

### Birches First School

Believe, Grow, Succeed

# School Closure Home Learning Year 1 Daily Tasks

• Please write the date before you start your work.

### Tuesday 19th May 2020

### **English**

Use the link to work through the rhyming activities. I have also attached it as a PDF on the home learning page.

https://www.twinkl.co.uk/resource/t-l-52261-ronald-the-rhino-rhyming-powerpoint

# Ronald the Rhino Rhyming Words Matching Game

Can you match the rhyming words and sort them into the table?

horn	spot	snake

dot	torn	cot
cake	flake	worn
born	slot	thorn
pot	bake	lot
corn	make	dawn
rake	rot	take

### Reading

Read the text about spiders and answer the questions below.

#### Spiders

Spiders and insects are different.

Spiders have eight legs and insects have six legs,

Spiders make silk which they spin into sticky webs. They use this to capture their prey,

A spider has two body parts and an insect has three body parts.

Spiders are called arachnids,



### Questions

Are spiders and insects the same?

How many legs do spiders have?

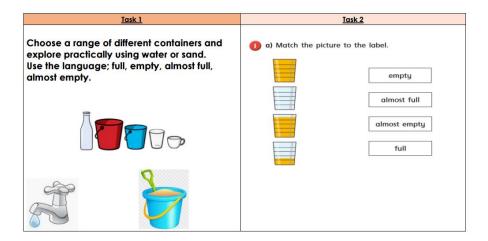
How many legs does an insect have?

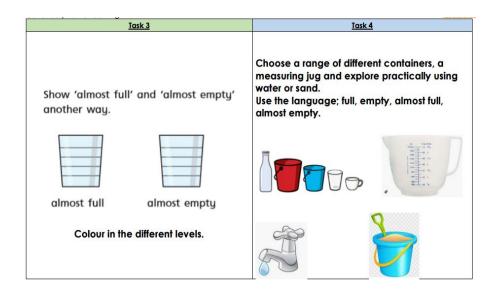
How so spiders capture their prey?

How many body parts does an insect have?

### <u>Maths</u>

Today we are going to explore capacity. Try to complete at least two activities.





## Extra fun activities



#### **Warrior II Pose -** Virabhradhrasana II

Strengthens and stretches legs and core; stretches and shoulders; relieves backaches.

1 Stand with your feet wide apart. Turn yo and your right foot out 90°.

- 2 Inhale, and lift your arms parallel to floor.
- Exhale and bend your right
  knee. Be careful not to extend your knee
  past the 90" point with your ankle.
- Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on oppo



#### Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

1 Start in mountain pose.

- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceilir your palms facing each other.
- 4 Hold this pose and breathe.



#### Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- Press your shoulders back and hold your arms out straight, a little way from your body.
- Breathe deeply and hold as long as needed (at least two long breaths).





#### Tree Pose - Vriksasana

Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose
- 2 Lift your right foot, turning your knee place your foot below your left knee.
  3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
  5 Return hands to your chest, and lower you right leg.
- 6 Repeat with left leg.



### Downward-Facing Dog-Adho Mukha Svanasana

Calms the mind; relieves stress; energizes the body; Benefits strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

1 Begin on hands and knees with toes tucked under.

**2** Exhale, straighten knees and lift hips, so you are in an upside-down V. Hold this position for as long as

3 you like. Let your head hang down and breathe.

4 To release, exhale and bring knees to the floor.



### Preparation and Safety

Age

5-7

National Curriculum

Develop balance, agility and co-ordination.

Time

Can be adapted to any setting or time frame.

Preparation

Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

Safety

Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.