

PE - Choose a cosmic yoga video to join in with:

<https://www.youtube.com/user/CosmicKidsYoga>

OR



Join in with Joe Wicks PE lessons live each day!

Year 1 Home and In School Learning

wb 1/3/21

Wider Curriculum

Key learning area:

- PE - General fitness - get your heart rate up and build up your muscles!
- History - I can create a simple timeline to sequence events within my own experience
- PDL - I can identify foods that support good health and the risks of eating too much sugar

Thursday - PDL

This week we are going to think about nutrition and a healthy diet. Look at the power point to learn about the different food groups. You could also watch the clips on BBC bitesize:

<https://www.bbc.co.uk/bitesize/topics/zv4cwmn/resources/1>. You will then need to design a

balanced diet lunchbox or lunch dish, making sure all of the food groups are present. Don't forget to label each item, including the group it belongs to. Make sure you fill it with foods you like because you could try and make it for your lunch today!



Monday - Music



Happy St David's day! A short welsh music activity below for you to enjoy!



If you're feeling crafty, take a look at the blog post below to follow along and make a pinwheel daffodil- one of the Welsh national emblems!

<http://handmadebyrianna.blogspot.com/2012/02/kids-craft-st-davids-day-daffodils.html>

Tuesday - History

Last week you created a timeline of your life so far, all about you. This week, we would like you to add memorable events to your timeline. These are things that have happened in your lifetime. They might be things that you've done, such as holidays or experiences. Or, they might be significant changes that have happened that you can remember. You may need to do a little bit of research for this, whether that is talking to your grown ups or using an online search engine such as kiddle!

Friday - PE challenge



Another way to stay healthy is to exercise. Join in with the alphabet PE challenge below! Spell your name out to create your own workout! If you have a short name, you could also include your surname, or do repeat sets.

Remember to share anything you have done on SeeSaw!

Spring 2; week 2

HAPPY ST DAVID'S DAY!

Keep Learning



'Lisa Lan' performed by Amy Turk

[Amy Turk - Lisa Lân \(Welsh Traditional\) - YouTube](#)



St. David's Day is the national day of Wales and is celebrated on 1st March.

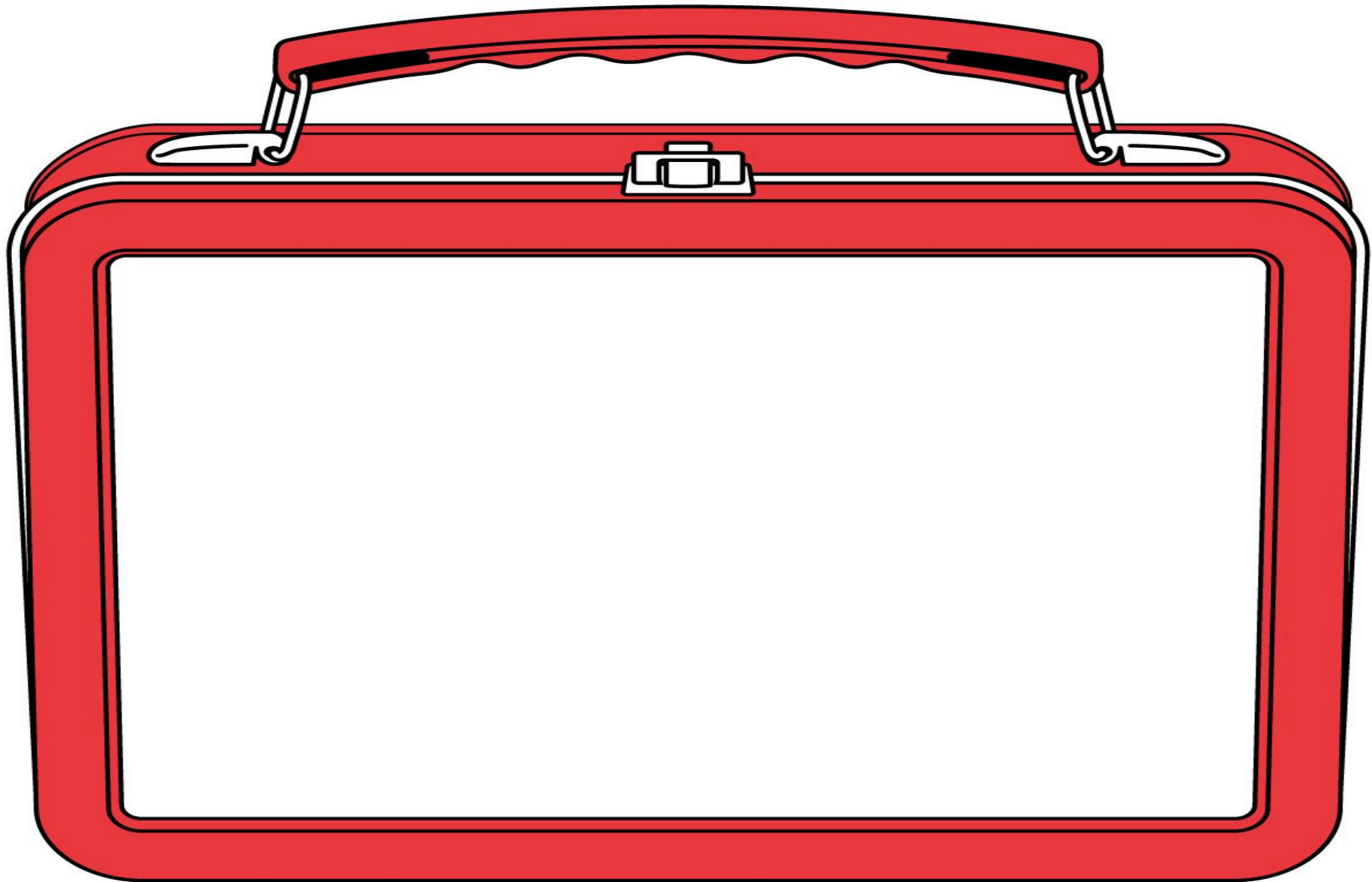
This beautiful piece of traditional Welsh music is performed in the woods by Harpist Amy Turk. Enjoy listening to the gentle and soothing sounds of harp and birdsong.



Learn how to say some simple words and greetings in Welsh:

https://www.youtube.com/watch?v=a1dZ_wZdl_A

My healthy lunch box



what's your name?

Complete the activities below to spell out your name. You can see my attempt on Seesaw!

- | | |
|--|---|
| A Jump up and down 10 times | N Pick up a ball without your hands |
| B Spin around in a circle 5 times | O Walk backwards for 20 steps |
| C Hop on one foot 5 times | P Walk sideways for 30 steps |
| D Run to the nearest door & back | Q Crawl like a crab for 10 seconds |
| E Hop like a frog 5 times | R Walk with a bear for 14 seconds |
| F Do 10 squats | S Touch your toes 20 times |
| G Do 10 star jumps | T Roll a ball using your head |
| H Jump like a kangaroo 10 times | U Flap your arms like a bird 13 times |
| I Balance on 1 foot for 10 seconds | V Jump up and down 18 times |
| J Do 8 sit ups | W Throw punches for 11 seconds |
| K March like a soldier for 12 seconds | X Kick each leg 6 times |
| L Break dance for 9 seconds | Y Walk on your knees for 8 seconds |
| M Pretend to use a skipping rope for 10 seconds | Z Use your arms to pretend you are riding a bike for 9 seconds |