

Good morning!

Today is another Monday and the new challenge video is up and running. Make sure you take a look!

We will allot time on Friday for completing the challenge outcome. Throughout the week, we will be participating in learning which should help us when we get to the outcome day. We are aspiring, persevering, reflective learners, so we will be doing some work in our reflective journal throughout the week. To make sure you know which lessons are linked to our weekly challenge, we will mark the lesson with a



and **AYOC** to show it is part of *The year of change* activities.

Please send us your work from the previous learning if you haven't done so already. Have a good day!

Time	Learning
9-9:30	<p>Wake up Shake up - please use this time to exercise.</p> <p>There are lots of different options, here are a few you could choose from:</p> <p>Joe Wicks - https://www.thebodycoach.com/blog/pe-with-joe-1254.html</p> <p>Cosmic yoga - https://www.youtube.com/user/CosmicKidsYoga</p> <p>Just dance - https://www.youtube.com/watch?v=oe_HDfdmnaM</p> <p>You could use this time to take a walk/bike ride as your daily exercise.</p>
9:30-10:00	<p>Phonics</p> <p>Your child should start their phonics session by watching a video which introduces a new sound. The video can be found here: https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxTQ?fbclid=IwAR2zPh6YahiI_fOxLD_ikMQES-EWj_l_6L8MYTCYUUYMBv-1DePkw5_7--E</p> <p>If the link doesn't work try clicking on this link https://www.ruthmiskin.com/en/find-out-more/help-during-school-closure/ and then click on either the YouTube link or the Facebook link on the first line.</p>

	<p>The videos are only streamed at certain times of the day and are set depending. The times are:</p> <ul style="list-style-type: none"> • Set 1 Speed Sounds at 9.30am • Set 2 Speed Sounds at 10.00am • Set 3 Speed Sounds at 10.30am <p>(It may be better to do mental maths and problem solving first and come back to phonics, if your video is at a later time)</p> <p>In terms of the reading section of the phonics lesson, Oxford Owl are making all the phonics books available online as ebooks. Here is the link https://home.oxfordowl.co.uk/reading/reading-schemes-oxford-levels/read-write-inc-phonics-guide/</p> <p>Once you've clicked on the link then click on ebooks and then you need to register but it is completely free. Once registered you can then open all the ebooks and choose the correct banded level for your child.</p> <p>This means you do not need to look at the RWI books on the school website and we will not be adding any further books there.</p> <p><u>Guided reading:</u></p> <p>If your child is not in a phonics group and instead does guided reading, please find newly uploaded texts on the Butterflies home learning page here: https://www.sealprimary.com/page/?title=Home+Learning&pid=470, please find today's timetable and the text will be there.</p>
10:00-10:15	<p>Mental maths</p> <p>Watch this measurement video: https://www.bbc.co.uk/teach/super movers/ks1-maths-capacity-volume/zj8njhv</p>
10:15 - 10:30	<p>Spellings</p> <p><u>This week's spellings are:</u></p> <p>do to are his has friend school our</p>

	Remember to write your spellings out big , small, <i>wiggly</i> and with your eyes shut!
10:30 - 11:00	Breaktime/snacktime
11:00 - 12:00	<p data-bbox="400 533 632 622">  DT AYOC </p> <p data-bbox="592 667 1198 701">First you need to watch the new challenge video!</p> <p data-bbox="408 703 1385 775"> https://www.sealprimary.com/page/?title=2020%2D+A+year+of+change%2C+challenge+page&pid=287 </p> <p data-bbox="400 815 831 848">LO: to know what healthy means</p> <p data-bbox="400 889 1118 922">SC1: I can identify what we need for a healthy lifestyle.</p> <p data-bbox="400 963 746 996">SC2: I know what a diet is.</p> <p data-bbox="400 1037 995 1070">SC3: I can explain what a balanced diet means.</p> <p data-bbox="400 1111 1337 1182">This week our challenge is to create a healthy meal. But what does healthy mean?</p> <p data-bbox="400 1223 1246 1256">Watch this video: https://www.youtube.com/watch?v=UxnEuj1c0sw</p> <p data-bbox="400 1296 1326 1368">Can you tell an adult what healthy means? Can you name 3 things from the video that keep you healthy?</p> <p data-bbox="400 1408 1353 1480">We are going to be focusing on food this week and on Friday we are going to create a healthy meal.</p> <p data-bbox="400 1520 1203 1554">We must have a healthy diet. Our diet is the foods that we eat.</p> <p data-bbox="400 1594 1299 1628">Watch this video: https://www.youtube.com/watch?v=mMHVEFWNLMc</p> <p data-bbox="400 1668 1362 1740">As the video said, it is very important to eat lots of different types of food. We must have a balanced diet with lots of different types of food.</p> <p data-bbox="400 1780 475 1814">Task:</p> <p data-bbox="400 1854 1374 2002">Your task is to go into your kitchen. You are going to find some different foods, which would make up a balanced diet. You can look in your fridge, freezer, cupboards and pantry. What can you find? Can you find 3 items from each place? See if you can make a list of what you have.</p>

	<p>Watch this video to help you to understand the task:</p> <p>https://youtu.be/WSPXOKdRHIM</p> <p>Make a mind map or list to show what you have found!</p> <p>Challenge: to have a healthy and balanced diet, should we eat the same amount of every single type of food?</p>
12:00- 1:15	Lunch
1:15-1:30	<p>Cursive handwriting practise</p> <p>If you have received a Miss Cuss Smile or a Miss Theobald Star of the day last week from your teacher, then you can use this time to do an activity of your choice.</p> <p>Well done to the children who received smiles and stars of the day last week!</p>  <p><u>Squirrel Children</u></p> <p>Tilly</p> <p>Mia</p> <p>Albie</p> <p>Ava</p> <p>Felix</p> <p><u>Hedgehog Children</u></p> <p>Jed</p> <p>Emily B</p> <p>Elodie</p> <p>Harry</p> <p>Phoebe</p>

1:30- 2:30



LO: to understand the impact of bossy words

SC1: I can give some examples of bossy words.

SC2: I can explain why we use bossy words.

SC3: I can use bossy word to instruct.

The week before last we looked at instructions and how clear they must be for others to understand. We used our time order words (first, then, next, after that, finally). We also have bossy words to help us with instructions.

Watch this video about bossy words:

<https://www.bbc.co.uk/bitesize/topics/zrqqtfr/articles/z8strwx>.

Bossy words help us to tell people what we want them to do. We use these words in instructions and also in recipes. Like these:

Make a wild blackberry crumble



You will need:

- 450g handpicked ripe blackberries
- 2 tablespoons caster sugar
- 225g plain flour
- 150g soft brown sugar
- 75g butter (soft)
- 1 level teaspoon baking powder
- Mixing bowl
- Ovenproof dish
- Oven gloves

1 Between August and October, go out on an adventure picking blackberries.

2 Wash the blackberries, and arrange in a shallow ovenproof dish. Sprinkle with the caster sugar.

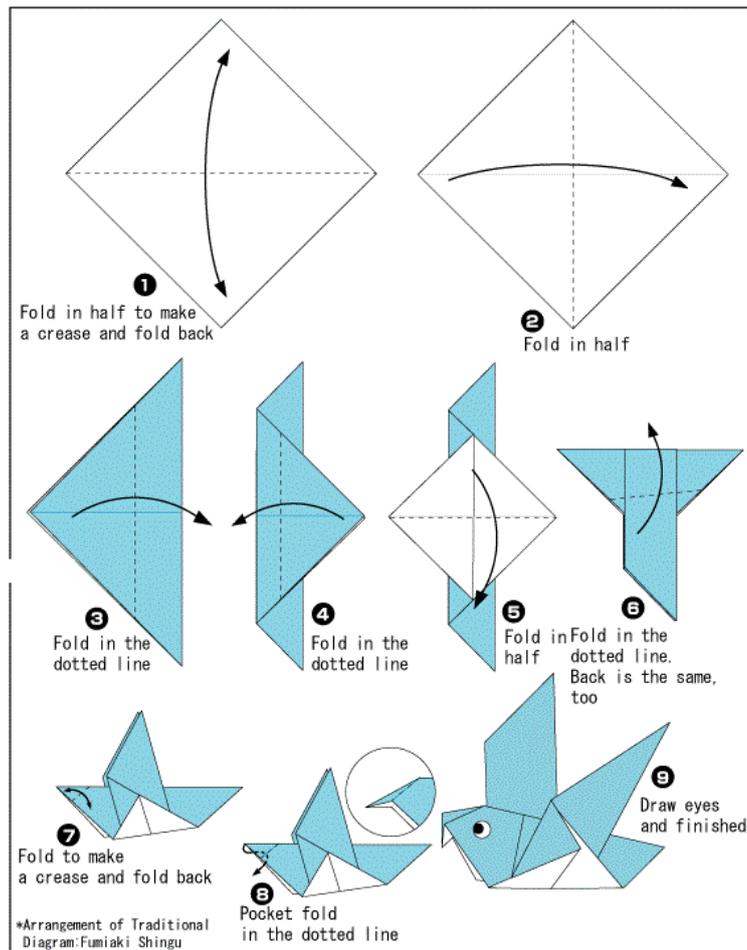
3 Mix the remaining ingredients together between your fingers until it goes all crumbly. Sprinkle the crumble mixture on top of the fruit.

4 Bake in the oven at 180C / 350F / Gas 4 for 30-40 minutes

5 Leave the crumble somewhere safe to stand and cool down. Ask an adult to check before tucking in. Enjoy!

Remember to get help from an adult when doing this activity.

www.wildlifewatch.org.uk



Can you pick out the bossy words and highlight them?

Why have they used bossy words?

Task:

It is your turn to use bossy words. We would like you to be bossy and make some instructions for somebody in your home to follow. Remember to use really bossy words. You are not asking them what to do, you are telling them.

2:30-3:00



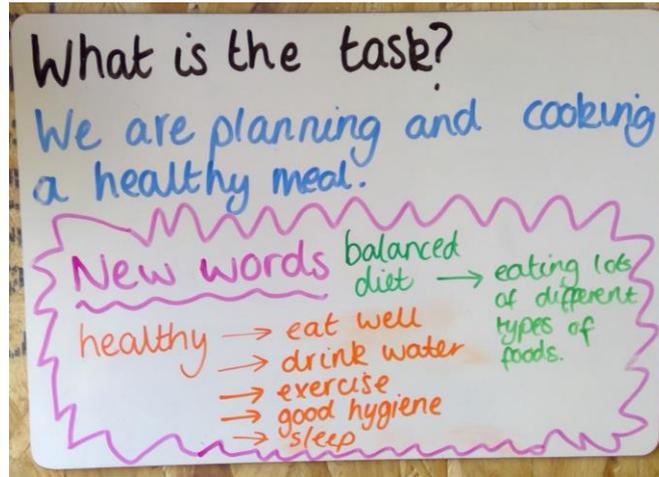
Reflective journal

For your reflective journal time today, we would like you to write what your task is.

What does healthy mean?

What is a balanced diet?

Any other vocabulary you have learnt about or want to.



3:00-3:15

Story time

On Monday's Miss Fermor is going to read you a story ...

Well done to everyone for their learning today!

Please do not worry if weren't able to complete everything on the timetable. We think you've all done a brilliant job!

Take care and stay safe,
Miss Cuss and Miss Theobald