



# WEST BYFORD'S WAY TO LEARN EACH DAY

Year 1 Term 1 Week 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Weekly Challenge:

Make your own sandwich for lunch. Post a picture on Dojo!

### Daily Fitness

Cosmic Kids Yoga – Popcorn and Pirates [LINK](#)

### Daily Fitness

10 x star jumps, 10x squats, 10x sit ups

### Daily Fitness

Go Noodle – Run the Red Carpet [LINK](#)

### Daily Fitness

*Skipping – Skip with a skipping rope for 5 minutes. If you don't have a skipping rope, pretend you have an imaginary one!*

### Daily Fitness

SpongeBob Fitness Run - [LINK](#)

### Numeracy Activities

Mental Maths – [The adding 3 song](#)  
Plus 3 activity sheet 1  
Measurement – [Long, Longer, Longest song](#)  
Sort by Length activity sheet

### Numeracy Activities

Mental Maths – [The adding 3 song](#)  
Plus 3 activity sheet 2  
Measurement – [Long, Longer, Longest song](#)  
Measure Length activity sheet

### Numeracy Activities

Mental Maths – [The adding 3 song](#)  
Plus 3 activity sheet 3  
Measurement – [Long, Longer, Longest song](#)  
Compare Length activity sheet

### Numeracy Activities

Mental Maths – [The adding 3 song](#)  
Plus 3 Find the Path activity sheet  
Problem Solving – Longer or Shorter

### Laugh, Play 'n' Create

Help with a job around the house, make it a game!

### Literacy Activities

Letters and Sounds – 'igh' write and colour the 'igh' words.  
Spelling – Read through list words and highlight focus sound  
Reading – Read and Listen Harriet, You'll Drive Me Wild! By Mem Fox - [LINK](#)

### Literacy Activities

Letters and Sounds – 'igh' Draw a picture of something with 'igh'. Write a sentence about it.  
Spelling – Sound button sheet steps 1-3  
Reading – Similarities and Differences - How are you the same or different to the character?

### Literacy Activities

Letters and Sounds – 'oa' tracing worksheet  
Spelling – Sound button sheet steps 4-6  
Grammar – Adjectives – Watch the video. Write 2 adjectives to describe each picture. [LINK](#)

### Literacy Activities

Letters and Sounds – My Pet Dog – read package with tricky words  
Spelling – Practice your spelling words and dictation sentence with a family member.  
Handwriting – Letter 'e'  
Writing – Sentence Scramble – The girl is...

### HASS Activity

Blast to the past  
Read through [slides](#) with your adult.  
Complete last 2 pages.

### Health

(Mrs Bastick/Miss Stumpf)  
Water and Sleep

### Performing Arts (Nicole George)

Sound Story; The Hare and the Tortoise, a story about FAST and SLOW.  
[LINK](#)

### Physical Education

(Mrs Bastick/ Miss Stumpf)  
FMS – Side Galloping  
See Phys Ed worksheet

### Science Activity (Mr Zachary)

*(Repeat the investigation from last week, but instead of fruit use other frozen materials, such as peas, ice, icecream, frozen juice, salt water[especially fun to prepare and explore], frozen vinegar etc. Compare with last week, how are things different now?)*

### Visual Art Activity (Miss Larkin)

Warm and cool sunset Landscape cont

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