

# Week 14



Year 1

Home Learning

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

[willow@newvalleyprimary.com](mailto: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 :** engulf (verb)  
**Definition :** surround or cover completely / swallow whole / overwhelm.  
*Dark brown gravy engulfed the juicy chips.*  
**Synonym :** surround.  
**Antonym :** expose.

Joke of the Day!



DAY 38  
**Q:** What do you call a seagull that flies over the bay?  
**A:** A bagel.



### 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 
oo look at a book 	ar start the car 	or shut the door 	air that's not fair 	ir whirl and twirl 
ou shout it out 	oy toy for a boy 			

### Speed Sounds Set 3

ea cup of tea 	oi spoil the boy 			
a-e make a cake 	i-e nice smile 	o-e phone home 	u-e huge brute 	aw yawn at dawn 
are care and share 	ur nurse with a purse 	er a better letter 	ow brown cow 	ai snail in the rain 
oa a boat 	ew chew the stew 	ire fire, fire! 	ear hear with your ear 	ure sure it's pure 

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

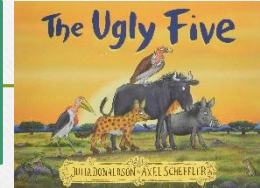
LO: I know the importance of staying connected with my friends and family.



What does 'together' mean?

We have had a lot of time away from each other at home. Although many of us may have stayed digitally connected with each other, we may have missed being part of a bigger class, year group and whole school community. Talking to people and seeing each other is really important in helping us stay connected and help to keep our mental health happy. Try out some of these ideas to help you connect with the people around you at home.

The animals in 'Ugly Five' join together and unite. Click on the picture to listen to this story.



Create something together. This could be a piece of art, a model or even a den!

Do some baking at home together. Click on BBC Good Food to find some kids recipes!



Research some songs that are about togetherness and sing them together at home. E.g. Lean on Me



Create a simple dance or action song that everyone can join in.



# # Wellbeing Wednesday

**VOTES FOR SCHOOLS** PRIMARY  
Inspiring Pupil Voice



## Votes for Schools

Have a look at the full vote pack on your year group section of the NV website to find this week's question. Read through the slides and click on the link at the end of the slides to take your vote!

### Connect

It is important to keep in contact with everyone around you. You could:

- Talk to a friend or member of the family on the phone.
- Send a friend or member of the family a letter.
- Ask someone how they are and sit down and listen.
- Smile and wave to people you see around.

### Be active

Get active! Go for a walk or jog, do an exercise video, set up an obstacle course in your house or garden, turn on your favourite music and dance around for half an hour...?



### Take notice

Have 5 minutes of 'Mind Time'

Find somewhere quiet where you can sit and relax. Use your 5 senses to notice what you can see, hear, smell, taste and touch. Notice how your mind and body is feeling today.

You could have a go at following 'Peace Out' guided relaxation tasks.

[https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)

### Give

Give your time to someone today!

You could offer to help a family member with some chores, or tidy your room? You could read a book with a sibling or play with them for a while?

### Keep learning

The personal enrichment sessions were a fantastic part of Wellbeing Wednesdays. They allowed us to try something new and possibly establish a lifelong hobby or interest!

Think about what hobby you might like to take up at home. Dedicate time to your hobby every Wellbeing Wednesday. Here are some ideas...

**Learning a language** – you could use Duolingo  
**Writing** – write your own comic strips, poetry or graphic novels?

**Reading** – take some time to get lost in a book!

**Drawing** – you could use YouTube tutorials or draw things that interest you

**Rambling** – enjoy walking in nature

**Exercise** – try out a new way of keeping fit. It could be dancing, yoga, boxing – there are lots of free online classes on YouTube!

**Gardening** – don't have a garden? Notice the nature outside your window or on your walks!

**Crafts** – get inspired to create something!

**Music** – listen to music, or create your own!



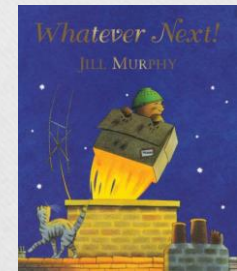
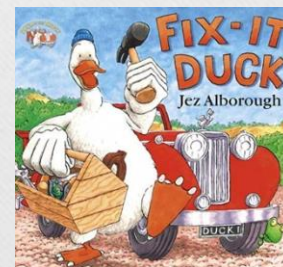
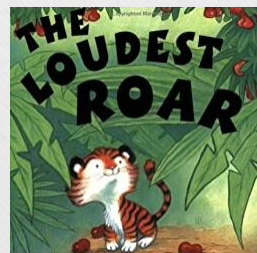
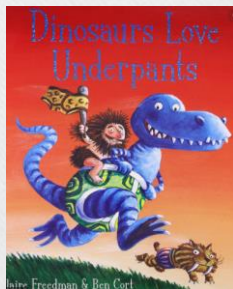
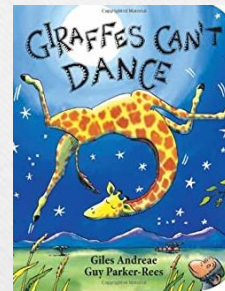
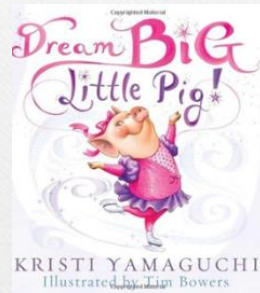
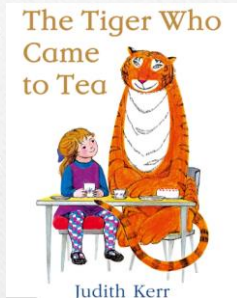
Reading

# 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!*





# Creative time/ Free time

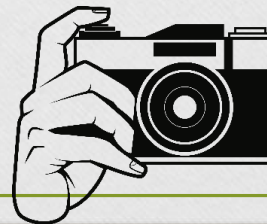


Click on one of the 30 day challenges to choose an activity!

- Fitness
- Life Skills
- Writing
- Art/DT

Click on the tree to find an outdoor learning activity!

Ask an adult to take a photo of all of your work today to send to me!





# 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 clean.
- 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 acting 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

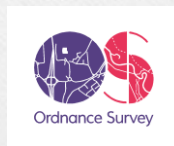
- Find something red.
- Find something yellow.
- Find something orange.
- Find something green.
- Find something blue.
- Find something purple.
- Name a Fruit that is red.
- Name an animal that is yellow.
- Name a vegetable that is orange.
- Name a plant that is green.
- Name a flower that is purple.
- 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 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



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



WELCOME  
TO MAPZONE

Explore  
Mapzone  
online!

Click here to find some  
outdoor learning activity  
ideas!

\* **SPRING  
INTO SPRING**

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:

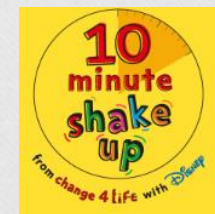


#PEwithJOE

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!



half  
money  
improve  
sugar  
could  
would  
sure  
eye  
should  
who

 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.
- 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 eating 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.



# 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.

# 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


























# 30 Day Fitness Challenge

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<p>Do 10 star jumps.</p> <p><b>Day 1</b> </p>	<p>Hop around like a frog for 20 seconds.</p> <p><b>Day 2</b> </p>	<p>Touch your toes 10 times.</p> <p><b>Day 3</b> </p>	<p>Balance a ball on your head.</p> <p><b>Day 4</b> </p>	<p>Spin in a circle for 10 seconds.</p> <p><b>Day 5</b> </p>
<p>Walk like a crab for 1 minute.</p> <p><b>Day 6</b> </p>	<p>Stretch as high as you can.</p> <p><b>Day 7</b> </p>	<p>Choose a song and create your own dance routine for the song! Perform it in front of your family.</p> <p><b>Day 8</b> </p>	<p>Pick up a ball from the floor without using your hands.</p> <p><b>Day 9</b> </p>	<p>Take 10 giant steps.</p> <p><b>Day 10</b> </p>
<p>Balance on one leg for 30 seconds.</p> <p><b>Day 11</b> </p>	<p>Do 6 cartwheels.</p> <p><b>Day 12</b> </p>	<p>Lay on your back and paddle your legs like you are on a bike.</p> <p><b>Day 13</b> </p>	<p>Skip the rope for 1 minute.</p> <p><b>Day 14</b> </p>	<p>Make your own hopscotch. Play it for 1 minute.</p> <p><b>Day 15</b> </p>
<p>Stretch like a cat. Do it 5 times.</p> <p><b>Day 16</b> </p>	<p>Do an egg and spoon race with your sibling.</p> <p><b>Day 17</b> </p>	<p>Dance like a chicken for 1 minute.</p> <p><b>Day 18</b> </p>	<p>Walk backwards 10 steps and then skip back.</p> <p><b>Day 19</b> </p>	<p>Do 10 squats in 30 seconds.</p> <p><b>Day 20</b> </p>
<p>Wiggle like a worm for 20 seconds.</p> <p><b>Day 21</b> </p>	<p>Do Yoga for 10 minutes. You can find videos on YouTube.</p> <p><b>Day 22</b> </p>	<p>Tiptoe for 25 seconds.</p> <p><b>Day 23</b> </p>	<p>Throw a ball in the air and catch it. Repeat 10 times.</p> <p><b>Day 24</b> </p>	<p>Shake your arms and clap your hands. Do this 5 times.</p> <p><b>Day 25</b> </p>
<p>Create your own obstacle course and time yourself doing it!</p> <p><b>Day 26</b> </p>	<p>Do gorilla shuffle for 15 seconds.</p> <p><b>Day 27</b> </p>	<p>Lay on the floor. Lift your arms and legs above the floor for 10 seconds.</p> <p><b>Day 28</b> </p>	<p>Balance a book on your head for 15 seconds.</p> <p><b>Day 29</b> </p>	<p>Do 10 sit ups in one minute.</p> <p><b>Day 30</b> </p>



# 30 Day Life Skills Challenge

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<p>Learn how to load and unload the washing machine.</p> <p><b>Day 1</b> </p>	<p>Make your bed.</p> <p><b>Day 2</b> </p>	<p>Learn to wrap a gift.</p> <p><b>Day 3</b> </p>	<p>Cook a new meal from whatever you have in the fridge.</p> <p><b>Day 4</b> </p>	<p>Make your own breakfast.</p> <p><b>Day 5</b> </p>
<p>Learn to tie your shoelaces.</p> <p><b>Day 6</b> </p>	<p>Learn to stitch a button.</p> <p><b>Day 7</b> </p>	<p>Learn to tell the time in both digital and analogue clock.</p> <p><b>Day 8</b> </p>	<p>Set a dinner table for your family.</p> <p><b>Day 9</b> </p>	<p>Sort the recyclable bins.</p> <p><b>Day 10</b> </p>
<p>Make a cucumber or cheese sandwich.</p> <p><b>Day 11</b> </p>	<p>Wash a dish or pot.</p> <p><b>Day 12</b> </p>	<p>Learn to use a knife and fork.</p> <p><b>Day 13</b> </p>	<p>Read a book and act out a scene from it.</p> <p><b>Day 14</b> </p>	<p>Girls: Learn to plait hair. Boys: Do a cool hairstyle.</p> <p><b>Day 15</b> </p>
<p>Clean your bedroom.</p> <p><b>Day 16</b> </p>	<p>Know your full name, phone number and complete home address.</p> <p><b>Day 17</b> </p>	<p>Learn how to use a vacuum cleaner.</p> <p><b>Day 18</b> </p>	<p>Plant a herb and take care until it grows.</p> <p><b>Day 19</b> </p>	<p>Hang the clothes out to dry.</p> <p><b>Day 20</b> </p>
<p>Dress yourself.</p> <p><b>Day 21</b> </p>	<p>Hang clothes on a hanger.</p> <p><b>Day 22</b> </p>	<p>Learn to fold clothes.</p> <p><b>Day 23</b> </p>	<p>Mop one room in your house.</p> <p><b>Day 24</b> </p>	<p>Clean your kitchen shelves.</p> <p><b>Day 25</b> </p>
<p>Peel vegetables safely.</p> <p><b>Day 26</b> </p>	<p>Know who to call in an emergency.</p> <p><b>Day 27</b> </p>	<p>Iron a pillowcase and put it on the pillow.</p> <p><b>Day 28</b> </p>	<p>Know when to use 999 and when to use 111 emergency services.</p> <p><b>Day 29</b> </p>	<p>Tidy your toys.</p> <p><b>Day 30</b> </p>



# 30 Day Art/DT Challenge

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<p>Design and make your own boat that will float on water.</p> <p>Day 1 </p>	<p>Draw a butterfly with exotic colours.</p> <p>Day 2 </p>	<p>Make your own puppet using a sock.</p> <p>Day 3 </p>	<p>Design the best parachute to protect a boiled egg.</p> <p>Day 4 </p>	<p>Make your own kite.</p> <p>Day 5 </p>
<p>Make a planet using paper Mache.</p> <p>Day 6 </p>	<p>Design a face mask for yourself.</p> <p>Day 7 </p>	<p>Make your own rocket using empty paper rolls.</p> <p>Day 8 </p>	<p>Use marshmallows and toothpicks to build your own 3D shapes.</p> <p>Day 9</p>	<p>Draw your family picture on a poster.</p> <p>Day 10 </p>
<p>Write your name with play dough.</p> <p>Day 11 </p>	<p>Build something you would find in the polar regions using things you can find in your home.</p> <p>Day 12 </p>	<p>Draw your own superhero with special powers.</p> <p>Day 13 </p>	<p>Use building blocks or Legos to build a sculpture.</p> <p>Day 14 </p>	<p>Make a squishy with a balloon and toothpaste.</p> <p>Day 15 </p>
<p>Make a den in your home using fabric, cushions and other furniture.</p> <p>Day 16 </p>	<p>Make your own monster bookmark.</p> <p>Day 17 </p>	<p>Design your own Easter egg. You can do this on paper or you can paint a real egg.</p> <p>Day 18 </p>	<p>Collect some nature things from outside and draw these in your book.</p> <p>Day 19 </p>	<p>Make a spider with pipe cleaners.</p> <p>Day 20 </p>
<p>Write a hilarious poem using bubble writing.</p> <p>Day 21 </p>	<p>Draw a picture of yourself and then label all the body parts of the body.</p> <p>Day 22: </p>	<p>Make your own glittery slime.</p> <p>Day 23 </p>	<p>Draw an illustration for your own story.</p> <p>Day 24 </p>	<p>Collect photos of your family and make a family tree.</p> <p>Day 25 </p>
<p>Paint rocks and turn them into animals.</p> <p>Day 26 </p>	<p>Make your own board game.</p> <p>Day 27 </p>	<p>Create a poster showing healthy and unhealthy food.</p> <p>Day 28 </p>	<p>Make your own paper plate nest.</p> <p>Day 29 </p>	<p>Make a castle using an empty cereal box.</p> <p>Day 30 </p>



# Summer Writing Challenge



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<p>Make a bucket list of things you want to do this summer.</p> <p><b>Date:</b></p>	<p>Write your life story.</p> <p><b>Date:</b></p> 	<p>Go for a walk. Write five sentences about the walk you went on.</p> <p><b>Date:</b></p> 	<p>Write a scary story.</p> <p><b>Date:</b></p> 	<p>Write a letter to your friend or family.</p> <p><b>Date:</b></p> 
<p>Write about the last week of school.</p> <p><b>Date:</b></p> 	<p>Write a description of a garden using 5 senses.</p> <p><b>Date:</b></p> 	<p>Write what you did on a rainy day.</p> <p><b>Date:</b></p> 	<p>Write about the worst holiday of your life.</p> <p><b>Date:</b></p> 	<p>Write swimming instructions for your younger sibling.</p> <p><b>Date:</b></p> 
<p>Write a poem about summer.</p> <p><b>Date:</b></p> 	<p>Write about a new exotic fruit you tasted this summer.</p> <p><b>Date:</b></p> 	<p>Write about a picnic.</p> <p><b>Date:</b></p> 	<p>Write about your favourite water game or activity.</p> <p><b>Date:</b></p> 	<p>Write a recipe of your favourite food.</p> <p><b>Date:</b></p> 
<p>Write a book review of your favourite book</p> <p><b>Date:</b></p> 	<p>Write about your favourite children's book author.</p> <p><b>Date:</b></p> 	<p>Write about a magic lamp you found in the woods.</p> <p><b>Date:</b></p> 	<p>Write a summer song.</p> <p><b>Date:</b></p> 	<p>Write in your playhouse</p> <p><b>Date:</b></p> 
<p>Write a hilarious poem.</p> <p><b>Date:</b></p> 	<p>Write about a favourite character you read in the book.</p> <p><b>Date:</b></p>	<p>Write a shopping list for your parents.</p> <p><b>Date:</b></p> 	<p>Write about your favourite sport.</p> <p><b>Date:</b></p> 	<p>Write a mystery story.</p> <p><b>Date:</b></p> 
<p>Write a new ending for a book you read today.</p> <p><b>Date:</b></p> 	<p>Write five interesting facts about summer.</p> <p><b>Date:</b></p> 	<p>Write about the beach you went this summer.</p> <p><b>Date:</b></p> 	<p>Write under the stars.</p> <p><b>Date:</b></p> 	<p>Write what you want to achieve in your new class.</p> <p><b>Date:</b></p> 