

**Spring Term Week 3  
Year 1**

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



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](mailto: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](#).



**ICT**

Learn facts about [polar bears](#).  
Write simple facts about polar bears.



**Art**

Learn how to [draw](#) a polar bear step by step.



**Exercise/PE**

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:

**Wellbeing**

These activities are here to support wellbeing and mindfulness.

- [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 Noddle's- Join in with the dance/singing (Banana Banana Meatball).



- Learn some [mediation exercise](#) for when you are feeling stressed or anxious.



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



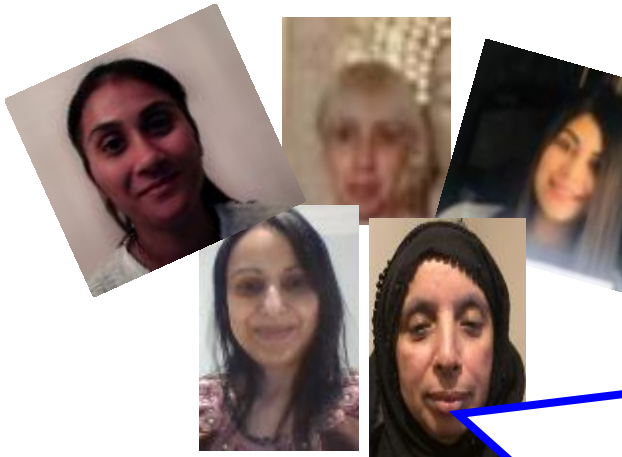
- [Listen to the calm piano music](#) and have a look at the winter photos.



- [Pin wheel breathing](#)



## Messages



Hello Year 1, how are you all?

Well done, for joining in the live lessons and taking part. We miss all your smiley faces and look forward to seeing you all soon.

Our theme for spring 1 is 'winter wonderland'. We will be learning about polar bears, penguins, winter season and etc.

Phonics in year 1 is very important. Make sure you practise your daily sounds.

For maths practise writing numbers from 1- 100.

Follow your timetable to access your learning for everyday. R

remember to wash your hands and stay safe at home.



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