These happen daily.

**P.E**

Here are some of the website we will be using in the classroom to exercise and re-focus on our work:

* Andy’s Wild Workouts (https://www.bbc.co.uk/programmes/p06tmmvz)
* Kid’s workouts from Sport England (Superheroes - https://www.youtube.com/channel/UCokO71NW3TgndaSNyHIqwtQ)
* Disney dance-a-longs - https://www.thisgirlcan.co.uk/activities/disney-workouts/
* Cosmic yoga: https://www.youtube.com/user/CosmicKidsYoga
* Joe Wicks Workout: YouTube

**Phonics**

See our English page for more information on which session to follow: <https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/featured>

**Maths:**

See our maths page for this week’s programme: <https://whiterosemaths.com/homelearning/year-1/>

**English:**

See our maths page for this week’s programme: https://classroom.thenational.academy/schedule-by-year/year-1/

The resources used in the classroom can be found below this week’s planning. If you do not have access to a printer, feel free to adapt each session to suit what you have available in your home.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Session** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| 1 | Watch “The Colour Monster”*The Colour Monster* being read out. Turn off the sound and try reading it yourself. | Recap the story heard yesterday. Can you remember how did the colour monster feel at the beginning? Watch*Natural Glitter*to see how to make natural glitter. Fill the Colour Monster (**Resource 2**) with your own natural glitterAfter that, try to draw and make your own colour monster in natural glitter, showing how you feel today. | Make a list of all the things that make you happy and content. | Find a seed – this may be one you already have such as a bean or sunflower or you could find one in an apple, lemon, pear. Plant your seed. |
| 2 | Find a pebble and paint your face onto it. | **Paper blocks** Watch this video: <https://babbledabbledo.com/science-for-kids-paper-building-blocks/>Create your own paper blocks and use these to build a monster. | Discuss how gardening makes people relaxed. Look at tips for gardening with kidshttps://www.bbc.co.uk/cbeebies/grownups/7-tips-for-gardening-with-children  | Watch https://www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/z2vdjxs Draw what you think your plant will look like in 7 days’ time. |
| 3 | Colour in the jars (**Resource 1**) the correct colour from the story. How are you feeling today? Put your painted stone on how you are feeling. Explain what made you put your stone here. | **Fizzy painting**Create confused monsters using fizzy painting. Then cut out a monster shape, add eyes, ears and a mouth. Your monster is done!https://taminglittlemonsters.com/fizzy-painting-stem-activity-for-kids/ | Go outside and make something outside look better. This could be by picking litter, weeding an area, planting something. How did it make you feel? | Imagine… if your flower was the colour of your emotion, what colour would it be? Make your flower. |

**Resource 1**



**Resource 2**



EXTRA ACTIVITES…



