

## Monday

### English

#### Sam's Sandwich



Home learning focus

To be able to answer questions about a text.

**Equipment needed:** You will need a piece of paper and a pencil.



This lesson includes:

- A focus on phonics writing words using ay, ai and a-e.
- Listening to the story of Sam's Sandwich and answering questions based on the story.
- Self-assessment task.

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/sams-sandwich-year-1-wk1-1/>

### Maths

#### To compare lengths and heights of objects



Home learning focus

Length and weight are ways of measuring objects. In this lesson we will be exploring labelling objects using the measurement vocabulary (star words).

**Equipment needed:** Objects within your home.



This lesson includes:

- Activity 1 quiz to help assess your previous learning on this topic and to recap any elements you may have forgotten.
- Star Words – key vocabulary needed for the lesson.
- Task -Compare the height of everyday objects
- Task – Compare objects in our own homes
- Independent tasks and answers
- Final quiz

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-compare-lengths-and-heights-of-objects-year-1-wk1-1/>

### Topic

#### What is a continent?



Home learning focus

In this lesson we will be learning about the seven continents. We are going to learn what a geographer is and how important they are. We will be looking at the seven continents, comparing their size and location on our planet. We will then be learning about what the equator is.

**Equipment needed:** You will need a piece of paper and a pencil.



This lesson includes:

- Introductory quiz
- Star Words – key vocabulary needed for the lesson.
- Naming and locating the continents in the Northern and Southern Hemispheres
- Comparing places to live in e.g. a village, town, city county, country and a continent
- Quiz to recap your knowledge.

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/foundation/what-is-a-continent-year-1-wk1-1/#>

## Tuesday

## English

Instructions: To commit a set of instructions to memory



Home learning focus

In this lesson you will be hearing a recipe to make a disgusting sandwich. We will then be drawing the different parts of these instructions, ready to write them later in the week.

**Equipment needed:** You will need a piece of paper and a pencil.



This lesson includes:

- A focus on phonics writing words using ay, ai and a-e.
- Listening to a set of instructions.
- Using the technique of drawing to help you to remember a set of instructions.
- Self-assessment task.

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/instructions-to-commit-a-set-of-instructions-to-memory-year-1-wk1-2/>

## Maths

To measure lengths using non-standard units



Home learning focus

In today's lesson we will be exploring measuring a range of household objects using non-standard units such as our hands.

**Equipment needed:** You will need your hands, other objects within your home and a piece of paper and a pencil.



This lesson includes:

- Activity 1 quiz to help assess your previous learning on this topic and to recap any elements you may have forgotten.
- Star Words – recap key vocabulary needed for the lesson.
- Task – Estimate measurements and measure objects using your hands and other objects within your home.
- Task – Independent challenge to order objects
- Independent tasks and answers
- Final quiz

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-measure-lengths-using-non-standard-units-year-1-wk1-2/>

## Geography/Spanish

El alfabeto y los numeros



Home learning focus

In this lesson we are going to learn about where Spanish is spoken in the world and we are going to learn the Spanish alphabet as well as numbers 1-5.

**Equipment needed:** You will need a piece of paper and a pencil.



This lesson includes:

- Which countries speak Spanish?
- Learning key sounds (phonics) in Spanish
- Learning some Spanish numerals
- Quiz and self-assessment task.

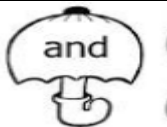
Please click on the link to access your learning:

<https://www.thenational.academy/year-1/foundation/el-alfabeto-y-los-numeros-year-1-wk1-2/#>

## Wednesday

### English

Instructions: To use the word 'and'



Home learning focus

In this lesson, we will be learning about the conjunction 'and'. We will be learning how to use it to join two simple sentences together.

### Maths

To compare lengths and heights of objects



Home learning focus

We will be exploring measuring a range of household objects using non-standard units such as pencils, paper clips or Lego bricks.

**Equipment needed:** Lego bricks or paper clips, objects within your home, a

### Art

To investigate colours



Home learning focus

In this lesson we are going to be creating a piece of work inspired by Andy Goldsworthy. We are going to be using items from nature (you may have already collected these items last week).

**Equipment needed:** You will need a piece of paper and a pencil.



This lesson includes:

- A focus on phonic writing words using ay, ai and a-e.
- Recap of spellings
- What is a conjunction? Focus on using co-ordinating conjunction 'and'.
- Writing task - Join two sentences together with 'and'
- Self-assessment task

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/instructions-to-use-the-conjunction-and-year-1-wk1-3/>

piece of paper and a pencil.



This lesson includes:

- A quiz to help assess your previous learning on this topic and to recap any elements you may have forgotten.
- Star Words – key vocabulary needed for the lesson.
- Task -Independently measuring objects using e.g. Lego bricks, paper clips or pencils.
- Task – Independently estimating the number of non-standard units needed to measure the height or length of objects.

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-measure-lengths-using-non-standard-units-year-1-wk1-3/>

**Equipment needed:** You will need petals, leaves, sticks, pebbles and other items.



- This lesson includes:
- Instructions for the task.
- Colour wheel
- Introduction to today's artist
- Review of the task
- Colour scale challenge

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/foundation/to-investigate-the-colours-year-1-wk1-5/>

## Thursday

### English

Instructions: To write a set of instructions



Home learning focus

In this lesson, we will begin to write a set of instructions. We are going to write a list of the ingredients first and then write the first two instructions.

**Equipment needed:** You will need a piece of lined paper, a pencil and your map of the instructions.



This lesson includes:

- A focus on phonic writing words using ay, ai and a-e.
- Recap of spellings
- Writing task – writing a list and writing the first box of your instructions.
- Self-assessment task

### Maths

To begin to understand units of measure



Home learning focus

In today's lesson we will be beginning to use and understand standard units of measure, such as 1 metre. We will look at objects that are taller than 1 metre and objects that are shorter than 1 metre.

**Equipment needed:** You will need objects within your home, a piece of paper, a pencil, and a metre stick or something similar.



This lesson includes:

- A quiz to help assess your previous learning on this topic and to recap any elements you may have forgotten.
- Star Words – key vocabulary needed for the lesson.

### Geography

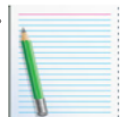
What is Europe like?



Home learning focus

In this lesson we are going to be flying across Europe, learning more about this wonderful continent. We will be learning all about how many people live in Europe, what food you can eat if you visit and what places you can see.

**Equipment needed:** You will need a piece of paper and a pencil.



This lesson includes:

- Retrieval practice - quiz
- Ordering the continents in size
- Analyse map of Europe
- What food can you eat in Europe?

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/instructions-to-write-a-set-of-instructions-year-1-wk1-4/>

- Exploring a metre stick/tape measure and ruler.
- Task -Predicting or measuring what is taller or shorter than 1 metre.
- How did it go?

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-begin-to-understand-standard-units-of-measure-year-1-wk1-4/>

- What landmarks are in Europe?

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/foundation/what-is-europe-like-year-1-wk1-4/>

## Friday

### English

**Instructions:** To continue to write a set of instructions



Home learning focus

Today we will finish writing our disgusting sandwich recipe from yesterday. We are going to write the last four steps of our instructions before checking for capital letters and full stops.

**Equipment needed:** You will need your work from yesterday and a pencil.



This lesson includes:

- A focus on phonics writing words with two syllables using ay, ai and a-e.
- Recap of spellings
- Writing task – write the rest of your instructions
- Editing your work by checking for capital letters and full stops.

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/english/instructions-to-continue-to-write-a-set-of-instructions-year-1-wk1-5/>

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

### Maths

**To problem solve using doubling and halving**



Home learning focus

In today's lesson we will be recapping our previous knowledge and understanding of doubling and halving.

**Equipment needed:** You will need a piece of paper, a pencil and some toys or counters.



This lesson includes:

- Activity 1 is a quick starting quiz
- Star Words – key vocabulary needed for the lesson.
- Recap halving objects and checking using non-standard units of measure
- Recap doubling
- Task -Compare the height of everyday objects
- Independent tasks and answers
- A final quiz

Please click on the link to access your learning:

<https://www.thenational.academy/year-1/maths/to-problem-solve-using-doubling-and-halving-year-1-wk1-5/>

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

### English Book Trust

Pyjama  
rama



Home learning focus

As part the festival of book-filled fun today, we've got loads of brilliant Pyjamarama activities to help you celebrate wherever you are- from colouring and crafts to puzzles and drawing.

**Equipment needed:** You will need a piece of paper or the printed templates, and some colouring pencils, pens or crayons.



This lesson includes an option of any of the activities below and more:

- Create your own pair of funky pyjamarama PJs – how colourful can you make them?
- Pyjamarama crossword puzzle
- Pyjamarama wordsearch puzzle
- Pyjamarama create a comic strip

Please click on the link to access your learning:

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/pyjamarama/pyjamarama-activities/?cld=Z3JpZmZpbmxAZ2FybGluZ2Uua2VudC5zY2gudWs%3D>



<mailto:contact-e5a5c1675a55ea11a811000d3ab824df055bf077900a4a29adc5b45c6e23f27c&esid=3355ea81-8e80-ea11-a812-000d3ad87f60>

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**

#### **Feeling competitive? Can you dress a fruit or vegetable?**

By combining different fruits and vegetables can you create your favourite animal or book character? Why not have a competition with a family member!

Don't forget to wash your hands before getting creative and to enjoy your tasty creation as a delicious treat after!



#### **Cereal box puzzle**

Ran out of cereal? Don't throw the cereal box away. First, open up your cereal box and draw a beautiful and detailed picture of your choice on one side. Then, cut your picture up into 16 pieces (ask an adult to help). Next, carefully mix up all of the pieces to create a puzzle. After, can you try and put them back together to make your picture again? Finally, why not have a competition with a family member to see who can make your puzzle picture in the quickest time!



#### **Creating a Small World**

Can you make a small world using a shoe box or a spare small box? Use your own small toys or make people or animals to go inside.



### **The World**

**Take some time each day to watch the sky in the day and at night.**



When you look at the sky in the day watch the clouds. Can you spot different patterns? Draw a picture of the clouds or imagine that you can see pictures in the different shapes.



When you look at the sky in the night watch the stars and find the moon. Can you find the brightest star? Can you learn about the moon?



### Speak Spanish

Can you research and learn three new Spanish words of your choice?



**¡HOY!**      *Gracias!*      **ADIOS**

### **Health and Wellbeing Activities**

#### **Find and share happiness**

- Research happy news articles from around the world and make your own happy news bulletin, newspaper or TV show. Can you share these with your family?
- Write an email to a friend or a family member. Maybe you could attach a drawing or a photograph? Can you also tell them why they are special to you? Don't forget to ask them a question!

**HAPPINESS**



## **Keeping Healthy and trying new food**

What can you remember about healthy eating? Why is it important that we have a balanced diet? Can you find out anything new? What is your favourite healthy food? Would you like to taste any new foods this week? Did you like or dislike them? Why?

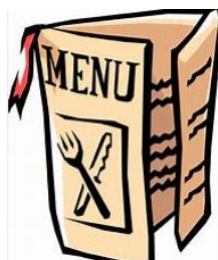
Print or use the template below to create your own food journal for the week. Don't forget to record any new food that you may try!

# My Food Journal

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

## **Making Menus**

Write and draw the perfect menu – starter, main and dessert. Do your family members agree or disagree?



**Exercise Challenge Cards - What can you do in one minute?**

How many times can you throw and catch a ball in one minute?

How many star jumps can you do in one minute?

How many kick-ups can you do in one minute?

How many skips can you do in one minute?



**Wellbeing Craft**

Please see activity below:



## Wellbeing Craft - Things to Look Forward To Jar

Use these craft instructions to create your own wellbeing jar. Having things to look forward to can make you feel happier and improve your wellbeing. Each time you think of something you would like to do in the future, write it on a piece of paper and place it inside your decorated jar.

### You will need:

- glass or plastic jar
- scissors
- paintbrush
- white glue
- sticky label or strip of paper
- tissue paper or coloured paper
- pencil
- paper to record the things you are looking forward to



### Instructions



1 Cut shapes out of the colourful paper or tissue paper.



4 Write a label for your jar. You could write 'Things to Look Forward To'.



2 Use the paintbrush to put some glue onto the jar.



5 You can use white glue to paint over the top of the shapes on your jar and the label. This will give it a nice, shiny effect.



3 Stick the paper shapes carefully onto the jar.



6 Once dry, your jar is ready to use. Write things that you are looking forward to on pieces of paper and place them into your decorated jar.

### Feeling Good Inside and Out

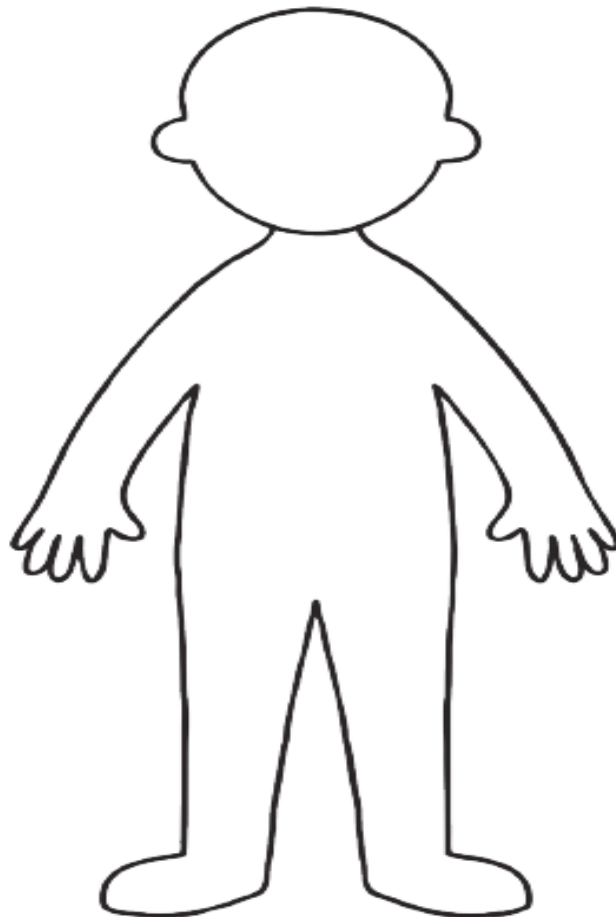
Print the template or draw your own to complete the activity below:

# Feeling Good Inside and Out

We can do lots to keep our minds and bodies feeling good; these are often linked.

Outside of the body outline below, write the things that help to keep your body healthy.

Inside the body outline, write the things that help to keep your mind healthy.



## **Weekly Challenges and Games**

### **Memory Game 1**

First, collect some objects from around your home. Next, lay them on a table and ask a family member to look carefully at all of your chosen objects. Then, ask your family member to close their eyes whilst you cover your objects with a blanket or towel. After, take time to test your family member – can they remember the name of every object? To make it more challenging you could use a timer when testing your family member.

### **Memory Game 2**

Close your eyes, then someone moves something in the room. Can you tell what it is? Extra fun if you use the whole house!

### **Name Game**

Can you think of a name for every letter of the alphabet?



**Name 5 Things Game** – see task below

Name **5** things



... that **smell** nice!

Name **5** things



... that **feel** soft!

Name **5** things



... that **sound** nice!

Name **5** things



... that are **blue**!

Name **5** things



... that are **red**!

Name **5** things



... that are **green**!

Name **5** things



... that taste **sweet!**

Name **5** things



... that are **circular!**

Name **5** things



... that are  
**rectangular!**

Name **5** things



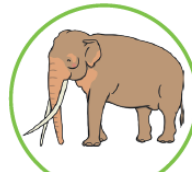
... that are  
**triangular!**

Name **5** things



... that are **small!**

Name **5** things



... that are **big!**

Weekly Home Learning Timetable