

Mill Green School

Entry Level 1

Learner Work Pack




Name:

Date:

E1 - Money

LO: Be able to recognise coins

Count the pennies to see how much there is. Then see if there is another coin that could be used instead

| Coins | How much? | What other coin could you use instead? |
|---|-----------|--|
|  | | |
|  | | |
|  | | |

| | | | |
|---|---|---|---|
|  |  |  |  |
|---|---|---|---|

Name:

Date:

E1 - Money

LO: Be able to recognise coins

| 1p | 2p | 5p | 10p |
|-----------|-----------|-----------|-----------|
| How many? | How many? | How many? | How many? |



Name:

Date:

E1 - Money

LO: Be able to recognise coins



You want to buy a can of coke. It cost 10p which coin could you use?



You want to buy a bag of crisps. It cost 2p which coin could you use?



You want to buy a football magazine. It cost 5p which coin could you use?



You want to buy some sweets. They cost 1p which coin could you use?



Name:

Date:

E1 - Money

LO: Have an awareness of the use of money

Tick all the things you use money for:



Making a bed



Paying bills



Pay for shopping



Buying a house



Watching TV

Name:

Date:

E1 - Money

LO: Have an awareness of the use of money

Draw a line to the correct symbol

Pounds

p

Pence

£


Name:

Date:

E1 – Time and Date

L.O: Be able to read calendar dates

Fill in the missing days of the week


Monday


Wednesday


Saturday

| | | | | | | |
|--------|---------|-----------|----------|--------|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|








Name:

Date:

E1 - Time and Date

L.O: Be able to read calendar dates

Write these days in to the correct order

| | | |
|---|--|--|
|  Saturday | | |
|  Monday | | |
|  Thursday | | |
|  Tuesday | | |
|  Sunday | | |
|  Wednesday | | |
|  Friday | | |

Name:

Date:

E1 – Time and Date

L.O: Be able to read calendar dates

Fill in the missing days of the week in these sentences

1. Today is Wednesday, **tomorrow** is _____.

2. Yesterday was Saturday, **today** is _____.

3. Yesterday was Tuesday, **today** is _____.

4. Today is Monday, **tomorrow** is _____.

5. Yesterday was _____, today is Friday.

6. Today is _____, tomorrow is Monday.

Name:

Date:

E1 – Time and Date

L.O: Be able to read calendar dates

Fill in the missing months of the year

January

March

June

August

October

November

Name:

Date:

E1 – Time and Date

L.O: Be able to read calendar dates

Fill in the missing days of the week in these sentences

1. What month is this month? _____

2. What month is next month? _____

3. What month was last month? _____

4. What month is your birthday? _____

Name:

Date:

E1 – Time and Date

L.O: Be able to read calendar dates

Put these events in the correct order. Starting with Valentine's Day

Christmas



25th December

Easter



12th April

Bonfire Night



5th November

Halloween



31st October

Summer Holidays



17th July

~~Valentine's Day~~



14th February

| |
|-----------------|
| Valentine's Day |
| |
| |
| |
| |
| |
| |

Name:

Date:

E1 – Time and Date

L.O: Be able to read and record the time using an analogue clock



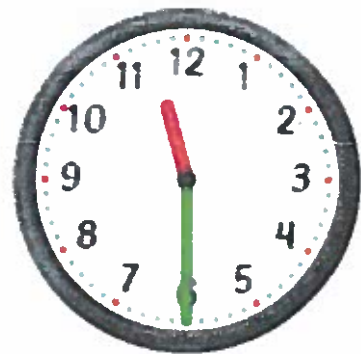
Name:

Date:

E1 – Time and Date

L.O: Be able to read and record the time using an analogue clock

a) Half past



Name:

Date:

E1 – Time and Date

L.O: Be able to read and record the time using an analogue clock

b) Quarter to/past



About Paul

Read the text and answer the questions. *(Can be read to the student)*

His name is Paul. He is ten years old. He lives in London in a big house.
He has got two cats and a dog. He hasn't got a brother.
He has got a sister. She is four years old.



He has got brown eyes and short brown hair. He's got a small nose and a big mouth.
He is tall and thin.

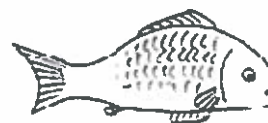
He plays football. He doesn't play tennis. His favourite food is pizza and chips. He doesn't like fish.

- 1- What is his name?
- 2- How old is he?
- 3- Where does he live?
- 4- Does he live in a house or a flat?
- 5- Has he got any cats?
- 6- Has he got a sister?
- 7- What does he look like?
- 8- Does he play football?
- 9- What is his favourite food?
- 10- What does he eat?
- 11- Is there any food that he doesn't like?

Student read the text aloud text and question read to the student
Student completed without support student completed with support

About Paul

Stick the words (on page 5) under the pictures.



About Paul

Stick the pictures (on page 6) under the correct words.

My name is Paul



I don't like

I don't play

I haven't got

I don't live in

About Paul

Stick the pictures (on page 6) under the correct words.

My name is Paul



I like

I play

I live in

I have got

About Paul

Copy the words below.

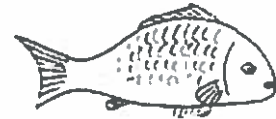
| | | |
|----------|---------|--------|
| house | 2 cats | 5 cats |
| | | |
| dog | flat | chips |
| | | |
| sister | brother | fish |
| | | |
| pizza | tennis | duck |
| | | |
| football | | |
| | | |

Cut out the words and stick them below the pictures (p2).

| | | |
|----------|---------|--------|
| house | 2 cats | 5 cats |
| | | |
| dog | flat | chips |
| | | |
| sister | brother | fish |
| | | |
| pizza | tennis | duck |
| | | |
| football | | |
| | | |

About Paul

Cut out the pictures and stick them under the correct headings on pages 3 and 4.



About Paul

Write about your family, where you live and what you like and don't like.

Find pictures of your 3 favourite foods and stick them below.

LO: I can identify where capital letter and full stops go

Can you put in the capital letters and full stops?

lucy is a zebra

ben gave dad a cake

mum got the boy a car

the boy is called george

i like cats

LO: I can identify where capital letter and full stops go

Can you put in the capital letters and full stops?

lucy is an elephant at the zoo

she gave dad a cake

the boy lost his toy

i am called george

the cat was on the mat

i like it

what is your name

LO: I can identify where punctuation goes

Can you put in the capital letters, full stops and question marks?

lucy is an elephant at the zoo

jill gave dad a cake she made

i lost my teddy on the bus

my teacher is mrs hare

i like to listen to music

who is at the door

do you live in calveley

What comes before

What letter comes before c 

What letter comes before j 

What letter comes before w 

What letter comes before b 

What letter comes before n 

What letter comes before x 

What letter comes before k 

What letter comes before h 

What letter comes before e 

What letter comes before t 

What comes after

What letter comes after **m** 

What letter comes after **d** 

What letter comes after **s** 

What letter comes after **a** 

What letter comes after **y** 

What letter comes after **c** 

What letter comes after **e** 

What letter comes after **b** 

What letter comes after **l** 

What letter comes after **k** 

Jumbled Up Sentences...

Can you sort out these sentences, so that they make sense?

1. raining It today. is
2. It windy day. is a
3. icecream. like I eat to
4. Tomorrow shopping. go I will
5. The sky. brightly sun the in shines
6. come to Do party? you want to my
7. I doll! pink pretty love my
8. great! My is teacher
9. cars. drawing I pictures of like
10. My bike. His ride brother to likes
11. shopping go to Mum. With like I my

Now...

Write five sentences about things you do at the weekend.

**Write three questions about helping at home. For example:
Can I help to wash the dishes?**

Punctuating Simple Sentences

Add full stops and capital letters to these sentences.

1. sarah played on the swings
2. paul went to the shop to buy an apple
3. we went to the zoo last week and it rained
4. my sister is two years younger than me
5. I had fun in the holidays when I went to play at my friends house
6. my brother is older than me and he teaches me new games
7. tim likes to eat cauliflower cheese for tea
8. my favourite food is fruit salad
9. fred likes the swings at the park more than anything else
10. holly went to her grandma's for a lovely Sunday lunch



Instructions:

1. Print off an outline or draw one.



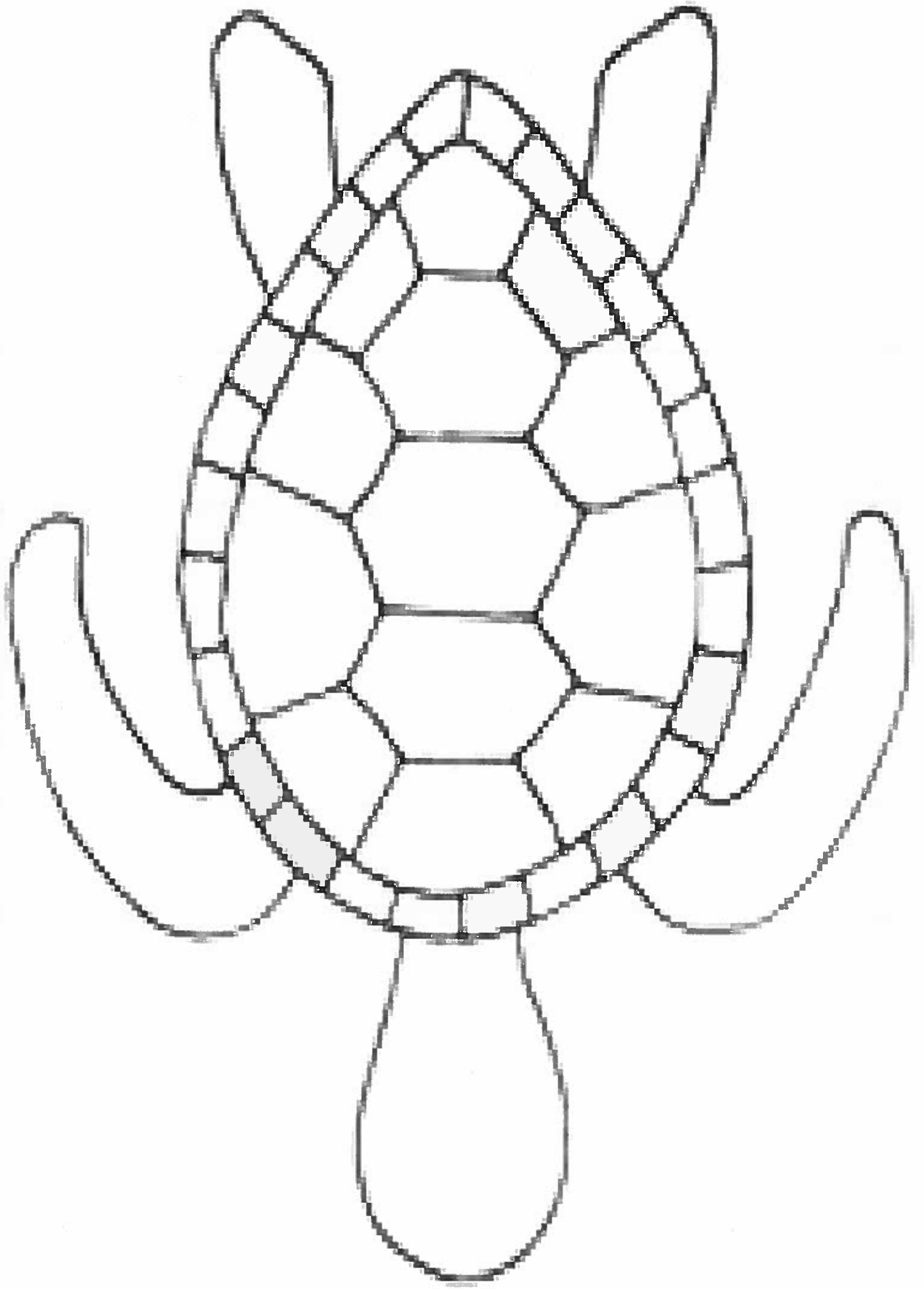
shutterstock · 98858469

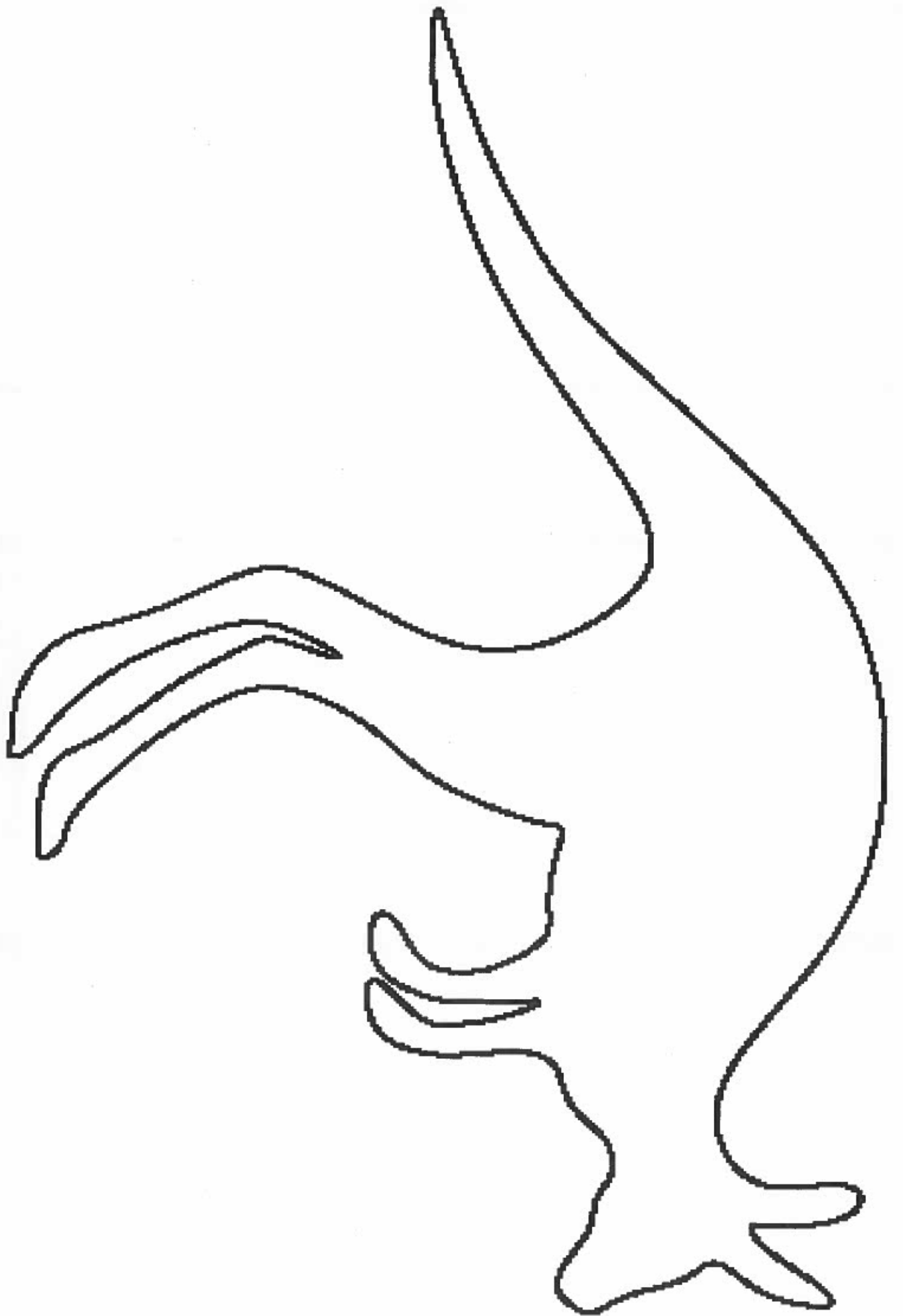
2. Using a cotton wool bud and paints of your choice, dip the bud in the paint and start to design a pattern.

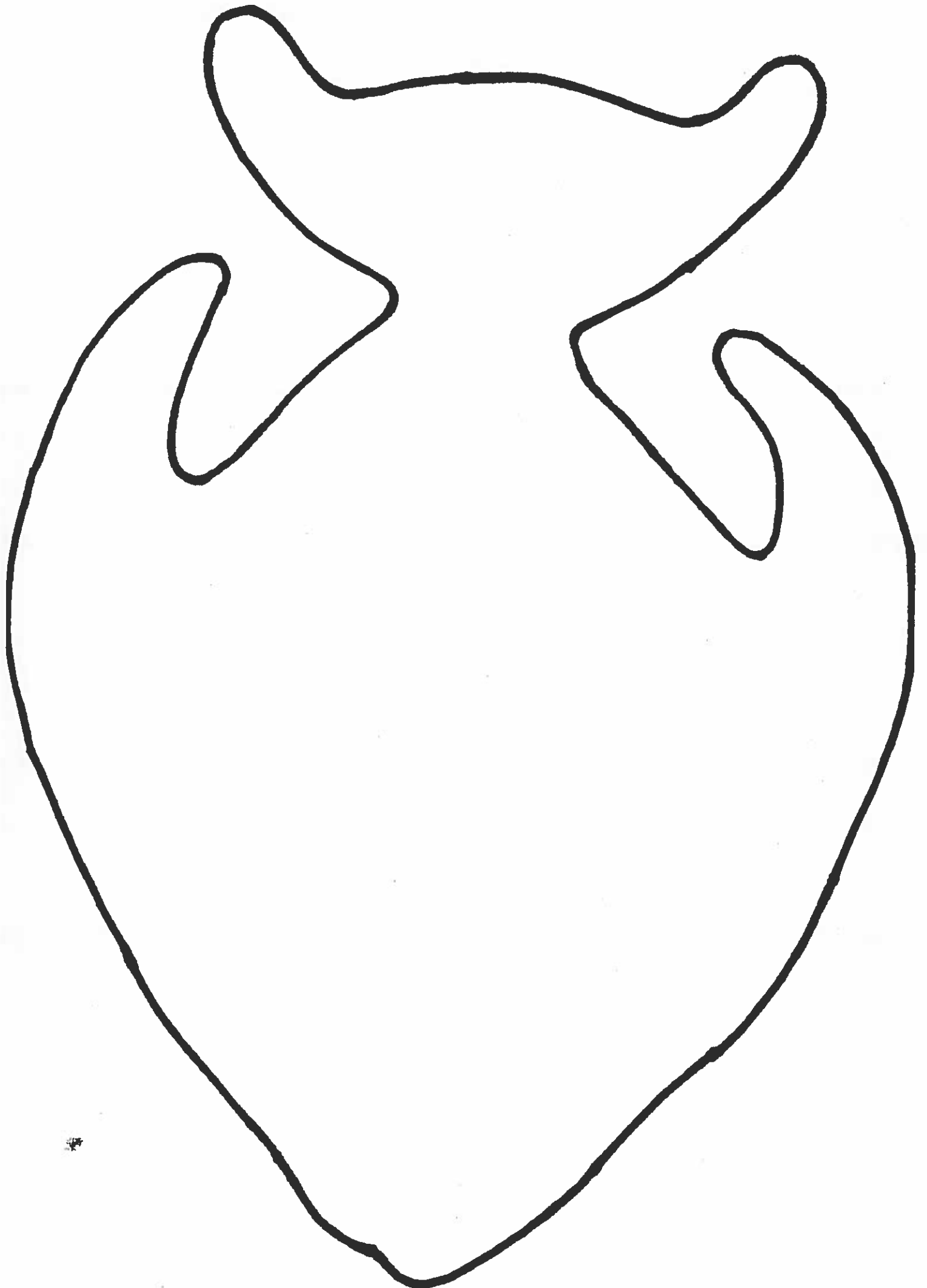
Try to put the dots in circle, swirl or curved line patterns.

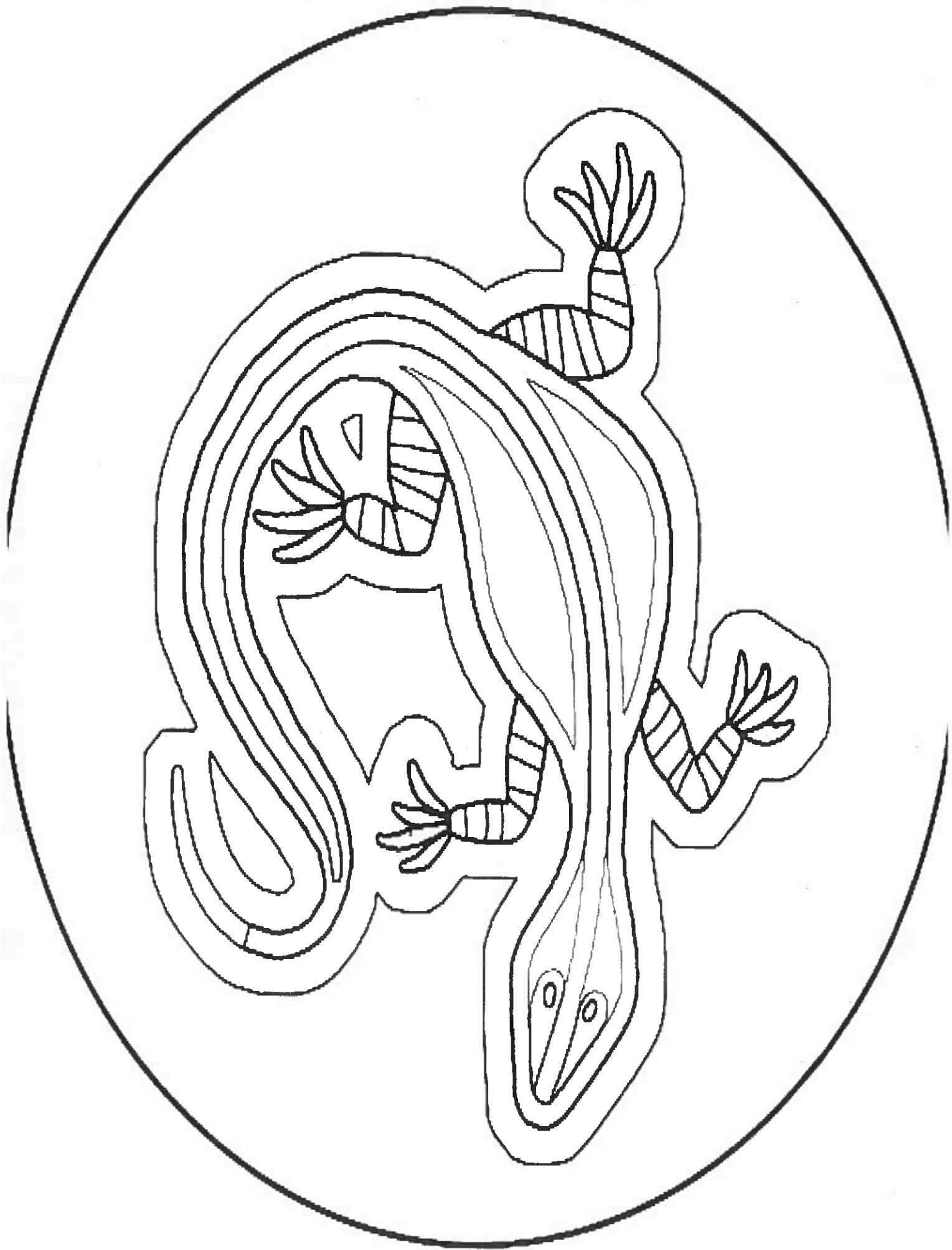
Aboriginal art













Be as creative as you like, and have lots of messy fun!

Wash used household items ready for recycling. Sort out used items at home for recycling – put into the correct boxes and bags

Make paper aeroplanes from recycled paper and origami animals from recycled paper (loads of free instructions online)

Giant chalk art on the outside walls/patio/path

Balloon splatter painting – simply blow up balloons in different sizes and use these as 'paintbrushes' to splatter designs on a large piece of paper or recycled card (cereal box etc)

paint to complete

Nature Weaving – find some sticks outside in the garden and lash together using unwanted wool to make a simple frame. Find natural objects in the garden such as petals, leaves, herbs etc and weave into the frame – you could also weave in material by using up old fabric/unwanted clothes and wool.

Make your own 'spice paints' – add turmeric, cinnamon, paprika etc to white paint and a small amount of water – then off you paint! You could use natural materials from your garden as 'paintbrushes'.

Pebble art – collect pebbles in your garden (or beach!) and decorate using paints, chalk or sharpies. Go one step further and make some story stones using a favourite story – each pebble represents a part of the story.

'How something sounds' – listen to different types of music – try classical, pop, jazz, rock etc. Get your child to identify – is it loud/quiet? Is it fast/slow? Like/dislike? Maybe they can say the instrument – is it a piano or guitar? Is it a bell or a drum?

Make your own musical instruments from household items – shakers (rice/beans inside an empty bottle) guitar (cereal box and elastic bands) drum (empty chocolate tub/tin and a wooden spoon)

decorate and play along to their favourite music.

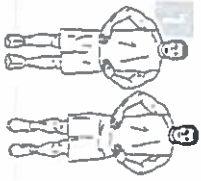
Make some 'take snow' add a cup of baby oil to a box of cornflower in a bowl (you can add glitter if you wish) The result is very similar to moon sand (but smells nicer!) sensory play! Make a 'spring bonnet' using whatever craft materials/recycled materials you have at home. Create chicks, flowers, trees, frogs – anything related to Spring and stick to an old hat or a strip of card to staple/tape around the head.

Sensory play in a sand pit - add water, natural items from the garden and/or toys Wax painting – create a big yellow sun using a yellow wax crayon and paint over with blue paint! Could also do this with other 'summer' items such as an ice cream, beach scene, sunglasses etc.

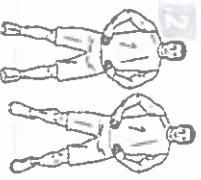
cardio jump workout

Repeat 3 times | up to 2min rest between sets

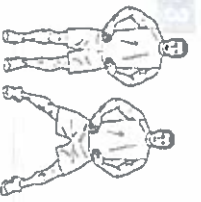
@neilarey.com



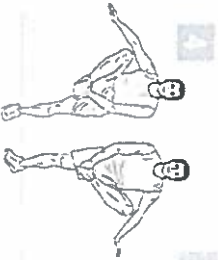
10 jump on a spot



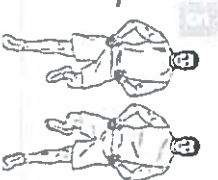
10 wide leg jumps



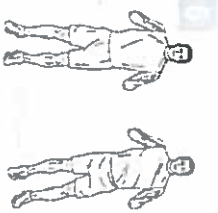
10 half star jumps



10 toe tap jumps



10 side-to-side single leg jumps



10 side-to-side jumps

www.nhs.uk

NHS choices

Chair Exercises

WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets

www.nhs.uk

NHS choices



20 chest expansions



20 side arm raises



10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches

NECK PAIN & TENSION RELIEF

DAREEE WORKOUT @ dareee.com
3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press



10-count press



10-count alternating side press



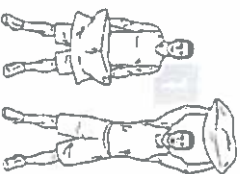
10-count alternating chin press



pillow workout

repeat 5 times | up to 2 minute rest between sets
@ neilarey.com

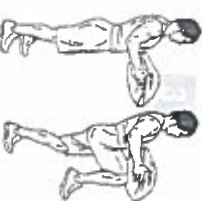
www.nhs.uk **NHS** choices



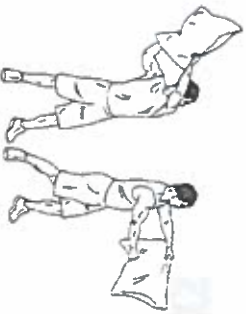
20 pillow presses



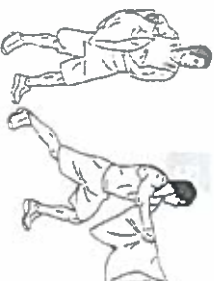
10 pillow squats



10 pillow high knees



20 pillow strikes



20 pillow lunges

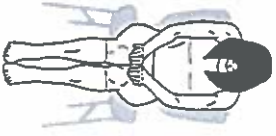
www.nhs.uk **NHS** choices

3-minute

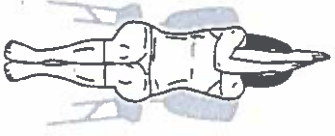
Seated Yoga

www.nhs.uk
NHS choices

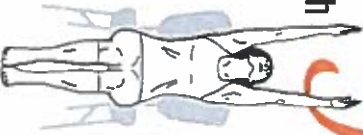
OFFICE-FRIENDLY WORKOUT
@darebee.com
30 seconds each



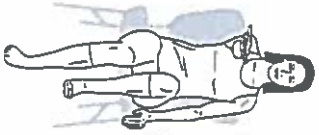
body fold



alternating lotus twist



stretch up



alternating lift & reach



alternating side stretch

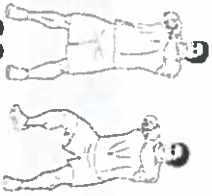


alternating half lotus

Sofa Workout

Repeat 3 times with up to 2min rest between sets

@neilarey.com



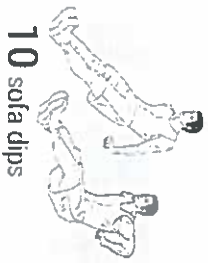
20 half squats



20 climbers



10 leg raises



10 sofa dips



10 side-to-side sofa walks



10 raised leg circles

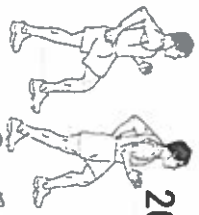
www.nhs.uk

NHS choices

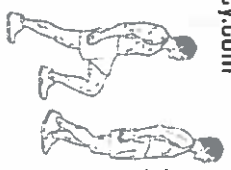
Stairs Workout

Repeat 5 times | up to 2min rest between sets
Walk up the stairs 3 times before every circuit
@neilarey.com

20 step taps
alternating



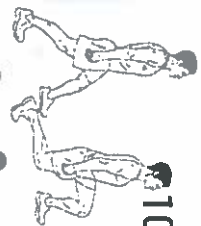
20 step-ups
alternating



10 step jumps



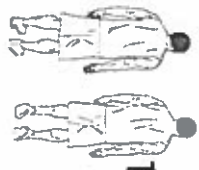
10 split squats
alternating



20 stair climbers
alternating



10 calf raises

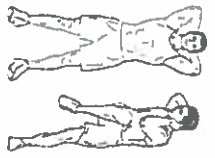


www.nhs.uk **NHS** choices

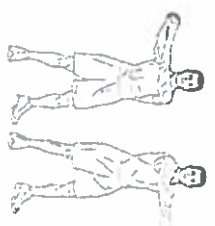
standing abs

repeat 5 times | up to 2 minute rest between sets
@neilarey.com

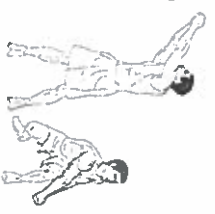
20 knee to elbows



20 side to side chops



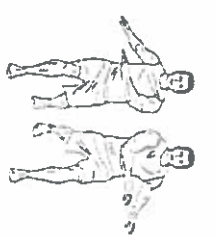
10 cross chops



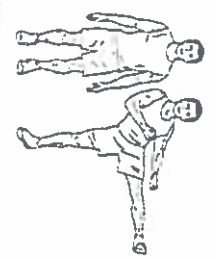
20 high knees



20 twist jumps

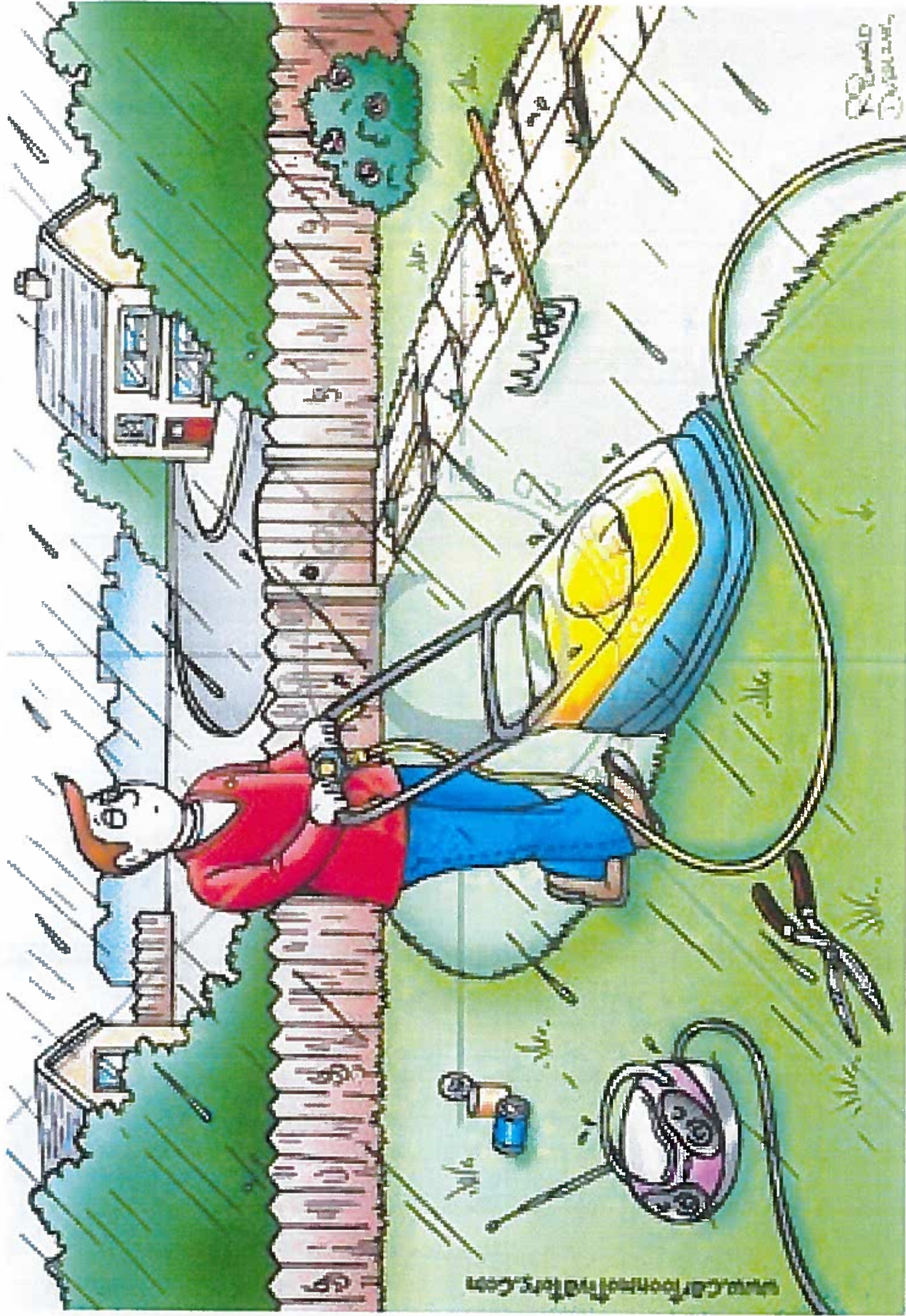


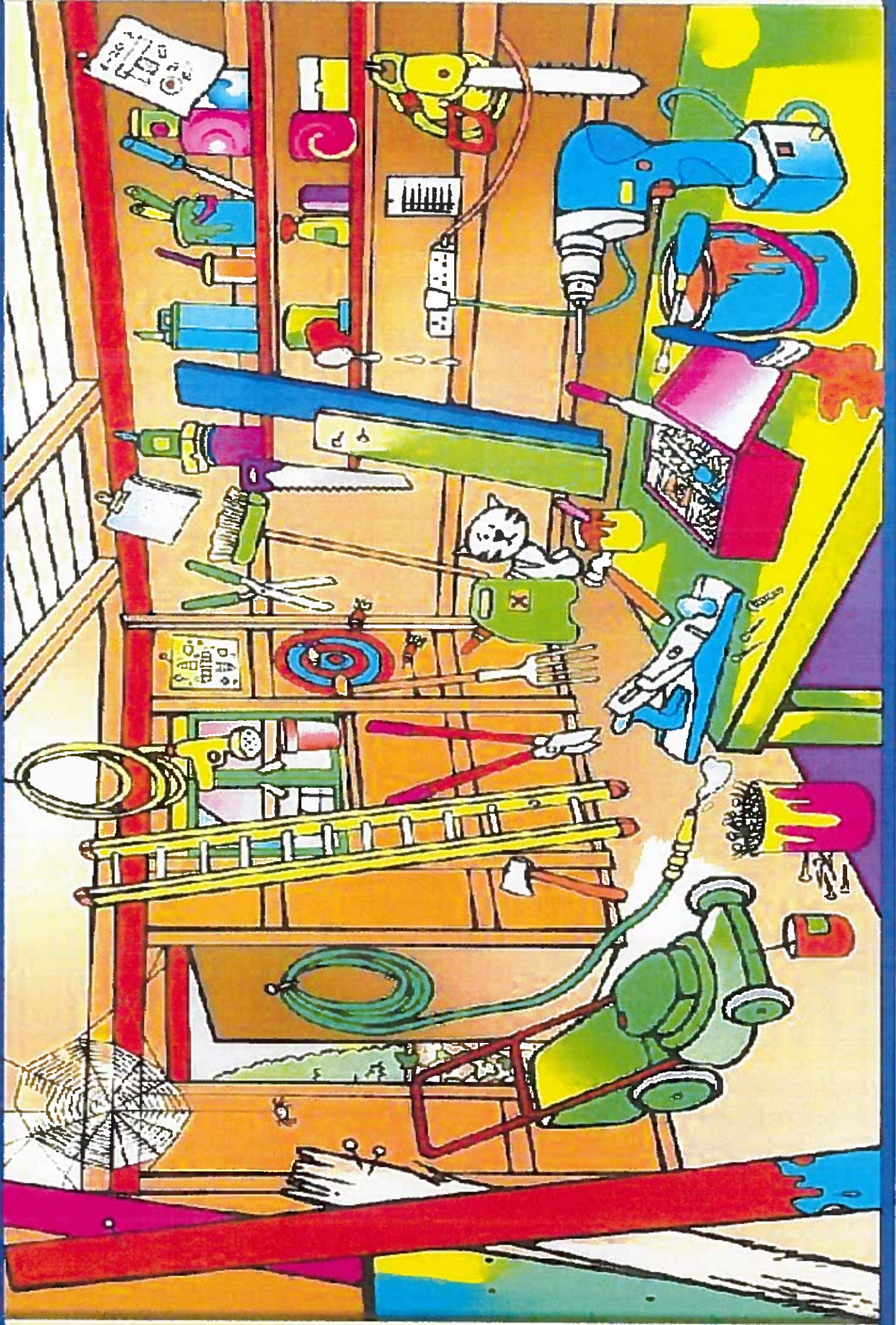
10 side leg raises



www.nhs.uk **NHS** choices

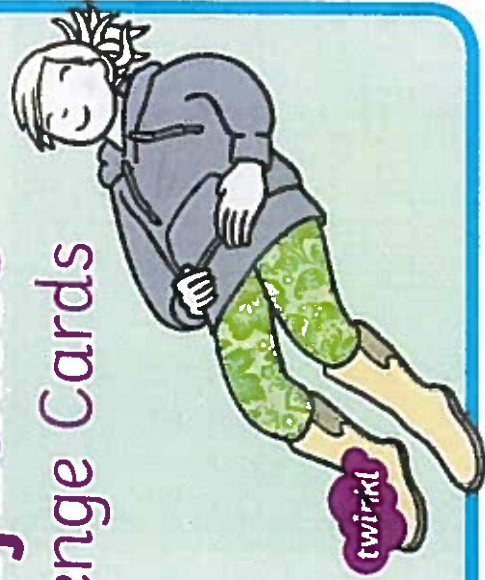
THE CIVIL KIT: CIRCLE THE NAZAROS. EXTENSION—WHY ARE THESE THINGS NOT SAID:



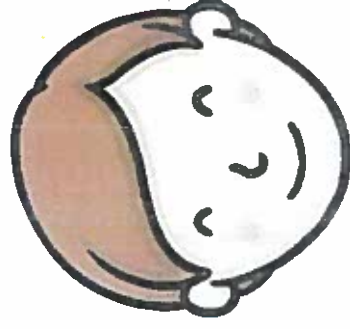


ENTRY 1/2: Explain why your choices are hazards. What can you do to avoid these hazards?

Mindfulness Challenge Cards

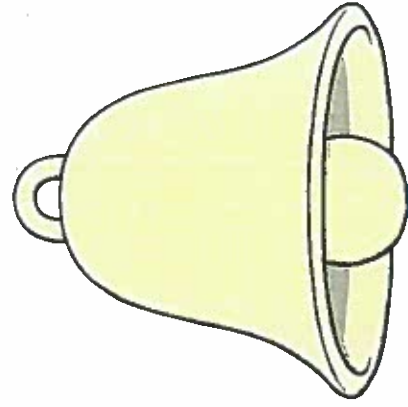


Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



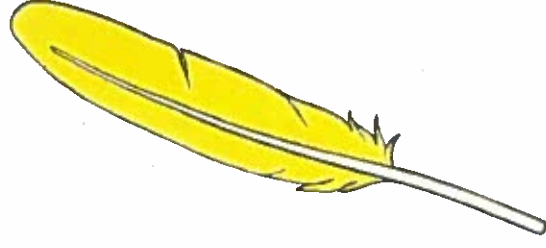
Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



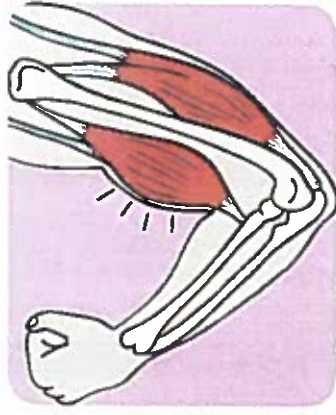
Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



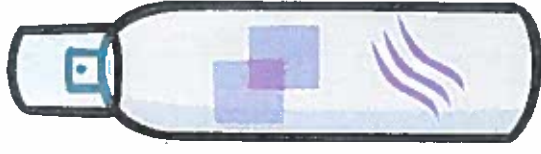
Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



Sit in a room with your eyes closed.

Ask someone else to spray a perfume or deodorant at the other side of the room and, keeping your eyes closed, try to notice the exact moment when the smell reaches you.



At the same time of every day, think of one thing to be thankful for.



When you are eating, slow the process right down and try to activate all your senses. Look carefully at your food before you eat it.

What does it look like? Bring it closer so you can smell it. What does it smell like?

As you place it in your mouth, be aware of the texture of the food and how it feels.

What does it taste like? Does the taste come in successive waves or all at once? Can you recognise the individual ingredients?

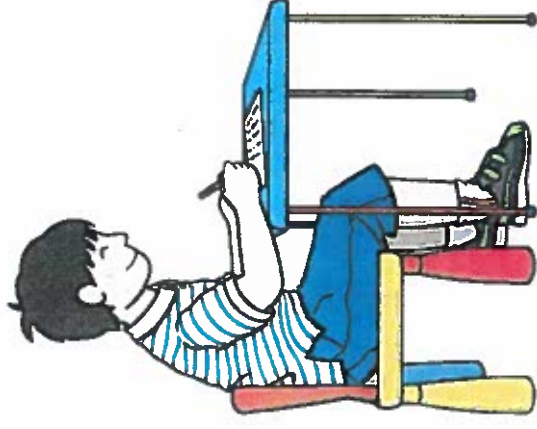
Take a walk and concentrate on the act of walking.
What movements does each leg perform in each stride?

Which part of your foot hits the ground first?

What does the ground feel like underneath your shoe/foot?



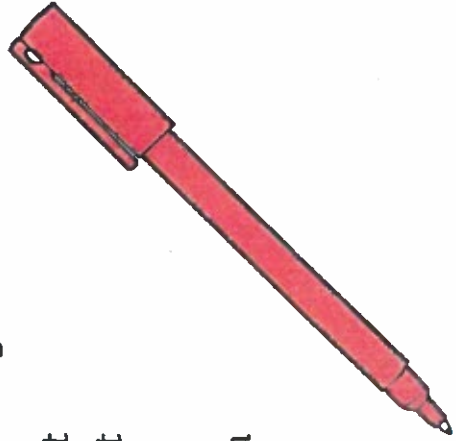
Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time.



Choose a subject to focus your thoughts or simply write about whatever arises in your mind.

If you can't think of what to write then write 'I can't think of what to write...'

Do whatever you need to in order to keep writing.



Listen really carefully to what someone else is saying.

Stop doing anything else and give them your complete attention.

If you think of things you wish to say, let the speaker finish before you add your thoughts.



Take a moment to think about how you are feeling.
Which words would describe how you are feeling?

Can you trace back the origins of those feelings?

