



Year 1/2 Home Activity Sheet

Term 1 Week 1 - 1-3 February 2023



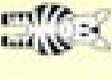
| Literacy | Numeracy | Wellbeing | Moving and Making | <p>Here are some additional digital learning resources you may wish to take a look</p> <p>Art for Kids Hub</p> <p>Cosmic Kids Yoga</p> <p>Number Jacks</p> <p>Count to 100 with Jack Hartman</p> <p>7 Minutes Fitness for Kids</p> <p>Have fun!</p> |
|---|---|---|---|---|
| <p>Practice writing your name in Rainbow colours.</p> <p>Extra for Experts - can you write your first and last name in rainbow colours</p> | <p>Get your laundry pegs. Group them into their colours; which colour is there the most of? Least of? Draw and label a picture.</p>  | <p>Use a recipe to make playdough.</p> <p>Can you make your family out of playdough? Remember to include any pets you have.</p> | <p>Make a Lego creation. Use some of these ideas to help. Click on the highlighted link to find your challenges</p> <p>Lego Challenge:</p> | |
| <p>Go on an alphabet hunt! Can you find something beginning with each letter of the alphabet? Use your yellow butterfly card to help you.</p> | <p>Play a board game e.g. snakes & ladders or a card game with your family e.g. Go Fish, Snap</p> | <p>Plan a healthy lunch to have at home. Draw a picture of it.</p> | <p>What's your name fitness? See below.</p> | |
| <p>Choose one of your books and read it to a family member or your pet or your teddy.</p> <p>Year 1: Draw a picture of your favourite part of the story.</p> <p>Year 2: Next write a sentence about your picture.</p> | <p>Have a paper aeroplane challenge with your family.</p> <p>Whose plane can fly the highest? Whose plane can fly the furthest? Measure the distance by counting your steps.</p> <p>Help: How to make a paper aeroplane</p> |  <p>Teddy Breathing</p> <p>Lie down and put your favourite stuffed toy on your chest. Breathe in and out and watch your toy rise and fall.</p> <p>Also, shut your eyes and listen to all the sounds that you can hear.</p> | <p>Practise your scissor skills! Follow the instructions to make your own cardboard tube octopus.</p>  | |

what's your name?

Fit activity for kids
SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- A** jump up & down 10 times
- B** spin around in a circle 5 times
- C** hop on one foot 5 times
- D** run to the nearest door and run back
- E** walk like a bear for a count of 5
- F** do 3 cartwheels
- G** do 10 jumping jacks
- H** hop like a frog 8 times
- I** balance on your left foot for a count of 10
- J** balance on your right foot for a count of 10
- K** march like a toy soldier for a count of 12
- L** pretend to jump rope for a count of 20
- M** do 3 somersaults
- N** pick up a ball without using your hands
- O** walk backwards 50 steps and skip back
- P** walk sideways 20 steps and hop back
- Q** crawl like a crab for a count of 10
- R** walk like a bear for a count of 5
- S** bend down and touch your toes 20 times
- T** pretend to pedal a bike with your hands for a count of 17
- U** roll a ball using only your head
- V** flap your arms like a bird 25 times
- W** pretend to ride a horse for a count of 15
- X** try and touch the clouds for a count of 15
- Y** walk on your knees for a count of 10
- Z** do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

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|--|--|--|---|---|
|  All Alphabet Cards B101 70 New Ideas Available 2011 New Material Order 0871 44 100 774 Phone 0871 44 100 774 Printed in New Zealand |  y |  q |  i |  a |
| |  z |  r |  j |  b |
| <div style="border: 1px solid red; padding: 5px;"> is the and for a on </div> |  s |  k |  c | |
| |  t |  l |  d | |
| <div style="border: 1px solid blue; padding: 5px;"> I am went to this can </div> |  u |  m |  e | |
| |  v |  n |  f | |
| <div style="border: 1px solid yellow; padding: 5px;"> we are like my in see </div> |  w |  o |  g | |
| |  x |  p |  h | |

