



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?

		
<b>horn</b>	<b>spot</b>	<b>snake</b>

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 do spiders capture their prey?

How many body parts does an insect have?

# Maths

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

Task 1	Task 2				
<p>Choose a range of different containers and explore practically using water or sand. Use the language; full, empty, almost full, almost empty.</p> 	<p>1 a) Match the picture to the label.</p>  <table border="1" data-bbox="1037 403 1181 582"><tr><td>empty</td></tr><tr><td>almost full</td></tr><tr><td>almost empty</td></tr><tr><td>full</td></tr></table>	empty	almost full	almost empty	full
empty					
almost full					
almost empty					
full					

Task 3	Task 4
<p>Show 'almost full' and 'almost empty' another way.</p>  <p>almost full      almost empty</p> <p>Colour in the different levels.</p>	<p>Choose a range of different containers, a measuring jug and explore practically using water or sand. Use the language; full, empty, almost full, almost empty.</p> 

# Extra fun activities



Yoga Cards

### Warrior II Pose - Virabhadrasana II

**Benefits** Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Yoga Cards

### 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 ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.

Yoga Cards

### 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.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).

Yoga Cards

### Tree Pose - Vrikasana

**Benefits** 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 out; 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 your right leg.
- 6 Repeat with left leg.

Yoga Cards

### Downward-Facing Dog - Adho Mukha Svanasana

**Benefits** Calms the mind; relieves stress; energizes the body; 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.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.

Yoga Cards

### 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.