

Home Learning Week 1

Wednesday

SESSION 1	SESSION 2
<p>Welcome back</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • ASDAN accreditation <p><i>Identify some short-term goals they would like to work towards</i></p>	<p>Physical activity</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • I Can Lead Award • Duke of Edinburgh Award • ASDAN accreditation <p><i>Participate in an activity to contribute to a healthy lifestyle</i></p>
<p>Objective: Reflect on and plan for the New Year.</p> <p>2020 has been a difficult and challenging year at times. In the New Year, it is important to reflect on the previous year and to look to the year ahead and set goals.</p> <ol style="list-style-type: none"> 1. Complete the New Year activity sheet in your resources to reflect on last year and think about this year. 2. Read the SMART goals PowerPoint in your resources. Think about what want to work on this year and create a SMART goal to work towards using the goal template in your resources. Agree your goal with an appropriate person, for example: your teacher or your parents/carers. You could consider working on your ICT skills, creative or sporting skills, independent living skills (e.g. cooking, cleaning) 3. Carry out the activities to achieve your goal. Keep a diary or take photographs to show what you did. Set a time when you will review your progress and comment on: <ul style="list-style-type: none"> • what went well • what you could have done better • Say whether you think you have achieved your goal. 	<p>Objective: To create plan of activity and to be active for 30 minutes</p> <p>While you are working from home, it is important to keep active.</p> <ol style="list-style-type: none"> 1. Create a calendar of daily physical activities that you will do while at home. 2. Make a scrapbook or display of photographs to show you taking part. 3. Over the next few weeks complete your physical activity log and identify any improvements to your fitness levels.

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<p>Shop Cook Eat</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • NYCC Preparing for adulthood <i>1.09 I can cook a small meal and tidy up after myself.</i> • ASDAN accreditation <i>Demonstrate safe practices when carrying out simple household activities</i> 	<p>Digital Literacy</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • NYCC Preparing for adulthood <i>1.14 I know how to use social media safely and know not to give out personal information</i> <i>1.15 I can socialise with my friends in a safe way</i>
<p>Objective: To bake biscuits and set up a 'café'</p> <ol style="list-style-type: none"> 1. Follow a simple recipe to make biscuits. Focus on making different shapes, using cutters or mould using your hands. Make sure you follow health and safety rules in the kitchen and practice washing up and cleaning up afterwards. Ginger: https://www.youtube.com/watch?v=5k4ssgaH6wk Shortbread: https://www.youtube.com/watch?v=VpnTc-Uvl2c 2. Set up a table in your house and role play a café, you may want to make a menu and serve the people you live with. Practice making hot or cold drinks for family members. 3. Create a step-by-step guide on how to make a cup of tea or take photographs. 	<p>Objective: To review internet safety</p> <p>While working at home, you may be using the internet and social media more frequently. It is important to think about how to keep yourself safe online.</p> <ol style="list-style-type: none"> 1. Watch the video on being safe on online. https://www.youtube.com/watch?v=IGlNGcaYZaA 2. Review your online safety knowledge by completing the quiz: https://www.highspeedtraining.co.uk/hub/internet-safety-ks2-quiz/

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<p>Making the Most of Leisure Time</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • NYCC Preparing for adulthood <p><i>1.13 I can make sensible decisions around my spare time myself.</i></p> <ul style="list-style-type: none"> • ASDAN accreditation <p><i>Demonstrate an awareness of how they make use of their own leisure time</i></p>	<p>Headspace and mindfulness</p> <p>Learning outcomes</p> <ul style="list-style-type: none"> • ASDAN accreditation <p><i>Participate in an activity to contribute to a healthy lifestyle</i></p>
<p>Objective: Review leisure activities in home</p> <p>Last term, you worked on identifying leisure activities in the home.</p> <ol style="list-style-type: none"> 1. Create a calendar to plan when you will do some of the activities. If you have not completed this activity, brainstorm as many leisure activities as possible that you can do at home. Sleeping and besting are not leisure activities. 1. Choose one of these activities to do at home. Write the results in your activity log (See attached document). Use this log every time you take part in a different leisure activity at home. 	<p>Objective: To set up daily ten-minute journal</p> <ol style="list-style-type: none"> 1. Start to complete a daily ten-minute journal such as the one in your resources. 2. Make sure you plan time at the beginning and the end of the day to complete this while you are working at home. 3. Find a quiet spot in your home to try some mindfulness meditation. https://www.youtube.com/watch?v=ZToicYcHIQU