Home Learning Resources for Year 1 Day 1 English: GLUE STICK d b t t g s α sh t α g С l g С n s

Day 1 Maths:

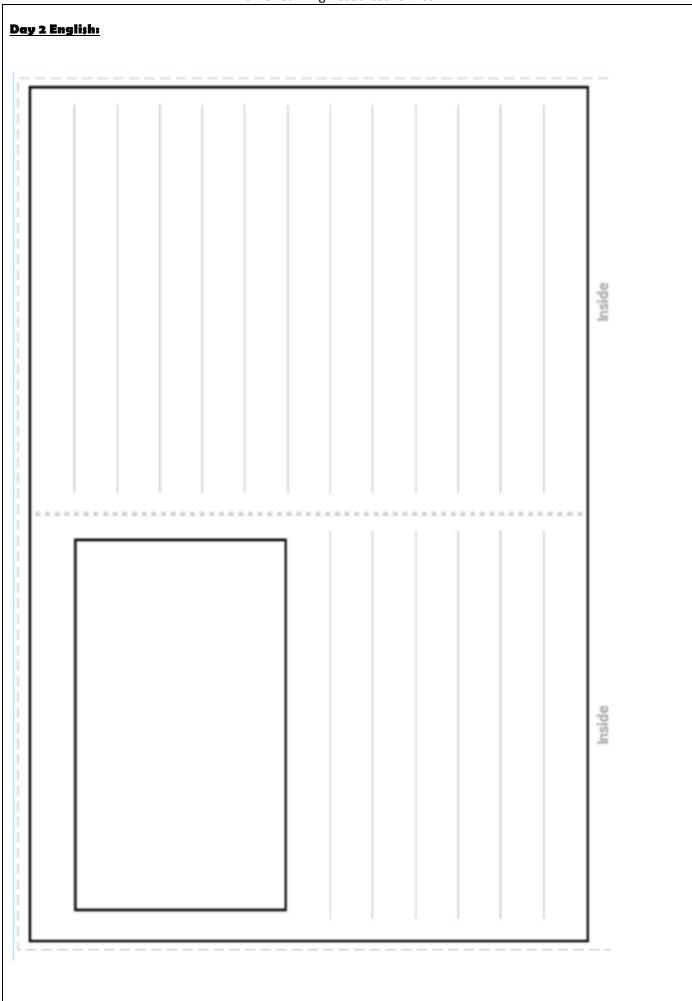
LI: To order numbers to 50.

Can you write these numbers in the correct order from smallest to largest?

23	41	12	32	9

12	5	27	31	19

50	42	1	23	14



Day 2 Maths:

LI: To represent numbers within 50.

How many tens and ones does the number 12 have?

Tens	Ones

How many tens and ones does the number 18 have?

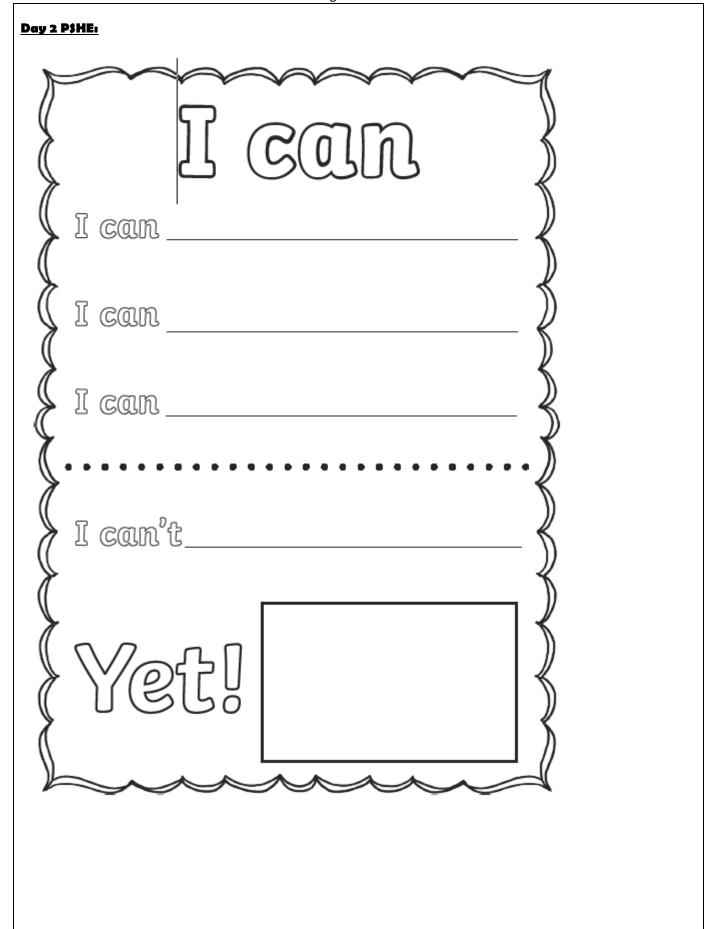
Tens	Ones

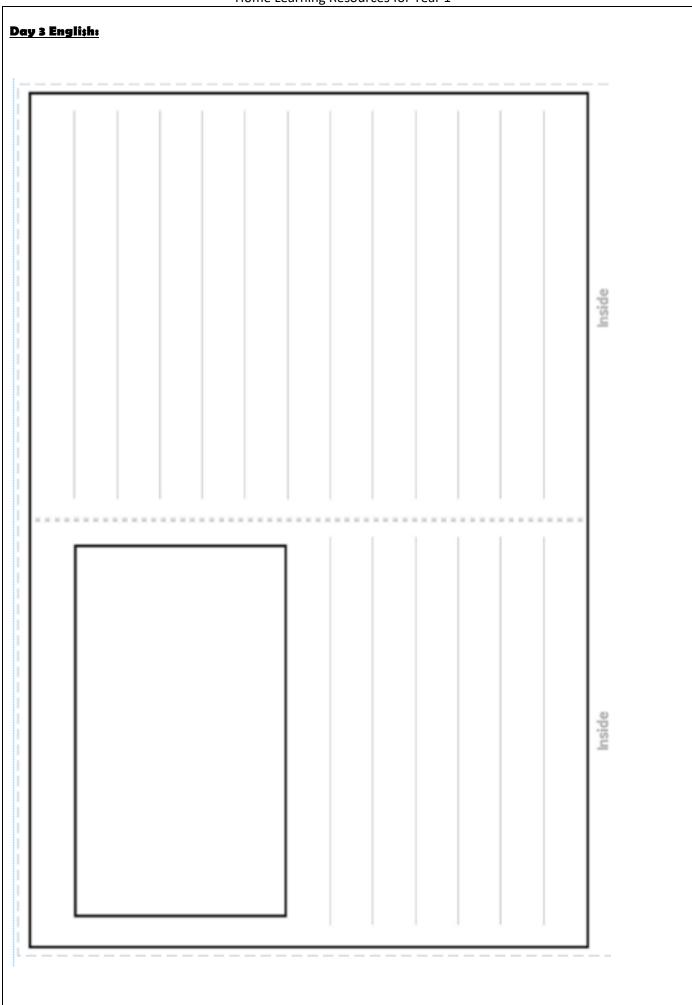
How many tens and ones does the number 16 have?

Tens	Ones

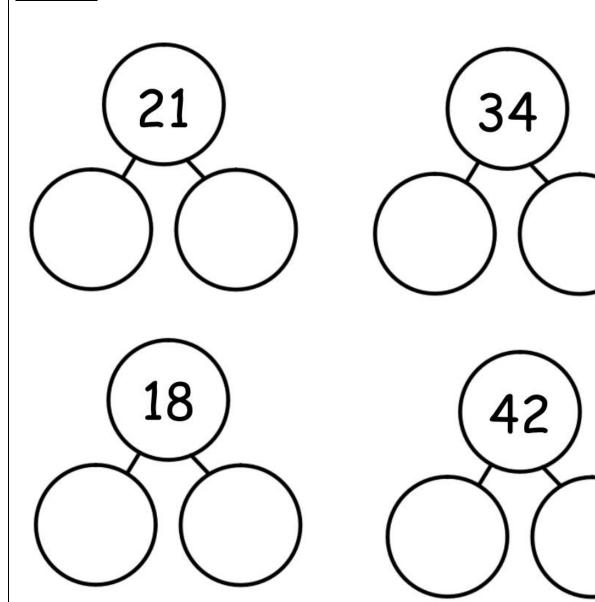
How many tens and ones does the number 24 have?

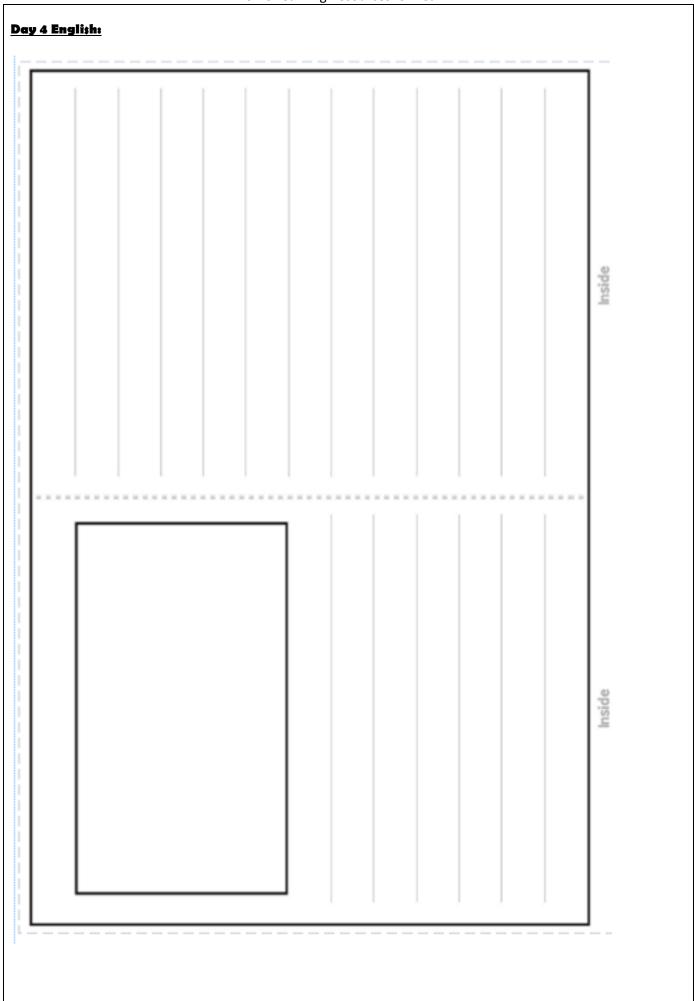
Tens	Ones





Day 3 Maths:





Day 4 Maths:

Pirate Colour by Numbers Addition to 50

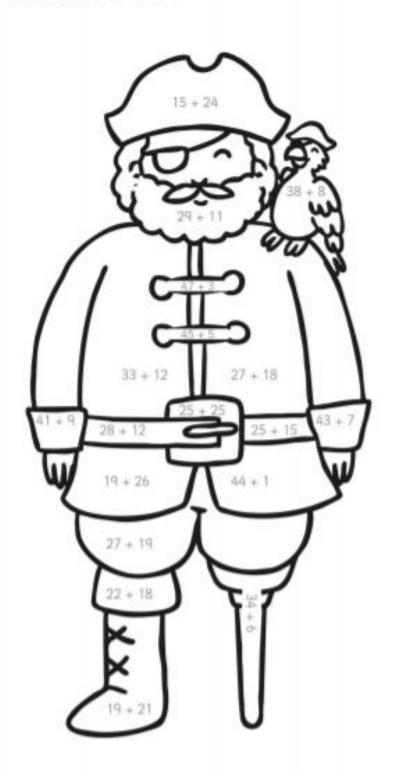
50 = yellow

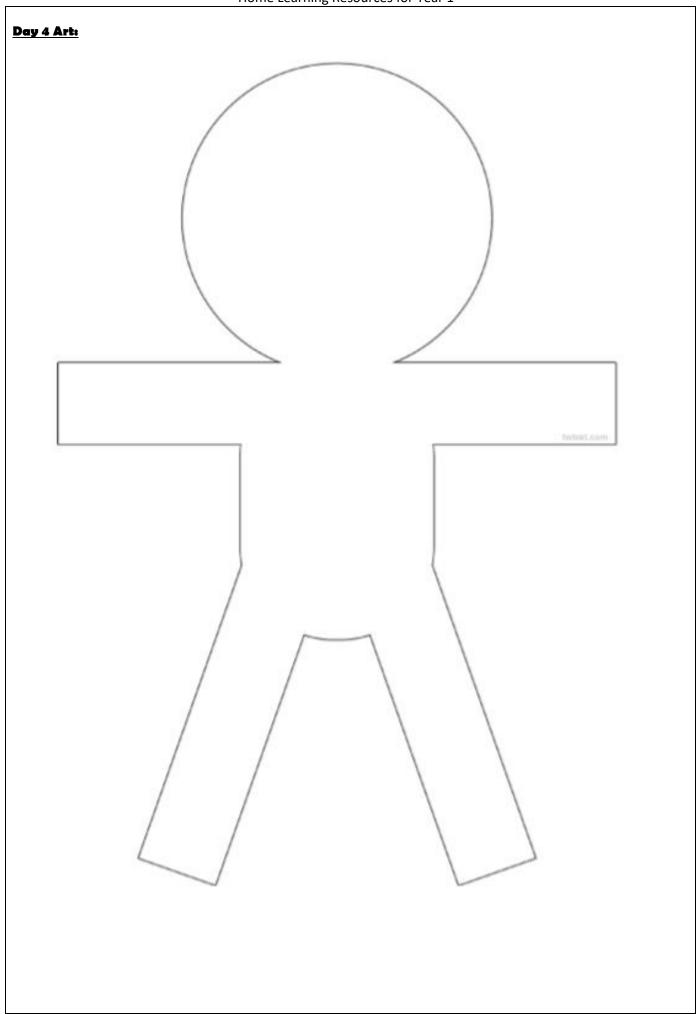
45 = blue

46 = red

39 = black

40 = brown





Day 5 English:



ykmctheir

k c s d g o g q i

fokpctMrs

uult bhy ve

elpoephvM

pdipdjpir

illookedt

hbaskedzc

k y c a l l e d n

people

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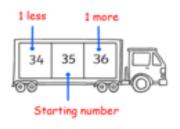
Mr

Mrs

Day 5 Maths:

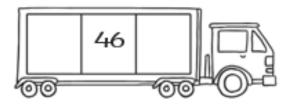
One More, One Less Number Writing Sheet

Write the numbers that come before and after.



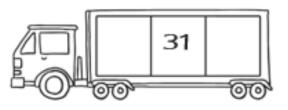






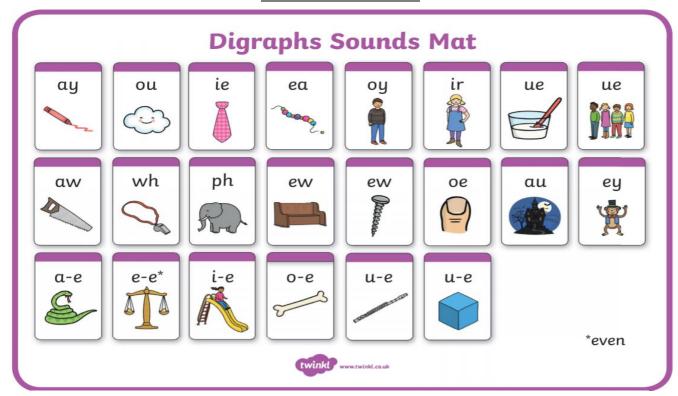






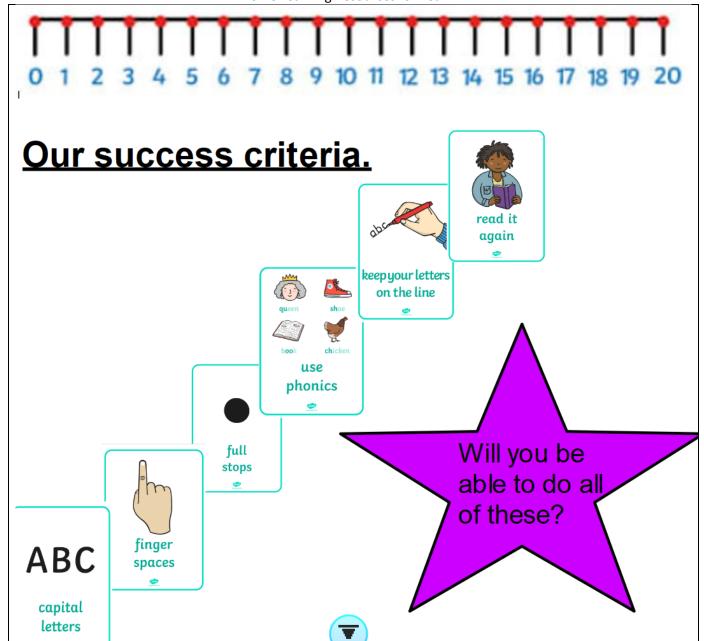


Additional resources:



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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

HOPE



Yoga Poses

Mountain Pose





Benefits

Improves posture, strengthens core muscles and legs.

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

Chair Pose





Benefits

Strengthens legs, stretches shoulders and chest.

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

Tree Pose

Vriksasana



Benefits

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

- 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.
- 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.

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

Old Bear Communication board:

