

Monday

English

Terrifying T-Rex

To listen to an information text.



Home learning focus

An information text tells us knowledge about a particular thing. Today we will be learning about the terrifying t-rex.

Equipment needed:

You will need a piece of paper, a pencil and a super smart brain.



This lesson includes:

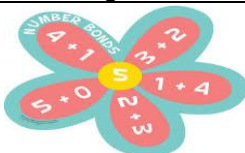
- A focus on phonics writing words with the oo, ew and u-e
- New spellings and star words.
- Listening to an information text all about the terrifying t-rex.

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/terrifying-t-rex-year-1-wk5-1#slide-2>

Maths

To apply knowledge of number bonds.



Home learning focus

To be able to create addition number sentences with tens and ones, and regroup when there are more than ten ones.

Equipment needed:

You will need a piece of paper, a pencil and a super smart brain.



This lesson includes:

- A quick starting quiz
- Key vocabulary
- Identifying numbers within 20.
- Using the part-whole model to complete number bonds within 20.
- Independent tasks and answers
- Final quiz to see what we have learnt

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-apply-knowledge-of-number-bonds-year-1-wk5-1#slide-3>

Topic

What is an explorer?



Home learning focus

In this lesson we will be learning about different people who have explored different parts of our planet. Some of the explorers have gone to the moon and other parts of space.

Equipment needed:

You will need a piece of paper, a pencil, a coloured pencil and a teddy bear.



This lesson includes:

- What is an explorer?
- Star Words – key vocabulary needed for the lesson.
- What makes someone important or significant?
- Sorting some different important people into groups.
- Describing explorers.
- Quiz to recap your knowledge.

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/foundation/what-is-an-explorer-year-1-wk5-1#slide-3>

Tuesday

English

To commit an information text to memory

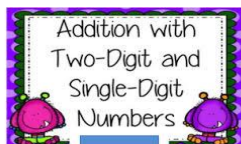


Home learning focus

In this lesson we will be learning about how to commit information text to our memory.

Maths

To add two-digit numbers to ones



Home learning focus

In this lesson we will be recapping what a two-digit number is and then using this information to create number sentences by adding on ones.

Geography/Spanish

Saying how you feel in Spanish



Home learning focus

We will recap our previous learning and then learn how to say different emotions in Spanish.

Equipment needed:

You will need a piece of paper and a pencil.



This lesson includes:

- A focus on phonics writing words with the oo, ew and u-e
- New spellings and star words.
- Recap by listening to our information text all about the terrifying t-rex.
- Draw an information text map.

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/to-commit-an-information-text-to-memory-year-1-wk5-2#slide-2>

Equipment needed:

You will need a piece of paper and a pencil.



This lesson includes:

- A quick starting quiz
- Key vocabulary
- Identifying what a two-digit number is
- Creating addition sentences using two-digit numbers and ones
- Independent tasks and answers
- Final quiz to see what we have learnt

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-add-two-digit-numbers-to-ones-year-1-wk5-2#slide-3>

Equipment needed:

You will need a piece of paper and a pencil.



This lesson includes:

- Recap of the alphabet, numbers, days of the week and months of the year
- Learning how to say different emotions in Spanish
- Final quiz to see what we have learnt

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/foundation/saying-how-you-feel-in-spanish-year-1-wk5-2#slide-3>

Wednesday

English

To understand how to use the past tense



Home learning focus

In this lesson we will be learning about the past tense of regular verbs, learning key rules and practising putting sentences into past tense.

Equipment needed:

A super smart brain, a piece of paper and a pencil.

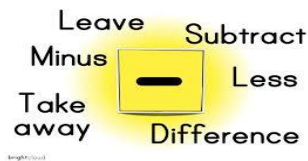


This lesson includes:

- A focus on phonics writing words with the oo, ew and u-e
- Spellings and star words.
- What is the past tense?
- Past tense task

Maths

To subtract two-digit numbers and ones



Home learning focus

In this lesson we will be subtracting ones from two-digit numbers

Equipment needed:

A piece of paper and a pencil.



This lesson includes:

- A quick starting quiz
- Key vocabulary
- Identifying two-digit numbers and ones
- Creating subtraction sentences using two-digit numbers and ones
- Independent tasks and answers
- Final quiz to see what we have learnt

Science

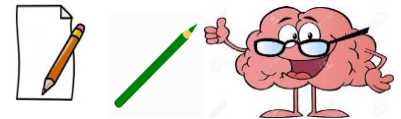
What is hibernation?



Home learning focus

In this lesson we will be learning about hibernation, why it is important for animals to hibernate, when do animals hibernate, why do animals hibernate and what they do to prepare for hibernation.

Equipment needed: a piece of paper, a pencil, a coloured pencil and a super smart brain.



This lesson includes:

- A quick starting quiz to check any previous learning on this topic and recap anything you may have forgotten
- Practising star words
- Learn about hibernation
- Learn about humans and hibernation: do humans need to hibernate?
- Final quiz to see what we have learnt

Please click on the link to access your learning:
<https://www.thenational.academy/year-1/english/to-understand-how-to-use-the-past-tense-year-1-wk5-3#slide-2>

Please click on the link to access your learning:
<https://www.thenational.academy/year-1/maths/to-subtract-two-digit-numbers-and-ones-year-1-wk5-3#slide-3>

Please click on the link to access your learning:
<https://www.thenational.academy/year-1/foundation/what-is-hibernation-year-1-wk5-3#slide-3>

Thursday

English

To start to write our information text



Home learning focus

In this lesson, we are going to start writing out Terrifying T-Rex information text.

Equipment needed:

A piece of lined paper and a pencil.



This lesson includes:

- A focus on phonics writing words with the oo, ew and u-e
- Spellings and star words
- Start to write our information text

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/to-start-to-write-our-information-text-year-1-wk5-4#slide-2>

Maths

To add a two-digit number and ones with regrouping.



Home learning focus

To be able to create addition number sentences with tens and ones, and regroup when there are more than ten ones.

Equipment needed:

A piece of paper and a pencil.



This lesson includes:

- Key vocabulary
- Creating addition sentences using two-digit numbers and ones
- Regrouping when there are more than 10 ones
- Independent tasks and answers
- Final quiz to see what we have learnt

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-add-two-digit-numbers-to-ones-with-regrouping-year-1-wk5-4>

History

Who is Amelia Earhart?



Home learning focus

In this lesson we are going to be learning about Amelia Earhart who was one of America's most well-known and adventurous aviators.

Equipment needed:

A super smart brain, a piece of paper and a pencil.



This lesson includes:

- A quick starter quiz to find out what you already know
- What is a biography
- Introduction to Amelia Earhart
- Listen to the story of her life
- Look at the story of her life
- Draw the story of her life

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/foundation/who-is-amelia-earhart-year-1-wk5-4#slide-3>

Friday

English

To continue to write out information text

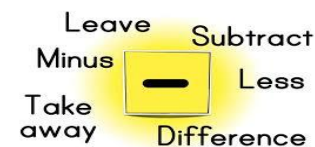


Home learning focus

Today, we will finish off our information text and then take some time to edit it.

Maths

To subtract two-digit numbers and ones with regrouping

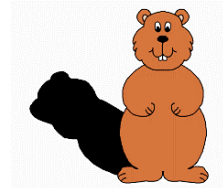


Home learning focus

In today's lesson we will be subtracting ones from two-digit numbers with regrouping.

Art

To create shadow art



Home learning focus

In this lesson, we will be learning all about light and how to create shadow shows.

Equipment needed:

Your work from yesterday, a piece of paper and a pencil.



This lesson includes:

- A focus on phonics writing words with the oo, ew and u-e
- Quiz time
- Continue to write our information text
- Check and edit our work

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/to-continue-to-write-out-information-text-year-1-wk5-5#slide-2>

Don't forget you can also share your beautiful work with your class teacher by emailing them at school!

Equipment needed:

A piece of paper and a pencil.



This lesson includes:

- Key vocabulary
- Create subtraction sentences using two-digit numbers and ones
- Independent tasks and answers
- A final quiz to see what you have learnt

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-subtract-two-digit-numbers-and-ones-with-regrouping-year-1-wk5-5#slide-2>

Don't forget you can also share your beautiful work with your class teacher by emailing them at school!

Equipment needed:

You will need a pen, crayons and a pencil.



This lesson includes:

- Review your artwork
- What is a shadow?
- Which materials create shadows?
- Instructions for the task
- Review your artwork

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/foundation/to-create-shadow-art-year-1-wk5-5#slide-2>

Don't forget you can also share your beautiful work with your class teacher by emailing them at school!

Other activities for the week

Creative Activities

Research some other famous explorers and adventurers

You have learnt all about the famous aviator Amelia Earhart. Now can you use your learning to help you research and learn about other famous explorers and adventurers? What did they do? Why are they famous? Where did they grow up? You can then create a poster or a book all about your famous explorer. Here are some to help you get started:

<u>Amy Johnson</u> First British female aviator	<u>Neil Armstrong</u> First man to walk on the moon	<u>Jacques Cousteau</u> Famous explorer of the seas	<u>Mae Jamison</u> First African-American Space explorer
			



Can you practice saying 5 different emotions in Spanish? Remember you can re-watch the video to recap on how to say different emotions and then practice on your family members.

How are you? - ¿Cómo estás?

Sleepy/Tired Cansado		Sick Enfermo
Happy Feliz/Contento		Happy Feliz/Contento
Ok Más o menos		Excited Entusiasmado
Angry Enojado		Sad Triste

Keeping fit and healthy

PE with Joe Wicks

Let Joe help you to keep fit and healthy by joining in with him at
<https://www.youtube.com/channel/UCAxW1XTOiEJoOTYIRfn6rYQ>

Fun 3minute freeze dance at:

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

Fun dance with lots of different songs – just copy the actions:

<https://www.youtube.com/watch?v=qeSSmNRBlgY>

Eating Healthily

It is very important that you eat healthily while learning from home because it will help you to stay fit and healthy. Print or use the template below to create your own food journal for the week. After that, look at your journal and see if you have been eating lots of healthy food.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

Design your own planet

Can you use your smart brain and imagination to design your own planet? Use the template below to help you or you can create your own.

Design a Planet

You have discovered a brand new planet! Complete an astronaut report to send to Mission Control about what you have found.

Name of Planet: _____

Key Facts

Colour: _____

Size: _____

Number of moons: _____

Inhabitants

(People Who Live There)

Other information: _____

Surface

Materials: _____

Signs of life (water, oxygen):

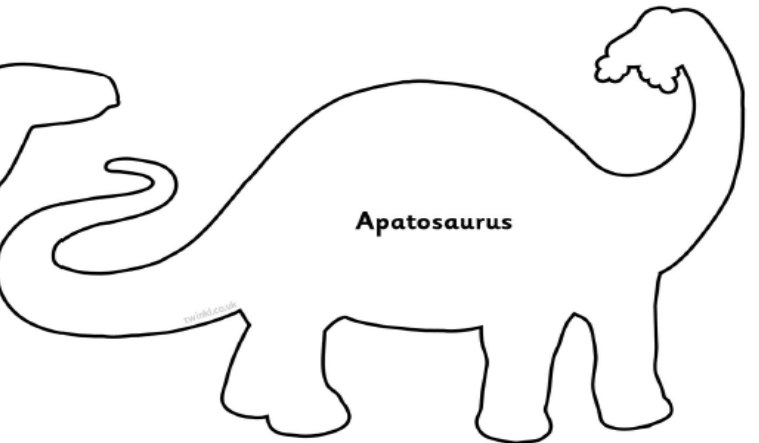
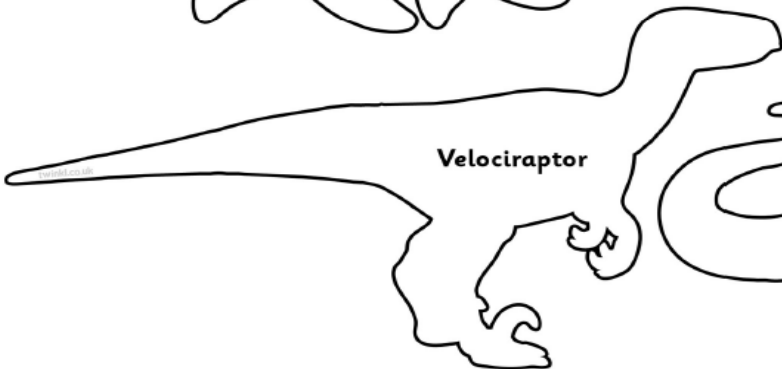
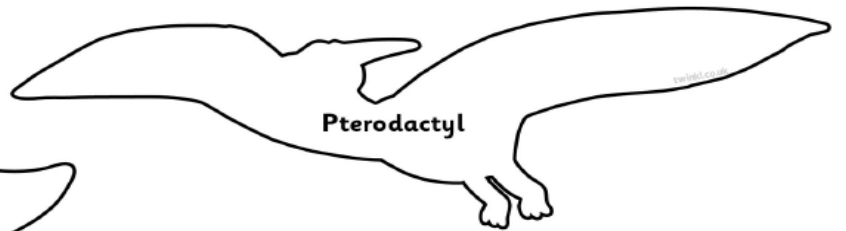
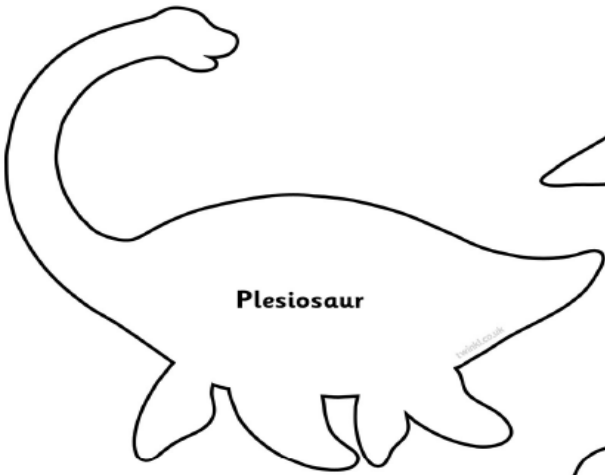
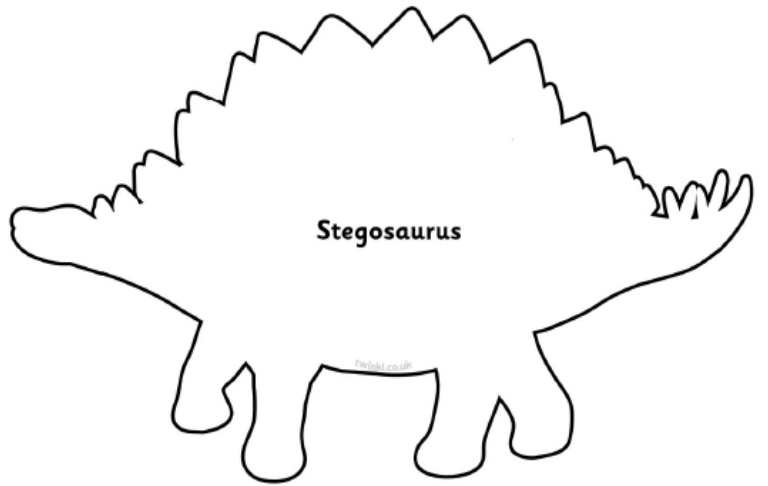
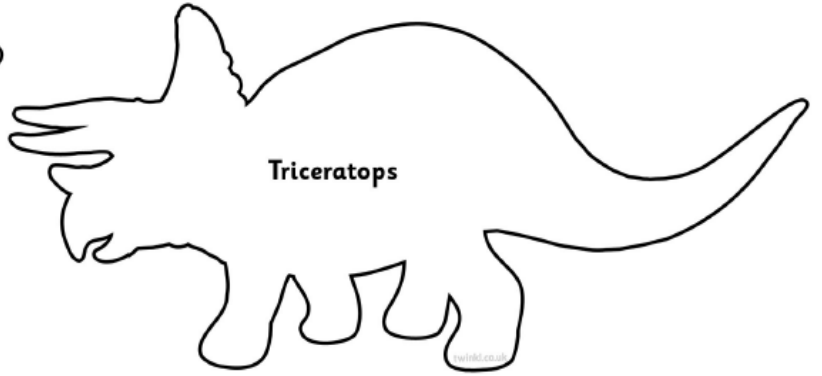
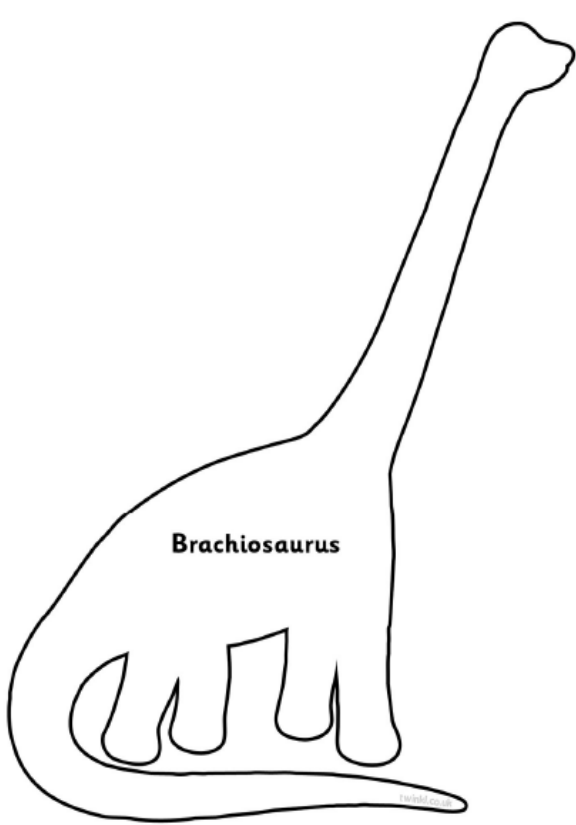


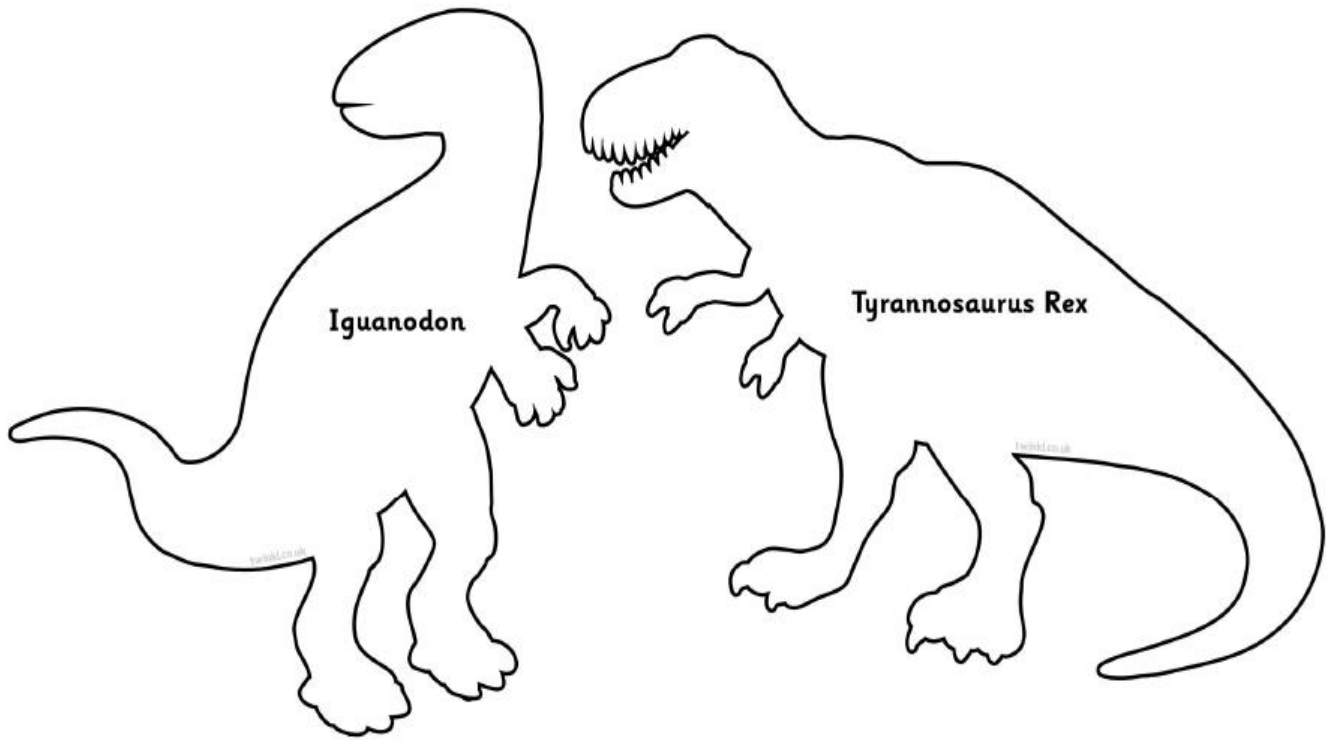
As an extension you can use lots of different materials and make your planet.



Shadow art dinosaur puppets

Use the dinosaur templates below, decorate them and then use them to great your own dinosaur puppet. If it is a sunny day take your dinosaurs outside and see if you can create your own shadow puppet show.





Yoga challenge

Can you complete each yoga challenge using the cards to help you to create the different yoga poses?

Challenge 1:

Yoga Cards

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



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Yoga Cards

Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 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.



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Challenge 2:

Yoga Cards

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 hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



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Yoga Cards

Tree Pose - Vrikshasana

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

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



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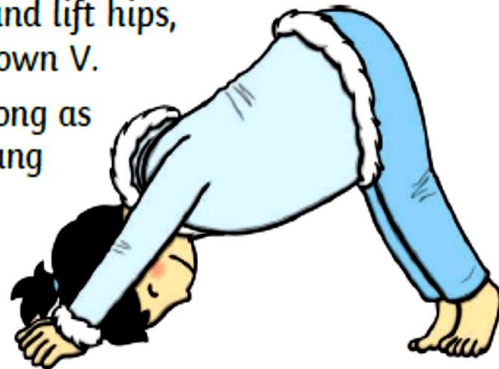
Challenge 3:

Yoga Cards

Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



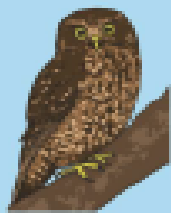
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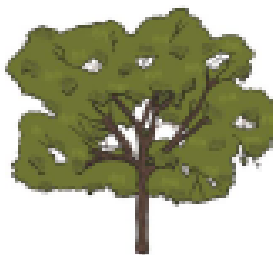
I am strong.



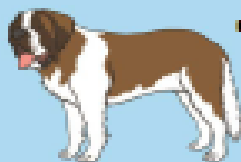
I am brave.



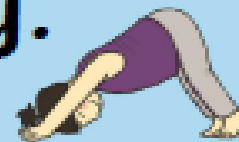
I am wise.



I am kind.



I am friendly.



Additional activities

- Space mindfulness colouring
- The solar system colouring activity
- Label the dinosaurs
- Things that make me happy activity