Year 1 – Home learning challenge 14

Lynnfield Primary School

- ✓ **Reading (20 mins)** – choose a book to read that you love to read. Make a list of all of your favourite words in the story and say why you like them. Some of Mrs Larkin's favourite words are flamingo, wobble and chuckle!
- ✓ **Spelling (15 mins)** – choose 2 different words a day and write them in a sentence. Try to be creative! CHALLENGE! From the spellings you have been practising in the past few weeks, how many can you remember?
- ✓ **Maths (15 mins)** – complete a task from the fluency ladder – only move onto the next step when you are an expert! Ask people in your house to test you on a Friday (and maybe you could test them too!). Also, keep practicing your 2, 5 and 10 times tables on TTRockstars.
- ✓ **Mindfulness** – find a calm, quiet space and listen to some relaxing music. Lay down and imagine you are in a relaxing place. Or, you could do some mindfulness colouring sheets!
- ✓ **Physical activity** – Dance! Dance! Dance! Dancing is a great form of exercise, so why not turn up the radio and dance away to your favourite tunes! Make sure your family join in too!

Spellings for the week

biggest	fittest
longest	hottest
smallest	brightest
oldest	lightest
quickest	tallest

Weekly fun task!

WELLBEING WEEK
5 WAYS YOUR SCHOOL CAN PROMOTE GOOD MENTAL HEALTH

Last week was World Wellbeing Week. Looking after our bodies is important but we need to look after our minds and feelings too.

Things are very different at the moment and sometimes you may feel worried, frightened or even sad. That is ok! Why not try some of these activities that might help? Everyone in your house can join in.

1 "JUST ONE BREATH" BREATHING ACTIVITY
- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breath deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.

2 CREATE A GLITTER JAR
- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.

3 HEARTBEAT EXERCISE
- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.

4 GOING ON A SAFARI
- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

5 TENSE AND RELEASE MUSCLE RELAXATION
- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

Fluency Ladder

46	Rounding to 10, 100, 1000, 10 000, 100 000
45	Factors and multiples
44	Squared and cubed numbers
43	Division facts for 12x table
42	Multiplication facts for 12x table
41	Division facts for 11x table
40	Multiplication facts for 11x table
39	Division facts for 9x table
38	Multiplication facts for 9x table
37	Division facts for 7x table
36	Multiplication facts for 7x table
35	Division facts for 3x table
34	Multiplication facts for 6x table
33	Division facts for 3x table
32	Multiplication facts for 3x table
31	Division facts for 8x table
30	Multiplication facts for 8x table
29	Division facts for 4x table
28	Multiplication facts for 4x table
27	Division facts for 2x table
26	Multiplication facts for 2x table
25	Division facts for 5x table
24	Multiplication facts for 5x table
23	Division facts for 10x table
22	Multiplication facts for 10x table
21	Bridging/compensating
20	Near doubles (bridging 10)
19	Halves of numbers to 20
18	Doubles of numbers to 10
17	Near doubles (within 10)
16	Subtracting 0 from a number
15	Adding 0 to a number
14	Subtracting 10 from a number (teens numbers)
13	Adding 10 to a number (teens numbers)
12	Number bonds to 10 (subtraction)
11	Number bonds to 10 (addition)
10	Subtracting 2
9	Adding 2
8	Halves of numbers to 5
7	Doubles of numbers to 5
6	Subtracting 1 (within 10)
5	Adding 1 (within 10)
4	Say 1 less up to 10
3	Say 1 more up to 10
2	Count back in 1s to 20
1	Count on in 1s to 20