

Mrs Bayraktar Friday pm 22.1.21

1pm – 1.30pm Reading

Read along to and listen to the story of “The Rainbow Fish” read By Ernest Borgnine. Use Storyline Online on YouTube or follow the link below.

<https://www.youtube.com/watch?v=r9mryuEkkKc>

Read your own book on Bugclub or share a book with a family member.

1.30pm -2pm

PHSE/ Jigsaw Dreams and Goals

Learning to Learn

Think about a time when you found something difficult to learn eg counting in 2s, telling the time or dribbling with a football. Here are some things we can do to help us learn a new skill or to achieve our goals:

Try again, don't give up, solve problems, keep calm, think things through, try different answers.

Design a colourful poster with the title “Learning to Learn” and include your favourite top tips (at least 4) to remind others what they need to do in order to learn a new skill or to achieve a goal.

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2pm – 3pm PE Ball Skills

Warm up - Jog/skip or hop around the garden 3 times.

Activity - Sevens Ball Game

Start at number 7 and try not to drop the ball before you complete the challenge by reaching number 1. Have lots of fun!

- 7) Throw the ball up in the air, let it bounce and catch it. Complete 7 times.
- 6) Throw the ball up in the air and catch it, without a bounce. Complete 6 times.
- 5) Bounce the ball on the ground 5 times and catch it. Complete 5 times.
- 4) Throw the ball up in the air, clap once and catch it. Complete 4 times.
- 3) Throw the ball under one leg and up in the air and catch it. Complete 3 times.
- 2) Throw the ball up in the air, do a 360-degree turn, let the ball bounce once and catch it. Complete twice.
- 1) Throw the ball up in the air, do a 360-degree turn and catch it, without a bounce.

If possible, ask your family to take a photo, to put on dojo, of you completing the Sevens Ball Game challenge.