

Grade 1

Home Programme



Week 9

1 – 5 June 2020

Monday June	
English	<p>- <i>Watch Mrs Christodoulides' video of her speaking about: All about Our Feelings.</i> During lockdown, I am sure you have been feeling all sorts of feelings: happy to be home with your family, sad because you're missing your friends at school, irritated with your brother or sister. Orally speak about how you have been feeling during lockdown. Use the words spoken about from the video to help you.</p> <p>- In Information Booklet 9: Complete Writing: How I Have Been Feeling (write two or more sentences about how you have been feeling during lockdown. Under your sentences, draw a picture of yourself, showing a feeling you have had during this time).</p> <p>- In Information Booklet 9: Read Sight Words Set 2.</p> <p>- In Phonics and Spelling Homework Book 1: To go through words on page 20 ("i" middle sounds). To orally put each word in a sentence to show understanding of words, <u>for example</u>: "The girl told a fib." To practice Monday's words. <i>Watch Mrs Christodoulides' video of going through the phonics words with definitions.</i></p> <p>At the bottom of page 19, complete the exercise. Find six of your spelling words in the worm and colour them in.</p>
Maths	<p>- Time: Go through today's date (the date, the month), and the day of the week. Discuss the day, what day came before (yesterday) what day it is (today) what day will it be (tomorrow). Discuss the month. What is the month, what was the previous month, what month is coming up etc.?</p> <p>Discuss the time of day. E.g. morning/afternoon/evening/night. What you do that is relevant to the different times of the day.</p> <p>Talk about the seasons. How many seasons are there in a year? Which season do you think it is now? Why do you think that?</p> <p>Write the date out in full 1st June 2020 now write the date out using symbols (this is the date we use when doing maths) 01/06/2020.</p> <p>- Counting: Orally count forwards and backwards in 1s from 1-60; in 2s from 2-50; in 5s from 5-60; and in 10s from 10-100.</p> <p>- Odd and Even: Orally discuss what an "even" number is (a number that can be shared) and an "odd" number (a number that can't be shared). Choose any even number; choose any odd number.</p> <p>- Repeated addition sums: This is when we repeat a number a number of times and work out the answer. You can work out the answer by using</p>

	<p>your abacus/number line/number chart or using concrete items like old lids or bread tags.</p> <ul style="list-style-type: none"> - In DBE Blue Book: Mathematics in English do pages 120-121 (Repeated addition of fives up to 10). - Sing: "10 green bottles, sitting on a wall, 1 green bottle, accidentally falls. Now 9 green bottles sitting on a wall, 1 green bottle accidentally fall. Now 8 green bottles, sitting on a wall..." (carry on, until you get to: "0 green bottles sitting on a wall" – use your fingers as you sing).
Afrikaans	<ul style="list-style-type: none"> - Watch Miss Blom's Lees (Reading) Video. - Complete Mondays work In Information Booklet 9.
Life Skills	<ul style="list-style-type: none"> - Emotions: Fill in the 'Emotional Check-in' form in the Information Booklet 9.

Tuesday 2 June	
English	<ul style="list-style-type: none"> - Orally go through letters of the alphabet, the sound the letter makes and who it is in letter land. - In Information Booklet 9: Orally answer the questions under Listening, after you've watched <i>the video of Mrs Christodoulides reading the story: In It Together</i>. Make sure you listen carefully! - We are going to take the time this week to catch up and complete any pages in your DBE Blue Book: English Home Language that you have not completed yet. Next week, we will continue with Phonics exercise worksheets. - In Information Booklet 8: Do "Handwriting Practice" for the sentences: "The baby wears a bib to eat. A bib helps him not to mess." - In Phonics and Spelling Homework Book 1: To practice Tuesday words on page 20. - In Information Booklet 9: Write a sentence using the word "bib".
Maths	<ul style="list-style-type: none"> - Time: Discuss date and day and month and time (as you did on Monday). - Counting: Repeat Monday's counting. - Positions: Discuss with learners what comes "before", "after", and "in between" when counting. Ask questions, for example: "Which number comes before 27? After 23? And in between 9 and 11? Change these up to be more challenging using numbers between 0-30. - In My Bugs Book of Bonds to 10: Do half of page 18.

	<p>- Story Sums: In Information Booklet 9 complete the STORY SUMS worksheet. Read the questions carefully, remember to: 1. Draw a picture, 2. Write out a sum, and 3. Write the answer. Drawing a picture will help you work out the answer. When reading the story sum, you need to recognise whether the story sum is an addition (adding) or subtraction (taking away) sum.</p> <p><u>For example:</u> Ben has 6 sweets and his mom gave him 3 more. How many sweets does he have now?</p> <p><u>Picture:</u> OOOOOO OOO</p> <p><u>Sum:</u> $6 + 3$</p> <p><u>Answer:</u> 9</p>
Afrikaans	- Watch <i>Miss Blom's: Taal Speletjie (Language Game) Video</i> .
Life Skills	- Happiness: Complete Information Booklet 9 .

Wednesday 3 June	
English	<ul style="list-style-type: none"> - In Information Booklet 9: Do "Handwriting Practice" for the sentences: "A fib is a lie. Telling a fib is not good. Tell the truth." - In Information Booklet 9: Read "Story 1: Dan is sad" and orally answer the questions that follow. - Catch up and complete any pages in your DBE Blue Book: English Home Language that you have not completed yet. - In Phonics and Spelling Homework Book 1: To practice Wednesday words on page 20. - In Information Booklet 9: Write a sentence using the word "is".
Maths	<ul style="list-style-type: none"> - Time: orally say the date and discuss times as you did on Monday. - Counting: Count as you did on Monday. - In My Bugs Book of Bonds to 10: Do the remainder of page 18. - Doubling: Doubling is when we have the same number and we add them together, for example: $2+2=4$ or $3+3=6$. It can also be done in a story sum, for example: I have 2 cats and I get 2 more cats so I now have 4 cats. - In Fun with Maths 1.1 you are going to do the Doubling exercises on pages 47, 48 and 49. Don't rush through these exercises, you have the rest of the week to complete them. - Grouping: Grouping is what we do when we collect data. We can also group things in numbers. For example: I have 4 sweets – how many even groups can I get? I can have 4 groups of 1, or 2 groups of 2. Use concrete items (like bottle tops, pencils or stones) to see the following: $2 \text{ groups of } 2 = 4$

	<p>3 groups of 2 = 6 4 groups of 2 = 8 5 groups of 2 = 10</p> <p>In DBE Blue Book: Mathematics in English look at pages 104-105. We have already done these pages. Look at them again to refresh your memory and to revise. Once you have done so, do the GROUPING worksheet in Information Booklet 9.</p> <p>ALL OF THE BEST! 😊</p> <p>YOUR TEACHER IS HERE TO HELP YOU IF YOU GET STUCK- JUST MESSAGE HER AND SHE WILL HELP. YOU ARE NOT ALONE.</p>
Afrikaans	- Watch Miss Blom's: Rym Woorde (Rhyming Words) Video .
Life Skills	- Sadness: Complete Information Booklet 9 .

Thursday 4 June	
English	<ul style="list-style-type: none"> - Orally go through letters of the alphabet, the sound the letter makes and who it is in letter land. - In Information Booklet 9: Do "Handwriting Practice" for the sentences: "I have a pain in my rib. A pen has a nib. He is good." - Catch up and complete any pages in your DBE Blue Book: English Home Language that you have not completed yet. - In Information Booklet 9: Read "Story 2: Happy Jess" and orally answer the questions that follow. - In Phonics and Spelling Homework Book 1: To practice Thursday words on page 20. - In Information Booklet 9: Write a sentence using the word "fix".
Maths	<ul style="list-style-type: none"> - Time: Go through today's date (the date, the month), and the day of the week as you did on Monday. - Counting: Count as you did on Monday. - Grouping: We can group a variety of items. We do this when we collect data as well. Look at the story sums on page 54 of your Fun with Maths 1.1 Workbook. This is grouping in the form of a story sum. Complete questions 6, 7, 8, 9 and 10 on this page. Remember to show: a picture, sum and answer. - Ordering and Comparing Numbers: this can be done in an increasing order (numbers get bigger) and a decreasing order (numbers get smaller). Here we are comparing and ordering the numbers in different ways. We can also do this with concrete items and shapes.

	In Information Booklet 9: complete ORDERING NUMBERS activity.
Afrikaans	- Watch <i>Miss Blom's: Deure (Animal) Video</i>
Life Skills	- Calm Down Techniques: Complete Information Booklet 9 .

Friday 5 June	
English	<ul style="list-style-type: none"> - Orally go through letters of the alphabet, the sound the letter makes and who it is in letter land. - In Information Booklet 9: Do “Handwriting Practice” for the sentences “It is his book. She can fix her phone. There are six.” - Catch up and complete any pages in your DBE Blue Book: English Home Language that you have not completed yet. - In Information Booklet 9: Read “Story 3: Max is angry” and orally answer the questions that follow. - To write out words phonics words from page 20 practiced all week on whiteboard. Alternatively, you can do an informal spelling test on these words. - In Information Booklet 9: Write a sentence using the word “six”.
Maths	<ul style="list-style-type: none"> - Time: Discuss date and day and month and time (as you did on Monday). On your whiteboard, write down the days of the week, and months of the year, in order. - Counting: Repeat Monday’s counting. <p>Revise and think about the different concepts you have been able to do this week. WELL DONE! WE ARE PROUD OF YOU.</p> <p><i>COMPLETE ANY WORK FROM THE ABOVE THAT IS INCOMPLETE SO THAT YOU ARE READY FOR NEXT WEEK’S WORK PROGRAMME.</i></p>
Afrikaans	- Watch <i>Miss Blom's: Aard (Nature) Video</i> .
Life Skills	- Growth Mindset: Complete Information Booklet 9 .

English - Writing: How I have Been Feeling

Write two sentences about how you have been feeling during lockdown. Draw a picture of yourself, showing a feeling that you have had. Don't forget to start sentences with a capital letter, and end a sentence with a full stop.

For example: "Some days I feel happy, and other days sad. I miss school and my friends."






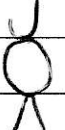










My Sentences:

O	
Δ	
J	
O	
Δ	
J	
O	
Δ	
J	

My Drawing:

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English - Writing Practice: Phonics Sentences

1.		bib :
		
		
		
		
		
2.		is :
		
		
		
		
		
3.		fix :
		
		
		
4.		six :

English - Handwriting Practice

Write the following sentences as many times as they fit in the lines.

Handwriting rules always need to be remembered:

- Hold your pencil correctly, using the correct pencil grip.
- Use a sharp pencil.
- Sit properly at a desk, with legs together, and back up straight.
- Always right from left to right and top to bottom.
- Round letters start from 2 o'clock and go to the left.

1. The baby wears a
bib to eat. A bib helps
him not to mess.

2. A fib is a lie. Telling a

Fib is not good. Tell the truth.

I have a pain in my
rib. A pen has a nib.
He is good.

4

It is his book. She can
fix her phone. There are
six.

English – Listening

After watching Mrs Christodoulides read the story, answer the following questions:

In It Together



1. What are the names of the four friends?
Oskar, Priya, Jasmine and Matthew.
2. Why do you think these four friends have not seen each other for a while?
Think about why you haven't seen your friends for a while.
They are in lockdown.
3. What have the four friends been doing?
Oskar, Priya and Jasmine have all been learning at home. Matthew has been learning at school.
4. All four friends have loved doing something. What has Matthew loved?
Matthew has loved having lots of space to run on the playground.
5. Is learning the only thing that the four friends have been doing?
No, each of them has been doing different activities as well.
6. Do you think it would be good to learn all day?
No, your brain would get tired. You need to also move your body and have fun as well.
7. All four friends are going back to school. How do you think you will feel on your first day back at school?
Allow children to answer the question based on their own feelings.

Sight Words Set 2:

can	come	comes	My
help	my	not	Home
Digger	We	you	where
yes	we	Yes	You

Story 1:

Dan is sad

Dan is at home. He has been at home for a long time. At first, being at home was fun. Now, Dan misses his friends. He misses playing with Tom. He misses laughing with Jack. He misses eating with Jess. He can not wait to see his friends again!



Questions:

1. Where is Dan?
2. What does Dan miss doing with Tom?
3. What does Dan miss doing with Jack?
4. What does Dan miss doing with Jess?

Story 2:

Happy Jess

Jess is seven years old. She is at home. Jess loves to be at home.

She plays with her brother. Her brother's name is Sam.

Jess bakes with her mom. She watches TV with her dad.

She plays with her fluffy cat, Kip. Kip is black and white.

Kip loves having Jess at home too!



Questions:

1. How old is Jess?
2. Do you think being at home makes Jess happy or sad?
3. What does Jess do with her dad?
4. Why do you think Kip loves having Jess at home?

Story 3:

Max is angry

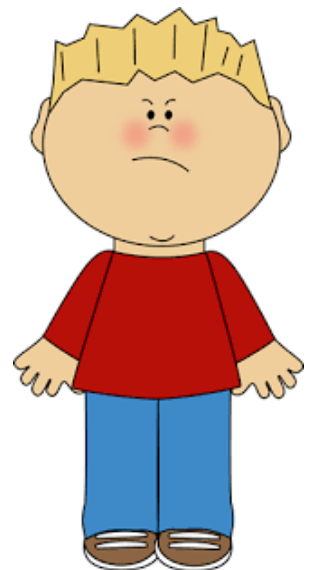
Max is angry. He is angry with his sister.

His little sister's name is Poppy.

Max and Poppy were playing with Max's toy car. The toy car is red.

Poppy broke the toy car. Max's dad fixed the toy car.

Now Max is not angry.



Questions:

1. Who is Max angry with?
2. Why is Max angry with her?
3. Who can fix the toy car?
4. Why do you think Max is now happy?

STORY SUMS

a. Tom has 8 apples he picks 2 more. How many apples does Tom have now?

Picture:

Sum:

Answer

b. Ben gets 2 apples from Tom and then picks 8 more. How many does Ben have now?

Picture:

Sum:

Answer:

c. How many apples do Tom and Ben have altogether?

Picture:

Sum

Answer:

d. If Tom and Ben each give 2 apples away how many will they both have left if they started off with 10 apples?

Picture:

Sum:

Answer:

ORDERING NUMBERS

Instructions	Numbers
Order numbers counting in 2 - 10	<u>6. 10. 2. 8. 4. 0</u>
Order numbers counting in 10s 0 - 100	<u>80.50.10.100.60.70.40.30.0.20.90</u>
Order numbers counting in odd numbers to 15	<u>7. 5. 9. 3. 11. 15. 13</u>
Order numbers in an increasing pattern to 10	<u>5. 3. 1. 6. 8. 10. 9. 4. 0. 2. 7</u>
Order these numbers in a decreasing order from biggest to smallest	<u>20. 10. 13. 4. 7. 9. 15</u>

GROUPING

Instruction	Sum
Draw 2 groups of 4 using ovals	Picture: $\begin{array}{ccc} \text{OO} & \text{OO} & \text{OO} \\ \hline \text{OO} \end{array}$ Sum: $2+2+2+2$ <u>Answer:</u> $= 8$
Draw 3 groups of 5 using circles.	
Draw 2 groups of 2 using hearts.	
Draw 2 groups of 10 using triangles	
Draw 5 groups of 2 using squares	
Write a sum and an answer for this picture	Picture: $\begin{array}{ccc} \text{OOO} & \text{OOO} & \\ \hline \text{OOO} \end{array}$ Sum: <u>Answer:</u>

Monday: Afrikaans

Listen to the video reading, read the words, trace the words and draw a picture.

Lees (Read)	
Ek wil (Afrikaans)	I want (English)
Ek wil loop.	I want to walk.
Ek wil loop in die tuin.	I want to walk in the garden.
Ek wil die voels hoor	I want to hear the birds
En die blomme raak	And smell the flowers.
Ek wil hardloop in die tuin.	I want to run in the garden.

Skryf (Write or Trace)
Ek wil loop.
Ek wil loop hardloop.



Teken (Draw)
Ek wil die voels hoor (I want to hear the birds)
Teken 'n prentjie (Draw a picture)
En die blomme raak (and smell the flowers)
Teken 'n prentjie (Draw a picture)

Monday: Life Skills (Emotional Checklist).

Read the sentences. Colour in the face or answer that best describes how you are feeling today.

Today I feel...					
School work makes me feel...					
Staying home makes me feel...					
My family make me feel...					
Exercise makes me feel...					
Playing with friends makes me feel...					

Tuesday: Life Skills (Happiness Recipe).

A recipe is a list of ingredients and steps to creating something – usually food. Create your own recipe for ‘A perfect day’.

Ingredients (What do I need to make the perfect day?)

1.
2.
3.
4.
5.

Steps: (Complete the sentence)

1. Pour 1 cup of _____ into a bowl.
2. Sprinkle 2 teaspoons of _____ into the bowl.
3. Add 1 tablespoon of _____
4. Mix for 2 minutes until _____
5. Sauce: Pour half a cup of _____

Wednesday: Life Skills (Sadness Journal).

A journal is a book in which we write to share our feelings. Sometimes we can write or draw to make us feel better or to understand our feelings.

Finish the journal entry by completing the sentences.

Dear Diary,

Today I am feeling _____ because _____.

I can _____ to make me feel happy.

Today, I want to _____.

From _____

Thursday: Life Skills (Calm Down techniques).

Sarah sometimes feels angry or nervous. When she feels angry or nervous, her heart begins to beat faster, she struggles to breathe properly and her legs feel like jelly. Think about the answers to these questions:

1. What makes you feel angry?
2. How does your body feel when you are angry?
3. What makes you feel nervous?
4. How does your body feel when you are nervous?
5. What do you do to calm down?

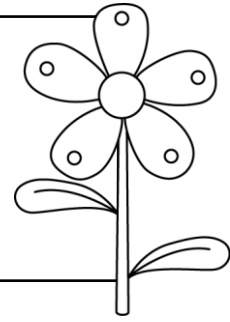
Calm Down Techniques:

Practice these techniques now and use them when you need to calm down or relax.

1. Grounding: Use your senses to name the things around you that you can hear, see, smell, taste or touch. This takes you out of your head and into the moment.
2. Journal: Write or draw what you are feeling
3. Talk: Talk to someone about what you are feeling
4. Breathing Exercises: Breathe in for 3 counts, hold for 3 counts, breathe out for 3 counts. Repeat.
5. Exercise: Get your body moving (run on the spot, do star jumps or stretch).
6. Distractions: Think about something or someone who makes you feel happy and loved.

Read the tips to growing your mind and body. Colour in the pictures.

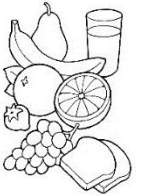
My brain grows.



Exercise helps your muscles to grow, your brain to get more oxygen and your body to get healthier and happier.



Eating healthy foods like vegetables, fruit and protein, as well as taking vitamins gives your body energy.



Sleep improves your memory, allows your body and brain to re-charge. It also helps your brain to organise



Laughing helps you to feel better. Learning and remembering is easier when you're happy.



Music helps us to feel happier. It allows us to express our emotions, to develop creativity and confidence to try something new.



Learning something new takes practice. It's just like exercise.

The more we exercise, the stronger our muscles become.

The more we practice something, the better we understand it and the better we become at doing it.

