Year 2 Home Learning Spring 2 Week 1

Here is the curriculum home learning for this week. Home learning is planned to:

- be as close to our school learning as possible
- be manageable at home
- build from the previous week's learning

You need to complete all of the subjects over the week; you can choose the order or follow the schedule below.

You can upload all of your work to Seesaw, pieces of work with a
symbol must be uploaded for the teacher to see as a priority.



NEW:

Please can you draw a face at the bottom of your work to show <u>how difficult</u> you found it so that your teacher knows if they need to change your work:



This was about right for me



A bit too hard



Much too hard

Independent Curriculum

During the week, you will need to complete these subjects when you are not reading with your teacher:

| your teacher: | |
|---------------|---|
| Spelling | Click here to watch this week's spelling lesson ('o' alternate phonemes and graphemes, commas in lists) |
| op om: | Look at Resource 1 for this week's independent task. |
| 1 | You can find additional phonics and spelling resources by clicking on the following links (free resources): |
| _ | https://www.lettersandsounds.org.uk/for-home/year-1 https://www.phonicsplay.co.uk/resources |
| | |
| | Practise reading and spelling these words. |
| | door |
| | poor |
| Words to | floor |
| learn | more |
| 100111 | caught |
| | thought |
| | Write them in sentences. Use the <u>spelling grid</u> to help you. |
| | Safer Internet Week- How do you stay safe when searching for something online? |
| | Think – How can we stay safe when searching for something online? |
| PSCHE | |
| | Listen to the Detective Digi Duck story. |
| Explanation | Think - What does Wise Owl tell the group to do if they are unsure about |
| video | something online? Look at his top tips for searching online (<u>PSHCE resource 1</u>). |
| 1.0.00 | Create your own presentation of Wise Owl's advice for being safe online. You |

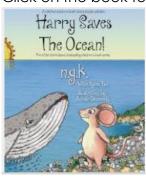


could create a poster, record a video or even create your own song. Colour, Texture and Pattern – Jim Dine Art Watch Ms Green's video to see how artist Jim Dine uses colour, texture and pattern in his work. Make a 'Happy Heart' artwork by experimenting with materials to explore colour, texture and pattern. Ms Green will show you lots of different ways you can do this. Deepening: Look at the work you have made to see what colours go well together and textures you like. What is your favourite and why? Developing rhythm reading skills: 3/4 time Follow the instructional video from Ms Hughes: Click Here Music Compose your own 3/4 rhythm 4 bar pieces – template in resource page. Warm up: Listen and Move Let's have fun! Remember the song? Be creative and move! Watch the video here. **Physical Activity:** Arctic Yoga Adventure Have you enjoyed the snow recently? Did you make a snow man? Go for a walk in the snow? Why don't we imagine the animals and people who live in the Arctic for our yoga moves today! Watch the video here to see real photos of animals and things there. PE Now follow along on the video here to go on an adventure in the Arctic. Remember we will hold yoga poses in the shapes of the things we discover. Look at the **Arctic yoga cards below**. There are some new poses for us to do! Ready for a challenge? Then see the 'Cross the river challenge' below! Have fun & try the extra challenges too in the coloured circles. Heart healthy: Make sure you remember to go on a daily walk, take a cycle or scooter ride, put on some music and dance to the beat or make an obstacle course in your room to keep active!



Click on the book to listen to a story from Ms. Latour.

Story Time with Ms.Latour





Monday

22nd February 2021

English

Live
explanation at
9.30am
See Parentmail for
link

Explanation video

READ and EXPLORE – Mae Among The Stars by Roda Ahmed

Listen and read along to Mae Among The Stars by Roda Ahmed <u>here</u>.

Read some notes, facts and information about Mae Jemison in <u>English resource</u>
1.

Organise the jumbled up notes into the correct subheadings (see <u>English</u> <u>resource 1</u>) for your plan, which you can use for tomorrow's writing. The colours are there to support you.

Maths

Live explanation at 11am See Parentmail for

link **Explanation**video



Year 1 recap lessons (if you do not have print outs, please use *Maths No Problem Website* to access the workbook)

Textbook 1A, Chapter 8: Shapes, Lesson 1: Recognising solids AND Textbook 1A, Chapter 8: Shapes, Lesson 2: Recognising shapes

Learn the strategy:

For solids here and for shapes here.

Quiz: see maths resource 1

Science

Live
explanation at
1.30pm
See Parentmail for
link
Explanation

Explanation video lesson 2

video lesson 1



Lesson1

What is rubbish? How long does it last?

- Listen to this song about what happens to our rubbish.
- Watch this <u>video</u>. What happens to food? This shows food rotting. This is also called breaking down or decomposing.
- How long will it take different rubbish to rot? Look at the items in <u>science</u> resource 1. Put them in order of which you think will take longest time to rot. Then look at the answer table. What surprised you the most?
- Create a poster for a bin to inform people how long different items take to rot.

Lesson 2

How can we reduce food waste?

- Watch <u>this video</u> about how we can waste less food. What did you learn?
- Then watch this video. Which video gives you the best information?
- Think about what you and your friends eat and throw away.

Complete the table (<u>science resource 2</u>) by adding your own ideas about some ways you could reduce food waste.

Reading

| 2B | 3pm | Join on your child's usual | See Parentmail for link |
|----|-----|--|---------------------------|
| | | reading day | see rateriiriaii for iirk |
| 2P | 3pm | Join on your child's usual reading day | See Parentmail for link |
| 2M | 3pm | Join on your child's usual reading day | See Parentmail for link |
| 2W | 3pm | Join on your child's usual reading day | See Parentmail for link |



Independent Curriculum

Choose one subject to complete today if you are not reading with your teacher:

- Spelling/Phonics
- PSCHE
- Art
- Music
- PE
- Science lesson 2

See curriculum sessions

Tuesday

23rd February 2021

English

Live
explanation at
9.30am
See Parentmail for
link

Explanation video



WRITE – an information text (part 1)

Look at this example of an information text and spot the different features it includes (English Resource 2).

Match the colours to the features of information texts using English Resource 2.

Yesterday, you organised the notes, facts and information into different subheadings to help create a plan for your information text. **Re-read** this information now. Make sure you are clear about what you will include in your introduction.

Write the introduction for your information text about Mae Jemison.

Try to **include** command sentences and statement sentences in your writing. **Watch** <u>this video</u> to recap command sentences and watch <u>this video</u> to recap statement sentences.

Maths

Live explanation at 11am

See Parentmail for link

Explanation video



Textbook 2B, Chapter 11: Two-Dimensional Shapes, Lesson 1: Identifying sides

Learn the strategy

Shape song (go to slide 2)

Consolidation: see <u>maths resource 2</u> Deepening: see <u>maths resource 3</u>

Circle Time with your class

| 2B | 1.30pm | See Parentmail for link |
|----|--------|-------------------------|
| 2P | 1.30pm | See Parentmail for link |
| 2M | 1.30pm | See Parentmail for link |
| 2W | 1.30pm | See Parentmail for link |

Reading

| 2B | 3.00pm | Join on your child's usual reading day | See Parentmail for link |
|----|--------|--|-------------------------|
| 2P | 3.00pm | Join on your child's usual reading day | See Parentmail for link |
| 2M | 3.00pm | Join on your child's usual reading day | See Parentmail for link |
| 2W | 3.00pm | Join on your child's usual reading day | See Parentmail for link |



Independent Curriculum

Choose one subject to complete today if you are not reading with your teacher:

- Spelling/Phonics
- PSCHE
- Art
- Music
- PE
- Science lesson 2

See curriculum sessions

Wednesday 24th February 2021 WRITE – an information text (part 2) **Re-read** your introduction from yesterday. Did you manage to include a **English** command sentence? Live explanation at On Monday you organised the notes, facts and information into different 9.30am subheadings to help create a plan for your information text. Re-read this now. See Parentmail for link Write the two subheadings for your information text about Mae Jemison. **Explanation** video Try to **include** question sentences and exclamation sentences in your writing today. Watch this video to recap question sentences and watch this video to recap exclamation sentences. When you've finished, edit and revise your writing using the checklist in English resource 3. Textbook 2B, Chapter 11: Two-Dimensional Shapes, Lesson 2: Identifying vertices Maths A Live Learn the strategy explanation at Shape song (go to slide 2) 11am Quiz: see maths resource 4 See Parentmail for link **Explanation** video Textbook 2B, Chapter 11: Two-Dimensional Shapes, Lesson 3: Identifying lines of Maths B symmetry Live Learn the strategy (from 3 minutes 12 seconds to 9 minutes and 20 seconds) explanation at 1.30pm Consolidation: see maths resource 5 See Parentmail for Deepening: see maths resource 6 link Explanation video



| Reading | 2B 2P 2M | 3pm 3pm 3pm | Join on your child's usual reading day Join on your child's usual reading day Join on your child's usual reading day | See Parentmail for link See Parentmail for link See Parentmail for link |
|---------------------------|--|-------------------|--|---|
| | 2W | 3pm | Join on your child's usual reading day | See Parentmail for link |
| Independent Curriculum | Choose one subject to complete today if you are not reading with your teacher: • Spelling/Phonics • PSCHE • Art • Music • Science lesson 2 • PE • Science lesson 2 See curriculum sessions | | | |

| | Thursday |
|--|---|
| | 25 th February 2021 |
| | PLAN – an information text about yourself |
| English | Listen and read along again to Mae Among The Stars by Roda Ahmed <u>here</u> . |
| Live explanation at 9.30am | Remember the message in the book is to never give up on your dreams and always believe in yourself. Have you read any other books which have this message? |
| See Parentmail for link Explanation | Tomorrow you will write an information text about yourself for your teacher to read so they can find out all about you and your hopes and dreams! |
| <u>video</u> | Plan your ideas for each subheading using English resource 4. |
| | Try to use descriptive details and interesting facts about yourself in your plan. |
| Maths | Textbook 2B, Chapter 11: Two- Dimensional Shapes, Lesson 4: Making Figures |
| Live | Learn the strategy (from 7 minutes and 16 seconds to 8 minutes 34 seconds) |
| explanation at 11am See Parentmail for link | Consolidation: see <u>maths resource 7</u> Deepening: see <u>maths resource 8</u> |
| Explanation video | |
| T | What is our school like? |
| Live explanation at 1.30pm | Look at an aerial photograph of your school. See Geography resource 1 and find your school. Discuss with someone at home the features you can find. Can you find any of these? Car park, field, playground, road. Take a look at the aerial photograph of Churchfields School by using |

Geography resource 1 and discuss the features of this school.

<u>link</u>



| Explanation video | other school you had a look at. You could use the table in <u>Geography</u> resource 2. | | | | |
|---------------------------|--|---|--|--|--|
| Reading | 2B 3pm 2P 3pm 2M 3pm 2W 3pm | Join on your child's usual reading day | See Parentmail for link See Parentmail for link See Parentmail for link See Parentmail for link | | |
| Independent Curriculum | Choose one subject to complete today if you are not reading with your teacher: • Spelling/Phonics • PSCHE • Art • Music • PE • Science lesson 2 See curriculum sessions | | | | |

| Friday | | | | | |
|--|---|--|---------------|--|-----|
| | 25 th February 2021 | | | | |
| English | WRITE- an info | rmation t | ext about you | urself | |
| Live explanation at 9.30am | Re-read – your plan from yesterday. Can you add in any interesting facts that you might have forgotten to include? | | | | |
| See Parentmail for link Explanation | Write your info | | , | urself. You should use your plan and inclu | ude |
| video | examples), dit | Try to include interesting sentence starters (see <u>English resource 5</u> for some examples), different sentence types and descriptive details and facts so that your teacher can learn even more about you! | | | |
| Maths | Textbook 2B, Chapter 11: Two- Dimensional Shapes, Lesson 5: Sorting Shapes | | | | |
| Live | Learn the strategy | | | | |
| explanation at 11am See Parentmail for link Explanation video | Consolidation: see maths resource 9 Deepening: see maths resource 10 | | | | |
| T. II . | | T - | 1 | | |
| Talking | | 2B | 1.30pm | See Parentmail for link | |
| Together | | 2P | 1.30pm | See Parentmail for link | |
| | | 2M | 1.30pm | See Parentmail for link | |
| | | 2W | 1.30pm | See Parentmail for link | |



| Reading | 2B 2P 2M 2W | 3pm 3pm 3pm 3pm | Join on your child's usual reading day Join on your child's usual reading day Join on your child's usual reading day Join on your child's | See Parentmail for link See Parentmail for link See Parentmail for link See Parentmail for link |
|---------------------------|--|--------------------------|---|--|
| Independent Curriculum | Choose one subject to complete today if you are not reading with your teach Spelling/Phonics PSCHE | | | |

Monday Resources English resources

English resource 1

WALT: organise information

Mae Jemison

Organise the facts and information on the next page into these three subheadings.

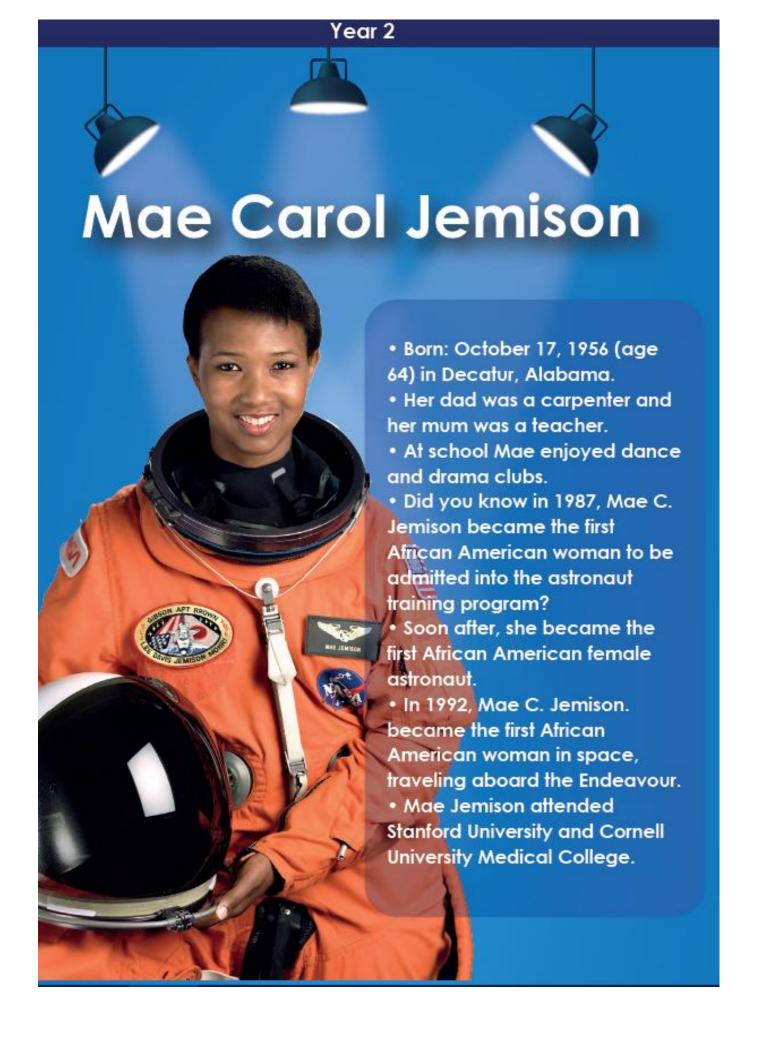
| Childhood and Education | Space Career | Other interesting facts |
|-------------------------|--------------|-------------------------|
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Jumbled up facts to organise into subheadings

- Attended Morgan Park High School.
- Applied for NASA's astranaut traning program in 1987.
- Attended Stanford University.
- Became a doctor.
- Mae was the first African American female astranaut.
- Born on October 17th 1956.
- In 1992 Mae travelled to space on the Shuttle Endevour mission.
- Born in the United States.
- She is the youngest of three children.
- When she left NASA, Mae did some teaching and started her own companies.
- Mae was the first African American female to go to space.
- Mae was the first real astranaut to be in the movie, Star Trek: The Next Generation.
- Her father was a roofer.
- Her mother was a school teacher.
- Mae can speak fluent English, Russian, Japanese and Swahili.
- Mae was made into part of a lego set, featuring lots of woman from NASA.
- Her favourite subject was science.
- Dreamed of going to space.
- In 2001 Mae wrote a book.





Maths resources

Maths resource 1

WALT: recall the multiplication and division facts for our 2, 5 and 10 times tables.

Deepening question: Rewrite this addition equation as a multiplication equation, and explain why they mean the same thing.



Science resources

Science resource 1

What is rubbish? How long does it last?

Put these in order – which will take longest to rot?



| Type of rubbish | Time to break down |
|-----------------|--------------------|
| Apple core | 1 month |
| Cardboard box | 2 months |
| Balloon | 4 years |
| Plastic bag | 20 years |
| Coffee cup | 30 years |
| Crisp packet | 80 years |
| Drinks can | 200 years |
| Plastic bottle | 450 years |
| Fishing line | 600 years |
| Glass bottle | 1 million years |



Tuesday Resources English resources

English resource 2

WALT: spot features of information texts

Animals of the Galapagos Islands

The Galapagos Islands are a large group of islands in the Pacific Ocean. These islands are near the equator and many amazing animals live on each of the islands. Read on to find out more about the fascinating animals that live there like the marine iguana, the Galapagos tortoise and the Galapagos penguin.

The marine iguana

The marine iguana is a very special lizard because it can swim under water. Most lizards do not swim in the water but the marine iguana eats fish and algae and they dive down underwater for their food. They live in groups called colonies on the rocky shores next to the sea.

The Galapagos tortoise

Did you know that the Galapagos tortoise are the largest tortoises in the world? These huge reptiles weigh over 400kg. How amazing that is! These tortoises are herbivores. This means they eat plants like cacti, grasses and leaves. The Galapagos Tortoises are cold blooded so they like to warm their bodies in the sun. Then they eat for nearly 9 hours a day. That is longer than a school day!

The Galapagos Penguin

Even though most penguins like to live in the cold, the Galapagos penguins live on the equator where it is warm. The Galapagos penguins are only one and a half feet tall. This means that it is one of the smallest penguins in the world. These penguins like to eat different fish and their favourite food is sardines. What an amazing bird!



Can you match the feature to the right colour?

| Features of information texts | Colour |
|-------------------------------|--------|
| Titles and subheadings | |
| Introduction | |
| Different sentence types | |
| Expert vocabulary | |
| Facts and information | |



Maths resources

Maths resource 2

WALT: name and describe 2D shapes.

Consolidation question: Write the name of these shapes.

| Shape | Name |
|-------|------|
| | |
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Maths resource 3

WALT: name and describe 2D shapes.

Deepening question: Circle 2 shapes that have 4 sides.





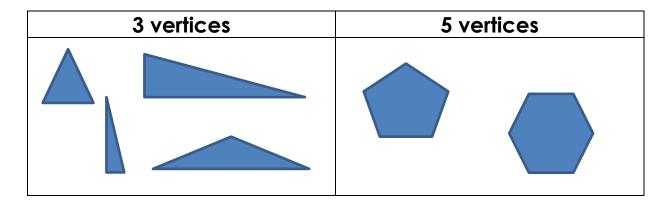




What else is similar about those 2 shapes? _____

What is different about those 2 shapes? _____

Some shapes have been sorted into a table below. One of them has been sorted incorrectly. Put a cross on the shape that has been sorted incorrectly.



Explain why that shape was sorted incorrectly.

Super challenge: All the shapes sorted into the '3 vertices' column of the table are triangles. True or false? Explain your answer.



Science resource 2

How can we reduce food waste?

| Food I eat Write or draw How much ends up waste | | How could there be less waste | |
|--|------------|---|--|
| Bowl of cereal | | | |
| Banana | The skin | Put in compost | |
| Banana | Brown bits | Eat before it goes brown Make a cake | |
| Sandwich | Crusts | Eat everything in my lunchbox Try something new | |
| | | | |
| | | | |
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Wednesday Resources English resources

English resource 3 WALT: edit and revise

| REVISE | I have done it | |
|--|-------------------|--|
| Add | | |
| Add in expert vocabulary. Add a fact or description detail. Challenge: Add in an exclamation sentence. | | |
| Remove | | |
| Remove any sentences or words you don't need. | | |
| Substitute | | |
| Improve a word or a sentence starter. | | |
| EDIT | I have done it | |
| Capitalise | | |
| Check capital letters are used at the start of sentences and for names. | | |
| Punctuation | | |
| Check you have used commas in a list (you will find out about XX, XX and XX) Check you've used apostrophes for possession (Mae's book) | | |
| Punctuation | | |
| Check you have used correct punctuation (, .!? ') | | |
| Spelling | | |
| Choose 3 spellings that you think don't look right and try again. | | |



Maths resources

Maths resource 4

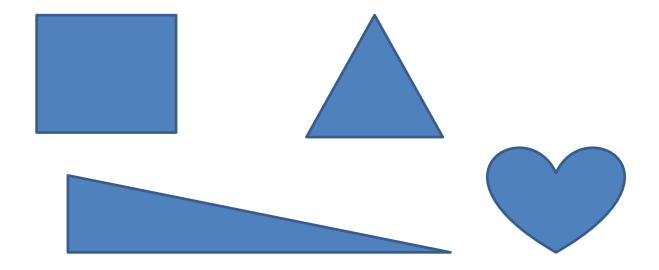
WALT: recall number facts to 20 fluently.

(Try and answer each question in 10 seconds)

Maths resource 5

WALT: understand symmetry

Consolidation question: Circle the shapes that have a line of symmetry and draw the line of symmetry onto the shape.

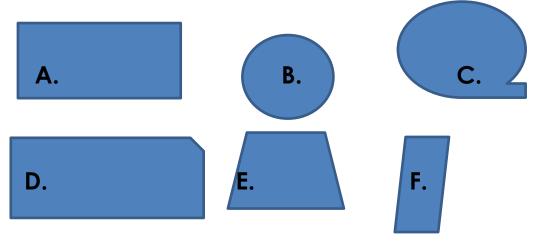




Maths resource 6

WALT: understand symmetry

Deepening question: Sort these shapes by writing the letter of the shape into the table. The first one has been done for you.



| | Has curved sides | Has straight sides |
|--------------------|------------------|--------------------|
| Is symmetrical | | Α. |
| Is not symmetrical | | |



Thursday Resources English resources

English resource 4

WALT: plan an information text about yourself

| Who are you writing for? (Audience) | People who want to know more about you | Why are you writing? (Purpose) | To inform them |
|---|--|--------------------------------------|----------------|
| Title | | | |
| | | | |
| | e and my family | | |
| What is you name? | r | | |
| How old are | 9 | | |
| What do yo look like? | DU | | |
| Who is in yo family? | ur | | |
| | | | |
| My educ | ation and interests | | |
| Where do y go to school | | | |
| What is you | r | | |
| favourite subject? | | | |
| Explain why | <i>'</i> . | | |
| What are you | OU | | |
| What do yo enjoy doing | | | |
| Other | | | |
| interesting facts? | | | |
| My hope | s and dreams | | |



| What do hope to be when you grow up? | |
|---|--|
| Explain why. | |
| What are your dreams? | |
| What do you want to achieve? | |
| How do you think you will achieve this? | |

| Detail Grid | Thinking/feeling detail | Describing detail | Explain why detail? | |
|----------------|-------------------------|-------------------|---------------------|--|
|----------------|-------------------------|-------------------|---------------------|--|



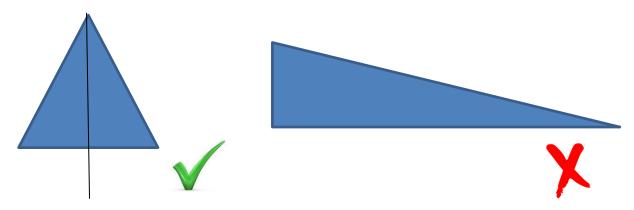
Maths resources

Maths resource 7

WALT: understand symmetry

Consolidation question: What is symmetry?

Use the examples below to help you to explain.



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Maths resource 8

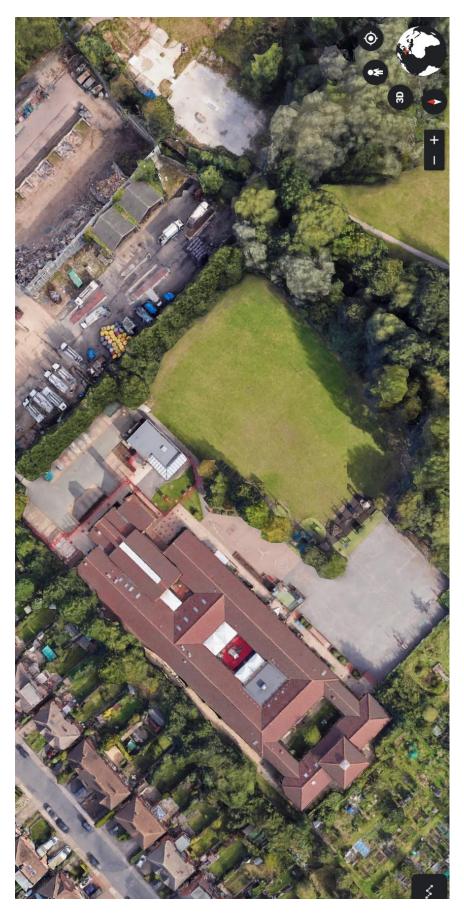
WALT: understand symmetry. Deepening question

- 1. What is symmetry?
- 2. Draw a shape that has more than one line of symmetry.



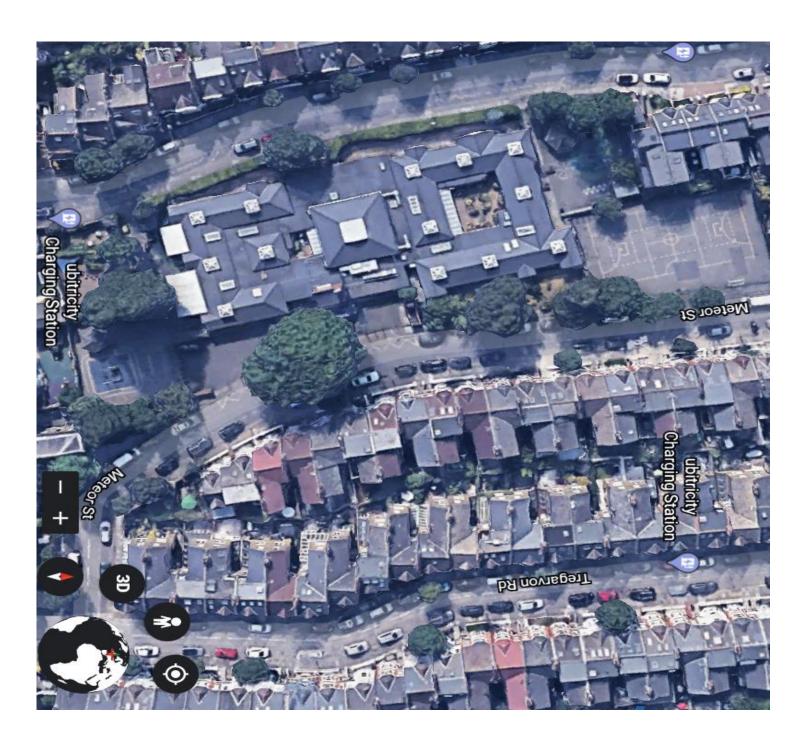
GeographyGeography resource 1

Churchfields School

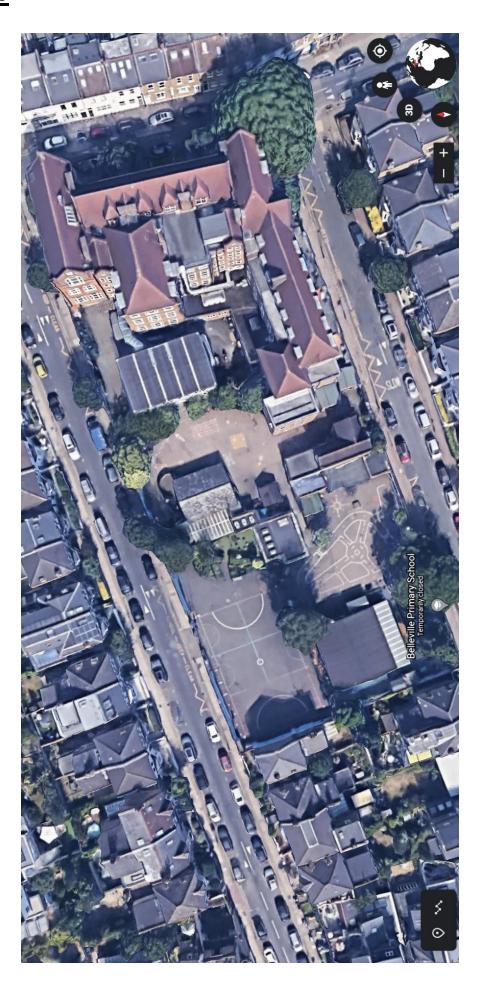




Belleville Meteor



Belleville Webbs





Geography resource 2

| Similarities | Differences | | |
|--------------|-------------|--|--|
| | | | |
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Friday Resources English resource 5 English resource 5

Interesting sentence starters

Did you know...?
Can you believe...?
Can you imagine...?
It might interest you to know
Usually
Sometimes
Interestingly
Amazingly
Surprisingly
Fascinatingly



Maths resources

Maths resource 9

WALT: sort shapes

Consolidation question: Sort these shapes into the table.

Square Rectangle Triangle Circle

Hexagon Pentagon Octagon

| Shapes with 4 sides | Shapes which don't have 4 sides |
|---------------------|---------------------------------|
| | |
| | |
| | |
| | |
| | |

Can you suggest a different way to sort the shapes?

Back to top

Maths resource 10



WALT: sort shapes

Deepening question: Sort these shapes into the carroll

diagram.

Square Rectangle Triangle Circle

Hexagon Pentagon Octagon

| | Shapes with 3 sides or less | Shapes with more than 3 sides |
|---------------|-----------------------------|-------------------------------|
| Polygon | | |
| Not a polygon | | |

Explain how you sorted each shape using explanations and diagrams.





Top Tips For Searching Online





Wise_Owl's advice:

- Talk about it with an adult.
- Check another website.
- Use books to help.
- Look out for things that seem strange.
- Think about what you know already.

Can you think of any of your own?







Spelling resources

Spelling Grid

| My spellings to practise: | Rainbow writing (write each letter in a different colour) |
|--|---|
| | |
| Pyramid Writing - practise writing each word | like this: w wo wor word words |
| Look, say, cover, write, check: | |
| | Quality First Education Trust |

Spelling resource 1

WALT: use commas in a list

Answer these multiple choice questions.

You can also complete these questions online by <u>clicking here</u>.

Finished? Write your own short story, including commas in a list.

1. Have a look at these sentences, which one is perfect?



At the zoo we saw giraffes, elephants, penguins, lions, camels, and snakes.

At the zoo we saw giraffes, elephants, penguins, lions, camels and snakes.

At the zoo we saw giraffes elephants, penguins, lions, camels and snakes.

At the zoo we saw giraffes, elephants, penguins, lions, camels and, snakes.



2. Below are four different sentences but only one is correct; which one is it?



The cat told me to jump, dance, sing and cry.

Cats are loving animals that are caring, smelly, and joyful.

The mouse refused to listen to the cat and instead said she should jump, dance, sing, cry laugh and wiggle.

Cats and mice are best friends because they are both great, fun, and loving.

3. We can list the things we like, separating each item with a comma. Which sentence is correct?



I like apples bananas and oranges.

I like apples, bananas and oranges.

I like apples, bananas, and oranges.

I like apples, bananas, and, oranges.

4. Which sentence is perfect?



In my bag I have a book, some pencils, a ruler. paper clips and scissors.

In my bag I have a book, some pencils, a ruler, paper clips and scissors.

In my bag I have a book, some pencils, a ruler, paper clips and scissors,

In my bag I have a book, some pencils, a ruler, paper clips and scissors.

5. Only one sentence is correct. Which one is it?



My alien friend had been to Venus, Mars, Jupiter Saturn and Pluto.

My alien friend had been to Venus, Mars, Jupiter, Saturn and Pluto

My alien friend had been to Venus,, Mars, Jupiter, Saturn and Pluto.

My alien friend had been to Venus, Mars, Jupiter, Saturn and Pluto.

Screenshot



6. Which sentence is perfect?



He had blue feathers, long talons, strong teeth.

The bluebird had black eyes, a shiny beak and bright blue feathers.

He was short fat small feet and blue.

The bluebird liked to sing, twitter, eat nuts.

7. We can list things we don't like. Which sentence is correct?



Vegetables I don't like are tomatoes, cabbages carrots and broccoli.

Vegetables I don't like are tomatoes cabbages, carrots and broccoli.

Vegetables I don't like are tomatoes, cabbages, carrots, broccoli.

Vegetables I don't like are tomatoes, cabbages, carrots and broccoli.

8. When writing, you need to add lots of description. Which sentence is punctuated correctly?



Both fairies had brown hair, cream wings, glittery shoes and magic wands.

Both fairies had brown hair, cream wings,, glittery shoes and magic wands.

Both fairies had brown hair, cream wings, glittery shoes, and magic wands.

Both fairies had brown hair, cream wings, glittery shoes and magic, wands.

Caraanahat

9. Finish this sentence: A cricket player needs...



a helmet pads, bat and gloves.

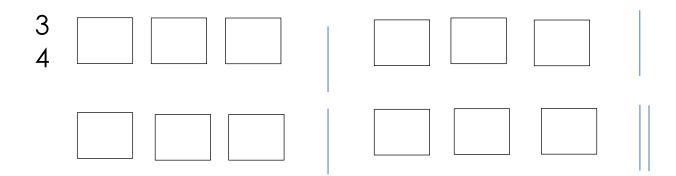
a helmet, pads bat and gloves.

a helmet, pads, bat and gloves.

a helmet, pads, bat, and gloves.



MUSIC RESOURCES



| Note Values in Simple Time | | | | | | |
|----------------------------|---|---|---|---|---|-----------------|
| 0 | | | | | | Whole Note |
| d | | | | J | | Half Note |
| J | | ٥ | | | | Quarter Note |
| J | J | J | J | J | J | Eighth Nate |
| 1 | | 2 | | 3 | 4 | Counts |

Back to plan

P.E.



Aeroplane pose



Boat pose



Arctic hare pose



Snow Goose pose



Iceburg pose



Whale pose



Arctic fox pose



Crescent moon pose



Walrus pose



Seal pup pose



Igloo pose



Relaxation pose



Polar bear pose

