




Year 1 Isolation Pack

This is your home learning pack for your isolation period during the **Spring Term**.


It contains 14 days of work for Writing & Maths, plus 4 Science, 4 Topic and 2 PE activities.

English- Day 1

Activity 1- Can you add nouns, so that these sentences make sense?

There was a gigantic, scaly, green _____ in the grass. 

A beautiful, delicate _____ landed gently on the flower. 

She poured juice into her small, blue,
plastic _____ 

Activity 2- Silly Spellings

silly

Write these 6 common exception words in silly letters.

the a do to today of

If you are finished and want an extra challenge.....

Write interesting sentences with one common exception word in each sentence.

English- Day 2

Activity 1- Can you add verbs, so that these sentences make sense?

The girl quickly _____ away from the dog.



He _____ up and down on his trampoline.



All the children _____ their snack at break time.



Activity 2- Hidden Spellings.

Draw and colour a picture. Hide your common exception words inside your picture.

said says are were was I

If you are finished and want an extra challenge...

You can write me some clues, to help me find your words.

English- Day 3

Activity 1- Can you add adverbs, so that these sentences make sense?

George ran _____ as the dragon flew closer.



The children walk _____ through the school. 🤔

The girl stepped _____ around the edge of the volcano. 🌋

Activity 2- Staircase Spellings.

Example:

f
fu
ful
full

friend school house love our full

If you are finished and want an extra challenge...

Write me a story using as many of your common exception words as you can.

English- Day 4

Activity 1- Can you add adjectives, so that these sentences make sense?

She stroked her _____, _____ puppy.



The boy picked up a _____ wand.



Slowly the girl crept through the _____

door.



Activity 2- Backwards Spellings.

Write your spellings forwards and then backwards. For example: **they** - **yeht**

is his has you your they

If you are finished and want an extra challenge.....Write interesting sentences with one common exception word in each sentence.

English- Day 5

Activity 1- Can you help me improve these sentences?
Can you write these sentences correctly into your book?
Remember to think about the size of your letters as you write.

the gurl throwed the ball



max is dug in the soyl.

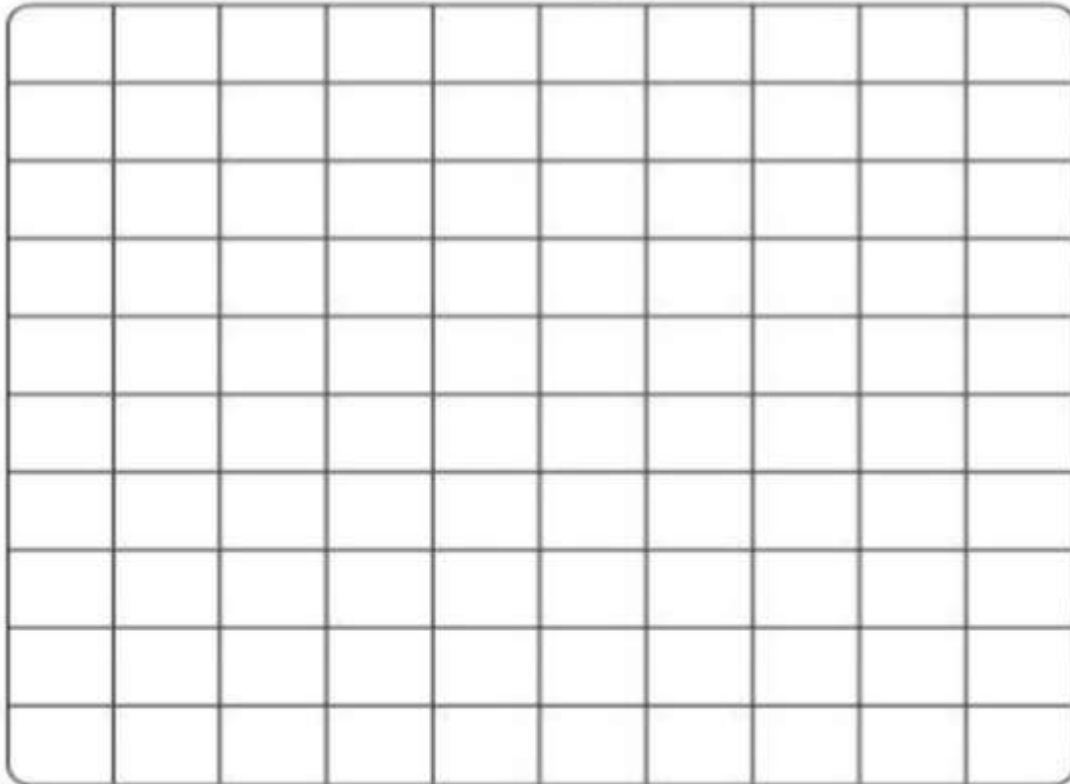


Sasha walked from her howse to skool?



Activity 2- Word search Spellings.

Using the template on the next page, create your own word search using this week's common exception words.



pull	push	ask
one	she	he

If you are finished and want an extra challenge.....Write a sentence with a missing word, so that I can guess which word is missing from each sentence. For example:

I heard a knock so I went to _____ open the door to have a look.

English- Day 6

Activity 1- Draw a character.

Today, I would like you to have a go at one of Rob Biddulph's drawing videos. Draw a character of your choice.



<http://www.robbiddulph.com/draw-with-rob>

Give your character a new name then I would like you to write a character description about them.

Activity 2- Code Spellings.

Come up with a code for each letter of the alphabet. Write down your code. Then write your spellings in code.

You must write the actual spelling next to the code spelling.

For example:

a = ● b = ★ c = ♥

put once some where be me

If you are finished and want an extra challenge.....Write interesting sentences with one common exception word in each sentence.

English- Day 7

Activity 1- Use conjunctions in sentences.

Put the water in the bottle_____ do not put too much in!

Push the pump up_____ down.

Pour the water in slowly_____ that it doesn't spill.

Put the bottle rocket_____ the pump on the grass.

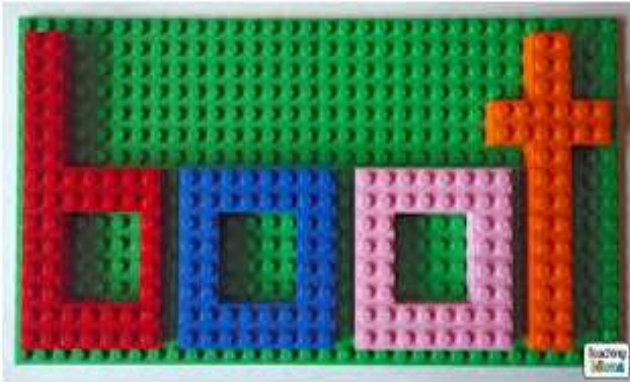
Push the cork in the bottle_____ that it won't fall out.

Watch the rocket_____ remember to cover your head_____ that you don't get hurt.

but so and but so and so

Activity 2- Ultimate Spelling Challenge.

I would like you to spell each word, using something different that you have found around the house or garden. See example on next page.



we no go so by my

If you are finished and want an extra challenge.....

Set a time limit of 2 minutes. Ask an adult to time you and see if you can beat the clock. How quickly can you gather the items and spell each word?

English- Day 8

Activity 1- Sentence building.


Name _____

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Mixed Up Cocoa

Directions: Read the words on the cocoa cups. Put them in order to make a sentence. Write the sentence.

Bonus: Color the cocoa cups with nouns blue, verbs green and adjectives red.



have mittens green I

hot chocolate I like

snowman. Let's a build

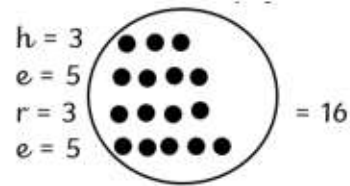
my need scarf. I

is snow The cold.

Activity 2- Addition spellings.

Practise spelling these common exception words. Then use the table to add up the value of each word. See example on the next page.

Draw dots to help you add.



a	b	c	d	e	f	g	h	i	j	k	l	m
1	2	3	4	5	1	2	3	4	5	1	2	3

n	o	p	q	r	s	t	u	v	w	x	y	z
4	5	1	2	3	4	5	1	2	3	4	5	1

here there come said of are

If you are finished and want an extra challenge.....

Write a sentence with a missing word, so that I can guess which word is missing from each sentence.

English- Day 9

Activity 1- Sentence building.

Form a sentence!

Form a sentence using these words...



Form a sentence!

Form a sentence using these words...



Form a sentence!

Form a sentence using these words...



Form a sentence!

Form a sentence using these words...



Activity 2- Rainbow spellings.

Look carefully at the 6 common exception words. As you write each word, trace over it with 4 or 5 different colours to make a rainbow.



you they was house love come

If you are finished and want an extra challenge...Write me a story using as many of your common exception words as you can.

English- Day 10

Activity 1- Can you help me improve these sentences? Can you write these sentences correctly into your book? Remember to think about the size of your letters as you write.

the angry litel troll wos under the bridge 







her ice cream meltid in the and drop onto thefloor 

It was thehottest dai ov the year so ben couldn't plai outside without any sun cream.



Activity 2- Roll and read spellings.

Copy the template below to play the game.

Years 1 and 2 – Roll and Read					
					
the	of	do	to	today	here
said	says	your	they	be	he
me	she	we	no	come	some
one	once	ask	friend	school	put
are	were	was	is	his	has
I	you	go	so	by	my

If you are finished and want an extra challenge...Roll and read a word, then have a go at using it in a sentence.

English- Day 11

Activity 1- Using adjectives

Look carefully at the image and write 3 sentences to describe it.



Remember

- capital letters
- full stops
- finger spaces
- adjectives
- Check that your sentences make sense.
- Use your 5 senses.

Activity 2- Common exception words Noughts and Crosses.

Draw a Noughts & Crosses board and write a common exception word in each box. Take turns with an adult to read a word and give yourself a nought or a cross if you read it correctly. The first person to get 3 in a row wins!

Year 1 Common Exception Words

the	is	no	one
a	his	go	once
do	has	so	ask
to	I	by	friend
today	you	my	school
of	your	here	put
said	they	there	push
says	be	where	pull
are	he	love	full
were	me	come	house
was	she	some	our
	we		

 www.twinkl.co.uk

If you are finished and want an extra challenge...

Play the game again, but this time you have to read a word then correctly use in a sentence to win a point.

English- Day 12

Activity 1- Using adjectives

Look at the picture and list 5 words to describe the hedgehog. Then use all of your adjectives to write some super sentences about the hedgehog. Don't forget your punctuation!



Activity 2- Spelling Pairs

Chose 6 of the common exception words and write them twice onto individual squares of paper. Now turn them over and mix them up and see how quickly you can find all the matching pairs.

If you are finished and want an extra challenge.....

Set a time limit of 2 minutes. Ask an adult to time you and see if you can beat the clock. How quickly can you find all the matching pairs of words?

English- Day 14

Activity 1- I can see...

Look at the picture and write 3 sentences about what you can see in the picture. You can start your sentence with, I can see....



Activity 2- Spelling bee challenge

Now that you have practised all of the common exception words can you read and spell them all correctly? Use the checklist on the following page to see how many you can read. Then have an adult read them out and see how many you can write down correctly. Good luck!


Year 1 Common Exception Words				Checklist				
Name: _____								
Word	R	W	Word	R	W	Word	R	W
the			you			where		
a			your			love		
do			they			come		
to			be			some		
today			he			one		
of			me			once		
said			she			ask		
says			we			friend		
are			no			school		
were			go			put		
was			so			push		
is			by			pull		
his			my			full		
has			here			house		
I			there			our		

Maths

Day 1 – place value

Activity 1

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



Pick a number from the number square.

What number is **one more than** your chosen number?

Clap, hop or jump that number.

Choose another number from the number square.

What number is **one less than** your chosen number?

Skip, jog, or star jump that number

Activity 2

23		45
34		34
15		3
73		98
44		44
60		70
81		41
50		53
36		63
77		55
42		24

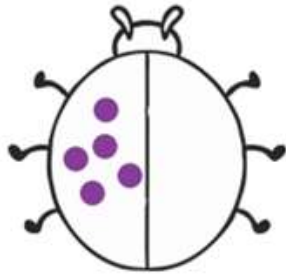
Challenge

10+4		30
25		2+6
10+10		13+7

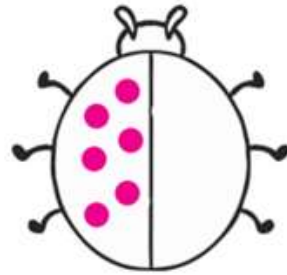


Day 2 – Doubling to 20

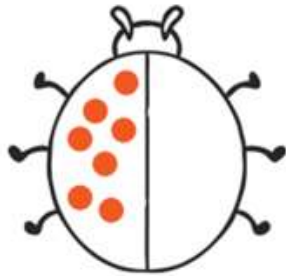
Activity 1



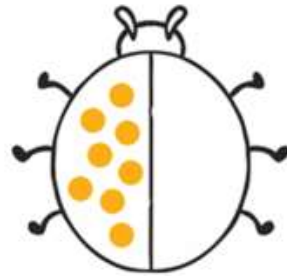
Double 5 is _____



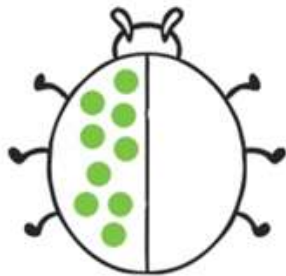
Double 6 is _____



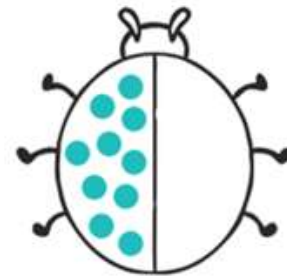
Double 7 is _____



Double 8 is _____



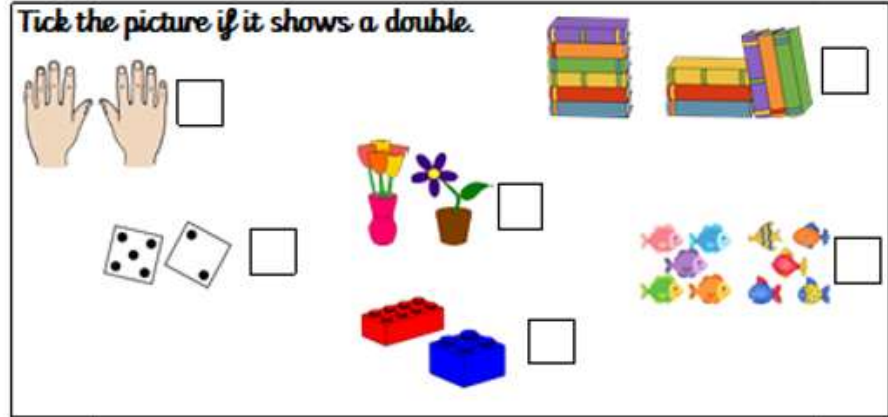
Double 9 is _____



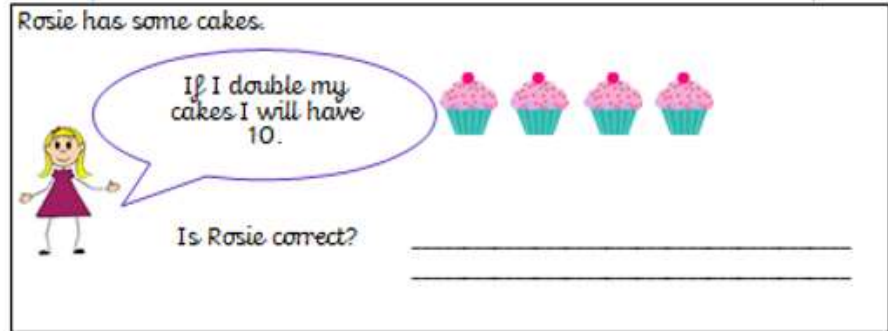
Double 10 is _____

Activity 2

Tick the picture if it shows a double.



Rosie has some cakes.



If I double my cakes I will have 10.








Is Rosie correct? _____

Day 3 – 2D shapes

Activity 2

Activity 1

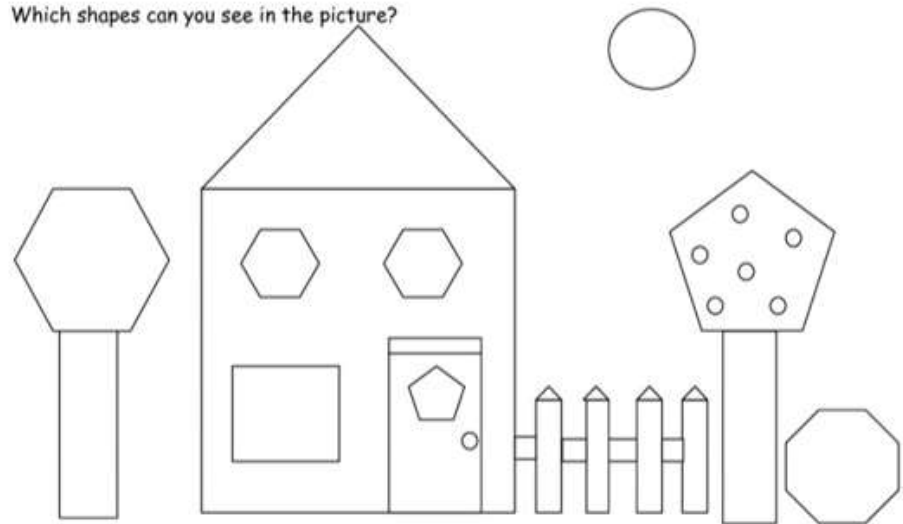
Go on a shape hunt in your house.

Shape	Tally
	
	
	
	
	
	
	

Which shape did you see the **most**?
Which shape did you see the **least**?



Which shapes can you see in the picture?



Count how many of each shape you can see.

circle _____ triangle _____ square _____ rectangle _____
pentagon _____ hexagon _____ octagon _____

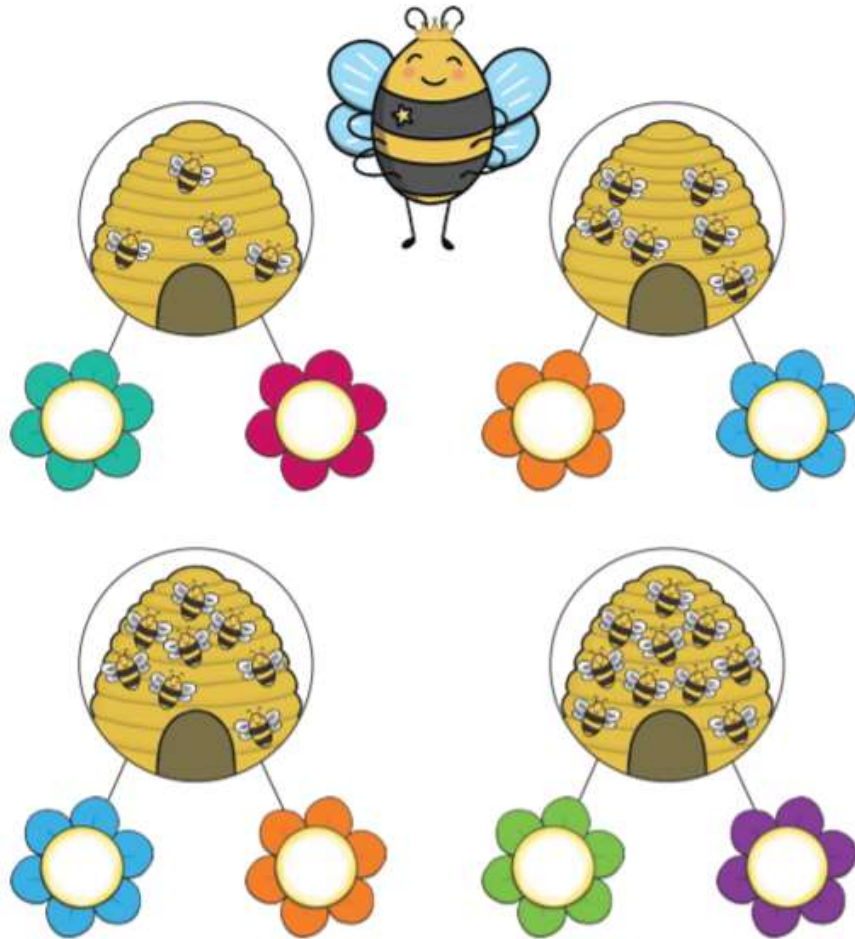
Draw your own shape picture.

Day 4- Half

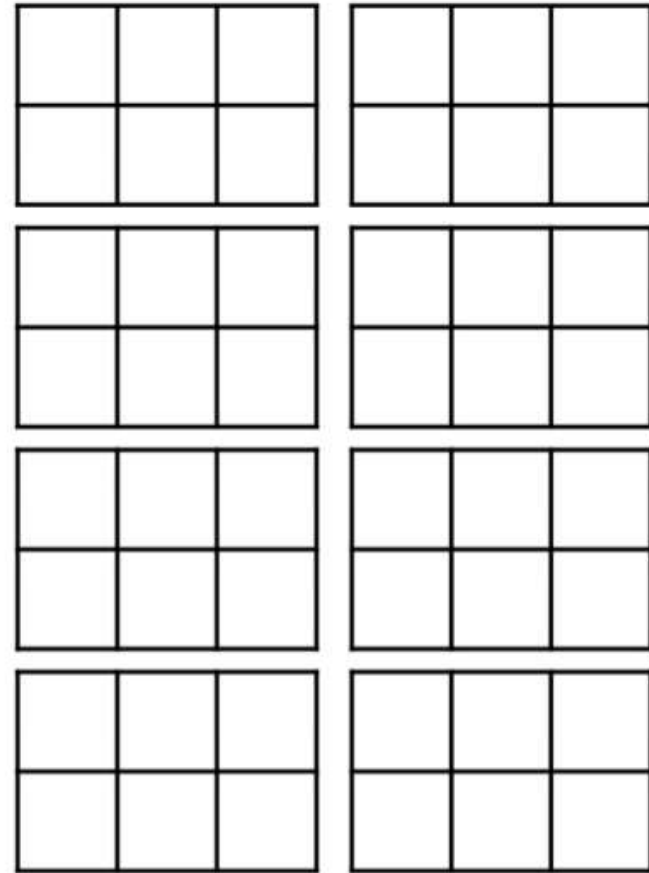
Activity 2

Activity 1

Can you help the queen bee put half of the bees on to each flower? Draw the bees on the flowers.



How many different ways can you shade one half of the shapes?

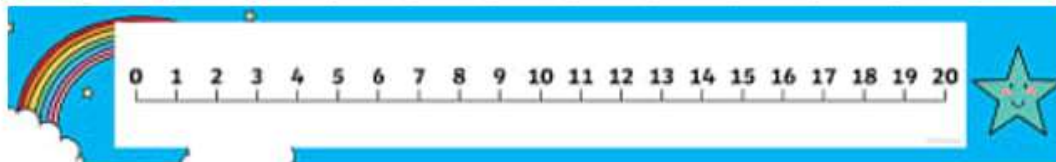


Day 5– Vertical Addition

Use a number line , objects, or your fingers to solve these vertical addition sums.

Remember **cup**s (ones) first then **ty** (tens) !

a.	ty	c		b.	ty	c		c.	ty	c		d.	ty	c		e.	ty	c	
	2	1			3	4			1	6			2	3			3	4	
+	1	1		+	1	2		+	2	1		+	1	2		+	2	0	
	3	2																	
f.				g.				h.				i.				j.			
	1	6			1	5			2	0			3	2			2	4	
+	3	2		+	4	3		+	2	9		+	2	2		+	3	3	



Day 6– Number bonds to 20

Activity 1

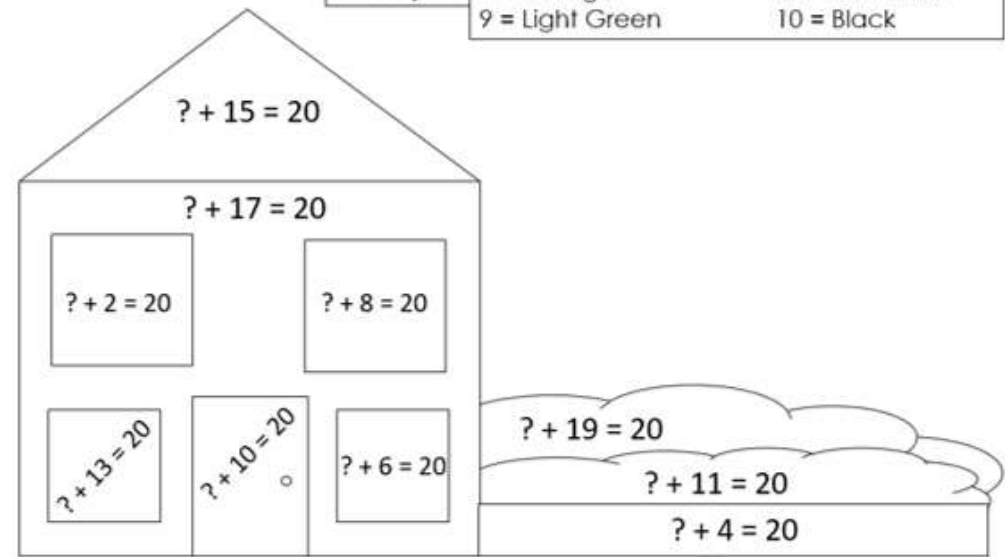


- | | |
|------------|------------|
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |
| — + — = 20 | — + — = 20 |

Activity 2

Colour by Number Bonds

Colour Key	1 = Dark Green	12 = Light Blue
	3 = Yellow	14 = Purple
	5 = Red	16 = Brown
	7 = Orange	18 = Dark Blue
	9 = Light Green	10 = Black






Day 7- Capacity

Activity 2

Activity 1

Investigate!

How many cups are needed to fill each of these three containers?

	Estimate	Check
		
		
		
Container of your choice. Draw it here:		

Colour the glasses to make the statements correct.



The glass is almost full.





The glass is full.







The glass is empty.

It takes 5 bottles of water to fill 1 fish tank.



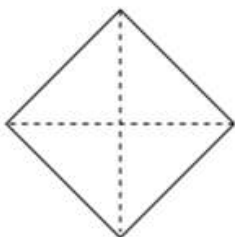
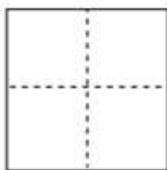
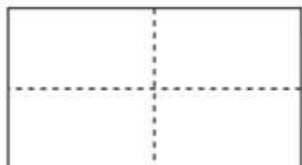
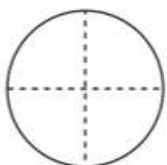
How many  will it take to fill 2 ? _____

How many  will it take to fill 3 ? _____

How many  can be filled with 20 ? _____

Day 8- quarter

Colour a quarter of each shape.

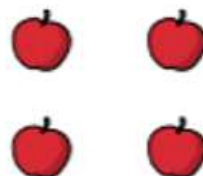


Tick the shapes that show one quarter.



Circle a quarter of each group.

a)



A quarter of 4 is

b)



A quarter of 12 is

c)



A quarter of 20 is

Day 9 – Money

I Match the coin to the amount.



20 pence

5 pence

10 pence

1 pound

1 pence

50 pence

2 pence

2 pounds

How much money is there?

a)

--	--	--	--

p p p p

b)

--	--	--	--

p p p p

c)

--	--	--	--

p p p p

Tip : Count in 1's, 2's or 5's to find the **amount**.

Day 10- grouping

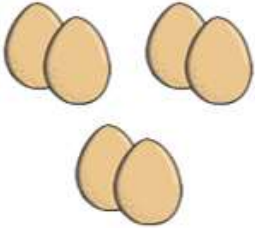


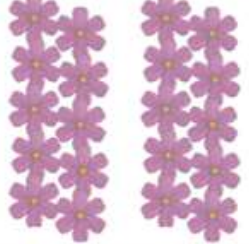
Activity 2

Activity one

silly

Have a go at writing these words, using 'silly' writing.

1	One	11	Eleven
2	Two	12	Twelve
3	Three	13	Thirteen
4	Four	14	Fourteen
5	Five	15	Fifteen
6	Six	16	Sixteen
7	Seven	17	Seventeen
8	Eight	18	Eighteen
9	Nine	19	Nineteen
10	Ten	20	Twenty

	There are <input type="text"/> altogether. There are <input type="text"/> groups. There are <input type="text"/> in each group.	$\bigcirc \div \bigcirc = \bigcirc$ $\bigcirc \times \bigcirc = \bigcirc$
	There are <input type="text"/> altogether. There are <input type="text"/> groups. There are <input type="text"/> in each group.	$\bigcirc \div \bigcirc = \bigcirc$ $\bigcirc \times \bigcirc = \bigcirc$
	There are <input type="text"/> altogether. There are <input type="text"/> groups. There are <input type="text"/> in each group.	$\bigcirc \div \bigcirc = \bigcirc$ $\bigcirc \times \bigcirc = \bigcirc$
	There are <input type="text"/> altogether. There are <input type="text"/> groups. There are <input type="text"/> in each group.	$\bigcirc \div \bigcirc = \bigcirc$ $\bigcirc \times \bigcirc = \bigcirc$

Day 11 Measuring time




Activity 2

Activity 1

Match the activity to the time it will take.

How many times can you do these activities in 1 minute ?

<https://www.youtube.com/watch?v=r9jQBN4Dfug>

Activity	Estimate	Total
Star jump 		
Writing your name 		
Sing Happy Birthday 		
Count to 10 		
Draw a face 		



Seconds

Minutes

Hours

Choose a word to complete the sentences.

seconds minutes hours

a) The film lasted for 2 _____.

b) Break time is 20 _____.

c) Jo can do 5 star jumps in 20 _____.

Day 12- 3D Shapes

1 Match each shape to its name.



sphere

cone

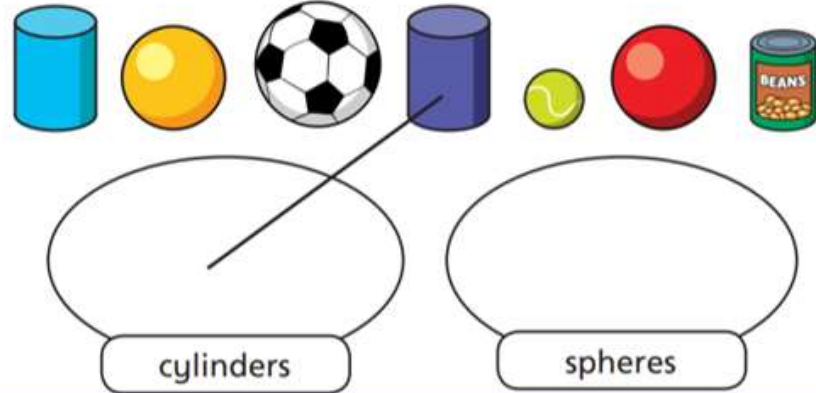
cuboid

pyramid

cylinder

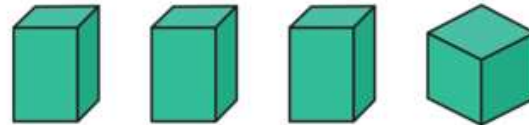
cube

2 Draw lines to sort the shapes into groups.
The first one has been done for you.



Circle the odd one out and complete the sentence.

a)



The odd one out is a _____.

b)



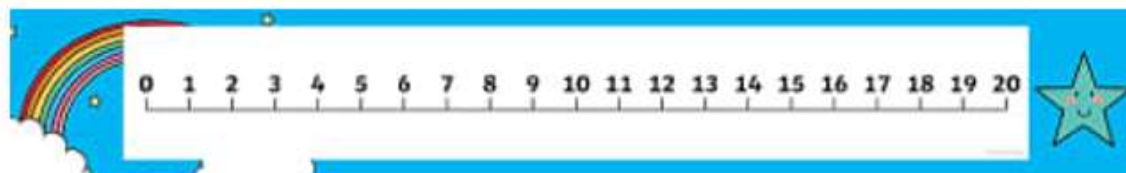
The odd one out is a _____.

Day 13- Vertical takeaway

Use a number line , objects, or your fingers to solve these vertical takeaway sums.

Remember **cup**s (ones) first then **ty** (tens)!

a.	ty	c		b.	ty	c		c.				d.				e.		
	3	3			2	5			1	6			2	7			2	9
-	1	1		-	1	3		-	1	0		-	1	6		-	1	2
f.				g.				h.				i.				j.		
	2	6			3	2			2	9			4	2			2	7
-	1	3		-	2	0		-	1	4		-	1	2		-	2	3



Day 14

Section 1

Put the numbers in order, starting with the lowest.

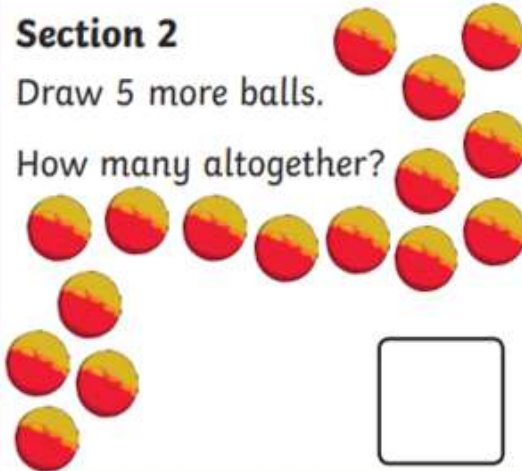
15 18 12 16



Section 2

Draw 5 more balls.

How many altogether?



Section 3

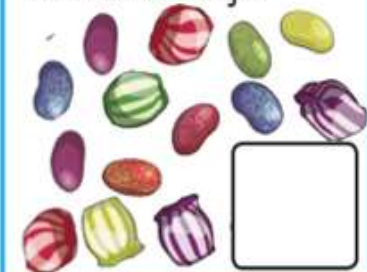
$11 + 7 = \square$

$15 - 7 = \square$

$12 - 3 = \square$

Section 4

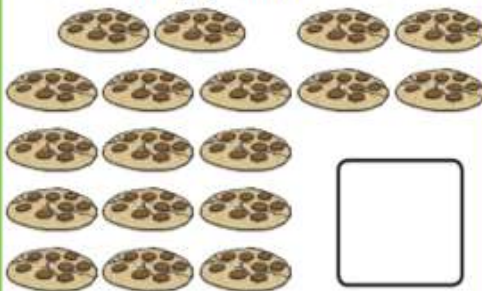
Freija eats half the sweets. How many sweets are left?



Section 5

Group the cookies in twos.

How many groups are there?



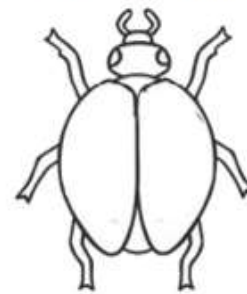
Section 6

Tick the coins which add to 35p.



Section 7

Draw 12 spots onto the ladybird. An equal number on each side.



Section 8

Fill in the missing number.

24, 22, 20, , 16, 14



PE Task 1: To know how to balance on hands, feet and head

Practise stretching all body parts. Use these photos to help you:



Task 2: To know how to practise passing and retrieving a ball in a small team game

At home with your family, practise passing, stopping and retrieving a ball as a small group. Don't use any hands and stop the ball with your foot.

Task 3: To know how to throw and catch a ball with a partner.

With your family, practise catching and throwing a ball with both hands. Try and not drop the ball for as long as possible!

Task 4: To develop balance and co-ordination.

Practise balancing in different positions with this yoga session:

<https://www.bing.com/videos/search?q=youtube+yoga+spring+for+kids&&view=detail&mid=D3D8BEC218472458E0B8D3D8BEC218472458E0B8&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dyoutube%2Byoga%2Bspring%2Bfor%2Bkids%26qs%3Dn%26for%3DQBVR%26sp%3D-1%26pq%3Dyoutube%2Byoga%2Bspring%2Bfor%2Bkid%26sc%3DO-27%26sk%3D%26cvid%3D8C682EC3DACB4252B7408E4827FF5986>

Science – 4 Tasks

Task 1: Identify and name a variety of common animals that are carnivores, herbivores and omnivores

In full sentences, write what is a carnivore, omnivore and herbivore.

Cut out the animals and put into groups of carnivores, herbivores and omnivores.





Task 2: know that humans, grow and change as they become older

Humans have a long lifespan and develop over time. Humans grow and develop throughout their life. Their bodies change over time also. Human life cycle: baby, toddler, child, teenager, adult, elderly. Activity: cut out and put the human life cycle pictures in order. Can you name each part of the cycle?



Human Growth

Cut out the pictures from the bottom half and place them in the right order to show human growth from the beginning.

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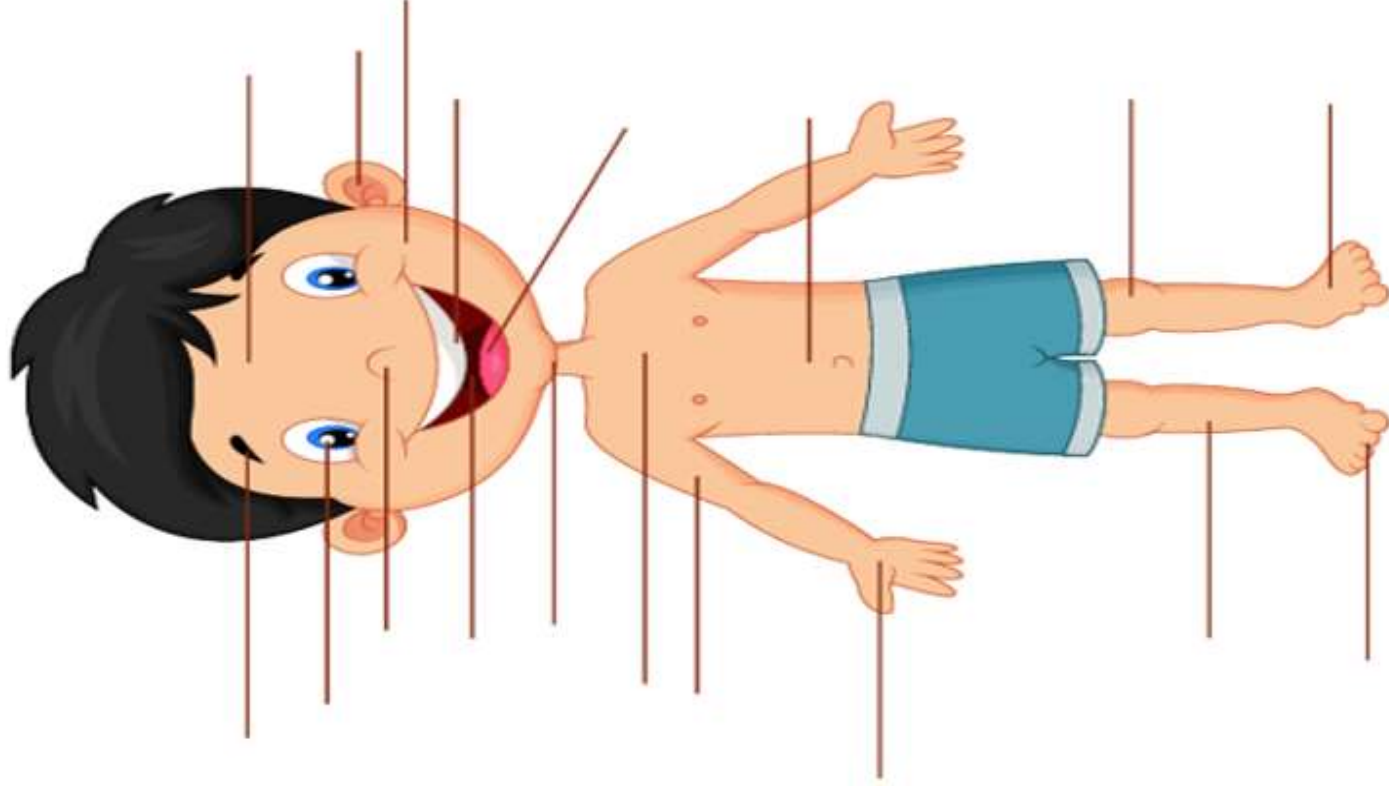


Task 3: To know that the names of body parts.

The human body is made up of several parts. With the support of an adult, label the body parts below.

Your Body

Label the parts of the human body below.



Task 4: To know which part of the body is associated with each sense.

We have five senses: touch, taste, sight, smell and sound

Make a list of the body parts we use for these senses.

The picture below should help you.



In full sentences, write when you would use these body parts and senses.

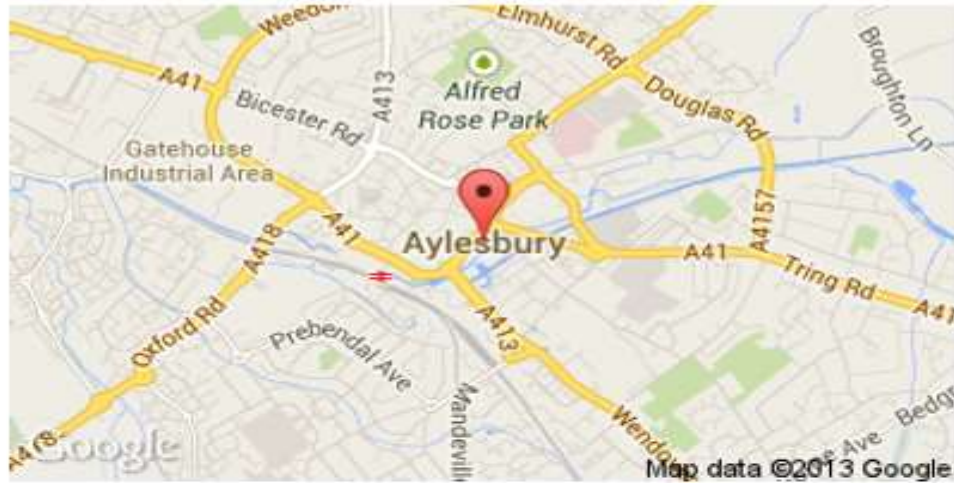
For example: I use my tongue to taste delicious strawberries.

Topic - 4 Tasks

Task 1: Identify and label all the continents and seas on this world map.



Task 2: Research a local building (for example, Waterside Theatre) and locate on the Aylesbury map.



Task 3: Your local area

Draw a map of your local area including streets, buildings, parks and Oak Green School



Task 4: Research and gather information about Aylesbury and Lahore, Pakistan. In full sentences, describe similarities and differences (3 each) of both areas

