



Year 1 Daily Timetable – Wednesday 3rd March 2021

Please use the Remote Home Learning document that is available on the school website (found under the tab COVID19 Remote Home Learning and Support) and that has been sent to you by your child's class teacher at the start of the week (via Tapestry and ParentPay) as an overview of the learning for this week.

Below are timings for daily activities/tasks as well as the specific learning for the day.

Suggested learning for the morning:

English – (upto 40 minutes) Today you are going to write and make your fact file/poster.

Teaching video: https://youtu.be/YCqJb-UwG_U

VIPERS - (upto 20 minutes) For today's session please complete page 18 from the Year 1 Targeted Question Book – Comprehension.

Alternative task: Log into Oxford Owl and access the free eBook library. Read or listen to 'Tom, Dad and Colin'. https://www.oxfordowl.co.uk/api/digital_books/1448.html Complete activity 1 and 2.

Assembly (10 minutes)

10.30am (15 minutes) Virtual Playtime on PurpleMash

Phonics - (upto 20 minutes) We are learning all the alternative ways to say and spell the phoneme /ai/. Complete page 13 from KS1 English Grammar, Punctuation & Spelling Year 1 Targeted Practice Book.

Maths – we are learning to find a quarter of a shape (upto 50 minutes)

Supporting video: <https://teachers.thenational.academy/lessons/to-find-one-quarter-of-a-shape-c8r66c>

Teaching video: <https://youtu.be/GGhnoK3NBlo>

Suggested learning for the afternoon:

Topic session 1 – PSHE (30 minutes)

PE/Active Task – Slalom dash (upto 45 minutes)

Topic session 2 – Geography (30 minutes)

Daily story time

Screen Time Warning

While some tasks involve a device with a screen such as an iPad, computer, laptop, tablet, phone or TV, not all tasks will require such a device.

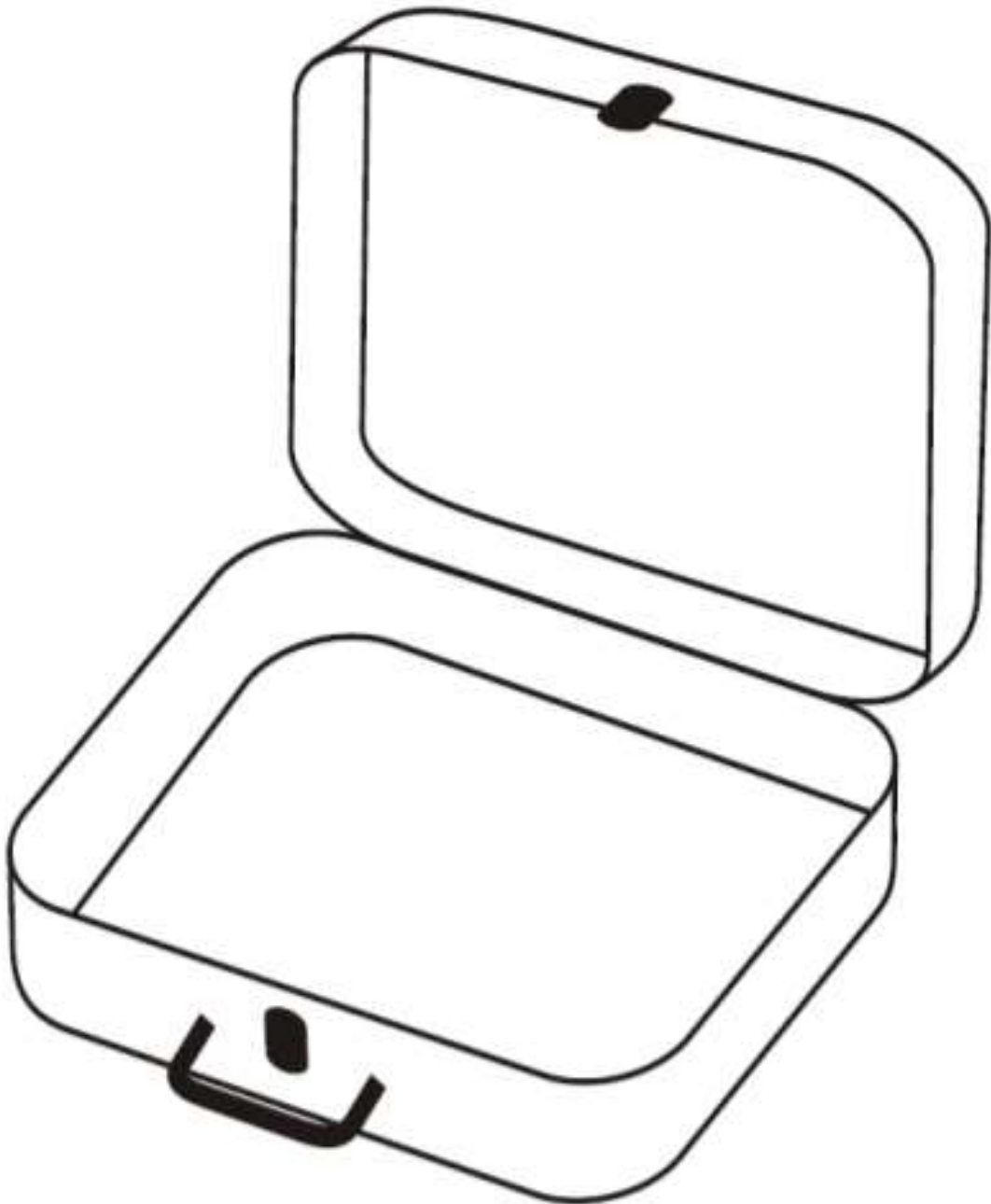
It is important that children do not spend too much time in front of a screen (learning or having some down time) and are enjoying other activities such as colouring, drawing, playing with toys, being active, reading and interacting with those at home.

Thank you.



Activity sheet

A healthy packed lunch



Our healthy lunch, by _____ and _____

Eatwell Guide

Check the label on packaged foods

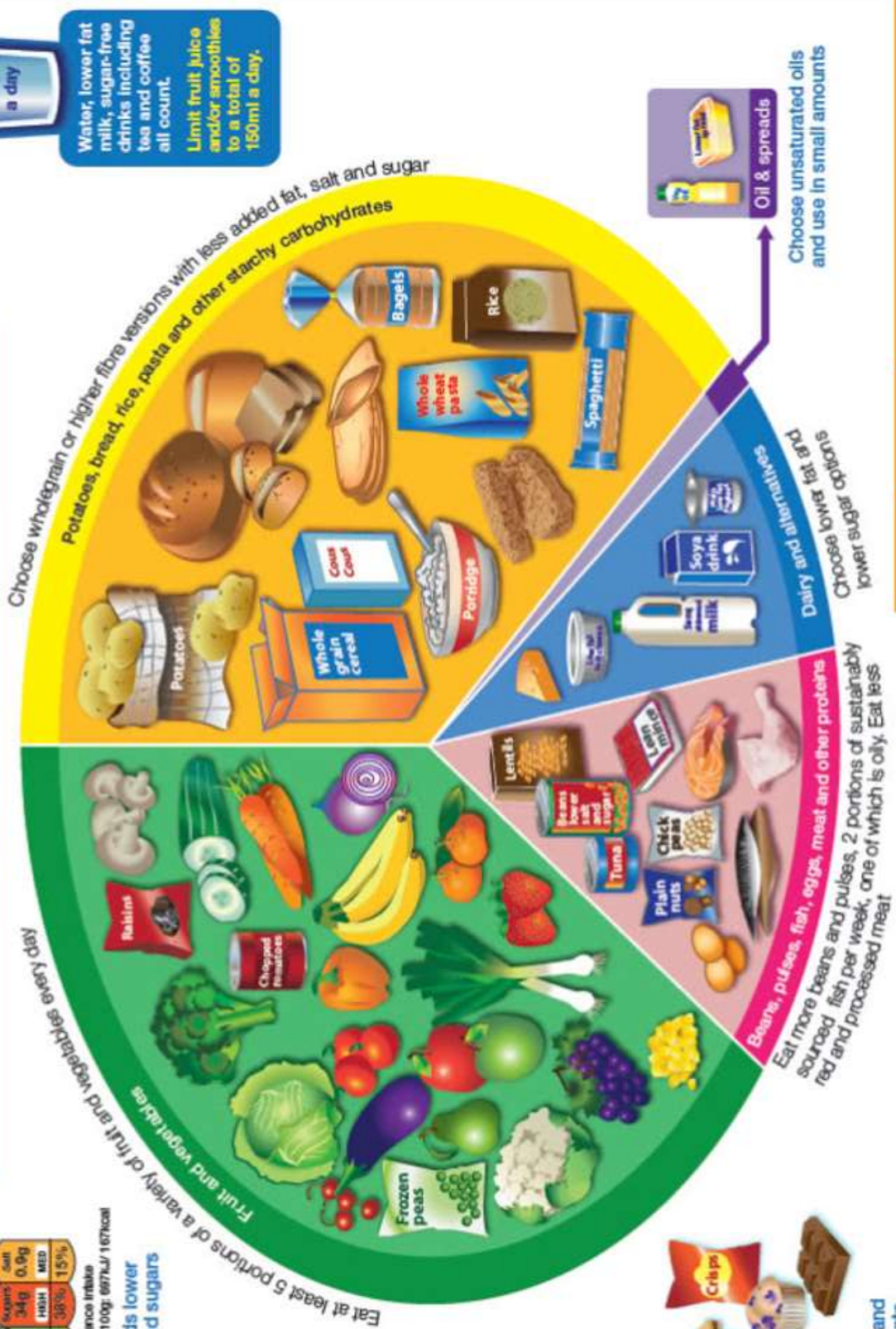
Each serving contains

Energy	Fat	Saturated	Sugars	Salt
1000kJ 200kcal	5g	1.3g	34g	0.9g
LOW	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%	15%

Typical values (as sold) per 100g: 697kJ / 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS