

Week 1 Timetable
Week beginning 11th January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
1	PE Joe Wicks	PE Cosmic Yoga	PE Joe Wicks	PE Cosmic Yoga	PE Joe Wicks
2	Phonics	Phonics	Reading	Reading	Phonics + Spellings for Year 1
BREAK					
3	Storytime	Dough disco + Handwriting for Reception and Year 1	Reading comprehension	Reading comprehension	English
4	English	Maths	Maths	Online maths activity	Maths
LUNCH					
5	Art	Science	Geography	Art	PSHE
6	Fine motor activity	Storytime	Storytime	Live Storytime on Microsoft Teams with Miss Bowling	Storytime

Please see the following pages for your daily home learning activities this week.

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	Monday	Activity instructions
1	PE	To start off the day and wake our brains and bodies up please find PE with Joe Wicks here . His live session begins at 9am. You can also find other pre-recorded sessions on his channel if you prefer.
2	Phonics	<u>Nursery</u> Remind your child how to be a good listener and invite them to show how good they are at listening by remembering all the sounds they hear when they listen for a moment. Ask them what made each sound and encourage them to try to make the sound themselves. You could try this activity in different rooms in your house and outside to see what different sounds can be heard in different places. <u>Reception</u> Practise your Phase 2 letter sounds here . Can you say the sound each letter makes? <u>Year 1</u> Practise your tricky words with Geraldine the Giraffe here . Can you read each word before Geraldine? Once you have practised reading the words, can you spell the words correctly too?
3	Storytime	Listen to the story ' Lost and Found ,' written by Oliver Jeffers. In this story a sad, lonely penguin appears at the door of a young boy. The boy decides he must be lost, so he sets off to find his home. The boy asks the Lost and Found Office, some birds, and even his rubber duck, but no one knows where he belongs. Then he reads that penguins are from the South Pole and decides to help him get back there. Together they set out across the sea, rowing through

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		bad weather and good, but when they reach the South Pole, the boy discovers that sometimes what you're looking for is right in front of you all along...
4	English	<p><u>Nursery</u> In the story the boy packed everything the penguin and him would need for their trip to the South Pole. Talk to a grown-up at home – what do you think they should pack? Why?</p> <p><u>Reception</u> In the story the boy packed everything the penguin and him would need for their trip to the South Pole. In your English book can you draw a picture of all the things you think should be packed in the suitcase? Can you label each picture? Use your sound mat to help you find the sounds you need for your writing.</p> <p><u>Year 1</u> In the story the penguin is lost and the boy tries to help him get back home. Can you make your own 'LOST' poster? You can use your English book for this. You will need to include a picture of the penguin and some sentences to describe it. Remember to include information about what the penguin looks like (for example, 'It has a sharp orange beak') and where it was last seen. Use your sound mat to help you find the sounds you need for your writing.</p>
5	Art	Have a go at making your own paint with things you have at home.

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With a grown-up have a look in your kitchen cupboards and see what you can find – you could use coffee, tea bags, spices like paprika or cinnamon, berries, food colouring and lots more.

Experiment and add a small amount of water to each if you need to. Once you have created your own paint, can you use it to create a picture? You could use your fingers to paint, cotton buds, an old toothbrush or anything else you have at home.

Be creative, use your imaginations and most importantly, have fun!

6 Fine motor activity
(to strengthen the
finger muscles)

Coin Rolling

Using a variety of round coins, challenge your child to use their finger to roll the coins on their end. How far can they roll them? Which coins roll the furthest? Bigger or smaller coins?



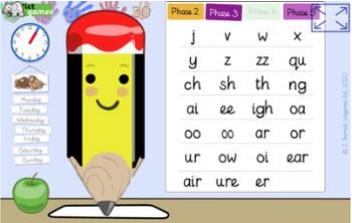
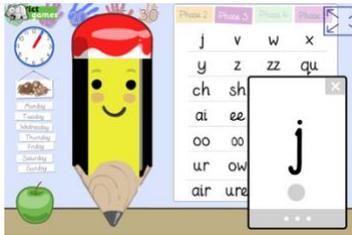
If your child is finding it tricky to roll the coin, you could try using a roll of tape, a jam jar lid or a bottle top lid instead.

You could extend this game further by giving your child a target to aim for. For example, a target could be a particular point in a room or an object. For example, can you roll the coin to the end of the table?

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1	PE	To start off the day and wake our brains and bodies up please find Cosmic Yoga with Jaime here . Today is a Trolls cosmic kids yoga adventure! Enjoy! You can find many other cosmic kids yoga adventures on Jaime's channel here too.
2	Phonics	<u>Nursery</u> For this activity you will need either a fork or a spoon which you are going to use to explore the different sounds that can be made with the same object. Explore different areas in your home and outside and discover how different sounds are made by tapping or stroking different objects. For example, a wooden door, a plant pot and a cardboard box etc. What do you notice about the sounds? Which is your favourite sound and why? Can you make the sound louder or quieter? <u>Reception</u> Using paper, post its or a sheet from your English book can you make some sound cards for the letters s a t p i and n ? Each sound will need to be on a separate piece of paper. Practise forming each letter correctly and then tell a grown up each of the sounds. Can you think of a word that begins with each letter sound? For example, s – six, a – apple etc. Make sure you keep your sound cards safe because you will need to use them again on Friday. <u>Year 1</u>

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		   <p>Click here for today's activity. Make sure you click on 'Phase 3.'</p> <p>This game will help you practise the Phase 3 sounds and practise reading words that contain them.</p> <ol style="list-style-type: none"> 1. Click on each letter and say the sound the letter makes. 2. Click on the large circle underneath the letter to check you were right. You can practise saying the sound again if you made a mistake. 3. Choosing the letter 'j' click on the three smaller circles under the letter and you will get several words which you can then practise reading. Use the sound buttons (the circles and lines) to support you to blend the sounds in each word (for example J – a – ck) and then read the word as a whole. If you have forgotten any sounds, you can click on the sound buttons (underneath the letters) and will be able to hear the sounds.
3	<p>Dough Disco + Handwriting for Reception and Year 1</p>	<p>Dough Disco is exercise for the fingers to develop fine motor control. Using either playdough, a small ball or a pair of socks get ready to go to the Dough Disco here!</p> <p><u>Reception and Year 1</u></p> <p>Today we are going to practise our 'curly caterpillar' letters, c a and o. Watch this short video here first and then you can have a go at forming these letters yourself!</p>

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		<p>Before you pick up your pencil, practise forming each letter in the air with your 'magic writing finger' first. Remember that each letter starts at the top and curls round first. These letters are all the same size.</p> <p>Once you have practised your formation in the air, use your lined English book to practise the formation of each letter (c a o) five times. If you want to you could underline your best formation of each letter.</p> <p>If possible, make sure you are sitting at a table to do your writing – this will help you to do your best handwriting!</p>
4	Maths	<p><u>Nursery</u> Click here for a collection of counting songs. Listen to the songs 'One tomato, two tomatoes' and '1, 2, 3, 4, 5, once I caught a fish alive.' Join in with the words if you can. Go for a walk and talk to a grown-up about what you can see. How many cars can you see? How many benches can you see? How many dogs can you spot? How many trees can you see? Can you spot 4 white cars?</p> <p><u>Reception</u> Click here for a collection of counting songs. Listen to the songs 'One tomato, two tomatoes' and '1, 2, 3, 4, 5, once I caught a fish alive.' Join in with the words if you can.</p>

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Matching numbers for two.

You will need an adult to play this game with.

You can print out these [cards](#) or use the online version [here](#). Take it in turns to turn the cards over. Can you match the pictures? What do you need to look for?

To make the game **easier**, focus on sorting the printed cards into matching sets, instead of turning over the cards.

To make the game **harder**, your child could use these [blank cards](#) to make their own sets of additional cards with different numbers on.

Year 1

Use the hundred square here to:

- Count forwards from 21 to 32
- Count backwards from 44 to 39
- Write down the numbers between 45 and 51
- Find what number comes between 36 and 38
- Find what number comes before 53
- Find what number comes after 69
- Count in tens from 10 to 100

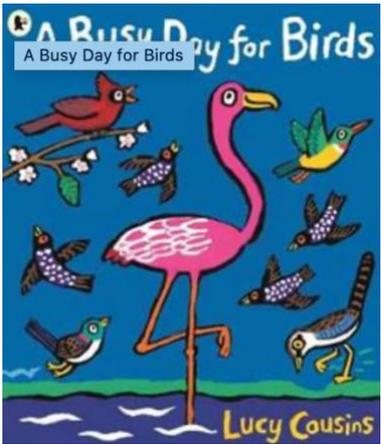
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

5

Science

In Science, we are going to be thinking about our bodies, naming different parts of the human body and thinking about what our bodies can do.

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		<p>Sing the song, 'Heads, shoulders, knees and toes' with a grown up at home. See if you can touch the correct body parts as you sing. If you want to, you could repeat the song again, singing it really quickly or really slowly.</p> <p>Play 'Simon Says' with a grown up at home. Give instructions to see if your child can follow the instructions using the correct body parts. For example, Simon says stand on one leg. Simon says pat your head. Simon says close your eyes. Simon says wiggle your bottom. Simon says clap your hands. Simon says touch your toes. Simon says bend your knees. Simon says make a funny face. Don't forget, if Simon doesn't say, don't do it!</p>
6	Storytime	 <p>Listen to the story 'A busy day for birds' here read by Ore Oduba, written and illustrated by Lucy Cousins and published by Walker Books.</p> <p>If you do not have access to a device to listen to this story online, don't worry. You could choose a book that you have at home that a grown-up can read to you.</p>

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	Wednesday	Activity instructions
1	PE	To start off the day and wake our brains and bodies up please find PE with Joe Wicks here . His live session begins at 9am. You can also find other pre-recorded sessions on his channel if you prefer.
2	Reading	Please see the separate 'Individual Reading' sheets for reading activities.
3	Reading comprehension	Please see the separate 'Individual Reading' sheets for reading activities.
4	Maths	<u>Nursery</u> Click here for a collection of counting songs. Listen to the songs '1, 2 buckle my shoe' and 'One man went to mow.' Join in with the words if you can. Play this game with a grown-up at home. You will need to close your eyes and listen carefully. While your child closes their eyes ask them to count the number of times you do these things (keeping the amount between 1 – 10). Clap your hands

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Stamp your feet
Knock on the door
Click your fingers
Whistle

You could encourage your child to use their fingers to count or count aloud as they listen.

Reception

Click [here](#) for a collection of counting songs.

Listen to the songs '1, 2 buckle my shoe' and 'One man went to mow.' Join in with the words if you can.

Play 'Number Bingo' with a grown-up at home. Using a sheet of paper or your maths book, draw out a grid with spaces for 6 numbers. You could choose numbers between 1-20 or if you would like a challenge you could choose some bigger numbers that you recognise.

2	8	7
5	4	10

Ask a grown-up to call out numbers one at a time. If you have that number on your board you can cross it out. Once you have crossed out all the numbers on your board don't forget to shout 'BINGO!'

Year 1

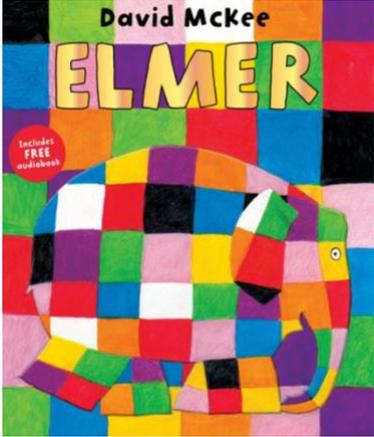
You have a set of the digits from 0 - 9.

0	1	2	3	4	5	6	7	8	9
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		<p>Using these digits what is the...</p> <p><input type="text"/> <input type="text"/> largest 2-digit number you can make?</p> <p><input type="text"/> <input type="text"/> smallest 2-digit number you can make?</p> <p><input type="text"/> <input type="text"/> largest odd number you can make?</p> <p><input type="text"/> <input type="text"/> closest number to 50?</p> <p><input type="text"/> <input type="text"/> closest number to 20?</p>
5	Geography	 <p>In geography we are going to be thinking about our homes and where we live (our local area).</p> <p>Today, I would like you to think about your own home. Wrap up warm and find a comfortable place to sit outside your house. Using a piece of paper or one of the plain sheets inside the light blue book use a pencil to draw your house.</p> <p>Try to look carefully at the shape of your door and windows and include any details you can see.</p>

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		<p>You may like to answer some of these questions once you have finished drawing: Does your house have a number? What is it? How many windows can you see when you look at your house? What is your house made out of? (stone or brick etc) How does your house look different to the one next door?</p>
6	Storytime	 <p>Listen to the story 'Elmer' here read by David McKee, who also wrote and illustrated the book. Elmer is published by Penguin Books.</p> <p>If you do not have access to a device to listen to this story online, don't worry. You could choose a book that you have at home that a grown-up can read to you.</p>

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	Thursday	Activity instructions
1	PE	To start off the day and wake our brains and bodies up please find Cosmic Yoga with Jaime here . Today is a cosmic kids yoga adventure with Tiny the T-rex! Enjoy! You can find many other cosmic kids yoga adventures on Jaime's channel here too.
2	Reading	Please see the separate 'Individual Reading' sheets for reading activities.
3	Reading comprehension	Please see the separate 'Individual Reading' sheets for reading activities.
4	Online maths	<u>Nursery</u> Play the game 'Underwater Counting' on topmarks here . 1. Select the game you would like to play (or have a go at both!) Counting to 5 Counting to 10 <u>Reception</u> Play the game 'Ladybird Spots' on topmarks here . 1. Select which area you would like to focus on (or have a go at more than one!) Counting Matching Ordering

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		<p><u>Year 1</u> Play the game 'Place Value Basketball' on topmarks here.</p> <p>1. Select the game you would like to play (there are different levels of challenge)</p> <ul style="list-style-type: none">Numbers up to 19Numbers up to 29Numbers up to 49Numbers up to 99Numbers up to 999 <p>Reception and Year 1 can also access Mathletics using their login details if they would like to do anymore online maths learning.</p>
5	Art	<p>See which colours you can find in nature.</p>  <p>Go on a walk with a grown up and collect a range of natural objects that you see. For example, petals, leaves, stones or pebbles, twigs etc.</p> <p>How many different colours can you find? Can you put them in order from the lightest colour to the darkest colour? Which object is the lightest? Which object is the darkest?</p>

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6	Live Storytime with Miss Bowling on Microsoft Teams.	<p>Today Miss Bowling will be reading 'Oi Frog!' written by Kes Gray, illustrated by Jim Field and published by Hodder.</p>  <p>'Oi Frog tells the story of Frog, who doesn't want to sit on a log - logs are knobbly and uncomfortable and can give you splinters in your bottom. But Cat is insistent. Every animal has a right and proper place to sit. Frogs sit on logs; cats sit on mats and hares sit on chairs. Rather less comfortably, lions sit on irons and storks sit on forks. As frog fires questions at Cat, he discovers where gorillas, puffins and wizards should sit until the answer to his final question keeps him quiet for a very long time!'</p> <p>I hope that you can all join for Storytime today. However, if you are unable to you can find an online recording of the story here if you would like to listen at a later time.</p>
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	Friday	Activity instructions
1	PE	To start off the day and wake our brains and bodies up please find PE with Joe Wicks here . His live session begins at 9am. You can also find other pre-recorded sessions on his channel if you prefer.
2	Phonics	<p><u>Nursery</u></p> <p>Using a cardboard box or a bag, place between four and six familiar items from your home inside (e.g. a set of keys, a crisp packet, a squeaky toy etc.) As you put them in the box/bag make sure your child knows the name of each and demonstrate the sound each one makes.</p> <p>Sing to the tune of 'Old MacDonald' but using your name. For example, 'Louise's mummy has a box ee i ee i o. And in that box/bag, she has a...' At this point stop and ask your child to listen. Without them being able to see, use one of the objects in the box/bag to make a sound. (For example, shake the keys). Ask your child to guess what is making the sound. Did they get it right? Continue the game, using different objects in the box/bag. Can your child guess what is making each sound?</p> <p><u>Reception</u></p> <p>Quickly practise your Phase 2 letter sounds here. Can you say the sound each letter makes? Using the sound cards (s a t p i n) you made on Tuesday, can you make the following words? Say each word to your child and see if they can use their sound cards to make them. Ask them to read each word once they have made it to check they have made the correct word.</p>

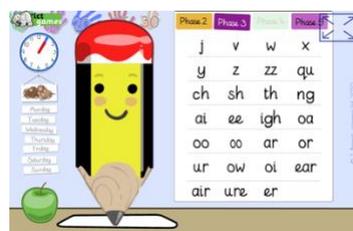
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sat pin sin pat nip tip nap tap tan

If you would like an extra challenge, can you make the following words as well?

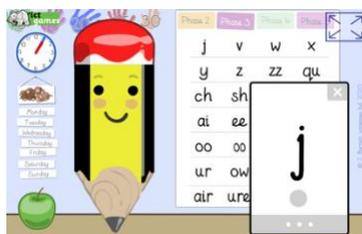
snap snip past

Year 1



Click [here](#) for today's activity. Make sure you click on 'Phase 3.' This game will help you practise the Phase 3 sounds and practise reading words that contain them.

1. Click on each letter and say the sound the letter makes.



2. Click on the large circle underneath the letter to check you were right.

You can practise saying the sound again if you made a mistake.



3. Choosing the letter 'v' click on the three smaller circles under the letter and you will get several words which you can then practise reading. Use the sound buttons (the circles and lines) to support you to blend the sounds in each word (for example J – a – ck) and then read the word as a whole. If you have forgotten any sounds, you can

click on the sound buttons (underneath the letters) and will be able to

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hear the sounds.

Log into your Readwriter account to practise the spellings that have been set for you.
If you cannot remember your login details, please let me know.

3

Maths

Nursery

Click [here](#) for a collection of counting songs. Listen to the songs 'The goats came marching' and 'One finger, one thumb, keep moving.' Join in with the words if you can.

Play 'Number Bingo' with a grown-up at home. Using a sheet of paper draw out a grid with spaces for 6 numbers. You could choose numbers between 1-10 or if you would like a challenge you could choose numbers to 20.

2	8	7
5	4	10

Ask a grown-up to call out numbers one at a time. If you have that number on your board you can cross it out. Once you have crossed out all the numbers on your board don't forget to shout 'BINGO!'

Reception

Click [here](#) for a collection of counting songs. Listen to the songs 'The goats came marching' and 'One finger, one thumb, keep moving.' Join in with the words if you can.

Today I would like you to practise finding one more and one less than a number. You could use your fingers or objects at home to help you. For example, buttons, pebbles or pieces of pasta.

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One more means the number that comes next when you are counting. One less means the number that comes before when you are counting.

Example 1: **One more** than 2 is 3

Example 2: **One less** than 3 is 2

What is one more than 5? One more than 7? One more than 10? One more than 13?

What is one less than 4? One less than 9? One less than 12? One less than 16?

You could record your answers in your maths book if you like.

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We would like you to think about **if the answer is 10, what could the question be?**

Encourage your child to think of and talk about all the different possibilities. For example, the question could be...

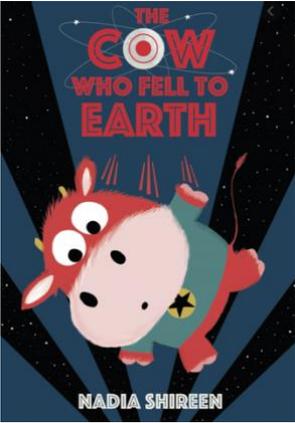
- What number comes after 9?
- What number is 1 less than 11?
- What is half of 20?
- What is $19 - 9$?
- What is double 5?
- What is $6 + 4$?

Try again, this time with the answer 17. What could the question be? Repeat the activity, choosing different numbers.

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4	English	 <p>Using this picture as inspiration can you talk to a grown up about what you can see. Here are some questions you could discuss with a grown up at home:</p> <p>What does a penguin look like? Can you describe it? How does a baby penguin (a chick) look different to an adult penguin? Where does a penguin live? What makes this penguin so good at living in a cold place? Can you think of other animals that live in such cold places? Would penguins make good pets? Why/Why not? What do you think penguins eat?</p>
5	PSHE	<p>Click on the link here and watch the short video about 'Feeling Happy.'</p> <p>Once you have watched the video speak to a grown up at home, using these questions for discussion.</p>  <ol style="list-style-type: none">1. What makes you feel happy?2. What do you do when you feel happy? (For example, smile or laugh)3. What can you do to make other people feel happy?4. If you feel unhappy, what could someone else do to make help you feel happy again?

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6	Storytime		<p>Listen to the story 'The Cow Who Fell to Earth' here, written and illustrated by Nadia Shireen and published by Penguin Random House Children's Books.</p> <p>If you do not have access to a device to listen to this story online, don't worry. You could choose a book that you have at home that a grown-up can read to you.</p>
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