

Year 1 home learning week beginning 16th March 2020

Phonics and literacy (reading and writing)

- Log into 'teach your monster to read'
- Find a game to play on 'phonics play'. Start off by trying the phase 3 activities.
<https://www.phonicsplay.co.uk/Phase3Menu.htm>
- Read your reading book (some free e-books here https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/?view=image&query=&type=book&age_group=Age+4-5&level=&level_select=&book_type=&series=#).

Maths

- This week we have been looking at equal groups of objects. Have a look at the maths activities in this pack.
- Practise counting forwards and backwards in 2s, 5s and 10s.
- Try this free online maths game
<https://www.topmarks.co.uk/Flash.aspx?f=multiplication>
- Play a board or card game

Topic and learning about the world

- We're learning all about life in Antarctica. Please see the attached activities.

Science

- We've been looking at classifying animals this half-term. See if you can have a go at making a list of animals in different groups. It might be birds, fish, reptiles or mammals.

Other ideas:

- Start the day off by writing a short sentence about what you did the previous day.
- Have a wiggle to the CBeebies day of the week song!
<https://www.bbc.co.uk/cbeebies/curations/days-of-the-week-songs>

Some websites with lots of learning activities to try

- Oxford Owl
https://home.oxfordowl.co.uk/?s=activity&posttype_search=post%2Cpage%2Cproject%2Cfind_a_book%2Cebooks%2Cactivities%2Cjargon_buster%2Cvideos&fwpost_type=activities&fwage_categories=age-4
- Purple Mash - explore different activities online.
- Top Marks <https://www.topmarks.co.uk/>

Year One Home Learning



Our topic this half-term is Antarctica. Can you complete the following activities at home?

1. Find out some facts about animals which live in Antarctica. Examples could include Leopard seals, Antarctic Petrels, Emperor penguin, Killer whales to name a few.

What do they look like?

What size are they?

What do they eat?

How do they keep warm?



2. Imagine you were going on holiday to Antarctica. Draw and label all of the items you might need to take with you.
3. Draw a picture of an Antarctic research station.

Can you include all of the items you might need to survive? What would it be like to stay there? How long would you be there for? What would you be doing?



What to think about packing for your trip to Antarctica...

Woollen layers

Your base layer is perhaps the most important - and it's important to bring a few different sets. Thin wool is one of the best options, as it's not too tight to prevent a warm layer of air from forming around your body, but it's also ultra-insulating. Long trousers or leggings, a few woollen long-sleeved tops and plenty of thin woollen socks are at the top of every "exploring Antarctica" list around. The bonus? It's really comfortable to sleep in, too.

Fleece

So you've got your woollen layers ready - now what? While several second layers function well over a warm base, fleece is one of the warmest and most versatile. It's a great layering piece because you can wear it on its own on warmer days, on board the ship and underneath a windbreaker on the coldest days of your expedition.

Thick socks

Many people underestimate the power of layering your socks, but keeping your feet snug and warm will in turn keep your body warm (heat tends to escape through your limbs). Over those thin woollen socks you packed, put a thicker pair to trap even more heat. The two in combination won't be too thick to fit inside your waterproof boots, but they'll be doubly warm.

Sunglasses

This one might surprise you, but Antarctica can actually be a pretty sunny place (sometimes even in the middle of the night). Pair that with the endless expanse of reflective white snow, and you have a recipe for a ton of glare. While any sunglasses will be helpful, it's best to opt for polarized ones on a trip like this. An even better idea: Bring an extra pair, just in case.

A camera (and waterproof bag)

You will undoubtedly want to take photos while you're visiting (how many people can say they've been to Antarctica?), so make sure you bring a good camera and several lenses. While regular point-and-shoot cameras work fine, the glare makes exposure and white balance tricky - and you could end up with photos that aren't so great. Whichever kind of camera you opt to bring along for the ride, make sure you have a waterproof bag, as rough waters and rides in the Zodiac mean you will likely get splashed at some point. (Plus nothing is worse than dropping your camera in the snow.)

Waterproof walking shoes with traction

Tall, waterproof boots are crucial for exploring the mainland, but you'll want comfortable, warm walking shoes for the towns you visit farther north and the hikes you may go on in the Falkland Islands. There's likely to be ice wherever you are, though, so make sure they have good traction/grip.

Underlayer gloves

Underlayer gloves keep your hands warm in a similar way that those thin woollen socks keep your feet warm. They help trap warm air between your gloves and your hands, and they're great to have on hand (literally) when you need to do things that require a little more dexterity, like changing your camera lens.

A face mask

Winds in Antarctica can be intense, especially when you're cruising along the water in a Zodiac. Make sure you bring a face mask to help keep you warm - and prevent some serious wind burn.

Sunscreen

Antarctica may be cold, but it's the highest continent on Earth and is located under a relatively thinner layer of ozone than most places. Make sure any exposed areas of your skin (most likely your face) are covered in a protective layer of sunscreen to prevent burns.

Hat

This one goes without saying - in such a cold climate, you're going to need a good hat that covers your ears.

Moisturizer and lip balm

Due to Antarctica's low temperatures and high altitude, the air is pretty dry. Your skin and lips may get a little scaly, so be sure you have plenty of moisturizers on board.

Miscellaneous:

- When you're out on [excursions](#), you'll need to have access to plenty of water. Traditional water bottles might not be able to handle the cold, and your water might be ice by the time you get to it. Look into getting an insulated winter water bottle to prevent this from happening.
- Don't forget your passport! You'll need it at every stop along the way.
- Bring along a journal so you can take notes about what happened on your vacation. [Antarctica is a unique experience](#) - you'll want to remember as many details as possible.