

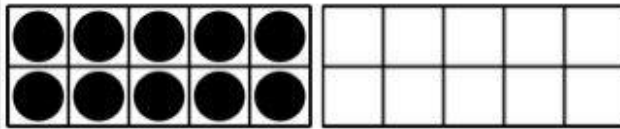
**Day 1 Maths**

Name \_\_\_\_\_

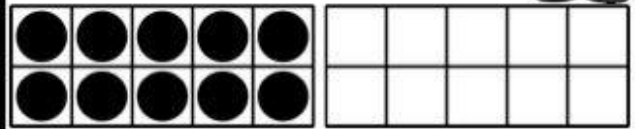
# Ten Frame Addition

Directions: Look at the ten frame.

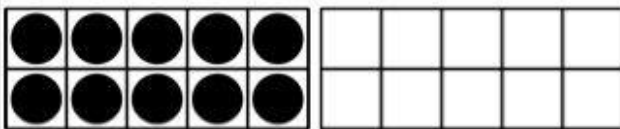
Color the ten frame to make the equation true. Write the sum.



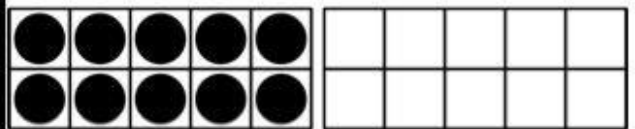
$$10 + 2 = \underline{\quad}$$



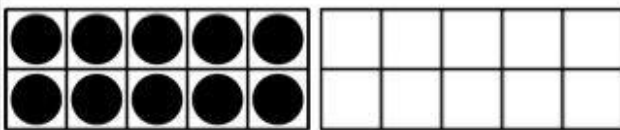
$$10 + 6 = \underline{\quad}$$



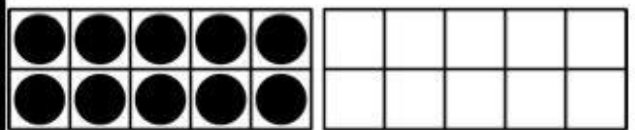
$$10 + 4 = \underline{\quad}$$



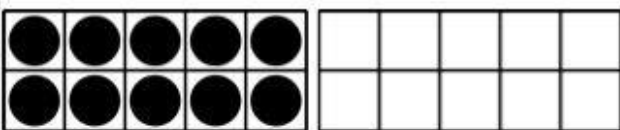
$$10 + 1 = \underline{\quad}$$



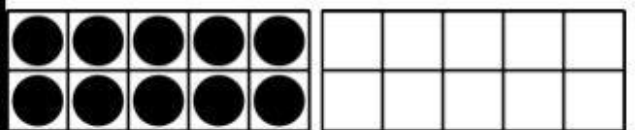
$$10 + 5 = \underline{\quad}$$



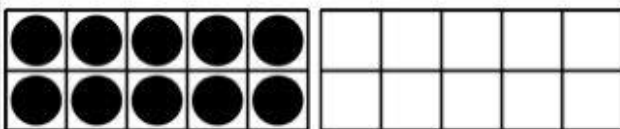
$$10 + 9 = \underline{\quad}$$



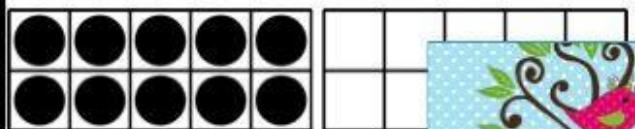
$$10 + 7 = \underline{\quad}$$



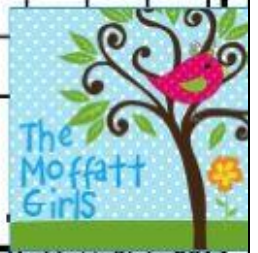
$$10 + 8 = \underline{\quad}$$



$$10 + 3 = \underline{\quad}$$

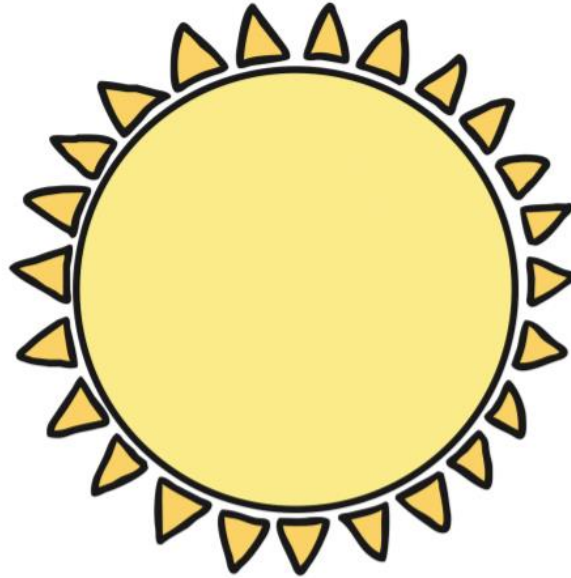


$$10 + 10 = \underline{\quad}$$



**Day 1 Science:**

# Sunny



# Cloudy



# Rainy



# Snowy



Sort the picture cards to match the weather.



Home Learning Resources for Year 1



**Day 2 English**

# 'ai' Spelling Activity






1. Trace over 'ai'.

ai ai ai ai ai ai ai  
ai ai ai ai ai ai ai

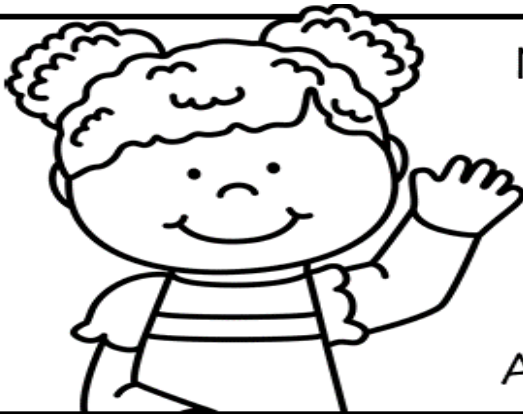
2. Just add 'ai'.

f__l	s__l
t__l	l__d
m__l	r__n
tr__n	

3. Write the correct 'ai' words under the pictures.

		
_____	_____	_____
		
_____	_____	

**Day 2 Maths:**



Name: \_\_\_\_\_

# Addition to 20

Answer the addition questions.

$12 + 6 = \square$

$10 + 3 = \square$

$13 + 7 = \square$

$11 + 2 = \square$

$15 + 4 = \square$

$12 + 3 = \square$

$10 + 1 = \square$

$14 + 4 = \square$

$16 + 3 = \square$

$10 + 8 = \square$

$18 + 1 = \square$

$10 + 10 = \square$

**Day 2 PSHÉ:**



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**Day 3 English:**



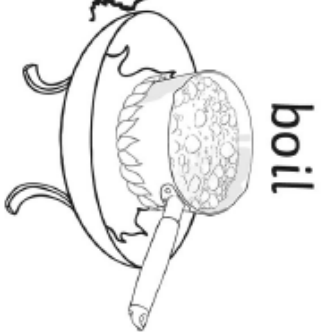
**Day 3 Maths**

$0+10=$	$1+9=$
$2+8=$	$3+7=$
$4+6=$	$5+5=$
$6+4=$	$7+3=$
$8+2=$	$9+1=$
$10+0=$	

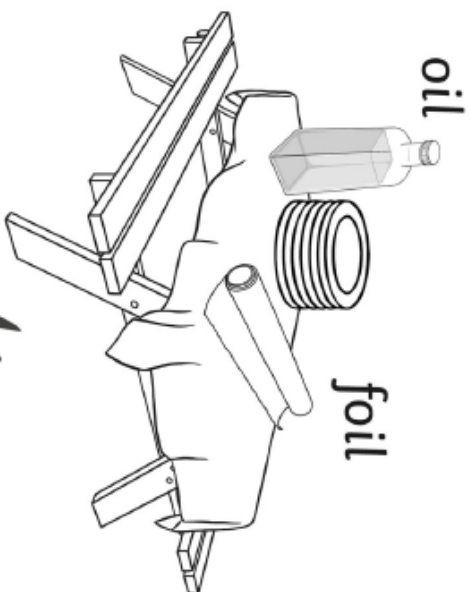
**Day 4 English:**

# Phase 3 oi Sound Colouring Scene

Colour the pictures and say the words.



boil



oil

foil

M



coin



soil

M

**Day 4 Maths:**



$$\square + 20 = 20$$

$$1 + 19 = \square$$

$$2 + \square = 20$$

$$\square + 17 = 20$$

$$\square + 16 = 20$$

$$5 + 15 = \square$$

$$6 + \square = 20$$

$$\square + 13 = 20$$

$$8 + 12 = \square$$

$$9 + \square = 20$$

$$\square + 10 = 20$$

$$20 + 0 = \square$$

$$19 + \square = 20$$

$$18 + \square = 20$$

$$17 + 3 = \square$$

$$\square + 4 = 20$$

$$15 + \square = 20$$

$$14 + 6 = \square$$

$$\square + 7 = 20$$

$$12 + \square = 20$$

$$11 + 9 = \square$$

$$10 + 10 = \square$$

**Day 5 English:**



**Day 5 Maths:**



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Cut and Paste Numbers 1-20

1	2		4	5		7	8		
		13	14		16			19	























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20	9	11	3	18
6	10	15	17	12

Additional resources:

**Digraphs Sounds Mat**

ay 	ou 	ie 	ea 	oy 	ir 	ue 	ue 
aw 	wh 	ph 	ew 	ew 	oe 	au 	ey 
a-e 	e-e* 	i-e 	o-e 	u-e 	u-e 		

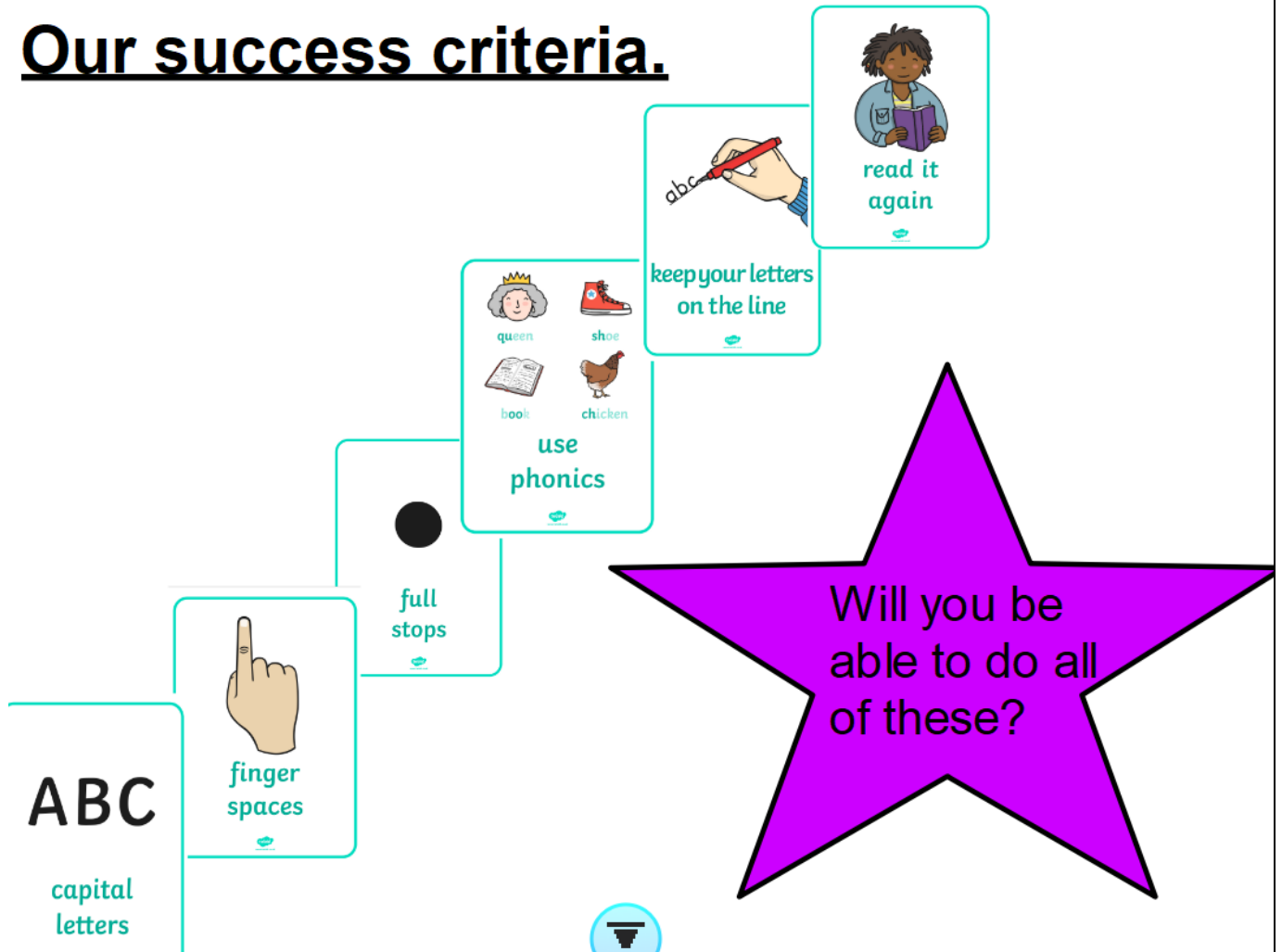
\*even



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



# Our success criteria.



Will you be able to do all of these?



# Mountain Pose

## Tadasana

### Benefits

Improves posture, strengthens core muscles and legs.



- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hang your arms beside your torso.
- 4 Breathe deeply and hold as long as needed (at least two breaths).

## Chair Pose

### Utkataasana



#### Benefits

Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side).
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.

## Tree Pose

### Vrikshasana



#### Benefits

Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

- 1 Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
- 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
- 3 Press your hands together.
- 4 Raise your arms over your head and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.

## Rainbow Pose



#### Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- 4 As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on the other side.

Mindfulness colouring:





