



St Uny CE Academy Weekly Home Learning

Class: Tehidy week beginning 22 February 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Morning Motivation Morning Motivation Joe Wicks morning activities Monday, Wednesday, Friday (9am) https://www.youtube.com/playlist?list=PLYCLoPd4VxBuPuwfVuS-OBtK_kZqJCX-b Tuesday & Thursday – get active together				
2	Phonics Read, Write Inc. daily Phonics and Spelling lesson (Set 2) https://www.ruthmiskin.com/en/find-out-more/parents/ https://www.ruthmiskin.com/media/filer_public/df/c1/dfc1ec43-a40b-41cb-9d7e-2a017803bed8/schedule_jan-feb_2021.pdf Spellings Refer to weekly spelling list and practise spellings.	Phonics Read, Write Inc. daily Phonics and Spelling lesson (Set 2) https://www.ruthmiskin.com/en/find-out-more/parents/ https://www.ruthmiskin.com/media/filer_public/df/c1/dfc1ec43-a40b-41cb-9d7e-2a017803bed8/schedule_jan-feb_2021.pdf Spellings Refer to weekly spelling list and practise spellings.	Phonics Read, Write Inc. daily Phonics and Spelling lesson (Set 2) https://www.ruthmiskin.com/en/find-out-more/parents/ https://www.ruthmiskin.com/media/filer_public/df/c1/dfc1ec43-a40b-41cb-9d7e-2a017803bed8/schedule_jan-feb_2021.pdf Spellings Refer to weekly spelling list and practise spellings.	Phonics Read, Write Inc. daily Phonics and Spelling lesson (Set 2) https://www.ruthmiskin.com/en/find-out-more/parents/ https://www.ruthmiskin.com/media/filer_public/df/c1/dfc1ec43-a40b-41cb-9d7e-2a017803bed8/schedule_jan-feb_2021.pdf Spellings Refer to weekly spelling list and practise spellings.	Phonics Read, Write Inc. daily Phonics and Spelling lesson (Set 2) https://www.ruthmiskin.com/en/find-out-more/parents/ https://www.ruthmiskin.com/media/filer_public/df/c1/dfc1ec43-a40b-41cb-9d7e-2a017803bed8/schedule_jan-feb_2021.pdf Spellings Spelling test.
3 Writing	With an adult, make flapjacks. https://www.bbcgoodfood.com/recipes/yummy-golden-syrup-flapjacks Talk about each stage of the making process. Take a photograph of each stage as a reminder. You can select whether you want to do the virtual lesson or the alternative task.	Talk about what is happening in each photo. Place the photos in sequential order. Have a go at describing each step of the flapjack making process. You can select whether you want to do the virtual lesson or the alternative task.	Select the first photo in the sequence. Orally compose a simple sentence to describe what you did eg 'Mix in the oats'. Practice saying your sentence several times. Have a go at writing your sentence, remembering to leave finger spaces between your words. You can select whether you want to do the virtual lesson or the alternative task.	Repeat the process from yesterday, selecting & describing the photos in order. Continue this tomorrow. You can select whether you want to do the virtual lesson or the alternative task.	Match your written sentences to photos. Place sentences/photos in order. Read back your instructions. You can select whether you want to do the virtual lesson or the alternative task.
4 Maths	Follow the link below to watch the demonstration https://classroom.thenational.academy/lessons/exploring-and-discussing-time-and-the-seasons-6mwp8c Alternative task: Discuss the different seasons and the months included in each season. You could use a calendar to help you. Talk about what happens in each season. Describe a season of your choice for a partner to guess. Choose one season and talk about what special things happen eg 'Christmas comes in winter' 'My birthday is in Spring'	Follow the link below to watch the demonstration https://classroom.thenational.academy/lessons/exploring-and-discussing-the-days-of-the-week-and-daily-events-6ngkqc Alternative task: Make a list of the days of the week and discuss what typically happens on each day eg 'On Mondays I...' 'On Saturdays I...'. Can you tell your partner what day comes before or after a given day? eg 'What day comes after Tuesday?'	Follow the link below to watch the demonstration https://classroom.thenational.academy/lessons/using-everyday-language-to-talk-about-and-sequence-daily-events-60tkad Alternative task: Recite the days of the week together. What day is it today? What day will it be tomorrow? What day was it yesterday? Talk about what you did yesterday, in order, during the day eg. Yesterday I.... First I.....Next I..... Then I.....	Choose an everyday routine to focus on eg bedtime. Draw or photograph the sequence of events eg Wash, clean teeth, listen to a story, switch off the light, close eyes. Position pictures in chronological order. Use time words such as First, next, then, after, finally to describe the complete routine. Discuss: would the routine still be successful if the order of events were changed eg Does it matter if you clean your teeth before washing? What about if you switch out the light before reading a story? etc.	Divide a large piece of paper into 3 parts. Label each part – morning, afternoon, evening. Talk about things you do in the morning eg. Eat breakfast. In the morning section of your paper, draw these or ask an adult to scribe for you. Repeat the process for the afternoon and evening. Ask an adult to help you find out what time you typically do some of these actions. Estimate this to the nearest hour eg 'I get up at 7 o'clock' 'I eat my breakfast at 8 o'clock'
5 Reading	Reading 20 minutes of reading with an adult. Make sure you log in reading record. Link to free online e-books: https://home.oxfordowl.co.uk/reading/free-ebooks/	Reading 20 minutes of reading with an adult. Make sure you log in reading record. Link to free online e-books: https://home.oxfordowl.co.uk/reading/free-ebooks/	Reading 20 minutes of reading with an adult. Make sure you log in reading record. Link to free online e-books: https://home.oxfordowl.co.uk/reading/free-ebooks/	Reading 20 minutes of reading with an adult. Make sure you log in reading record. Link to free online e-books: https://home.oxfordowl.co.uk/reading/free-ebooks/	Reading 20 minutes of reading with an adult. Make sure you log in reading record. Link to free online e-books: https://home.oxfordowl.co.uk/reading/free-ebooks/

Balance that Balloon

Try to balance a balloon on different body parts e.g. your head, hand, foot, shoulder, arm. How many seconds can you keep that balloon balanced for?

How Long Can You Last?

Ask someone to time you while you balance on different body parts e.g. one foot, one knee, one hand or one foot. See how long you can balance for before you start to wobble.

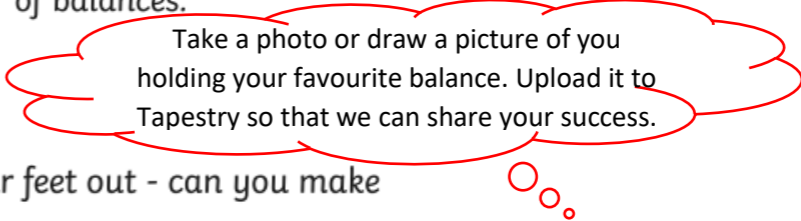
P.E. (Balance)

Balancing Bridges

Ask someone to help you make different types of bridges; you can do this by leaning against one another or a solid surface. For example, put the palms of your hands together and lean towards one another; stand back-to-back and slowly move your feet out to make a bridge beneath you; or put the palms of your hands against a wall and walk your feet out - can you make a bridge so low that no one can get under?

Can't Push Me Over

Create a balance e.g. stand on one leg or sit on your bottom with your arms and legs off the floor. Ask someone to try to gently push you over - can you remain balanced? Try again with different types of balances.



How to Balance:

- 1. Make sure you are looking forward.
- 2. Look at a fixed point in front of you.
- 3. Make sure you are holding your body in a strong position.
- 4. Make sure you are balancing on a flat surface.
- 5. Try to hold your balance for about 5 seconds.