**HOME LEARNING 11th – 15th January 2021**

**Coronavirus related resources**

**Social distancing video Self care**

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

**What is Coronavirus?**

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

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|  | **Session**  | **Progress made**  |
| **Monday****1** |  **Community Action** **1** [**Support Bubbles video**](https://www.youtube.com/watch?v=rESbNxCPazw)**People that help us.** **Task1 –** Identify who is in your new home or school bubble. [**How you can help your bubble Video**](https://www.youtube.com/watch?v=x7KKkElpyKQ)**Task 2 –**Discuss How can they help you and you could support them.  |  |
| **2** | **Titan** **Independent living** |  |
| **3** | **Yoga or Budgeting** (What you chose in school)**Follow videos and pause on each move**[**Video Wheelchair Yoga**](https://www.youtube.com/watch?v=FrVE1a2vgvA)**Follow Routine** [**Video PE YOGA**](https://www.youtube.com/watch?v=47Se2HWSv9k)**---------------------****Money/ Budgeting** Task1 –Watch [Coin Recognition Video](https://www.youtube.com/watch?v=vs8F_g3MGtM) Task 2- identify coinsTask 3- order coins smallest to largest in value.(use real coins) If this is easy ….Please start to work through electronic tasks and skills **Task 4 Consolidation activities** [Money activities and Assessment](https://central.espresso.co.uk/espresso/primary_uk/subject/module/activity_index/item849256/grade1/index.html)  | Comment on success of first time attempt of  |
| **Tuesday****D of E Day** | **30 Minutes EHCP** Speech Language and Communication  |  |
| **1** |  **Physical Activity** **[Task 1- Seated and standing](https://www.youtube.com/watch?v=e8opMY-SoZc)** **[Indoor workout](https://www.youtube.com/watch?v=e8opMY-SoZc)** **Basic indoor session** **Additional – on your feet** [**Basic indoor fitness session**](https://www.youtube.com/watch?v=gC_L9qAHVJ8)**Task 2 – Create your own Fitness routine** See PowerPoint and resource on website Alternatively… complete physio programme  |  |
| **2** |  **Learn a new Skill** Learn how to use an appliance, technology or tools outdoors. **Task 1** To identify different jobs that could be completed in the home or in your learning area. What would help your independence. **Task 2** To practically listen and watch how to use equipment practically from your support  |  |
| **3** |  **Volunteering** **Task 1**Look through volunteering slides (see Powerpoint on website) Discuss why people Volunteer. **Task 2 In your current setting make a list of jobs you can volunteer to do****Task 3 –** Agree a task you volunteer to complete In your setting.**e.g** Hoover every evening, clean and tidy room Help parents with Dinner |  |
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| Wednesday | **30 Minutes EHCP – Cognition**  |  |
| 1 | **Session 1-** Preparation for WorkPowerpoint – Look at Powerpoint and answer questions related to what words mean **Task 1-** Discuss skills and qualities Relate to their own skill and qualities about themselves And Employers expect **Task 2-** Complete Progress sheet choosing at least 3 qualities and 3 skills **Resource-**  |  |
| 2 | **Session 2** Lifestyle First Aid**Task 1** – What to do on a 999 or 112 – Slide 1- **Task 2 –** Work through slides and discuss first aid recovery positions **slides 10-13****Resource-**First aid power point |  |
| 3 | **Session 3-** Home tasks **Daily Exercise** **Exercise – walk to the local park, Up and down step / stairs/ Exercise in the garden/ follow a dance routine.** Feedback about your own nature walk. What did you see? Describe them? Agree an activity and its duration.Complete the activity and report Record in independence /physical  |  |
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| Thursday | **30 Minutes EHCP – Independence Target**  |  |
|  | **Session 1** – Food Preparation Improve Knife Skills to support with independent cooking. **Task 1 –** Use one hand to stabilise vegetable or meat. Use dominant hand to slice or chop to contribute to preparation of a snack or meal. <https://www.youtube.com/watch?v=fs8cQ_tjsF8&feature=youtu.be> **Task 2** Review Food preparation completed **Task 3 -** Identify where cooking and food preparation can be supported in the timetable (Breakfast , Lunchtime or the evening) |  |
|  | **Session 2 –** GOLF FITNESS and adapted golf **Task 1 -** <https://www.youtube.com/watch?v=Icfdmkmk9Qw> **Task 2** To roll ball to different targets or to use household equipment to send ball to a target. **DANCE / Gym FITNESS** **Task 1 – Complete a short warm up.**[**https://www.youtube.com/watch?v=aW\_JqSK-CgY**](https://www.youtube.com/watch?v=aW_JqSK-CgY)**Task 2** – hold each position for 20 seconds. Listen to the names of the positions so you can create your own routine. |  |
|  | **Session 3-** Hobbies – Following rules in a game **Task 1** Create a board game with support. The board needs at least 28 spaces so the game can have enough content and turn taking can take place. **Parent task**Write in words, letters or numbers on the game tiles. So your son/daughter can practise their EHCP target vocabulary. **Task 2** Play game focusing on turn taking and reading the tile. If they can not read the tile move back one space and read this tile before their next roll of the dice/ number generator.  |  |
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| Friday | **30 Minutes EHCP –****Social Well-Being Target**   |  |
|  | **Session 1-** Managing Social relationships **Task 1** Agree questions that can be asked when making a telephone call **Task 2** Think about what they have done over the last week. **Task 3**Call a friend/ relative ask agreed questions. Answer questions in sentences using key words.  |  |
|  | **Session 2-** Products (good) and Services **Task 1 -**[**https://youtu.be/Umq76iNkhx0**](https://youtu.be/Umq76iNkhx0)Watch the video and pause to discuss what is a good and a service. Why are they different. **Task 2 Logo’s** [**https://www.youtube.com/watch?v=s3SbAtA4nVQ**](https://www.youtube.com/watch?v=s3SbAtA4nVQ)Name the brand Do they sell a good or service? |  |
|  | **Session 3-** Self Development – EHCP TARGET STUDENT LED. |  |
|  | **Task** | **Progress**  |
| **(Daily)****Physical Exercise**  | [**https://www.youtube.com/watch?v=-TGEdzRzSbw**](https://www.youtube.com/watch?v=-TGEdzRzSbw%20%20) [**https://www.youtube.com/watch?v=faE7889AIaU**](https://www.youtube.com/watch?v=faE7889AIaU)[**https://www.youtube.com/watch?v=wPVsVbSwQ60**](https://www.youtube.com/watch?v=wPVsVbSwQ60) |  |
| **(Weekly)****Independent living Skills**  | **Making the bed** [**https://www.youtube.com/watch?v=HtHM1mgt7Yk**](https://www.youtube.com/watch?v=HtHM1mgt7Yk)**Load the washing machine**[**https://www.youtube.com/watch?v=xja1mLXfQDw**](https://www.youtube.com/watch?v=xja1mLXfQDw)**Loading the dishwasher** [**https://www.youtube.com/watch?v=z5PEVuzAHDg**](https://www.youtube.com/watch?v=z5PEVuzAHDg) |  |
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| Daily Activities  | **Daily Exercise** **Exercise – walk to the local park, Up and down step / stairs/ exercise in the garden/ follow a dance routine.** Feedback about your own nature walk. What did you see? Describe them? Agree an activity and its duration.Complete the activity and report Record in independence /physical  |
| Independent living Weekly  | **Cook 1 hr / Food Critic – Focus Communication** Cook evening meal with support. Follow verbal instruction, Find item, chop ingredient and mix. Prepare food.  Was the Food hot, warm, cool or cold. Which item was the tastiest? Would you change anything? Repeat for pudding or treat.  |
| Daily/ Weekly  | **Independent study 1 hr**Review the week verbally or in written form. What tasks have you completed? What achievements are there? What progress have been made and what are you going to work on next week. Has information been emailed to teacher. Report progress within email.  |
| Websites to support learning  | **Discovery Expresso**- Follow the link <https://www.discoveryeducation.co.uk/login/autologin/?service=espresso&user=admin&token=OTU3MTspVPr0PO5AQJj9P5yLIYlhVMTQNw==&err=na>

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**Monday Session 1**

**Task 1** Use a text box to type or to get an adult to record your verbal answer.

**Task 2** Discuss and record how people in other bubbles can still help you and you can help them.

Example- Teacher may be in a different bubble, still help with work over email, over the phone or internet.



Tuesday Session 2





**Tuesday Session 3**



**Thursday – Session 3**



**Create your own board game.**

Fill shapes with numbers, words or topics to discuss.

Use a dice or a random number generator on the internet. Move a game piece with the number given and read the content of the box.