

Dear Parents,

This is a supplement to the working at home information already on the website, which will break down the activities already given into different weeks and give supplementary activities.

Week 5

Phonics

There are online activities and help you can access for all phonic activities and by searching for the particular rule you are working on it will narrow down the choice. All year 2 phonic / spelling work falls under phase 6 of the Letters and Sounds document, so searching for phase 6 will help narrow the search further.

Of particular help - Twinkl, Phonics Play, accessed through Phonics Play, Spelling Play (this has spelling activities and games, and sheets which explain the spelling rules for you), on Youtube – Phonics Play by Mr Thorne.

1. Look at words that have 'wo' and make an 'er' sound eg word, work, worm. How many can you find? Write the words and draw pictures to illustrate them. Learn to spell them.
2. Look at words that have 'wa' and make the 'o' sound eg wash, wasp, wad. How many can you find? Write the words and draw pictures to illustrate them.
3. Revise all the phonics you have completed so far.

English

Writing – use the information from the discussion about how there are similarities and differences between Plymouth and Antarctica and write about them. Follow the writing guidance from the original work pack.

Reading – Follow reading guidance in original work pack.

Geography

Sail away from Massachusetts, through the North Atlantic Ocean, the South Atlantic Ocean and into the Southern Ocean. Look at a map to track the journey. Discuss how the weather will change throughout this journey and why. Discuss the Oceans you are traveling through on the way. What continent are we in now? The Antarctic.

What do the children know/ can they guess about Antarctica? Look at BBC Bitesize, Let's explore Antarctica, pausing regularly to ask questions and discuss physical features such as glaciers (a huge mass of ice that slowly moves through water) and ice sheet (a mass of glacial ice covering land of more than 19,000 square miles).

Now watch Teachers in the Freezer ks1/2 on Youtube, providing regular opportunities to discuss what they are seeing. Ask questions such as why is there no airport? Why is the camp only open during the Summer? Why is the toothpaste solid? Etc.

Discussion question: How is Antarctica similar/ different to Plymouth UK? What animals live there? What is the habitat like?

Art

Look at photos of Antarctica for ideas as a stimulus for an Antarctic landscape and wildlife they could see, then look at how they could create a diorama. (a scene in a box)



Maths

PE

[Good YouTube videos to keep active at home.](#)

[General Physical Activity](#)

Search

PE with Joe Wicks

Or use the link

https://www.youtube.com/watch?v=6v-a_dpwhro

Search

PE with Joe Wicks

Or use the link

<https://www.youtube.com/watch?v=RzOgo1pTda8>

There will be more uploaded daily/weekly by Joe Wicks. We really recommend using his PE programme.

[Dance](#)

Search

Kidz Bop dance along

Or use the link

https://www.youtube.com/watch?v=sHd2s_saYsQ&t=558s

Yoga/ Mindfulness

Search

Kids yoga and mindfulness to STAY STRONG

Or use the link

<https://www.youtube.com/watch?v=9JIO1thiHYI&t=2495s>

Search

Yoga Time! | Jungle Safari - Kids Yoga and Nursery Rhymes

Or use the link

<https://www.youtube.com/watch?v=C4CaROsyf1g>

Home PE Activity Ideas

Activity 1

Show your child how to check their heart rate. Check your heart rates before exercising check it again after exercise and discuss the differences.

Here are some exercises you could do:

Star jumps

Jogging on the spot

Sprinting on the sport

Jumping

Hopping

Activity 2

Create a poster with all of your favourite exercises and write down all the reasons exercise is good for you. If you have enough space choose one of the exercises to do in your home.

Activity 3

Create your own family workout to do every day. Pick out the exercises and decide what exercise you would like to do for your home family workout.

Activity 4

Follow the Joe Wicks YouTube PE lessons

Activity 5

Find a way to use different items in the house to use to exercise safely. Here are some examples:

Step ups on the stairs

Tins for weights

Plank with legs on the sofa

Useful websites

National Marine Aquarium – visit them on Facebook to see them feeding the fish live.

Twinkl have free resources, and resources for parents for use during the coronavirus period

www.phonicsbloom.com

www.teachyourmonstertoread.com

www.oxfordowl.co.uk

www.vooks.com

www.classroomsecrets.co.uk/home-online-learning

www.whiterosemaths.com/resources/schemes-of-learning/primary-sols

www.masterthecurriculum.co.uk

www.primarystareducation.co.uk/19-year-1

www.topmarks.co.uk

www.explorify.wellcome.ac.uk

www.ictgames.co.uk

www.prodigygame.com

www.youtube.com/user/CosmicKidsYoga

www.bbc.co.uk/teach/supermovers