

Tuesday 9th February 2021

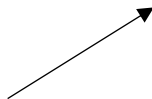
Good morning Hedgehogs!

I hope you have really been enjoying the snow!

Don't forget to keep sharing what you get up to in your portfolio on Dojo.

Mrs Hoddy

Fancy a break from the screen and a little exercise? Try these exercises



Feeling Flexible?

Home Physical Education

How to play:

- Layout 5 markers in a space around your area. These are your 5 flexibility circuit activities
- Station 1:** Perform 10 extended tucks.
- Station 2:** Perform 10 roll and release.
- Station 3:** Perform 10 lunges.
- Station 4:** Perform 10 arches, holding each one for 5 seconds.
- Station 5:** Perform 10 extended leg raises.
- How many times can you repeat the circuit?

Can you complete the circuit with a partner, encouraging each other?

Can you keep trying even if you feel tired?

Top Tips

Stretch Out!

By stretching (static or dynamic) this will improve our flexibility.
'Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion'

Let's Reflect

Do you understand why stretching your muscles will improve your flexibility?

Do you understand why it is important to be flexible when playing sport?

YOUTH SPORT TRUST

Believing in every child's future

Subject Resources List

Handwriting:

- Whiteboard
- Whiteboard pen
- OR
- Pencil
- Exercise Book/Paper

Phonics:

- Whiteboard
- Whiteboard pen
- Pencil
- Exercise book

Handwriting
(10 minutes)

Can you practice the letter **z**?

Try writing:

z

buzz

zebra

buzz

a zebra and a bee

This video might help:



<https://www.youtube.com/watch?v=7NuGXdxthyc>

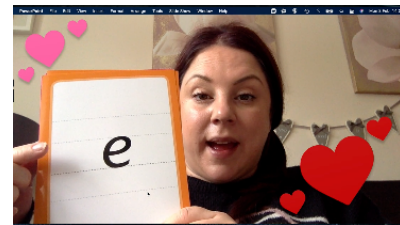
Phonics (20-30
minutes)

Today we are revising the 'ai' digraph. Watch the teaching video below:

<https://www.loom.com/share/126ddcde940142419cbc3c819675127f>



ai, ai, snail trail



Task:

Read the questions to decide if the answer is 'yes' or 'no'.

*Not all of these questions are fully decodable so support the children with the trickier words (rainbow, like, does)



LI02416 - ai



LI02416 - ai



LI02416 - ai



LI02416 - ai



LI02416 - ai



LI02416 - ai



Maths (10-15 minutes)

Today we are learning about making pairs and combining groups

Task 1: Use alternative resources from inside if there is too much snow!

#MathsEveryoneCan

Go on a walk to collect some natural objects.
Explore making pairs with what you have found.

How many pairs have you found?
Do you have any objects left over or do they all group into pairs?

Task 2:



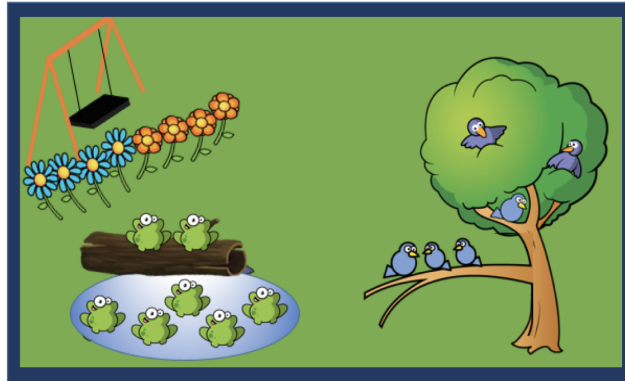
#MathsEveryoneCan



Look carefully at the picture.

Can you find 4 flowers and 4 flowers? How many flowers altogether?

Can you find 2 and 5? How many altogether? What else can you see?



Now make your own picture and draw some groups to count.



Optional: Peter Rabbit matching pairs game. You can print out the cards or draw your own!

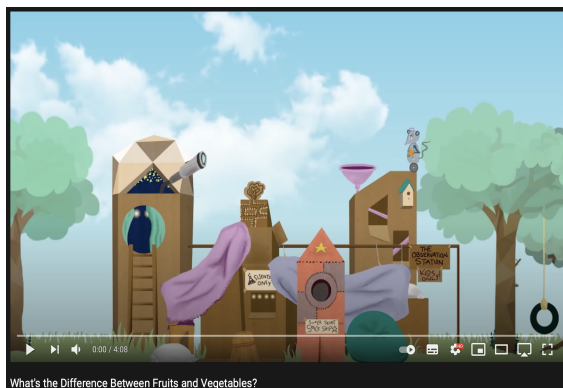
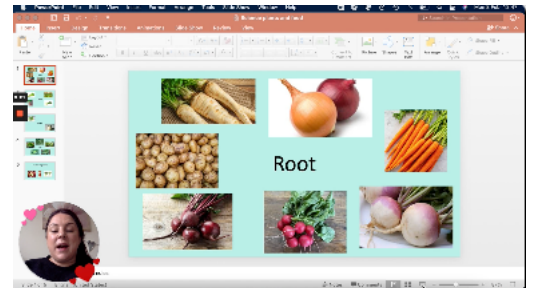
<https://childrens-binaryfiles.bbc.co.uk/childrens-binarystore/cbeebies/cbeebies-pdf-peter-rabbit-print-play-pairs-game.pdf>

Science (10-20 minutes)

What parts of a plant do we eat?

Watch the teaching video:

Did you know? Mushrooms are not plants at all; they are a member of the fungi family!



https://www.youtube.com/watch?v=DTK-uWx_VQo

Task:

Have a look in your home for some plants that you eat and fill in this chart with a grown up to help.

Name:

Date:

LO: To recognise which parts of plants we eat.

<u>Name of plant</u>	<u>Which part do we eat?</u>	<u>Picture</u>



Story time/
Dough Disco

Watch the video
below: <https://www.youtube.com/watch?v=jHERIBXIOWE>



Cosmic Kids
Yoga/Singing

Time for a silly song to get you moving:
<https://www.youtube.com/watch?v=BQ9q4U2P3ig>



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