

**Class 1 Home Learning – Healthy Heroes week 3**  
**WC 29th June 2020**

**Daily Expectations**

- Spend **15 minutes** reading- books, comics, magazines- any reading is great!  
from 10, 20 or 100 or play on **Numbots**.
  - Practise reading and writing words from the high 100 frequency word list (6 per day).
- ➔ Write each one in a sentence. Can you use more than one?
- Spend **15 minutes** playing a phonics game on **Phonics Play** or **Top Marks**.
- **Year 1** – Spend **15 minutes** on spelling shed.

**Writing**

- \* Design your own school sports day. Think of at least 5 sporting activities you could do. Draw a map of them and label each activity. CHALLENGE: Write instructions for how to do one of the activities.
- \* Visit the Literacy shed:  
<file:///C:/Users/ARiches/Downloads/The%20Catch%20KS1%20Activity%20Pack%20-%20KS1%20Activity%20Pack.pdf> watch the short video 'The catch' and then have a go at some of the activities.
- \* Look at this picture. Write a list of adjectives to describe the picture. E.g. empty, overgrown.  
<https://www.pobble365.com/the-stadium> What do you think has happened here? Write a sentence to tell me what you think has happened here. CHALLENGE: write a story using this picture as a starting point for your story. What characters will be in your story? Think of a beginning, middle and end. Can you use story language? You could tell your story orally instead.
- \* Ask your family members about their favourite sport. Think about what questions you would like to ask them. Did they play it? Were they part of a club? Did they win any trophies?
- \* Once you have spoken to your family member you could then either: design your own trophy or write a report about what you have found out about your family member.

**Reading**

- \* Listen to a story read aloud (Miss Riches on Tapestry) and complete the related activities.
- \* This week we are practising phase 3 phonemes we find tricky (see attached plan) You can either follow the plan or work on the ones you find tricky.
- \* Together read: The oxford owl book: Sport is fun. Complete the quiz at the back.  
[https://www.oxfordowl.co.uk/api/digital\\_books/2089.html](https://www.oxfordowl.co.uk/api/digital_books/2089.html) 2)
- \* Read a book from Bug Club and complete the questions/quiz for that book. Can you do a story map to summarize the key events in the story?

**Maths-** • Time how long it takes you to race the length of your garden. Time the other members of your family. How long did it take in seconds? Can you then put these in order? Who was first, second, third? You could make medals for the different positions.

- As a family have a throwing competition. Using a tape measure, measure how far you and your family members threw the ball/beanbag etc. Put these in order. Look at this activity: <https://nrich.maths.org/8327>
- Have a go at this compare the cups activity: <https://nrich.maths.org/10656>.
- Practise counting in cms forwards and backwards. Use a ruler to help you. Count in 1cms and 2cms. Challenge: Can you count in 5cms and 10cms? Record these using resources, drawing pictures or writing.

**Science-** Use a ruler or tape measure to find out if your foot is as long as your forearm or your height is as long as your height is the same as your arm span. Record your results. Or carry on/make another sensory board or bottle if you enjoyed this last week.

**Sport**



Project borrowed from Robin Hood MAT

- \* **Research and create a poster about a part of the human body. You could draw it, make it, write facts about it, label it, or record a video about it.**
- \* **Pick your favourite sport and design your own team logo. Have a look on the internet at others for some ideas.**
- \* **Think about sport in different countries. Are there particular sports that certain countries are famous for? Write a list of the countries and their most famous sport. Can you find the countries on a world map?**
- \* **Powerful Paralympians: Explore diversity in sport. You could watch some videos from previous Paralympics. Find out about Ellie Symonds or another famous Paralympian. Draw a sketch of the athlete in a winning moment.**

- \*\*\*\*\***Take part in the virtual sports day, take some pictures/videos, have fun and enjoy!. More information to follow.** \*\*\*\*\*

- Think about watching your favourite team play your favourite sport. Create a cheer for them, you could also add a dance.

- Have a go at some of the Go Noodle dances which we have been doing in class. Ask your family members which is their favourite. Is it the same as yours? **Go Noodle**  
<https://family.gonoodle.com/>

- See how long you can balance for. Can you balance in different ways? Take some pictures and record on the brilliant balancing activity sheet:  
<https://www.stem.org.uk/resources/elibrary/resource/34276/brilliant-bodies#&gid=undefined&pid=5>