

INTRODUCTORY LETTER 2021-22

THEME 1-WHO WE ARE

GRADE 1

12th April 2021



An **inquiry** into the nature of the self; beliefs and values; personal, physical, mental, social and spiritual health; human relationships including families, friend, communities and cultures; rights and responsibilities; what it means to be human.

Dear Parents,

We welcome you to another year of the Primary Year Programme. This unit is connected with a **Transdisciplinary theme- Who we are**, an inquiry into personal and physical health. Under this students will learn about impact of choices on their lifestyle.

Central Idea-

Making balanced choices about daily routine enables us to have a healthy lifestyle.

Lines of Inquiry-

- Daily habits and routines (Hygiene, play, eating, sleep, physical activities)
- Balanced choices.
- Consequences of choices.

Key Concepts-

Function -Learners will understand the role of healthy food, exercise and cleanliness.

Related concepts:

- Behavior
- Opinion

<p>Perspective-They will share their perspective on balanced choices with peers.</p> <p>Causation-They will be able to reason out the impact of good and bad choices.</p>	<ul style="list-style-type: none"> • Impact <p>Subject focus- Science, Languages, P.E, Maths, Arts, Dance and Music.</p>
<p>Learner Profile-</p> <p>Balanced-Learners will understand the importance of balanced choices and its impact on them</p> <p>Reflective-They will thoughtfully consider and reflect on how their choices affect their lives.</p>	<p>Approaches to Learning-</p> <p>Thinking skill-They will be able to think and choose between good and bad habits.</p> <p>Self-management-Learners will be able to make balanced choices in their daily life to have a healthy lifestyle.</p>

Suggested Activities from home-

- Talk to children about healthy food and its benefits. Encourage children to eat vegetables and fruits to keep themselves healthy and to drink appropriate amount of water.
- Involve children in doing some physical exercises, yoga and meditation.
- Discuss with your ward about keeping their body and surrounding clean.

Suggested Resources-

Videos, Books.

Websites-<https://youtu.be/YBsoimPXZg>

<https://youtu.be/NoxS4eXy18>

<https://youtu.be/fE8lezHs19s>

SANSKAR SCHOOL
GRADE-1
Assignment 1
Date: Monday, 12th April 2021

ENGLISH:

Watch the video and do the given worksheet.

<https://youtu.be/RUSCz41aDug>

Name: _____ Date: _____

Short Vowel Sounds

Write in the correct vowel sound to complete each word.

Vowels				
a	e	i	o	u

1) _ pple



5) b _ nch



2) s _ t



6) v _ n



3) d _ g



7) b _ s



4) r _ d



8) p _ g



MATHS:

Watch the video carefully

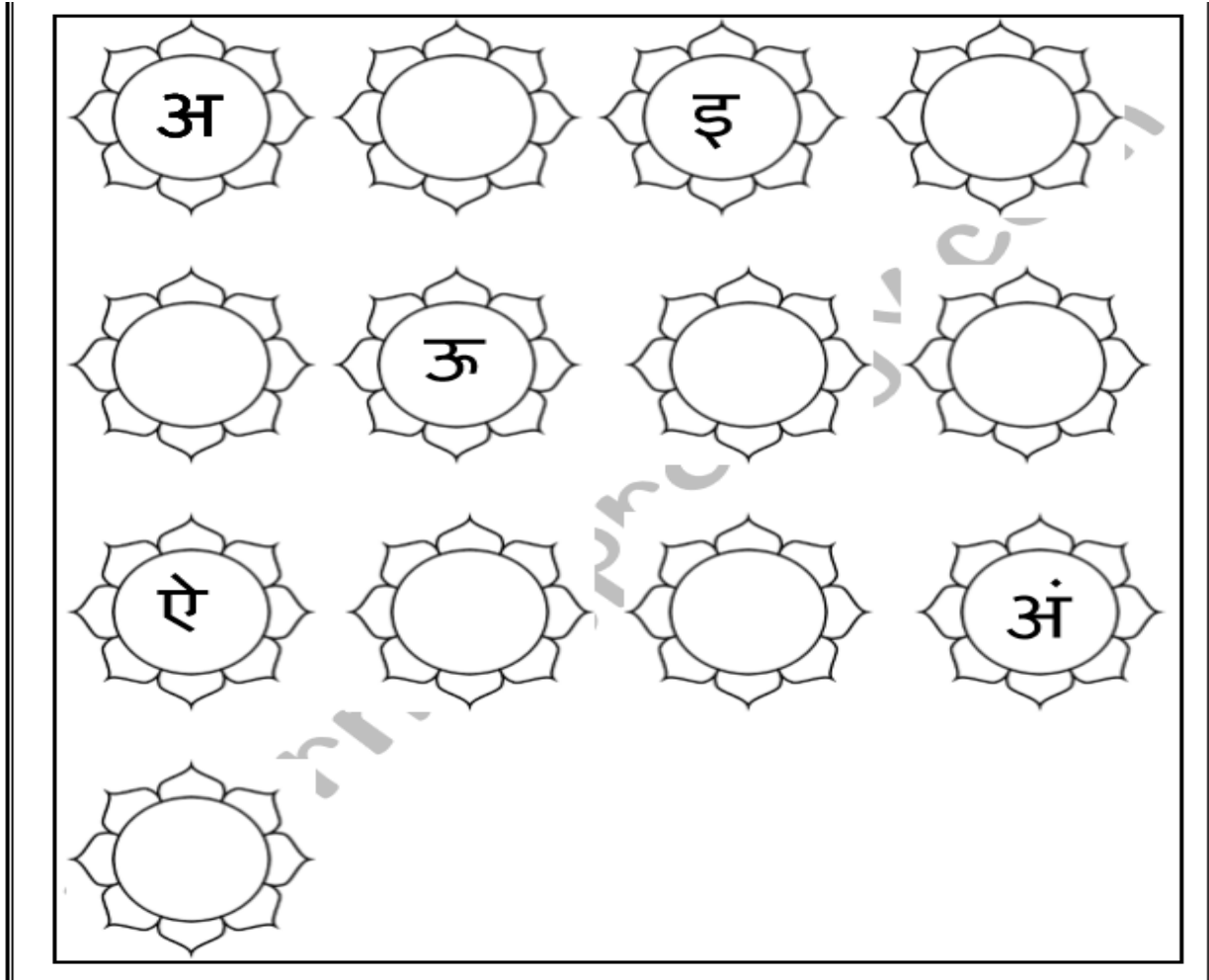
<https://youtu.be/aT1k1xCVcSI>

Write numbers 51 - 100 in notebook.

51		53	54	55		57	58	59	60
61	62	63		65	66	67		69	70
	72	73	74	75	76	77	78	79	
81	82		84	85	86		88	89	90
91	92	93	94		96	97		99	100

HINDI:

खाली स्थान भरो



दिए गए स्वर के बाद कौन-सा वर्ण आएगा? उसमें रंग भरो।

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UOI:

Make a journal of daily routine (for one week).

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

G.K.:

Do page 6 in book (Vegetables we eat).

MUSIC:

Watch the video and practice the song.

<https://youtu.be/uVpBFOWffjg>

P.E.:

Watch the video to learn some fitness exercises.

<https://youtu.be/6ShOKYeD2t4>