



WEST BYFORD'S WAY TO LEARN EACH DAY

Year 1 Term 1 Week 7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Weekly Challenge

Do a drawing with your eyes closed. Post your results on Dojo!

Daily Fitness

Dinosaur Workout

<https://www.youtube.com/watch?v=buLiq7QY3nU>

Daily Fitness

Plank – time yourself holding a plank.

Daily Fitness

10 star jumps, 10 sit ups, 10 squats

Daily Fitness

Plank – time yourself holding a plank. Did you beat your previous time?

Daily Fitness

Cosmic Kids Yoga – Underwater Party

<https://www.youtube.com/watch?v=0hvwLdk5D5g>

Numeracy Activities

Mental Maths – [The adding 2 song](#)

Add 1 or 2 activity sheet 1

Numbers to 100 – [1 to 100 Rap song](#)

Number words for tens activity sheet

Numeracy Activities

Mental Maths – [The adding 2 song](#)

Add 1 or 2 activity sheet 2

Numbers to 100 – [1 to 100 Rap song](#)

Number sequence to 100 activity sheet

Numeracy Activities

Mental Maths – [The adding 2 song](#)

Add 1 or 2 activity sheet 3

Numbers to 100 – [1 to 100 Rap song](#)

Compare numbers to 100 activity sheet

Numeracy Activities

Mental Maths – [The adding 2 song](#)

Add 1 or 2 Read the Code activity sheet

Problem Solving – Doc's Secret Number

Laugh, Play 'n' Create

Build a home or place for your favourite toy.

Literacy Activities

Letters and Sounds – 'ai' cut and paste

Spelling – Read through list words and highlight focus sound

Reading – Read and Listen

Felix by Pamela Allen-

https://www.youtube.com/watch?v=TLv_RFJ8LrY

Literacy Activities

Letters and Sounds – 'ai' The Snail

In the Rain – Read and colour the 'ai' words.

Spelling – Sound button sheet steps 1-3

Reading – Draw something this story reminds you of.

Literacy Activities

Letters and Sounds – 'ee' cut and paste activity

Spelling – Sound button sheet steps 4-6

Grammar – Nouns – Watch the video.

Find and colour the nouns

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

Literacy Activities

Letters and Sounds – 'ee' The BeeTree – Read and colour the 'ee' words.

Spelling – Practice your spelling words and dictation sentence with a family member.

Handwriting – Letter 'd'

Writing – Sentence Scramble – The cat sat...

HASS Activity

Family fun

Following [this link](#), read about Past and Present Ways to Have Fun. Complete [this activity](#) and upload to Dojo.

Health

(Mrs Bastick/Miss Stumpf)

Personal Hygiene- Keeping my body clean

Performing Arts

(Nicole George)

FAST and SLOW

A Ram Sam Sam ([link](#))

A Fast and Slow Song ([link](#))

Physical Education

(Mrs Bastick/ Miss Stumpf)

FMS – Forward Galloping

See Phys Ed worksheet

Science Activity

(Mr Zachary)

Finish lesson 3 + Investigation

Visual Art Activity

(Miss Larkin)

Warm and cool sunset landscape

Don't forget, take breaks throughout the day! Get some fresh air, move your body, stretch your eyes ☺

