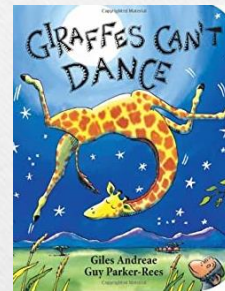
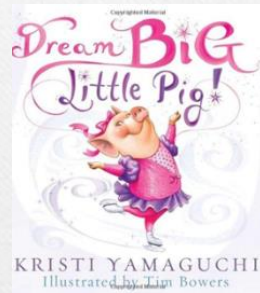
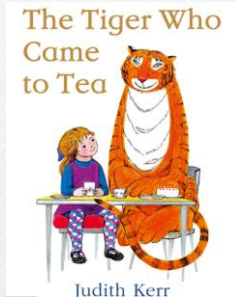
Reading

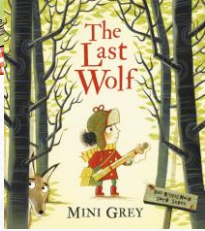
Reading time



During these challenging times, the officers from a Safer Neighbourhood Team based in Croydon have found a creative way to keep in contact with local pupils whilst schools across the nation remain closed. Safer School Officers have recorded videos of themselves and other officers reading storybooks.

Click on a story below to share it with a police officer!





Discovery

The next two weeks of Discovery will focus on the books Little Red Riding Hood and The Last Wolf! Try to choose 1 or 2 activities a day to complete.



Science (Materials)

LO: I can think about different materials.

Little Red Riding Hood likes to go walking but sometimes it rains and her cloak isn't very waterproof.

Can you design her a new waterproof coat. Think about what material would be best to use. Investigate some materials and see what would be best. Draw and label your design.

Geography

LO: I can compare two different settings.

Think about the story. Little Red Riding Hood walked through the forest.

Think about a seaside setting. Compare a forest setting with a seaside setting.

**What are the similarities?
What are the differences?**

Science (Living things)

LO: I understand how trees change over time.

Little Red Riding Hood was exploring the woods. Throughout the year, the forest would change throughout the seasons.

Join in with this lesson to observe the changes that occur to trees during different seasons. You will also be looking at the annual calendar and comparing events to the seasons.

Art & Design

LO: I can create a collage.

Go outside and collect natural resources. Create a collage of a woodland animal, for example a hedgehog.



Music

LO: I can use actions and use my voice expressively when singing a song.

Little Red Riding Hood was walking through the woods. Listen to and join in with this song called 'Everywhere around me'. Create an *Everywhere around me* collage of the 'wonders of nature'.

Languages

LO: I can name family members in Spanish.

In today's lesson we will recap our previous learning and then move on to learning how to name family members in Spanish.

Think about the characters in Little Red Riding Hood, can you name the Grandma in Spanish?



Getting outside is good
for your wellbeing!
Here are some ideas...



INVENTOR SCAVENGER HUNT

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.

BOOK SCAVENGER HUNT

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character sitting in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.

Have a go
at a
scavenger
hunt!

RAINBOW SCAVENGER HUNT

- Find something red.
- Find something yellow.
- Find something orange.
- Find something green.
- Find something blue.
- Find something purple.
- Name a Fruit that is red.
- Name an animal that is yellow.
- Name a vegetable that is orange.
- Name a plant that is green.
- Name a flower that is purple.
- Name something outside that is blue.

INDOOR SCAVENGER HUNT

- Find a Fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 books that match.
- Find something round.
- Find a shaker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



See Miss
Wingrave's 30
Days Wild
nature
challenges!

Click here to find some
outdoor learning activity
ideas!

* **SPRING
INTO SPRING**



Explore 30 Quests for students
around the world to celebrate,
explore and connect with
nature.

BIRD'S NEST	ANT	RABBIT	BLACKBIRD	BERRIES ON A TREE
SPARROW	DANDELION	FROG OR TOAD	FEATHER	WASP
LADYBIRD	ANIMAL-SHAPED CLOUD	BLUE TIT	CATERPILLAR	OAK TREE
DAISY	WORM	NETTLE	SPIDER'S WEB	CLOVER
BUTTERCUP	WOODLOUSE	SNAIL	BEE	BUTTERFLY

Go on a walk
and see what
you can spot
on this Bingo
page!

Good morning! Let's start the day with some exercise.

Choose what you would like to have a go at:

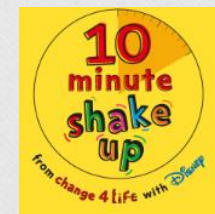


#PEwithJOE

Click [here](#) to follow the link to Joe's Youtube channel - The Body Coach to join in with his live PE workout every morning at 9am.






Click here to check out
NetFlex exercise videos!



Each week you will have a different list of spellings to learn. Please practice these everyday!



whole
any
child
wild
most
both
children
climb
only
old

 Look and Say	 Look, Say and Write	 Cover and Write
Insert text		
Insert text		
Insert text		
Insert text		

Remember you can use this method to help you practice them!

INVENTOR SCAVENGER HUNT

primary playground

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



RAINBOW SCAVENGER HUNT

primary playground

- 🌈 Find something red.
- 🌈 Find something yellow.
- 🌈 Find something orange.
- 🌈 Find something green.
- 🌈 Find something blue.
- 🌈 Find something purple.
- 🌈 Name a fruit that is red.
- 🌈 Name an animal that is yellow.
- 🌈 Name a vegetable that is orange.
- 🌈 Name a plant that is green.
- 🌈 Name a flower that is purple.
- 🌈 Name something outside that is blue.



BOOK SCAVENGER HUNT

primary playground

- Find an animal in a book.
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- Find a bike in a book.



INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



Scavenger hunts are a good way to keep busy and require little preparation.

Here are some examples that can be done indoors or outside.

Alternatively, you can create a scavenger hunt together and have a mini-competition to find things.



All our lives are better if they're a bit wild

See if you can fill June with 30 days of wild! Do something related to nature everyday! How many can you complete?

- 1 Plant a seed
- 2 Build a shelter outside
- 3 Make a paper Mache Earth model
- 4 Using recycling, make a bird feeder.
- 5 Make a pond dipping net.
- 6 Go on a nature walk and draw something you see
- 7 Go on a bug hunt in your garden or local area!
- 8 Make a recycling poster to encourage others.
- 9 Find out about a foxes habitat.
- 10 Make a house for a hedgehog
- 11 Learn all the planets and make up a rhyme to remember them
- 12 Create your own weather forecast
- 13 Design and make your own zoo
- 14 Make a wind chime
- 15 Go bird watching and make a graph for what you see.
- 16 Sketch some pictures of some flowers
- 17 Make your own garden snap game
- 18 Create a map of your local area.
- 19 Create your own quiz about nature
- 20 Draw the lifecycle of a flower
- 21 Draw pictures of your favourite animals
- 22 Go for a walk up a big hill
- 23 Draw the stages of a plant growing
- 24 Design what you would like a garden to look like
- 25 Go on a rainbow flower hunt
- 26 Get up early and listen to the birds singing
- 27 Create some natural artwork
- 28 Find out why bees are so important
- 29 Go for a teddy bear's picnic outside
- 30 Make a leaf crown or hat



We hope you've loved your wild month. Can you stay wild? Find your wild life with your Wildlife Trust wildlifetrusts.org



NETFLEX

Daily physical activity is very important to help keep a healthy body and mind. Aim for 60 minutes of physical activity a day
Healthy Body & a Healthy Mind

Warm Up



Yoga



Superhero Workout



Just dance

