**A picture containing food, room

Description automatically generated****Year 1 – Home learning challenge 7**

* **Reading** **(20 mins)** – choose a book you love.
* **Spelling (15 mins)** – choose 2 different words a day and write them in a sentence. Try to be creative!
* **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.
* **Mindfulness –** find a calm, quiet space and listen to some relaxing music. Lay down and imagine you are in a relaxing place.
* **Physical activity –** why don’t you try some yoga poses?! Use the examples below to help you or have a look on YouTube! (‘Frozen’ Yoga is a good one ☺)



|  |  |
| --- | --- |
| Spellings for the week | |
| very | family |
| happy | sticky |
| funny | hairy |
| silly | sunny |
| party | lucky |

Weekly fun task

Create a rainbow sun catcher!

1. Get a plain piece of paper (A4).
2. Draw the outline of a rainbow in the middle of the paper (as shown)
3. Cut out the rainbow you have drawn (you should be left with an A4 piece of paper with a rainbow-shaped hole in the middle
4. Cut up different coloured tissue paper into small squares
5. Stick the tissue paper around the edge of the rainbow-shaped hole and then start to fill it in until the hole is completely covered (this can be in any pattern you like!)
6. Cut around the rainbow you have made. You should end up with something like this! 