



WEST BYFORD'S WAY TO LEARN EACH DAY

Year 1 Term 1 Week 5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Weekly Challenge:

Pick up a ball from the floor without using your hands. Good Luck!

Daily Fitness

Just Dance

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

Daily Fitness

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

Daily Fitness

Go Noodle -

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

Daily Fitness

Hop and skip around your back yard for 2 minutes.

Daily Fitness

Cosmic Kids Yoga -

<https://www.youtube.com/watch?v=KAT5NIWHFIU>

Numeracy Activities

Mental Maths – [Add 'em up song](#)
Plus 0 or 1 activity sheet 1
Place Value – [Base Ten video](#)
Place Value 20 to 30 activity sheet

Numeracy Activities

Mental Maths – [Add 'em up song](#)
Plus 0 or 1 activity sheet 2
Place Value – [Base Ten video](#)
Place Value 1 to 30 activity sheet

Numeracy Activities

Mental Maths – [Add 'em up song](#)
Plus 0 or 1 activity sheet 3
Place Value – [Base Ten video](#)
Roll and Draw activity sheet

Numeracy Activities

Mental Maths – [Add 'em up song](#)
Plus 0 or 1 Read the Code activity sheet
Problem Solving – How many pencils?

Laugh, Play 'n' Create

Design and build a cubby house.

Literacy Activities

Letters and Sounds – 'sh' – tracing sheet
Spelling – Read through list words and highlight focus sound
Reading – Grandpa and Thomas by Pamela Allen -
https://www.youtube.com/watch?v=37MinaEA_Ic

Literacy Activities

Letters and Sounds – 'sh' – words that begin with sh
Spelling – Sound button sheet steps 1-3
Reading – Draw something this story reminds you of.

Literacy Activities

Letters and Sounds – 'ch' – tracing sheet
Spelling – Sound button sheet steps 4-6
Grammar – Verbs – Watch Verb video. Missing verbs sentence
<https://www.youtube.com/watch?v=M-Wky0BNk0>

Literacy Activities

Letters and Sounds – 'ch' – starts with ch ends with ch gluing activity
Spelling – Practice your spelling words and dictation sentence with a family member.
Handwriting – Letter 'b'
Writing – Sentence Scramble – The boy...

HASS Activity

Comparing Families

Read: [All Kinds of Families By Mary Ann Hoberman](#)

Compare your family to a friends' family in class that you know. Scan and upload response.



Health

(Mrs Bastick/Miss Stumpf)
Being Active Outdoors 1 and 2

Performing Arts

(Nicole George)
Loud and Soft Music
Click the link to view the video
[\(link\)](#)

Physical Education

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

Science Activity

(Mr Zachary)
Finish Lesson 2 + investigation

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 ☺