

Year One Home Learning Pack 9

Weekly Learning: 25th May 2020

Half Term Challenges!

See attached sheet for some fun challenges to try this half term. Try the things that you would like to learn that you cannot do just yet. Take pictures and show us what you get up to!

Maths



This week your task is to learn to **tell the time** by the hour and by half past the hour. If it helps you to understand, the whole time you are out to eat your lunch and play outside at lunch time is 1 whole hour. We do lots of things at different times of the day and it is important that we know what time it is so we do not get mixed up with what we need to do.

Every hour that goes by, we say it like this **"12 o'clock, 1 o'clock, 2 o'clock"**. The big hand stays on 12 and the little hand points to the number of the hour.

When we are half way through the hour, we say **"half past 12, half past 1, half past 2"**. The big hand stays on 6 to show half the hour has past and the little hand is in between the hour that has just gone by and the hour that will be next. Have a go at the worksheet attached.

Mental health and wellbeing week

If you are looking for more exciting things to try at home, please check the **mental health and wellbeing** section on the Home Learning page. It is full of exciting ideas linked to the 5 ways to wellbeing, growth mind set and Zones of Regulation.

<https://www.lhaines.herts.sch.uk/homelearning>

English

Have a go at telling us what you do at different hours of the day or at half past the hour if you can! Try to write, "On Tuesday at 2 o'clock, I played with my football in the garden. At half past 6. I had my dinner."

Communication

Keep in touch!

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Spelling



Can you write a sentence each for the words below?
The special sounds are "oy" and "oi".

boy, enjoy, toy, destroy, joyful, annoy, oyster, soil, boil, point, coin, joint, foil, toilet, oil

Remember your capital letters and full stops!

Jigsaw PSHE

Our topic in PSHE is **Relationships**. This week is about **celebrating your special relationships**. Who is special to you? Why are they special? How does it feel to have a special person? How can we show someone that they are special to us?

It is important that we express our love and appreciation to those that we love just as we like to be loved and appreciated. Your task this week is to draw a big balloon and draw someone that is special to you and tell them why they are special to you. Can you think of 5 special people? These can be your family, friends, pets, neighbours, teachers, anyone!

<https://families.jigsawpshe.com/stuck-at-home/>

Music

Head over to:

<http://www.hertsmusicservice.org.uk/online-resources> for some fun musical moments! Click on Week 3.

Additional learning opportunities:

Take the opportunity to read lots of free e-books for children your age on Oxford Owl. Register for free at:
<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

BBC Bitesize Daily: <https://www.bbc.co.uk/bitesize/dailylessons>

Try daily PE with Joe on YouTube to keep your fitness up.

Try one here:

<https://www.youtube.com/watch?v=Rz0go1pTda8&list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI>

Watch stories and draw characters too with Draw with Rob on: <http://www.robbiddulph.com/draw-with-rob>



30 Day Life Skills Challenge

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Learn how to load and unload the washing machine. Day 1	Make your bed. Day 2	Learn to wrap a gift. Day 3	Cook a new meal from whatever you have in the fridge. Day 4	Make your own breakfast. Day 5
Learn to tie your shoelaces. Day 6	Learn to stitch a button. Day 7	Learn to tell the time in both digital and analogue clock. Day 8	Set a dinner table for your family. Day 9	Sort the recyclable bins. Day 10
Make a cucumber or cheese sandwich. Day 11	Wash a dish or pot. Day 12	Learn to use a knife and fork. Day 13	Read a book and act out a scene from it. Day 14	Girls: Learn to plait hair. Boys: Do a cool hairstyle. Day 15
Clean your bedroom. Day 16	Know your full name, phone number and complete home address. Day 17	Learn how to use a vacuum cleaner. Day 18	Plant a herb and take care until it grows. Day 19	Hang the clothes out to dry. Day 20
Dress yourself. Day 21	Hang clothes on a hanger. Day 22	Learn to fold clothes. Day 23	Mop one room in your house. Day 24	Clean your kitchen shelves. Day 25
Peel vegetables safely. Day 26	Know who to call in an emergency. Day 27	Iron a pillowcase and put it on the pillow. Day 28	Know when to use 999 and when to use 111 emergency services. Day 29	Tidy your toys. Day 30



30 Day Fitness Challenge

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Do 10 star jumps. Day 1	Hop around like a frog for 20 seconds. Day 2	Touch your toes 10 times. Day 3	Balance a ball on your head. Day 4	Spin in a circle for 10 seconds. Day 5
Walk like a crab for 1 minute. Day 6	Stretch as high as you can. Day 7	Choose a song and create your own dance routine for the song! Perform it in front of your family. Day 8	Pick up a ball from the floor without using your hands. Day 9	Take 10 giant steps. Day 10
Balance on one leg for 30 seconds. Day 11	Do 6 cartwheels. Day 12	Lay on your back and paddle your legs like you are on a bike. Day 13	Skip the rope for 1 minute. Day 14	Make your own hopscotch. Play it for 1 minute. Day 15
Stretch like a cat. Do it 5 times. Day 16	Do an egg and spoon race with your sibling. Day 17	Dance like a chicken for 1 minute. Day 18	Walk backwards 10 steps and then skip back. Day 19	Do 10 squats in 30 seconds. Day 20
Wiggle like a worm for 20 seconds. Day 21	Do Yoga for 10 minutes. You can find videos on YouTube. Day 22	Tiptoe for 25 seconds. Day 23	Throw a ball in the air and catch it. Repeat 10 times. Day 24	Shake your arms and clap your hands. Do this 5 times. Day 25
Create your own obstacle course and time yourself doing it! Day 26	Do gorilla shuffle for 15 seconds. Day 27	Lay on the floor. Lift your arms and legs above the floor for 10 seconds. Day 28	Balance a book on your head for 15 seconds. Day 29	Do 10 sit ups in one minute. Day 30

Telling the Time



8 o'clock



5 o'clock



11 o'clock



4 o'clock

Write the time shown on each clock.



___ o'clock



___ o'clock



___ o'clock



___ o'clock



half past 4

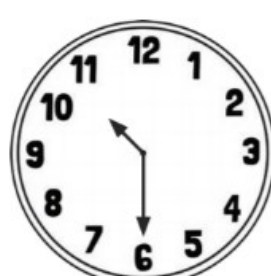


half past 6

This is showing half past. The smaller hand is always in between the hour just gone by and the hour that will be next. Have a go at writing the time below.









Mindfulness Colouring



What is Mental Health?

Mental health is about how you feel, how you think and sometimes about how you behave. It is very important to take care of our mental wellbeing so that we can stay healthy and happy. Here are some feelings that you can talk about with your families. Can you think of any other feelings? You can make your own wheel or you can cut this wheel out and spin the arrow and talk about the feeling that you land on. You can write about them if you like. When do you feel like this the most? It is okay to have all of these feelings. Discuss the ways you can get back to feel good and happy if you are feeling sad or worried.

