



## **Year 1: Remote Learning Schedule**

W/C 18 <sup>th</sup> January	Monday	Tuesday	Wednesday	Thursday	Friday
	Lesson 1:	Lesson 2:	Lesson 3:	Lesson 4:	Lesson 5:
	To add by making 10	To subtract – not	To Subtract – counting	To subtract – counting	Arithmetic Skills Check
Maths  To add by making 10.	crossing 10.	back – not crossing 10.	back – crossing 10.	Alltimetic Skins Check	
(approx. 45 mins per lesson)	Use your knowledge of the number	Use your knowledge of subtraction	Recap your understanding of	Recap your understanding of	Challenge yourself with our
This week our focus is:	bonds to 10 to work out calculations	to work out calculations and solve	subtraction by counting backwards	subtracting by counting backwards	weekly maths quiz.
Addition and Subtraction	and solve problems.	problems.	using a number line.	on a number line.	Remember to check your
Addition and Subtraction	Click <u>here</u> to watch a video about	Click <u>here</u> to watch a video about	Click <u>here</u> to learn about	Click <u>here</u> to learn about subtraction	answers and make any
	adding by making 10.	subtraction	subtraction	(crossing 10)	corrections if necessary.



## Remember to log in to TT Rockstars each week to practise your times tables!

Message your teacher on ClassDojo if you've forgotten your login details.





#### Remember to share your learning on ClassDojo!

Take a photo of your work and upload it to your Dojo Portfolio or Messaging section for your teacher to see and mark.



## **English**

(approx. 45 mins per lesson)

# This week our focus is:

**Information Writing** (Week 1)

#### Lesson 1:

To read a fact file and answer questions.

Read the animal fact file and answer the questions

#### Lesson 2:

To research an Antarctic animal.

Decide which Antarctic animal you wish to create a fact file about and research this creature.

Click <u>here</u> to find out about different Antarctic species.

#### Lesson 3:

To share and present our findings.

Discuss what you learnt with your friends in your live session, before presenting this information as a poster.

#### Lesson 4:

To use different sentence types.

Write statements, commands, questions and exclamation sentences that you can use in your fact file.

#### Lesson 5:

To write a draft introduction.

Write a draft introduction for your fact file next week.

Don't forget to test yourself on your spellings too!

PE

The questions and answers are in a separate pack; if you didn't get a particular question correct (and you're not quite sure why) then drop your teacher a message on ClassDojo!

This week's spellings are: cold, snow, snowy, snowing, ice, icy. (Topic words)

**Reading for Productivity** is a fantastic way for us to expand our knowledge and understanding of our Lesson 1: Lesson 2: Lesson 3: Lesson 4: Lesson 5: DT wider curriculum lessons. Read the texts and answer the attached questions. Art Music Science

**Reading for Pleasure** is such an important part of our curriculum – follow the link here to watch a video of a penguin who gets blown away on an unexpected adventure!

**Extended Curricular Learning** – provides a great opportunity to exercise skills in foundation subjects, and science. At the end of this pack, you will find 5 activities, one for each day, which link to our current topic. Please continue to upload your work onto ClassDojo for your teachers to see!





#### Maths resources to support learning

### Year 1 Knowledge Organiser: Addition and Subtraction





Fat Questions:

When should you use a systematic

method?

Which method do you prefer and

why?

#### VIPs (Very Important Points)

When you add or subtract zero, the total stays the same.

When you add two numbers, they equal a bigger number.

There are different ways you can make the same number.

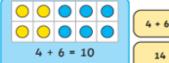
When you subtract zero, the total stays the same.

When you subtract, the biggest number always goes at the start of the number sentence.

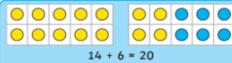
When you take away, the answer is always smaller.

Addition can be done in any order, subtraction cannot.









20 - 6 = 14

# 5 + 5 = 1010 - 5 = 5

10 - 6 = 4

20 - 5 > 20 - 6

ĺ	0	0	0	0	0		0	0	0	•	
ı		0	0		0		$\overline{}$	0			
ı				1	15 +	5	= 20	0			

20 - 5 = 15

#### Learning Intent

We are going to learn how to add two numbers within twenty together.

We will learn about number bonds to and within twenty and related facts.

#### Key vocabulary

whole amount part symbol add plus more less subtract take away count on count back number bonds fact families equals altogether



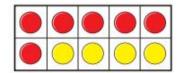


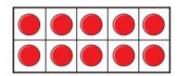
#### Maths lesson 1

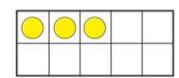
## Add by making 10

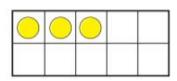


The ten frames show that 6 + 7 is the same as 10 + 3









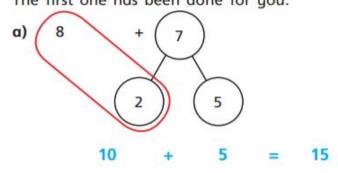
Use counters to show that 5 + 6 is the same as 10 + 1

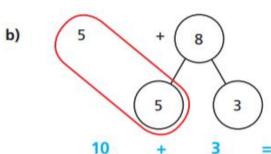


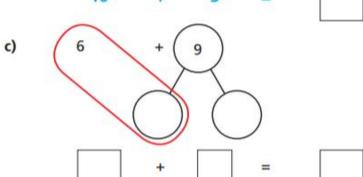
Complete the additions.
Use ten frames to help you.

- a) 8 + 3 = 10 +
- c) 7 + 5 = 10 +
- **b)** 9 + 7 = 10 +
- d) 6 + 8 = 10 +

3 Use number bonds to complete the additions. The first one has been done for you.









#### Maths lesson 2

#### Subtraction - not crossing 10



Cross out counters to work out the subtractions.



b)

c)

Teddy has these shapes.



He gives Eva 3 cones.

How many cones does Teddy have left?

Complete the subtractions.

What do you notice?



Use this to fill in the missing numbers.







#### **Maths lesson 3**

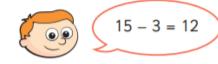
## Subtraction – not crossing 10 (counting back)



1 Ron uses a number track to work out 15 – 3



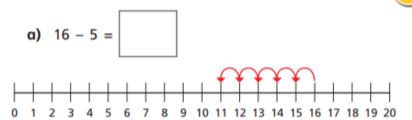
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15



Use the number track to help you work out the subtractions.



- α) 14 3 =
- c) 14 4 =
- **b)** 15 4 =
- Use the number lines to help you.



**b)** 18 – 4 =



**c)** 19 – 5 =



3 Sam uses a number line to work out a subtraction.







Complete Sam's subtraction. – =





#### **Maths Lesson 4**

## Subtraction - crossing 10 (counting back)



1 There are 15 cookies in a jar.

Mo eats 7 cookies.

He counts back 7 from 15



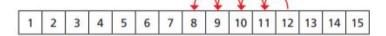
							+	X	Y	¥	X	X	X	1
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

How many cookies does Mo have left?

Use the number tracks to help you.

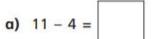


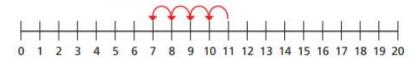
a) 12 - 4 =

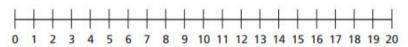


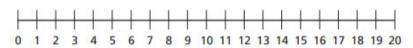
- **b)** 12 5 =
- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Use the number lines to help you.







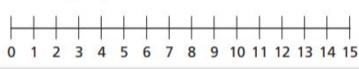


There are 13 toys in a box.

Kim takes some toys out of the box.

There are 5 toys left in the box.

How many toys does Kim take out of the box?











### Maths Lesson 5 – Questions

Read the questions on this page and put your answers on the answer sheet on the next page. If you are struggling to read the questions, ask an adult or your teacher for help.

- 1.) Complete the following number sequence: 2, 4, 6, 8,\_\_\_\_\_,\_\_\_
- 2.) Write the number that is one less than 63.
- 3.) On your sheet you can see four shapes. Mark all the three sided shapes with a cross.
- 4.) I would like 10 beads. I have already drawn some. Can you add some more to give me a total of 10?
- 5.) Write the number thirty nine in numerals.
- 6.) Have a look at the coins on your sheet. How much money is there?
- 7.) Have a look at the months of the year on your sheet. One is missing from this sequence. Which month is missing April, May or August?
- 8.) Draw a line from the shapes to the right fractions.



# Maths lesson 5 – Answer sheet

Name:	Date:
Maths Quiz - 6	
1. 2, 4, 6, 8,	2.
3.	
<b>Coop</b> *	
5. 6. Carried to the state of t	THE RESERVE TO SERVE
7. January, February, March,	
8.	1/4 1/2





# **English – Practise your spellings**

# Remember to ... Look, cover, say, write and then check!

cold		
snow		
snowy		
snowing		
ice		
icy		





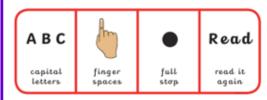
PONTEFRACT

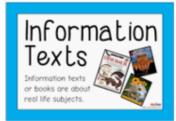
## **English resources to support learning**

## Knowledge Organiser - Information Text - English Year 1

#### Very Important Points (VIPs):

- A story must be in order for it to make sense.
- Proper nouns (names) always need a capital letter.
- Traditional tales are written in the past
- A narrative refers to the story being told.
- Features of a narrative include; character description, setting description and a clear beginning, middle and end.
- Physical appearance refers to the looks of something.
- Personality refers to the characteristics and qualities of a person.
- An adjective is a word describing an attribute of a noun.
- Effective setting description uses appropriate language to describe what can be seen, heard, felt, the weather and the time of day.





#### Intent

To identify the features of an information text and apply them independently.

#### Key Vocabulary

Non - Fiction - Writing based on facts.

Main title - Tells the reader the topic.

Introduction - Introduces the topic.

Headings - Informs the reader know what the paragraph is about.

Sub-headings - A heading when 1 paragraph is broken up.

Paragraphs - A group of sentences about a topic.

Photo captions - A sentence which explains a picture.

Bullet points - Introduces a list.

Facts - real events.

Past tense - events have already happened.

Topic - the theme.

Clause - a sentence.

Simple sentence - One clause containing a subject.

Compound sentence – join by a conjunction.

Complex sentence - contains multiple clauses or a subordinate clause.

Conjunction - joins sentences.

Subordinating conjunction - introduces a subordinate clause.

Adverb - describes the verb.

Adjective - describes the noun.

Punctuation - a range of symbols which clarify meaning.







### **English resources to support learning**

Phase 2
Tricky Words

the

to

I

no

into

Phase 3 Tricky Words you they all are m y her he she we me be was

Phase 4 Tricky Words said like  $d \sigma$ come there little  $\sigma \mu t$ have SO some were one when what

Phase 5 Tricky Words  $\sigma h$ could their people Mr Mrs looked called asked

Year 1 Common Exception Words where the yσu Love your they  $d\sigma$ come he some today he one of me once said she ask friend says we school are nσ put were  $g\sigma$ was push Sσ by pull is Lull his my has here house there our

ahcdefghijklm nopgrstuvwzyz



## English - lesson 1

## Animals of Antarctica

Antarctica is the coldest place on Earth meaning that no humans can live there. However, this is not the case for animals. There are lots of fascinating creatures that call Antarctica their home. Read on to find out about some of these amazing animals!

#### Emperor Penguins



7 different types of penguins live in Antarctica. The emperor penguins are the biggest of them all. Did you know? An adult emperor penguin is about the same size as a six year old person! Emperors don't build nests. The male penguin keeps the egg warm by balancing it on top of his feet, under a loose fold of skin and he won't eat anything until it hatches.

## <u>Leopard seals</u>

Leopard seals are named after their spotted coats that make them look a bit like leopards. Leopard seals are fierce predators and eat krill, squid, fish, penguins and even other seals!



#### Dusky Dolphins

These are very playful and social animals and are the smallest species of dolphin. They usually live in groups (called pods) of 20 to 30 and like to eat squid, fish and shrimp.

## Orcas

Orcas are very intelligent and social. They also live in pods of up to 30 orcas. They are known as killer whales. However, they aren't actually whales but are a type of dolphin! They are one of the fiercest predators in the sea and will eat seals, sea lions, penguins, squid, sea turtles, other whales or even sharks!





# Comprehension questions

1.	Why can't humans live in Antarctica?
2.	How many species of penguins live in Antarctica?
3.	Why are leopard seals called leopard seals?
4.	What is a group of dolphin or whales called?
5.	What is the other name for an Orca?
<u>Deepe</u>	n the Moment
Which	r is your favourite and why?
Can y	ou draw your favourite Antarctic animal in the box below?



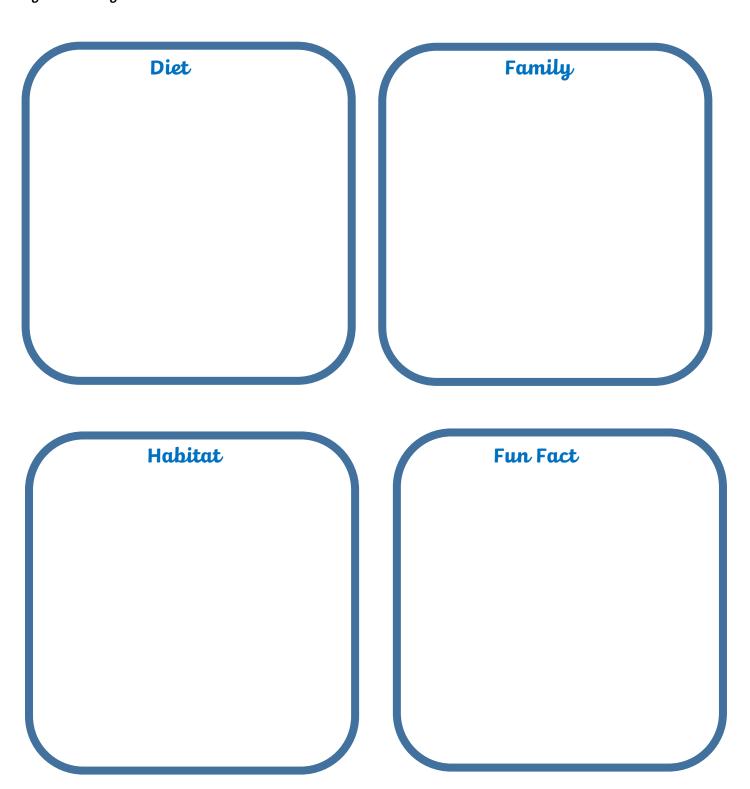
# English – Lesson 2

Antarctic animal name
Diet
Family facts
Habitat
Other fun facts



## English – Lesson 3

Can you draw pictures in the boxes to present your findings from yesterday?



# Deepen the moment

Can you label your drawings?



# English – Lesson 4

Let's write some sentences about the Antarctic animal we have chosen. We will write 1 example for each of the sentence types.

<u>Statements</u>
Statements are sentences which tell you something. They end in a full stop.
Example:
The emperor penguin is the biggest type of penguin. The male watches the egg while the female finds food.
Tell me a fact about your chosen Antarctic animal in the box below.
<u>Commands</u>
Commands are sentences that tell you to do something.
For your command, you want to tell the reader why they should read your fact file.
Example:
Read on to find out about these incredible birds.
Have a go at writing your own command in the box below.
Copy and complete the sentence below if you are finding it a little bit tricky:
Read on to find out more about



#### Questions

Questions are sentences that ask you something. They usually end with a question mark.

Ask a 'did you know' question to excite the reader.

Example:

Did you know that an adult emperor penguin is about the same size as a 6 year old child?

Have a go at writing your own 'did you know' question about your Antarctic animal in th box below. Remember to use a question mark.	2

#### **Exclamations**

Exclamations are sentences that begin with **what** or **how**. It is a full sentence, including an **adjective** and a **verb**, ending in an exclamation mark.

Examples:

What an amazing bird it is!

What a gigantic penguin it must be!

Fill in the gaps in the sentence below to write your own exclamation sentence.

What a \_\_\_\_\_ it is!



Write an adjective in this gap.



Write the name of your Antarctic animal in this gap.



## **English-Lesson 5**

Give your fact file a catchy title and then write a draft introduction for your fact file. Try to use at least 1 of the sentences you wrote yesterday. A command works great as you want to persuade the reader to keep reading. Don't include all your facts yet as you will need to save some for the main parts of your fact files next week.

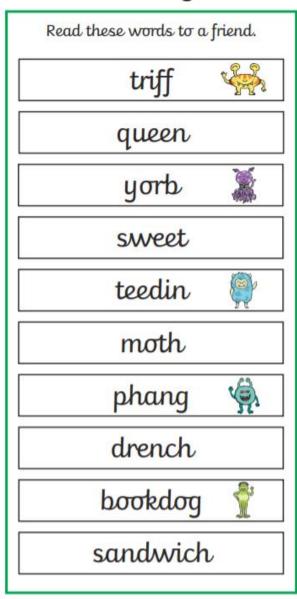
Add a labelled diagram of your chosen animal.	

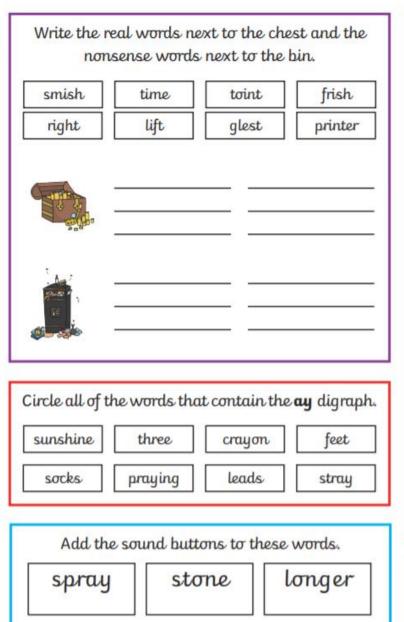


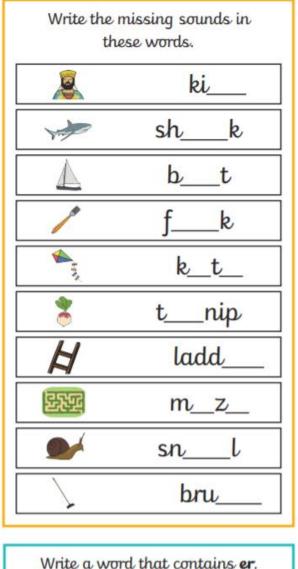


## **Phonics activity**

# Phonics Activity Mat 1









## Reading for Productivity: Lesson 1 - Art

# Simon Beck

Simon Beck is a British snow artist. He makes huge **geometric** patterns in fresh snow using just his feet.

Beck decided to try making art in the snow in 2009 when he realised it had never been done before. A keen **sportsman**, Beck used his artwork as a form of exercise—one pattern can take up to 12 hours of walking to complete.

Beck uses some tools to help him create his patterns. Snowshoes, a ski stick, rope and an anchor are all important tools to help measure and create his designs. Beck also uses a compass to **ensure** he is walking in the right direction!

When a design has been started, Beck tries not to stop until it is finished, even eating while walking! Stopping and resting might mean he gets too cold, so continuing to move helps to **regulate** his temperature.

Beck's work is **transient**—this means it does not stay around forever, like a painting in a museum. When a design is finished, Beck has to quickly snap a photograph before the design is swept away by the weather or spoiled by animals or other humans walking through the snow.





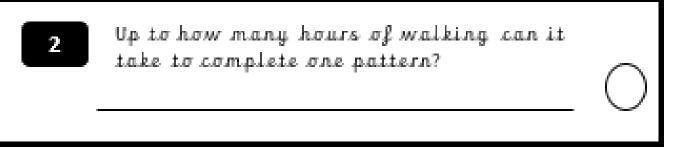












What does the word transient mean?



## Reading for Productivity: Lesson 2 - DT

#### What are mechanisms?

A mechanism is a device used to make movement. This could be in a variety of places including cars, furniture, toys, instruments and even books.

## Different types of mechanisms

**Levers** – There are different types of levers but they all rely on a pivot point, or a fulcrum to create movement. 'Pivot' means to turn or rotate.



1	What does the word 'pivot' mean?
'	



**Wedges** – A wedge is used to create movement by being driven between two surfaces, forcing them apart, for example when using an axe to chop wood. A wedge is also used to hold a door open.

2	Find and copy two things that a wedge is used for.
	1)
	2)



**Wheels** - Wheels come in different sizes, but only one shape! They can be used to drive movement or be driven.



3	Complete the sentence:  Wheels come in different sizes, but only one'	



**Inclined planes** – Inclined means leaning or sloping. A plane is something that is flat. So an inclined plane is a sloped flat surface. It can be used to move things up or down.



## Reading for Productivity: Lesson 3 – Music

# Reading for Productivity - Impressionism:

This picture is titled 'Sunrise'.

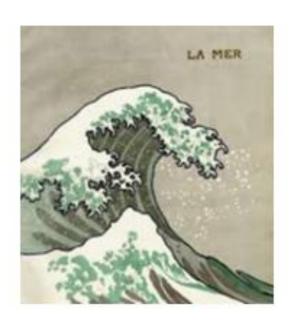


It is painted by Claude Monet, a French painter. This style of painting was developed in the late 19th Century.

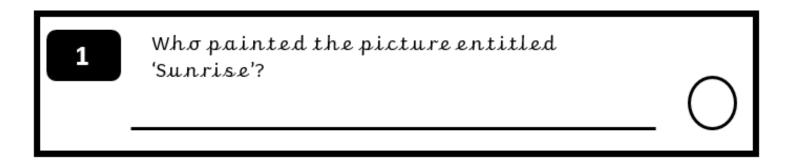
Impressionism creates a mood or a feeling rather than copying an image directly.

Claude Debussy is a French composer. He created music that, like Monet's paintings, was impressionist; it evoked a mood / feeling.

Claude Debussy wrote a piece of music called 'La Mer' which is French for 'The Sea'. It is one of three 'symphonic sketches' written for an orchestra. Written between 1903 and 1905. 'La Mer' is an impressionist piece of music, because it creates a mood / feeling about the sea.







True or false, Impressionism copies an image directly?

What is the French for 'The Sea'?



## Reading for Productivity: Lesson 4 – Science

#### Animal Habitats



A habitat is a natural environment that an animal lives in. A habitat provides animals with 3 important things:

- food;
- shelter;
- · a safe place to raise their young.

1 What 3 important things does a habitat provide for an animal?





predator: an animal that hunts other animals.

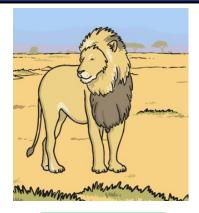
#### What do frogs need in a habitat?

- Food, such as flies, cockroaches and spiders are caught on the frog's long, sticky tongue. Bigger frogs can eat bigger animals, like mice and birds.
- Camouflage, so that they are less visible to predators, such as otters, birds and lish.
- Water is needed for drinking and for laying their eggs in.

This means frogs are best suited to living in places where there is water, such as near a pond or lake.

Using information in the text, name 3 predators that might try and eat a frog.





prey: an animal that is hunted and eaten by another animal.

#### What do lions need in a habitat?

- Water to stay hydrated in hot conditions.
- Prey, such as antelopes and zebras, to eat.
- Camouflage, such as long grass to hide in whilst they hunt their prey.

This means lions are best suited to living in places where there are plenty of zebras to eat and there is long grass to hide in, such as the plains of Africa.

3 How does long grass help lions?

# What do pandas need in a habitat?



Food and Water, to stay healthy and hydrated in all conditions. Both come from bamboo, which grows in cool forests. They also eat other plants and even small rodents. Camouflage to hide in. The panda's white fur helps it hide in the snow in the mountains, while the black patches help it hide in the shade.

This means pandas are best suited to living in places where there is plenty of hamboo and places to hide, such as a forest.

What colour is a panda's fur?



## Reading for Productivity: Lesson 5 - PE

## Staying fit and healthy



Children exercise all the time without even thinking about it! Just being active, like when you run around outside or play ball at school, is a kind of exercise.

#### What else counts as exercise?

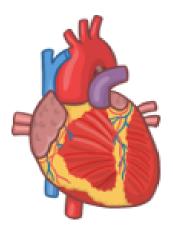
Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping to build a strong body that will be able to move around and do all the stuff you need it to do.

Be active every day and your body will thank you later!

Find and copy rest of the sentence. Be active every day and your body will...

## Exercise makes your heart happy



You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger.

Exercise can get your heart pumping, make you sweaty and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job - delivering oxygen to all parts of your body.

What is the heart's main job?

77







## Exercise strengthens muscles

Exercise can also help make your muscles stronger. This type of exercise builds strength. By using your muscles to do powerful things, you can make them stronger.

## Exercise keeps the balance



Your body needs a certain number of calories from food every day just to function. If you're active, your hody needs an extra measure of calories or energy. If you're not very active, your hody won't need as many calories. Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

3 What

What happens if you eat more calories than your body needs?

## Exercise makes you feel good



It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping and playing with your friends. It's also fun to be good at something, like scoring a goal or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical which may make you feel happier.

How can exercise make you feel?





# <u>Year 1-2 Extended Curricular Learning</u> <u>Art - Design your own</u>

Monday 18th January 2021 - Activity 1



#### **VIPs**

Simon Beck is a British snow artist who makes huge geometric patterns in fresh snow using just his feet.

Symmetrical means when it is the same on both sides.

A shape has symmetry if a central dividing line (a mirror line) can be drawn on to it, to show that both sides of the shape are exactly the same.

We have read recently about Simon Beck and the type of art that he produces. Today we will create our own design, similar to the work produced by Simon Beck. The huge geometric patterns that Beck produces are symmetrical, meaning that the both sides of the shape are exactly the same.

In the box below, complete the other half of the pattern ensuring that the design is **symmetrical**.

Use the dots to help you. When you complete the pattern, you should have drawn a snowflake!

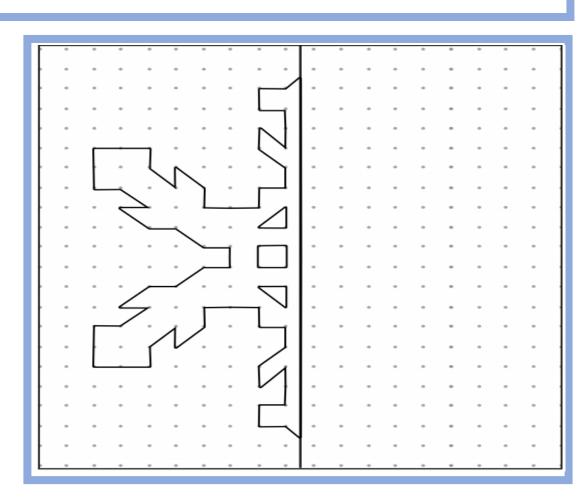
#### <u>Deepen the moment</u>

Year 1 – Create a pattern on the next sheet that has 1 line of symmetry. A mirror might help!

Year 2 – Create a pattern on the next sheet that has 1 line of symmetry. Try to also use at least 3 different 2D shapes.

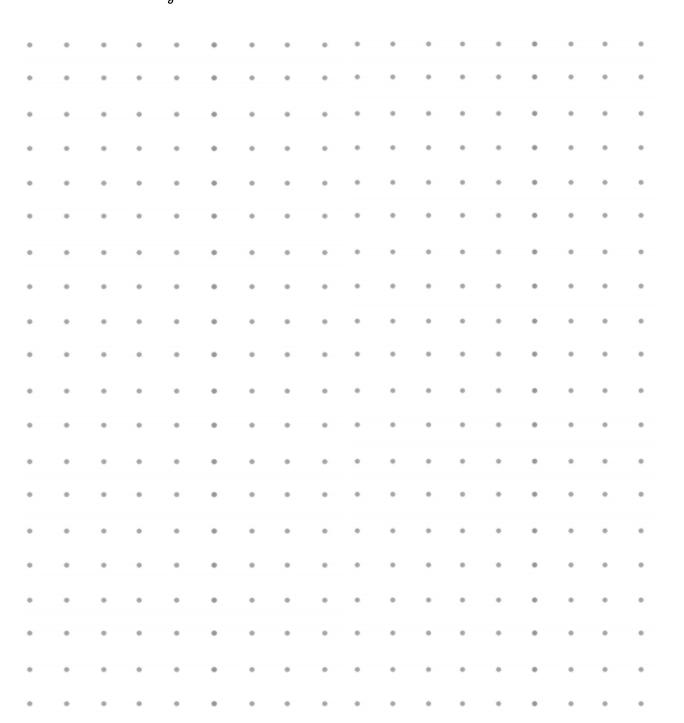
# Top Tips!

- Use a ruler to draw your pattern.
   This will help to keep your work neat.
- Take your time.
  Do not rush your design. Your class teacher is looking forward to seeing the finished product on ClassDojo.





Complete your extension activity on this page. Remember to take your time with your design. Perhaps, discuss your ideas with another person you live with and research which shapes you would like to use. When you have finished, upload your work to your ClassDojo portfolio so your teacher can comment on your work. Good luck!

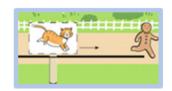


#### **Deepen the Moment**

Year 1 - Give your work a score out of ten and say how it could be improved.

Year 2 - Evaluate your design. Explain what worked well and what could be improved.





# Year 1-2 Extended Curricular Learning DT - Sliding mechanisms



Tuesday 19th January 2021 - Activity 2

#### VIP

Sliders are a type of mechanism that move side to side or up and down.

We are going to learn about and make sliding mechanisms.

To make a sliding picture you will need:

- A background image ours will be of the Antarctic above or below the ice!
- An image of a character a penguin or other Antarctic animal.
- A stick or a sturdy strip of card
- Scissors
- A ruler

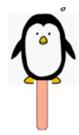


First, draw your background image of Antarctica. It would be helpful if this was on a piece of card. Draw a dotted line (with a ruler) where you want your sliding character to move. Carefully cut along this line – you may need to punch a hole at either end first.



Draw and cut out your character and stick it on the end of the stick or strip of card.

Insert the stick into the slit you have made. Move the character back and forth.



You have made your very own sliding mechanism!

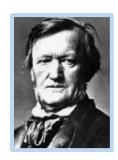
Once you have done:

- ✓ Year 1 give your sliding picture a score out of 10 and explain why. Think about how could I make it better?
- ✓ Year 2 Write a short evaluation of your design, explaining what works well and what could be improved.

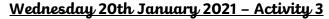
#### Deepen the Moment

Do you think it would be easy to make a sliding picture where the slider does not move in straight lines? Explain your answer.





# Year 1-2 Extended Curricular Learning Music - Feeling Inspired





#### **VIP**

#### Impressionism creates a mood or a feeling, rather than copying an image directly.

Following on from today's Reading for Productivity, listen to 'La Mer' by Claude Debussy and 'Flight of the Valkyries' by Wagner then choose which piece of music will inspire you to create an impressionist piece of art work.

'La Mer' <a href="https://www.youtube.com/watch?v=FOCucJw7iT8">https://www.youtube.com/watch?v=FOCucJw7iT8</a>

'Flight of the Valkyrise' <a href="https://www.youtube.com/watch?v=3YOYlgvI1uE">https://www.youtube.com/watch?v=3YOYlgvI1uE</a>

Use this colour wheel when thinking about your colour choices.



- ✓ Year 1 can you include two different mediums (paint, pastel, crayon, charcoal, pencil, wax, ink, dough...) and use at least 3 different colours from the wheel?
- ✓ Year 2 can you include three different mediums (paint, pastel, crayon, charcoal, pencil, wax, ink, dough...), use two different techniques (dabbing, twisting, stroking, shading, stippling, blending, smudging...) and use at least 4 different colours from the wheel?

#### **Deepen the Moment**

Write a sentence to say how the music made you feel and how this impacted your art.

For example, "The music made me feel \_\_\_\_\_ and so I painted \_\_\_\_\_."





# Year 1-2 Extended Curricular Learning Science - habitats



Thursday 21st January 2021 - Activity 4

#### **VIPs**

#### Animals need water, oxygen, food and shelter to survive.

Can you design an Antarctic themed zoo? This should include at least 3 enclosures (for example one for birds that fly, one for land animals and one for sea creatures), each enclosure will need to provide food, water and shelter options. There is no size limit so make sure they are not cramped. You could also add other areas such as a café, gift shop or even rides! We recommend using a large piece of paper for your design.





- $\checkmark$  Year 1 include the name of your enclosures stating the animal/s that are in them.
- $\checkmark$  Year 2 include additional information to each enclosure: name one animal that is in there, what it eats, and what shelter is provided.

#### Deepen the Moment

Choose 2 different animals and write feeding schedules for them. This should show timings and what kind of food they will be fed.





# Year 1-2 Extended Curricular Learning

## <u>PE – Fitness work out</u>





#### **VIP**

#### Exercise helps your body and heart get stronger.

Could you be the next Joe Wicks?

Can you come up with your own fitness regime? Design a work out that will get your blood pumping and your muscles working. You could write out instructions, draw a step by step guide or even create a fitness video! Your work out should include a warm up and a cool down section too. Think about including a range of exercises that involve stretching, cardio (moving fast to increase your heart rate) and impact both your arms and legs. Put your family up to the challenge of completing your workout and see just how happy it will make you all feel.

- ✓ Year 1 can you include at least 5 different movements: 2 that focus on your whole body moving at the same time, 1 which focuses on your stomach (usually this is something on the floor), 1 that focuses on your upper body (arms, shoulders or your mind) and 1 which focuses on your lower body (legs, bottom, hips, feet). It should be repeated twice before the cool down.
- ✓ Year 2 can you include at least 7 different movements: 3 that focus on your whole body moving at the same time, 1 which focuses on your stomach (usually this is something on the floor), 1 that focuses on your upper body (arms, shoulders or your mind) and 2 which focuses on your lower body (legs, bottom, hips, feet). It should be repeated three times before the cool down.

#### Deepen the Moment

Choose 1 exercise from your work out and explain why it is good for your body.



# Reading Challenge

Remember to continue to read at least 4 times a week and fill in your reading record. Send us a picture of your completed reading record each week on Class Dojo for an extra Dojo point!



# TT Rockstars

Remember to continue to log onto TT Rockstars to practise your timestables and to earn points for your class!

