



Year 1 – Pack 1 – Other Opportunities for Learning

Task 1: Science

Me and My Body

Follow the link <https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zqhbr82>

Watch the short clips about the different parts of your body. Now find the work sheet 'Me and My Body' to have a go at labelling the parts yourself.

Task 2: Phonics

Follow the link <https://www.phonicsplay.co.uk/resources/phase/3/buried-treasure>

1. Play the 'Buried Treasure' game to practise blending Phase 3 sounds in real and nonsense words.
2. Open Year 1 common exception words. How many can you read? Remember some are tricky and can't be sounded out. Pick ones you find difficult and write them down on pieces of paper or post it notes. Can you play a game with your family? Hide them around your home and see how many you can find and read in 2 minutes. Good luck! 😊

Task 3: Philosophy

Draw a picture of yourself. Label your picture with ways that you are special.

Watch the clip about friendship.

<https://www.bbc.co.uk/bitesize/clips/zs8c87h>

Things to think about

How are you a kind friend?

What special talents do you have?

How do you help others?

Task 4: Handwriting

Follow the link and practise your letter formations.

<https://www.bbc.co.uk/bitesize/articles/zn8sxbk>

Practise the long ladder, one-armed robot, zigzag and curly caterpillar letters.

Then have a go at the handwriting quiz at the bottom, good luck! 😊

Task 5: Geography

Follow the link to explore the UK.

<https://www.bbc.co.uk/bitesize/topics/zyhp34j/articles/z4v3jhv>

Where have you been in the UK?

Draw a picture of your favourite place that you have visited. This could be somewhere local or a holiday you have been on.

Discuss any similarities or differences between these places.

Task 6: Science

Follow the link to learn about the different types of food that animals eat.

<https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/z96vb9q>

Complete the 'Dinner Time' work sheet, sorting animals into herbivores, omnivores and carnivores. Look out for the extra challenge at the bottom!

Task 7: Music

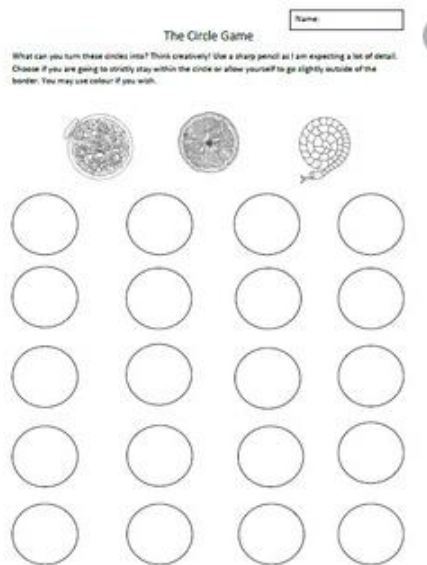
Follow the link <https://www.bbc.co.uk/bitesize/topics/zk86qfr>

Pick a video to join in with or why not try them all!

If you're feeling creative, why not make your own musical instrument out of any recycling/junk modelling or suitable resources in your home.

Task 9: Art

1. **Act 1 (whole School) The Circle Game-** On a plain piece of paper, draw around something circular as many times as you can fit onto one page (lid of a Prit Stick, £2 coin, egg cup, or something of a similar size). Inside each circle think creatively and turn the circles into different drawings. On this example sheet they have drawn a pizza, slice of an orange and a coiled rope. What other drawings can you create that are circular is design?



2. **Act 2 Practising your cutting skills-** Follow the link below, to create a wacky hair styles for your person.

<https://www.youtube.com/watch?v=mz-fG-yPT4I>

Task 10: PE

1. Follow the link – PE with Joe Wicks and Jessie

<https://www.youtube.com/watch?v=xbVr38Bhe7E>

2. Follow the link

<https://www.youtube.com/watch?v=sIEIQTPVc3Q&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=15&t=0s>

Have a go at the 'Sequence champions' activities.

Sequence Champions

Home Physical Education

Can you perform your sequence and ask for feedback?

How to play:

- Use a dice to create a movement sequence.
- You are going to add 3 movements together.
- Roll the dice 3 times to see which 3 movements you will need to perform:

Roll a 1 = A star jump

Roll a 2 = A roll

Roll a 3 = A turn

Roll a 4 = A twist

Roll a 5 = A tuck jump

Roll a 6 = A balance

- Think of creative ways to link the movements.

- Practice your sequence and then perform!



Can you keep practicing to improve your sequence?

Top Tips

Link your movements

When you finish your first movement try and move into the next movement smoothly without pausing.

Let's Reflect

What did you find difficult about linking your movements together?

Did you manage to complete the sequence without stopping?