

Thursday 9th July

Theme - Transition is about change.

In September, you will be changing teacher, year group and classes. Today we will begin thinking about what you think the teachers should know about you.

Step 1 - Watch this video.

<https://safeYouTube.net/w/KuuM>

I Like Myself - Storytime with Daddy | Children's Books Read Aloud

Step 2 - Listen to this song.

Sesame Street: Will.i.am Sings "What I Am"

<https://safeYouTube.net/w/mvuM>

Discussion Points -

The title of the book is 'I Like Myself'.

What do you like about you?

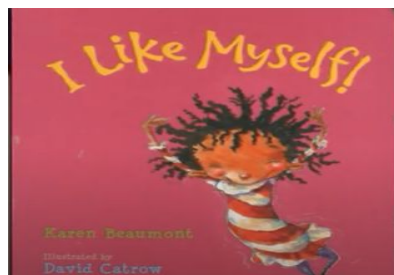
Ask other people in your family what they like about you.



Sesame Street: Will.i.am Sings "What I Am"
All About Me Songs • 1 / 13

In the song Will.I.am says that he is musical, smart, brave, helpful, grouchy, magical, special, super, proud and friendly. Are you any or any of your family any of these things? When have you been like that?

What do you do to have fun?



The song also talks about not quitting and getting stronger.

Have you ever quit doing anything? Why?
Have you ever wanted to quit but carried on? How did you feel?

English task

Tasks - Early Years

Nursery: Draw all the things you like about yourself, explain your choices to an adult. Use the voice recorder function in Seesaw to record your conversation or upload a video of your discussion.

Reception: List all the things you think about yourself. You could even write a sentence about yourself using 'because'.

I like my hair because _____.

Tasks - Key Stage 1

Make your own 'I like myself' story.

Think of all the things you like about you.

Fold a piece of paper to make a small book, then draw the things you like the best about you.

Tell your story to someone else.

Tasks - Lower Key Stage 2

Write down a list of all the words that describe you. It can be positive or negative.

Now write another list of all the good things family, friends and other people have said about you.

Draw a picture of yourself and surround yourself with all the positive words, adjectives, statements about you.

Write a song, rap or a poem about yourself called 'What I Am'. The lyrics are on the Outdoor Learning section if you want to use or modify some of those words and phrases. Can you perform your poem and post it on Seesaw. It could be sent to your new teacher.

Tasks - Upper Key Stage 2

Sometimes thinking about our positive qualities can be embarrassing or awkward, but recognising the good in ourselves is so important for our confidence and self-esteem!

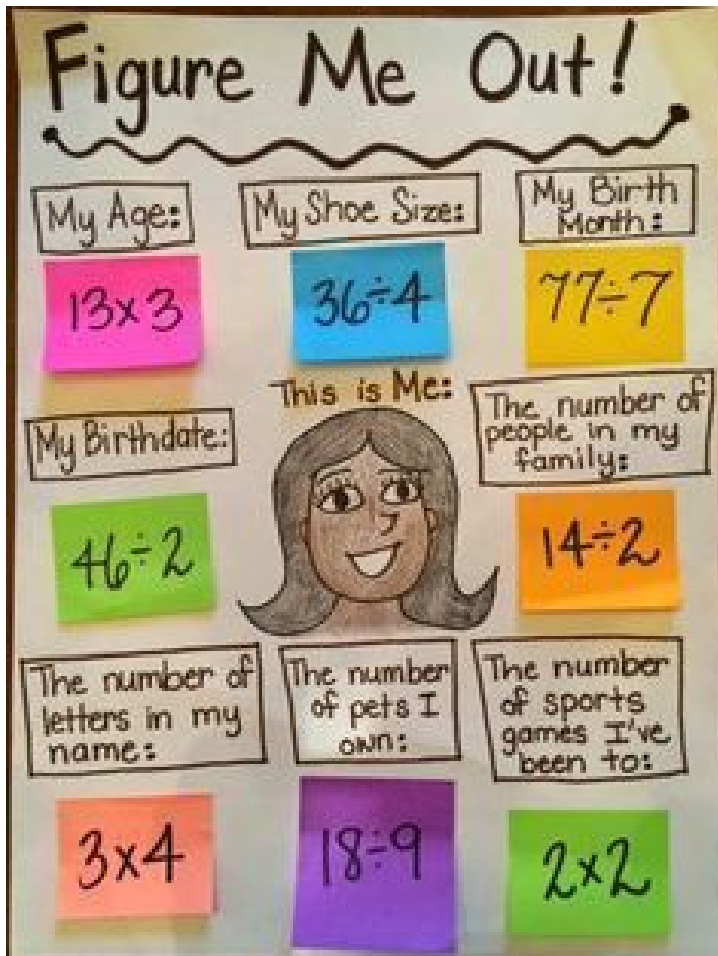
Make a list of the things you like about yourself. If you struggle to think of things, think about what your friends, family or teachers have said in the past.

Write your own I like Myself poem/song based on the story but all about you!

Write in 4 line stanzas and include rhyme, you could even record yourself performing the poem and post onto Seesaw.

Maths task

Make an all about me Maths poster for your new teacher and then upload it to seesaw to see if your new teacher can 'figure you out'



You can change the facts you want your teacher to know.

If writing a Maths calculation is a bit tricky for you, you could write the answer instead.

Well-being task

It's important that we exercise regularly to have a healthy body and mind. Play 'Healthy Hearts', you could even use a timer and set yourself a challenge. Could you do 30 star jumps in 30 seconds?

Healthy Hearts

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?

Can you keep trying even if you feel tired?

Top Tips


Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

Let's Reflect

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?



Outdoor Learning

These are the lyrics to the song 'What I Am'. Go outside and read it out loud with a partner or adult.

Can you read or repeat the words in your 'own style'. Can you rap?

Lower key stage 2 wrote their own version of this using words about them. Can you write and or perform a version using words all about you?

Will I Am - Sesame Street Lyrics

Verse 1

If what I am is what's in me
Then I'll stay strong - that's who I'll be
and I will always be the best
"me" that I can be.

There's only one me, I am it
have a dream I'll follow it
It's up to me to try.

Chorus 1

Oh! I'm a keep my head up high
Keep on reaching high
Never gonna quit
I'll be getting stronger.

And nothing's gonna bring me down (no!)
Never gonna stop, gotta go.
Because I know
I'll keep getting stronger.

Bridge 1

And what I am is thoughtful
what I am is musical
what I am is smart
and what I am is brave
what I am is helpful
what I am is special
There's nothing I can't achieve.
Because in myself I believe in oh...

Chorus 2

Gonna keep our heads up high
Keep on reaching high
Never gonna quit
Just keep getting stronger.

And nothing's gonna bring us down (no!)
Never give it up, gotta go.
Because I know
I'll keep getting stronger.

Bridge 2

What I am is super
what I am is proud
what I am is friendly
what I am is grouchy
what you are is magical
what you are is special

There's nothing I can't achieve.
Because in myself I believe in oh...

Chorus 3

Gonna hold my head up high
Keep on reaching high
Never gonna stop
I'll be getting stronger.

Nothing's gonna bring me down (no!)
Never give it up gotta go, oh... yeah...
I'll keep getting strong--er.

