



Year 1 - Homework activities including regular reading



	Week beginning 22.09.25	Week beginning 29.09.25	Week beginning 6.10.25	Week beginning 13.10.25	Week beginning 20.10.25 (last week of term 1)
English	Practise letter formation of; l, i, u, t Write a sentence about what you want to be when you grow up. Use the sentence starter "I can be a..." Make sure you include: capital letters, finger spaces, full stops.	Practise letter formation of; j, y, Write a riddle! Choose an animal and write 4 sentences about what it is like, to make clues. Eg. 'It has long legs'.	Practise letter formation of; r, n, m Watch Astro girl Astro Girl by Ken Wilson-Max - YouTube and make a list of things you will take with you to space. Can you find them at home?	Practise letter formation of; h, b, p, k Watch Not Now Bernard Not Now Bernard- Books Alive! - YouTube draw a picture of the monster and use adjectives to describe him.	Practise letter formation of; c, o, a, d What would you do around the house if you were the monster? Draw a picture and write sentences.
Maths	Practise counting forwards from 1 to 20.	Practise counting on from different numbers up to 20.	Practise counting backwards from 20.	Practise saying one more/less than different numbers up to 20.	Make a poster of your number bonds to 5.
Wider Curriculum	Draw and label a picture of your family. Can you write down some reasons why they are important to you.	In Geography, we've been learning about local places. Can you draw a local place and label it? For example: Millwall Park.	RE Homework - Friendships Can you draw a picture of you and a friend playing together? Then, ask a grown-up to help you write one sentence about what makes a good friend. For example: "A good friend is kind."	Science Draw lines on a page to create 6 equal sections. Label each section with the materials we've been learning about - wood, metal, glass, fabric, plastic, rubber Can you find and draw objects around the home in each section?	Make a monster mask to annoy your family! 



Spellings:

These words are taken from the **National Curriculum's Year 1 spelling list** - a list of words which children should be able to spell by the end of Year 1.

I	one	Six	be	me	do
no	two	Seven	we	are	has
go	three	Eight	was	my	said
to	four	Nine	her	you	so
the	five	Ten	she	he	there
into			they	all	

We would like to include a little mindfulness!

We've been practicing it at school, and the children love it. It helps them feel calm, focused, and ready to learn.

Try a few quiet minutes together listening to your breath or noticing sights and sounds around you.

Enjoy!

[The Body Scanner! Mindfulness for Children](#)
(YouTube)



The Body Scanner! Mindfulness for Children

2.9M views • 3 years ago

The Mindfulness Teacher

A super relaxing lying down body scan! Great for your emotion check

Subtitles

3 chapters Intro | The Body Scanner Practice | Reflecti

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