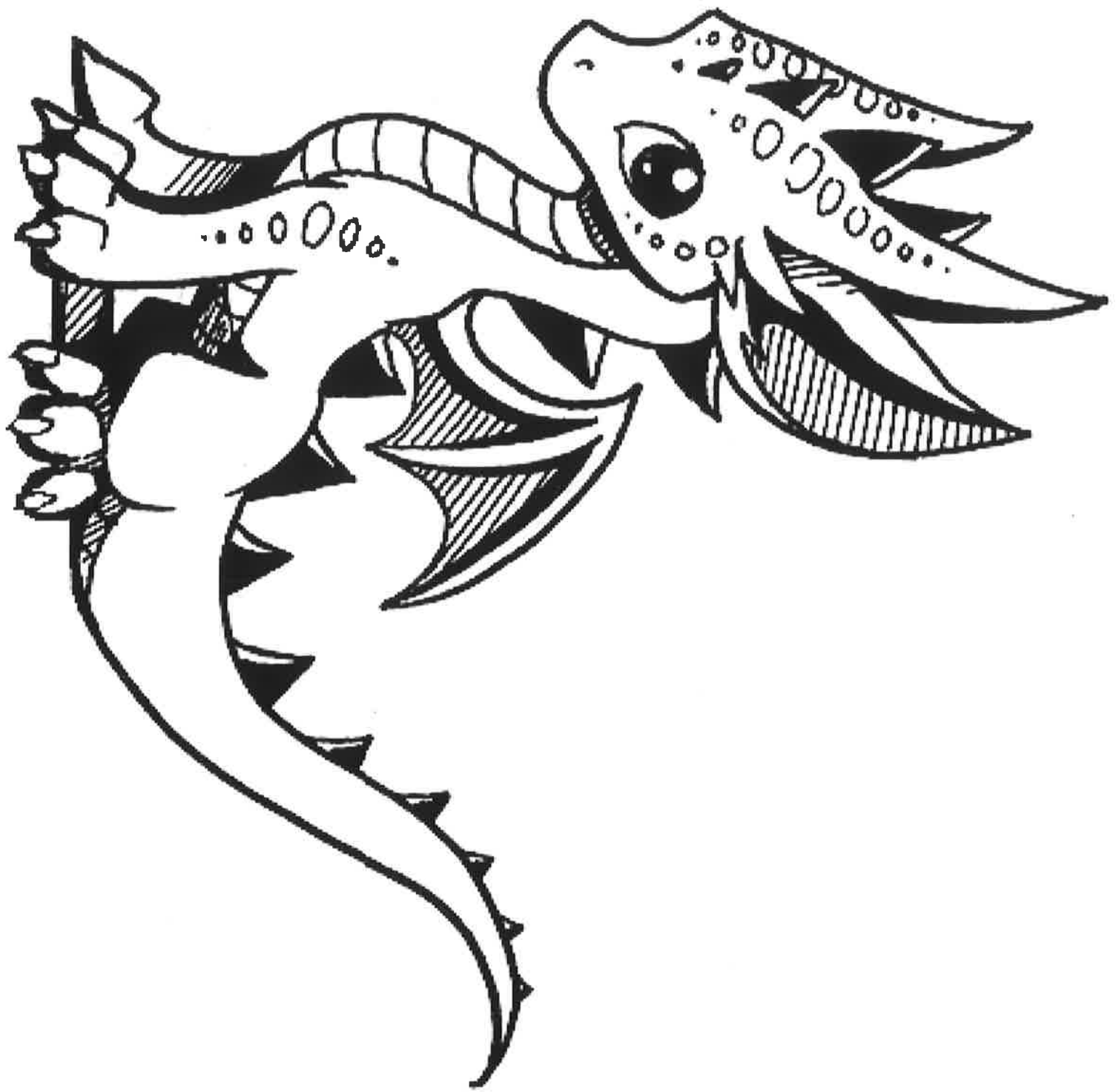
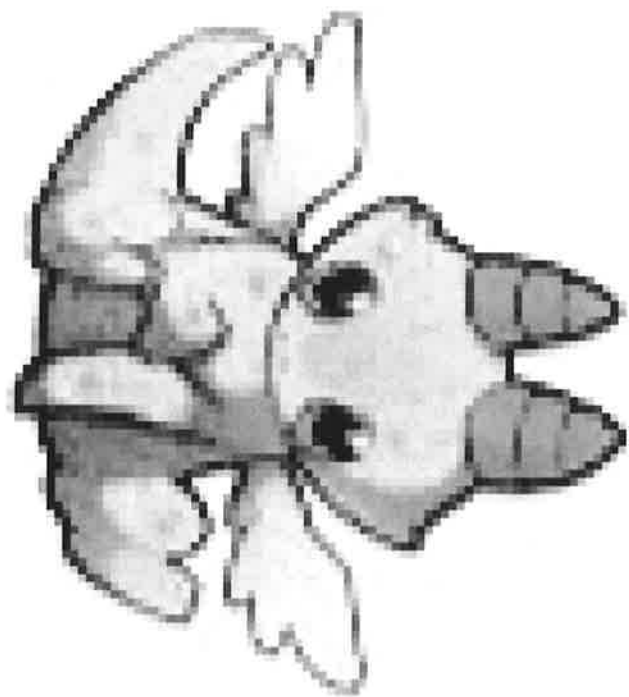


Resources

Year F









Physical Activity @ HOME CHALLENGES

Welcome back to remote learning for Physical Education. Each week I will be publishing a lesson on See Saw and in paper format for Foundation students to complete. To kick things off, how many of these physical activities can you complete this week from the list below? You may have some of your own physical activities you would like to add to the list!

TASK	Tick completed tasks
Go for a walk, bike ride, skateboard or scooter with an adult/s	
Throw a ball at a wall and catch it 30 times (use a ball, scrunched up newspaper with tape or pair of rolled socks)	
Keep a balloon in the air for as long as possible using different parts of your body (hand, foot etc.)	
Perform 25 star jumps	
Run on the spot for one minute	
Set up some toys or bottles as targets and roll a ball to knock them over. If you knock a target over, step back to make it more challenging.	
Read a story book with an often repeated word – if the word is mentioned in the story, you need to do an activity (e.g. 5 star jumps)	
Perform a balance with 1 part of your body touching the ground. Now try a balance with 2, 3 and then 4 parts of your body touching the ground	
Pick an animal (e.g. kangaroo) and move around the house like that animal.	
Using your body to make one letter at a time, try and spell your name	
MAKE UP SOME OF YOUR OWN PHYSICAL CHALLENGES TO COMPLETE	
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>



Checklist for setting up my remote learning space

Your teachers will provide you with a suggested daily timetable that includes starting the day by getting outside and going for a walk, a regular morning break and time for lunch, as well as space for creative time and a physical or wellbeing activity. During remote learning it is important to maintain a regular morning routine, including: keeping a regular bedtime, waking up at the same time every morning, showering, getting out of your PJ's, eating breakfast etc.

You may remember from last time, that remote learning is a big change from onsite learning where you are often up and about and moving between learning spaces and environments. We encourage you to make sure you take regular breaks, spend time outside and offline doing a variety of activities and games. There are so many things you can do to break up your day including; make a treasure hunt, put on a play or puppet show, create an obstacle course, build with Lego, bake or cook something, make a kite, learn how to lay a musical instrument, teach yourself a magic trick, write a song or learn how to do origami.

To get you started for this next journey, use this checklist to support you to set up a remote learning space. Please discuss any statements you aren't able to complete with your teacher – we may be able to provide loan equipment or help you out in some other way.

Setting up your remote learning space		Completed
Choosing a space	Is the area a public/family space and not in a bedroom?	
	Is the area free of distractions?	
	Can the space be quiet at times when needed?	
	Is there an adult nearby who can assist you with your learning if needed?	
	Is the space free from any trip hazards? Eg. cords	
Equipment	Is your desk and chair adjusted correctly so you can sit comfortably?	
	Do you have the stationery and learning resources you need?	
	Is there enough light?	
	Is the area exposed to direct glare or reflections?	
Ensuring the right use of technology	Does the area have power points available?	
	Is the computer/laptop directly in front of you and at a distance you can see clearly without straining?	
	Is equipment (extension cords etc.) in good, safe, working condition?	
	Is there a strong internet connection?	
	Do you know your username and password for accessing the remote learning platforms you need (eg. Google Classroom, Seesaw etc)	

Personalising your space	Is there space for you to put up your daily timetable and weekly learning plan?	
	Is there space for you to put up a dream board, posters, mindfulness activities, self-calm strategies or motivational quotes?	

Week 4, Term 3 of Remote and Flexible Learning - Foundation

	Reading	Writing	Maths
Wednesday	<p>Reading Take Home Book or book from Reading A-Z.</p> <p>100 Days of School Word Search</p>	<p>Picture writing prompt – dog and duck. Use good describing words to complete the sentences.</p>	<p>Number game – Please get out of my house. Adding two numbers together, or subtracting from the largest number.</p>
Thursday	<p>Reading Take Home Book or book from Reading A-Z.</p> <p>Digraphs – sh, th, ch Cut out the words and paste into the correct column.</p>	<p>Treasure Island setting. Complete the plan for a Pirate story. Who/Where will be your characters and setting. You could use this plan to then create a story of your own.</p>	<p>3D Shapes Edge – where two faces meet. Faces – Flat 2D side of the object. Vertices – where edges meet to make a point.</p>
Friday	<p>Reading Take Home Book or book from Reading A-Z.</p> <p>Ch, Sh, Th, Wh digraph word search.</p>	<p>Rainy day prompt or create your own. Use the rainy day prompt to plan a story or use the blank page to create a story of your own.</p>	<p>Sorting 3D shapes. Cut out the 3D objects and paste into the correct box.</p>

100 Days of School

u w w l r c q l l v j o
n u r e b m u n b t a c
l v x c v d e t r d e d
c o l l e c t h s l n v
z q n f n r a e l s o w
n s d h p o r h h g m o
g c x u a b b t s l m x
r h x n r x e o y d k x
o o p d t n l t a z b c
u o r r y u e f d p h i
p l w e u f c y o g i e
o o y d p c o u n t y u

one
hundred
days
celebrate

fun
party
count
learn

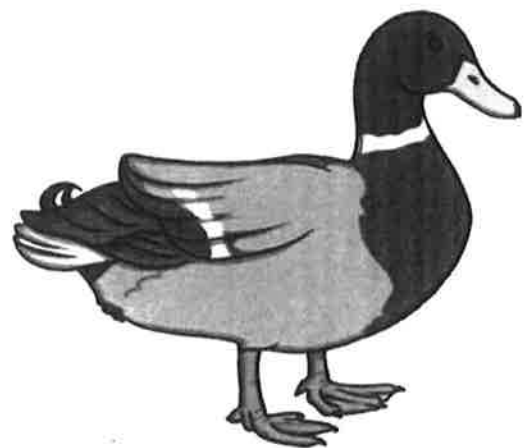
number
collect
group
school

Picture Writing Prompts

The dog
had...

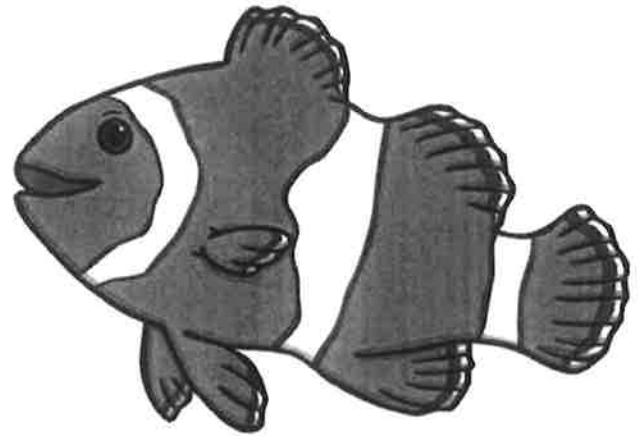


I can see
a...



Picture Writing Prompts

The happy
fish...



There is
a...



Please get out of my house!

0	1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19
20									

Equipment—2 (or more dice), 7 counters each (same colour), game board.

Roll 2 dice for your partner. They work out the total and place a counter on that number. Partner rolls for you. If you land on a house that you already have a counter on, place another on top and make a two story house. If your partner has their counter in that house, you must say 'Please get out of my house!' and remove their counter. First to get rid of all of their counters wins!

*Try playing by subtracting the smallest number or making groups of!

Name: _____

sh-	th-	ch-

13 thirteen



chin

3 three



chips



shell



chair



thumb



thorn



shave



chicken



cherry



throw



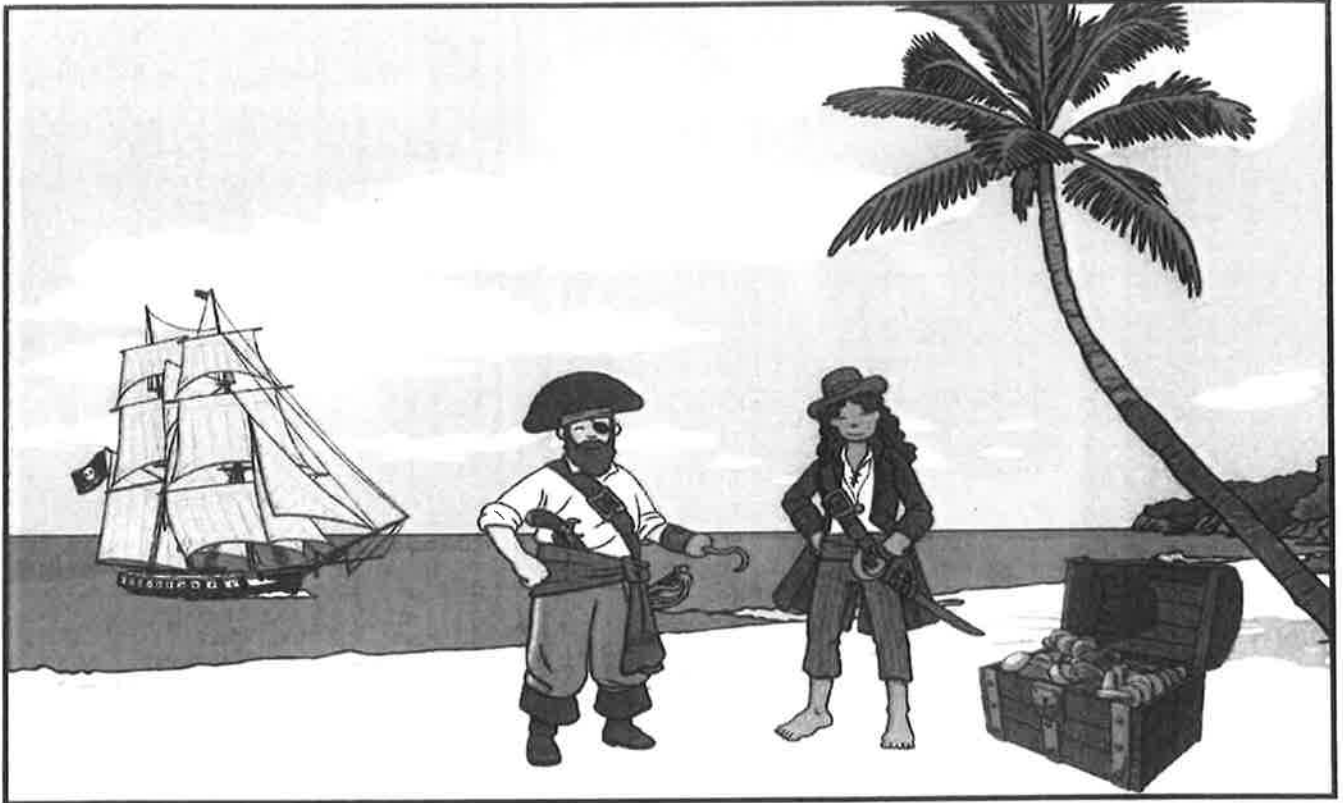
shoe



shirt



ship



Who? _____

Where? _____

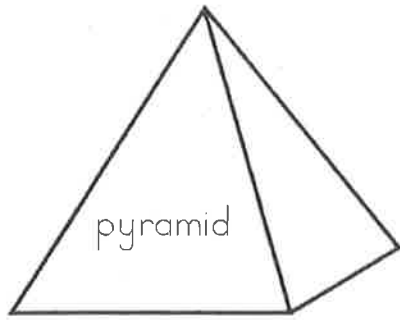
What was the problem? _____

How was it solved? _____

End: _____

3D Shapes

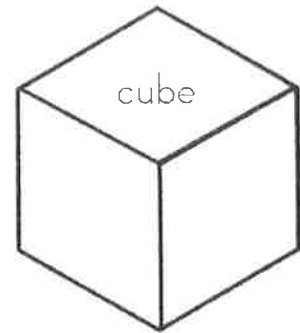
Name _____



edges _____

faces _____

vertices _____



edges _____

faces _____

vertices _____



edges _____

faces _____

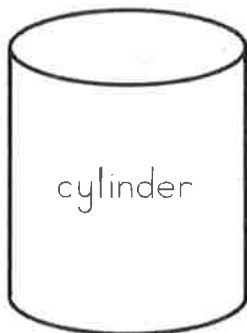
vertices _____



edges _____

faces _____

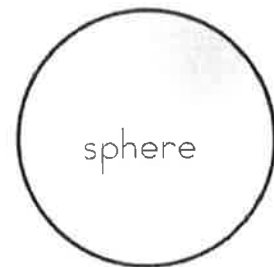
vertices _____



edges _____

faces _____

vertices _____



edges _____

faces _____

vertices _____

Ch, Sh, Th, and Wh Digraph Word Search

name: _____ date: _____

t	h	u	m	b	u	x	b	h	v	i	p
j	c	h	e	e	s	e	o	l	m	n	e
f	g	w	h	e	e	l	u	i	v	b	k
r	d	z	f	w	h	a	l	e	m	e	n
s	h	a	r	k	y	r	c	h	e	s	t
e	w	t	w	a	w	h	i	s	t	l	e
k	l	e	d	r	f	c	h	a	i	r	g
r	e	w	s	h	i	p	j	i	o	p	k
f	g	m	v	y	u	i	o	s	h	o	e
t	h	o	r	n	u	b	p	o	i	r	y
a	b	y	v	w	h	i	s	k	l	o	p
r	a	l	s	h	a	r	k	v	t	y	e



Word Bank

Ship

Whale

Cheese

Thumb

Whisk

Chair

Shark

Wheel

Thorn

Whistle

Chest

Shoe



Who? _____

Where? _____

What was the problem? _____

How was it solved? _____

End: _____

Who? _____

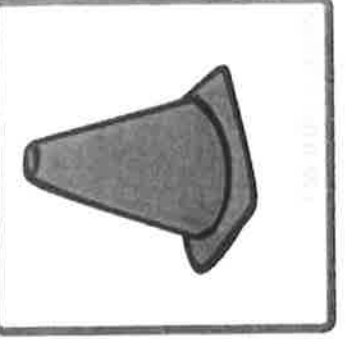
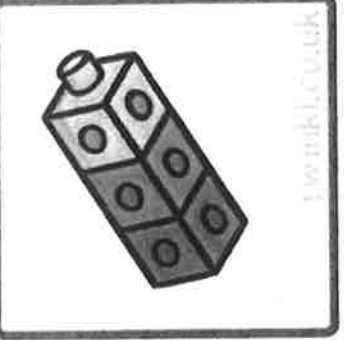
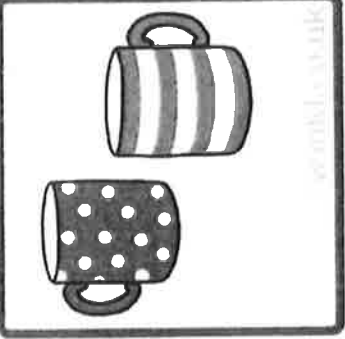
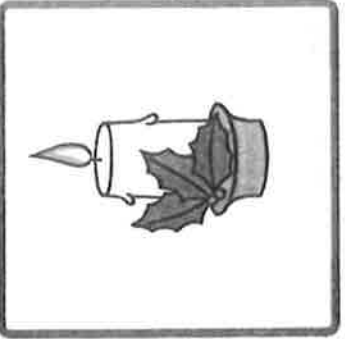
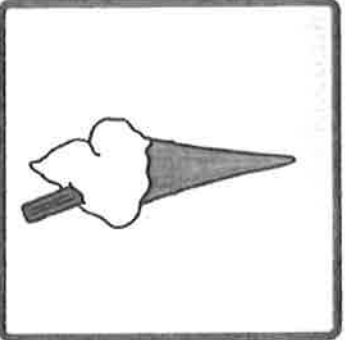
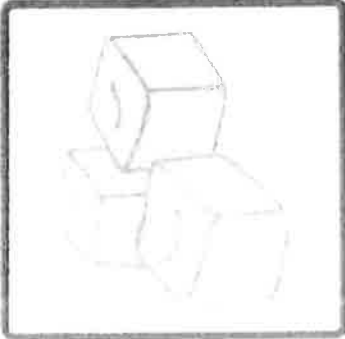
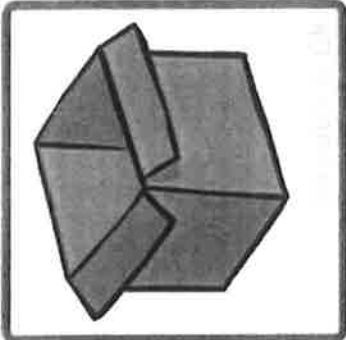
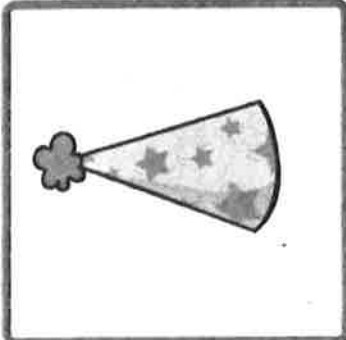
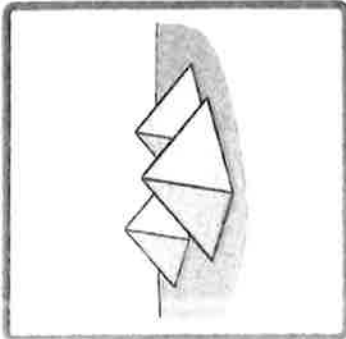
Where? _____

What was the problem? _____

How was it solved? _____

End: _____

Sorting Cards



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twinkl.co.uk

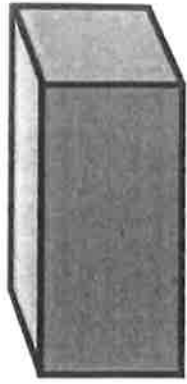
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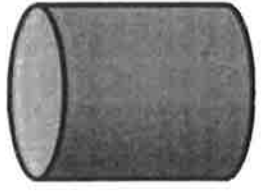
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cube

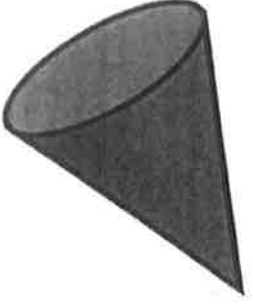


rectangular
prism





cylinder



cone