



# WEST BYFORD'S WAY TO LEARN EACH DAY

Year 1 Term 1 Week 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Weekly Challenge:

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

### Daily Fitness

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

### Daily Fitness

Throw and catch a ball with a partner or against a wall

### Daily Fitness

Plank – time yourself holding a plank.

### Daily Fitness

Handstands and Cartwheels – make sure you are outside and have lots of space!

### Daily Fitness

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

### Numeracy Activities

Mental Maths – [Add 'em up song](#)  
Plus 1 activity sheet 1  
Counting to 100 – [Count to 100 song](#)  
Number sequence to 30 activity sheet

### Numeracy Activities

Mental Maths – [Add 'em up song](#)  
Plus 1 activity sheet 2  
Counting to 100 – [Count to 100 song](#)  
Number sequence to 40 activity sheet

### Numeracy Activities

Mental Maths – [Add 'em up song](#)  
Plus 1 activity sheet 3  
Counting to 100 – [Count to 100 song](#)  
Order numbers to 50 activity sheet

### Numeracy Activities

Mental Maths – [Add 'em up song](#)  
Add 1: Sum numbers activity sheet  
Problem Solving – Dizzy's Secret  
Number activity sheet

### Laugh, Play 'n' Create

Create a photo frame.

### Literacy Activities

Letters and Sounds – 'y' tracing sheet  
Spelling – Read through list words and highlight focus sound  
Reading – Read and Listen - Alexander's Outing by Pamela Allen  
<https://www.youtube.com/watch?v=h3ZQVv8BcZ4>

### Literacy Activities

Letters and Sounds – 'z' tracing sheet  
Spelling – Sound button sheet steps 1-3  
Reading – Retell and sequence the story into beginning, middle and end.

### Literacy Activities

Letters and Sounds – 'qu' – Watch video and draw a picture of two things that start with a 'qu' add these on dojo  
<https://www.youtube.com/watch?v=Nawc37HyTQ>  
Spelling – Sound button sheet steps 4-6  
Grammar – Verbs – Watch Verb Video. Match verbs to a picture  
<https://www.youtube.com/watch?v=M-Wky0BNk0>

### Literacy Activities

Letters and Sounds – tricky words key and lock worksheet  
Spelling – Practice your spelling words and dictation sentence with a family member.  
Handwriting – Letter 'a'  
Writing Activity – Ducks Say Quack.

### HASS Activity

Extended Family

Watch: <https://www.youtube.com/watch?v=Fut7OpIEu5w>  
Discuss: Have a chat with your adult about who is your extended family? Save and complete [template linked](#) and upload to Dojo.

### Health

(Mrs Bastick/Miss Stumpf)  
Eating Healthy Foods  
AGTHE support document

### Performing Arts

(Nicole George)  
Pitch: High and Low  
Learn the song [\(link\)](#)  
Sing with me! [\(link\)](#)

### Physical Education

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

### Science Activity

(Mr Zachary)  
Up to page 5 Lesson 2

### Visual Art Activity

(Miss Larkin)  
2D Shape Face Art activity

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

