



Dear Year 1,

We all still miss seeing your lovely smiling faces every day and hope that you are all keeping safe and well. We are excited to be able to welcome you back on Monday. We hope you are continuing to enjoy the activities we have put on the school website for you each week. We love seeing what you are up to, so please do keep posting and sharing what you have been up to at home on our Facebook and Twitter feeds.

This week we have a couple of additional challenges you might like to try.

Challenge 1:

Use the alphabet list to spell out your name and complete the activity listed for each letter. Repeat 3 times. If your first name does not have many letters, for an extra challenge try your first and second name or your surname too!

what's fit activity for kids your name?

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.

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

Challenge 2:

We would like you to help your grown-ups by tidying your bedroom or if it is already tidy, help to tidy a different room in the house. I am sure your grown-ups will really appreciate you helping to tidy up!



We are continuing to read a lot at home. This week we would like to recommend these books for you. Mrs Masri - A Planet Full of Plastic by Neal Layton. Find out about the plastic problem and discover the ways we are trying to fix it. How can you help? Meanwhile Mrs Young is now reading How to Steal a Dragon's Sword from the How to Train Your Dragon series by Cressida Cowell with her son Thomas along with The Book With no Pictures, and Zog to keep them giggling. You can listen to A Planet Full of Plastic, The Book With no Pictures and Zog here:

<https://www.youtube.com/watch?v=YSSSmI3HQd0&t=6s>

<https://www.youtube.com/watch?v=6t23T6Vfan0>

<https://www.youtube.com/watch?v=qZqFqI0MAfU&list=TLPQMDkwNjIwMjB-zZAFIaTUvA&index=1>

This will be our last Year 1 postcard, we hope that you have enjoyed our little updates, challenges and book recommendations.

Stay safe and well.

Miss Byatt, Mrs Robinson, Mrs Young, Mrs Masri, Miss Whitten and Miss Condliffe

