



## ★ KS1 Home Learning Grid – Healthy Me, Healthy You, Healthy Us



We would like the children to focus on reading, spelling and basic maths skills. We have therefore set only one piece of homework. The children can choose from one of the options below or think of their own idea! As the topic is running for the whole Spring term, please could they choose two of the activities to complete over the course of the term. When they have finished they can bring in what they have been working on to share with others. If you need any resources printed or require further support, please let your child's teacher know.

<p><b>Weekly Reading</b></p> <p>Please could the children read at <b>least 3 times</b> a week at home.</p> <p>Please record what they have read, how they coped and what they were able to discuss in their Reading log book. These need to be returned daily so that teachers can monitor their reading and support them in changing their books.</p> <p>We have included information for helping your child with reading on the website.</p> <p>We are also planning to hold a reading workshop to discuss how best to support your child with their reading.</p>	<p><b>Weekly spellings</b></p> <p>Each week your child will be sent home a list of the sounds or spelling rules that they are learning in their phonics sessions.</p> <p>Alongside this, your child will continue to be given new Common Exception Words to learn each week. Please ensure these sheets are in school on the set day, to be assessed.</p>	<p><b>Maths</b></p> <p>This term, we will be focusing on Addition, Subtraction, Multiplication and Division skills alongside continuing to consolidate Place Value skills. Here are some useful websites to support your child's maths learning at home:</p> <p><a href="http://www.ictgames.com/resources.html">http://www.ictgames.com/resources.html</a>  <a href="https://www.topmarks.co.uk/Interactive.aspx?cat=8">https://www.topmarks.co.uk/Interactive.aspx?cat=8</a></p> <p>You could also look at maths in their every-day world, looking for shapes in the environment, practising to tell the time and solving problems in the context of money.</p>
<p><b><u>Half Term Project Ideas</u></b></p> <ul style="list-style-type: none"> <li>• Design a healthy balanced plate of food using different materials</li> <li>• Create a fact file about healthy eating.</li> <li>• Keep a food diary for a week and record how many times you eat fruit and vegetables, food and drinks high in fat or sugar, milk and dairy foods, proteins or carbohydrates.</li> <li>• Help to design a menu and cook a balanced meal for your family.</li> <li>• Create a poster encouraging people to be more active and get fit.</li> <li>• Create snap cards to match different foods to their food group.</li> <li>• Film an advert about looking after your teeth or eating healthily.</li> <li>• Create snap cards to match different foods to their food group.</li> <li>• Keep a log of the exercise you do over a few weeks. What exercise do you do? How long do you exercise? How far do you walk/run/cycle? How many steps do you do in a day?</li> </ul> <p><u>Useful websites</u></p> <ul style="list-style-type: none"> <li>• <a href="http://www.foodafactoflife.org.uk/section.aspx?sectionId=37&amp;siteId=3">http://www.foodafactoflife.org.uk/section.aspx?sectionId=37&amp;siteId=3</a></li> <li>• <a href="https://www.bbc.com/bitesize/topics/zchhvcw/resources/1">https://www.bbc.com/bitesize/topics/zchhvcw/resources/1</a></li> <li>• <a href="https://www.bbc.com/bitesize/articles/zxvkd2p">https://www.bbc.com/bitesize/articles/zxvkd2p</a></li> <li>• <a href="https://www.bbc.com/bitesize/clips/zvdkjxs">https://www.bbc.com/bitesize/clips/zvdkjxs</a></li> </ul> <p>Remember the objective is to complete an activity related to the topic – use your imagination!</p>		