

Dunstall Hill Primary Home Learning

Spring Term Week 2 Year 1

Please see the timetable below for the TEAMS online lessons this week:

Time	Subject	Access
9:30 - 10:30am	Reading/SPaG/RWI	An RWI link will be sent so you can access a phonics lesson. - 20-30 minutes live lesson introduction
10:30 - 11:00am	Break	
11:00 - 12:15pm	Maths	- 20-30 minutes live lesson introduction - 30- 40 minutes for assignments to be completed independently
12:15 - 1:15pm	Lunch	
1:15 - 2:00pm	Topic or Science	Purple Mash Task or Topic Teams Assignment
2:15-2:45pm	Story time	20-30 min live story session



To access TEAMS follow this link:

<https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/log-in>

You will need your username and password. Please contact the school office if you need it on 01902 556417 or email the teachers:

dh.y1homelearning@perryhallmat.co.uk



Afternoon



During the afternoon children will be set activities on Purple Mash or live learning. There are plenty of resources. All the children in school should have their login details with them at home if you do not you will need to email your class teachers using the school email address you have been sent. [Click here](#).

Additional afternoon subjects



BBC Bitesize are launching their home learning service on Monday. This is another learning platform we would recommend. Click [here](#) for more information.

Oak National Academy Online Classroom there are nearly 10,000 free video lessons, resources and activities, covering most subjects, from Reception to Year 6 [click here](#).



[Winter Season Scenery](#)

Follow the step by step instructions on how to draw a winter season scenery.

Exercise/PE

Wellbeing

In addition to your daily exercise the Government have recommended, we would recommend at least another 30 minutes if possible. See below for some useful resources:

- [Disney 10 Minute Shakeups](#)
- [Super Movers](#)
- [#ThisIsPE](#)
- [PE with Joe Wicks](#)



- [Indoor Activities for Kids](#)
- Try a 15 minute [Home workout](#) with your whole family.
- Try some [gentle stretches](#) to improve flexibility and strength.



- [Go Noodles](#) – Join in with the dance/singing (You are the best).



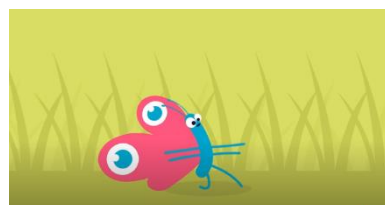
These activities are here to support wellbeing and mindfulness.

- Learn some [deep breathing techniques](#) for when you are feeling stressed or anxious.



These activities are here to support wellbeing and mindfulness.

- Go on a yoga adventure with Jaimie and [Coco the Butterfly](#).



- Listen to some [relaxing music](#) with sea animals.



- Watch the video to help you identify and understand your feelings- [Mini treasure chest](#).



Messages

- Please remember to wash your hands.
- Make sure you attend all live sessions.
- Well done for completing your work and taking part on the online sessions.
- Please read and practice your sounds daily.
- Access your online RWI portal using the link sent to you via text message.
- Practise your number bonds to 10/20.

