

# Home Learning KS1 - Sport



Forest Hill  
Partnership

Week Beginning 29<sup>th</sup> June 2020

## Daily Physical Activities

Daily movement is great for children's physical and mental health:

Joe Wicks is hosting a daily fitness session to get the blood pumping:	<a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
Cosmic Kids are hosting a daily yoga session to help build strength and balance. These fun sessions follow story and are also great for mental health.	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>

## Phonics for Year 1

At school we follow a scheme called Read Write Inc. Below is a link to daily lessons. Each day a new video teaching a new sound is uploaded and is available for 24hrs so it can be accessed any time on that day. Children would need to first take part in the 'Speed Sound' lesson which lasts about 10-15minutes. Following this they can take part in the 'Spelling lesson' which again lasts about 10-15 minutes. These two short sessions will help children learn new sounds and apply them in spelling.

Link:	<a href="https://www.youtube.com/results?sp=mAEB&amp;search_query=read+write+inc+phonics">https://www.youtube.com/results?sp=mAEB&amp;search_query=read+write+inc+phonics</a> The lessons are available for 24 hours from 9.30am each morning.
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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Set 1 – Reception</b> <ul style="list-style-type: none"> <li>Set 1 Speed Sounds 9.30 am</li> <li>Set 1 Word Time 9.45 am</li> <li>Set 1 Spelling 10.00 am</li> </ul>	v	y	w	z	x
<b>Set 2 – Reception and Yr.1</b> <ul style="list-style-type: none"> <li>Set 2 Speed Sounds and Word Time 10.00 am</li> <li>Set 2 Spelling 10.15am</li> </ul>	air	ir	ou	oy	ay (set 2 restarts)
<b>Set 3 Yr. 1 and Yr. 2</b> <ul style="list-style-type: none"> <li>Set 3 Speed Sounds and Word Time 10.30 am</li> <li>Set 3 Spelling 10.45 am</li> </ul>	i-e (Reading longer words oo/u-e/ew)	o-e (Reading longer words or/aw)	u-e (set 3 restarts) (Reading longer words air/are)	aw (Reading longer words ir/ur/er)	are (Reading longer words ou/ow)

## **Some activities to choose from:**

### **PE/Games:**

Create your own scavenger hunt. Children can write a list of objects and hide them around the house for someone else to find. They can draw a map to help someone find the objects.

Children can copy the dance moves or create their own dance. A Lets Dance video can be found at: <https://www.youtube.com/watch?v=ziLHZekbMUo>

Complete the virtual sports week challenges. Don't forget to upload videos and pictures to Dojo. (see separate post on Class Dojo)

### **Forest Skills:**

Bug Hunt. Use your best nature detective skills to search for minibeasts. Check under stones and logs, peer into the cracks in trees, look in the grass and plants. Keep a tally chart of the creatures you find. Draw close observational drawings and label the parts of their body. You could make a map to show the different habitats you found the minibeasts in. Remember – bugs are very tiny and delicate so be careful if you pick them up and always put them back where you found them!

Create your own bug hotel from items you can find in the house and garden. Think about where you found the minibeasts to help you design the perfect habitat.

Natural art Find out about the art of Andy Goldsworthy <https://www.bbc.co.uk/bitesize/clips/zs87tfr>

Collect objects from nature such as leaves, twigs and stones. Create your own piece of natural art work.

Trees and Leaves Look at the shape of different leaves. Identify the tree that the leaves are from. Make careful drawings, looking closely at the shape and markings.

More ideas can be found at:

<https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>

<https://www.wildlifewatch.org.uk/activity-sheets>

### **Art:**

Sports Kit Design Design and draw your own sports kit. Children can create a kit for any sport they enjoy (football, dance, running, gymnastics etc.)

Olympic Logo Create your own Olympic 2020 logo. The Olympics were meant to be in Tokyo this year, children can design a logo that represents Japan.

Flag Designs Design a flag for the opening ceremony. Think about what images you could put on the flag that represents you.

### **Reading:**

Online eBooks which link to our phonics programme (shown above) will allow children to apply their phonics skills. These can be found at:

<https://home.oxfordowl.co.uk>

## Story Time

Daily story time provided by RWI who we follow for phonics: <https://www.youtube.com/playlist?list=PLDe74j1F52zQ51fqNpKV07E71knNI8HFh>

## Project theme:

Find out about the origins of the Olympics. Look at how the original games have changed to the modern games.

Research the origins of the Olympic rings logo.

Choose one of the countries which have hosted the Olympic and Paralympic Games. Locate it on a map. Find out about the country and the host city.

Make a list of Olympic and Paralympic sports. Put them in alphabetical order. Choose an adjective to describe the sport. Can you use alliteration? e.g. Tricky tennis

Research a famous athlete. Write a fact file on the athlete. What is their greatest achievement? Did they need to overcome any challenges?

## Writing:

Daily Log Create a daily log of your virtual sports day challenges.

Persuasion What is your favourite sport? Why do you enjoy it? Write a persuasive piece of writing to persuade others why that sport is the best sport.

Instructions Invent a game and write the rules and instructions for how to play.

Story/Diary Create your own story about a funny sports day event. Think about the events that we do on Sports day e.g. egg and spoon race, skipping, obstacle race. Think about what might happen during these events.

Poem Write an acrostic poem using the word SPORT or you could choose a type of sport.

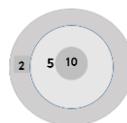
e.g. Speeding down the track,  
Playing exciting team games,

## Maths:

Measure length Measure the length of your feet. Jump as far as you can and measure your jump. Investigate whether the person in your family with the longest feet can jump the furthest.

Time Time Challenge. Time yourself doing different challenges e.g. How many star jumps can you do in 30 seconds? How many times can you catch a ball in 30 seconds? How long does it take to hop 20 times? Record the results. Compare with other members of your family. Try to improve your scores.

Calculation Make a simple target board. You can change the scores on the board to make them higher or lower. Play the game using 3 objects and keep a score. Add up the score after each go to find the total scores.



Stage	Aim	Link
Daily learning stage	In this stage, children can be a little more independent and engage with daily learning activities using the BBC bitesize website. This is broken down into year groups and learning for each day.	<a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a>
Formal Daily stage	<p>In this stage, children can independently engage with online lessons with The National Academy. Each day there is a Mathematics, English and Foundation subject lesson for each year group. This section has a teacher delivering direct teaching followed by independent practice. This stage requires children to follow the learning each day with lessons building upon prior learning. Children will need to complete the learning in order as it is sequential and builds daily.</p> <p>This has been created and funded by central government.</p>	<a href="https://www.thenational.academy/online-classroom/schedule">https://www.thenational.academy/online-classroom/schedule</a>

### What we are learning in school this week:

Within this box, your child's class teacher will include an overview of the learning taking place in school. You may wish to base home-schooling on these learning points.

#### Reading:

We will focus on Set 3 sounds from Read Write Inc. phonics. These include for this week: **'aw'** and **'are'**. Using these sounds, the children will be expected to read, spell and write them into a sentence. Some examples words are raw, straw, claw, drawer, paw, bare, care, hare, share, rare

#### Writing:

**Monday:** We will be watching a short clips of the opening ceremony and introduction to the Paralympics. We will discuss initial ideas and jot down some key vocabulary. We will think of questions that we would like to ask the athletes.

**Tuesday:** We will learn about the Paralympian Tanni Grey-Thompson. You could choose another athlete to find out about if you like. We will make notes about the main events in her life and make a word bank.

**Thursday:** We will start to write a biography of Tanni Grey-Thompson. We will start with her early life. We will be concentrating on making sure our sentences make sense and all have full stops and capital letters. We will also be using some conjunctions to extend our sentences e.g. 'because', 'so', 'but' 'when'.

**Friday:** We will continue writing our biography. We will be writing about her achievements as a Paralympian.

#### Maths:

We will be focusing our attention on understanding words such as greater than and smaller than to compare two digit numbers. These will also be identified as 'tens and ones' for place value. Now we have explored the number facts to add to 10 and near facts using these, we will be looking at more efficient strategies. The focus will be on adding efficiently. For example  $24 + 5$  must be 29 because we know  $4 + 5 = 9$ .  $53 + 3$  must be 56 because  $3 + 3 = 6$ . This will help them next year as they will be able to add more efficiently.

Remember to use Times Tables Rockstars at home, it is important to continue this to improve fluency.

**BBC iPlayer** and the Red Button are hosting Bitesize Daily programmes each weekday for learners aged five to 14. Expert teachers have worked with us to create these fun-packed programmes full of learning and inspiration. Each programme will include a combination of core subjects like English, Maths and Science, as well as other subjects such as History, Geography, Music and French.

Watch Bitesize Daily on iPlayer: Watch Bitesize Daily on Red Button: 09:00 - Bitesize Daily, Primary

### **Sharing learning with teachers and gaining feedback**

No matter what learning families choose to do at home, all completed learning can be shared with their child's teacher using Class Dojo. Teachers will comment on your child's learning. Each week, teachers will also send them a message about their learning and give improvement tips or reminders.