

Dear parents and carers,

Yet again, we would all like to thank you for continuing to support us and your child on this home learning journey. We know it has been more difficult as the weeks have gone on to remain positive and motivated, but rest assured that you are all doing a wonderful job and please hang in there. From the evidence we have seen when you provide work to us, the progress the children are making is excellent. Please get in touch if you need more support in challenging your child or if you feel they may not be secure in their knowledge of a particular concept or lesson.

On that note, we would just like to remind you of the expectations regarding engagement in home learning and of tips to support you. These can be found in the following link or by scanning the QR code below:

<https://sway.office.com/yCu9WZg32pPiCCiU?ref=Link>



What your child should be doing each week:

So that your child can thrive during this period, we ask for engagement in the following:

- Daily Zoom call (please contact class teacher if there are clashes with siblings)
- Accessing Dojo daily to see the work /answers and any additional support/feedback videos
- Submitting 1 piece of writing and 1 piece of maths through Dojo Portfolio (or message) every week
- Completing any quizzes that have been set
- Speaking to the class teacher to discuss any barriers you are facing and how we may be able to support with them.

We are happy to receive any work that you want to send us and feel that it is important for your child's morale to continue to do so. However, please ensure that you are at least meeting the minimum levels of engagement (as we know the majority already are).

Over the next two weeks, we would like to further encourage independent writing. Independent writing is where a child writes about whatever they want to without any support at all. It is vital that children are given the opportunity to do this and is an important tool in accessing their fine motor, literacy and phonics skills. We have provided writing pages at the back of the work packs and would suggest that you encourage your child to have a go at writing about anything they want to occasionally throughout the day. Any efforts should be rewarded and the writing produced does not need to be corrected.

Throughout the pack, there are many super challenges and extra super challenges. These are opportunities to extend your child's learning if you feel that they were able to complete the previous activity with a good degree of independence. The reason for this is because each extension activity will help your child to work their way toward the Early Learning Goals which your child will be assessed against at the end of the year. Please do not feel like your child has to do these challenges; only do so if you are certain that their knowledge is secure.

Over the next couple of weeks, to further encourage independent writing, we have had a little restructure of how we will award Dojo points:

Maths work completed – 1 Dojo point

Phonics work completed – 1 Dojo point

Literacy work completed – 1 Dojo point

Independent Writing – 3 Dojo points

Home Learning Hero at the end of the week – 5 Dojo points

In the contents grid at the beginning of each week, we have prioritised what the children should complete each day, i.e. phonics, literacy and maths. Their other activities can be completed at convenient times in the week and the aim is that the play challenge in particular can be completed independently or with a sibling leaving you some time to support your other children, give your youngest child some ownership over their learning, give you a chance to work from home or put your feet up with a cup of tea for five minutes!

Thank you for your ongoing support, if you have any questions do not hesitate to contact us.

From the Reception Team.

Reception Home Learning Pack

Pack 1

Week commencing - Monday 22nd February 2021

Day	Phonics, Literacy and Maths	Activities
Monday 22 nd	Phonics – /sh/ digraph – Blending to read Literacy – handwriting, reading and comprehension Maths – Comparing mass	Thematic – Listen to ‘People Who Help Us: Teacher’ Play challenge - Alphabet Challenge PE – PE with Joe Wicks
Tuesday 23 rd	Phonics – /sh/ digraph – Blending to read Literacy – handwriting, reading and comprehension Maths – Comparing mass	Music – Habitats: The Woodland Play challenge - Make a car or bus Outdoor activity – Chalk writing
Wednesday 24 th	Phonics – /sh/ digraph – segmenting to spell Literacy - handwriting, reading and comprehension Maths – Comparing mass	Thematic – Think about questions to ask your teacher Play challenge - Make a lava lamp PE – Letters of your name workout
Thursday 25 th	Phonics – /sh/ digraph – segmenting to spell Literacy - handwriting, reading and comprehension. Maths – Comparing mass	PSHE – The effects of exercise on the body. Play challenge - Make a skittle rainbow! Outdoor challenge – Bark rubbings
Friday 26 th	Phonics – Tricky words Literacy – handwriting, reading and comprehension Maths – Comparing mass	Thematic – Role play being a teacher. Quiz. Play challenge – Counting steps PE – PE with Joe Wicks

Monday 22nd February 2021

Phonics 22.2.2021

Watch "Phonics song 2" on the following link or by scanning the QR code below: <https://www.youtube.com/watch?v=jPVbJ-IaHIw>



Lesson 1

Watch 'Learning to read /sh/' by clicking the following link or scanning the QR code below: <https://www.youtube.com/watch?v=7fE27v8n7Vw&feature=youtu.be>



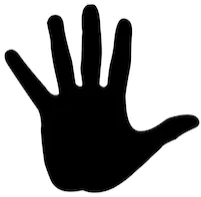
Activity – Can you find the /sh/ digraph on the sound mat that you were given before Christmas? Can you find anything beginning with /sh/?

Lesson 2

Watch 'Learn to Read Words Lesson 42 Part 2' by clicking on the following link or scanning the QR code below: <https://www.youtube.com/watch?v=xaTk1GRH29g>



Lesson 42 (part 2) - Reception



Activity: Read the words below using your phoneme fingers. There are sound buttons and sound bars to help you.

bash mash

ship shop

Super Challenge – Use your phoneme fingers to blend the words below and match them to the correct picture.

shop

ship

shed

shell



Handwriting 22.2.2021

Complete the following fine motor warmup:

"Finger Fitness Exercise Dances for Kids" https://www.youtube.com/watch?v=r2tBH_XyeJc



Name:

Activity: Write your name.

Watch /p/ letter formation video by clicking the following link or scanning the QR code below: <https://www.youtube.com/watch?v=HbVOVsxujAc&list=PL2HgNIO5uPKBKHKdjBGU3IYnQEibe6bd2&index=16>



Activity: Complete /p/ worksheet on the following page. Use the 'How to write letters' strip to help identify whether it is a tall or short letter and whether it needs to come below the line.

Super Challenge: Try to write this letter independently in your book.

Extra Super Challenge: Can you think of a word beginning with /p/? Write it in your best handwriting.

Share your work with your teacher on Class Dojo.



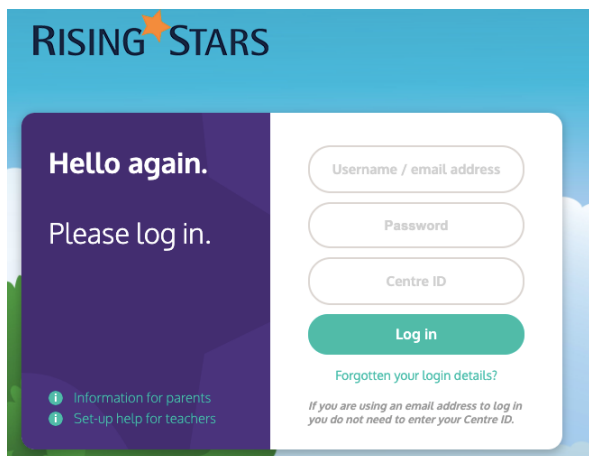
How to write letters

a b c d e f g h i j k l m n o p q r s t u v w x y z

p p p p p p p p p p p p p p p p

Reading 22.2.2021

Access the books available on the “Rising Stars” website or read your reading book. The Centre ID for Rising Stars is 379448. <https://my.risingstars-uk.com/Default.aspx?ReturnUrl=%2fMyDynamicLearning.aspx>

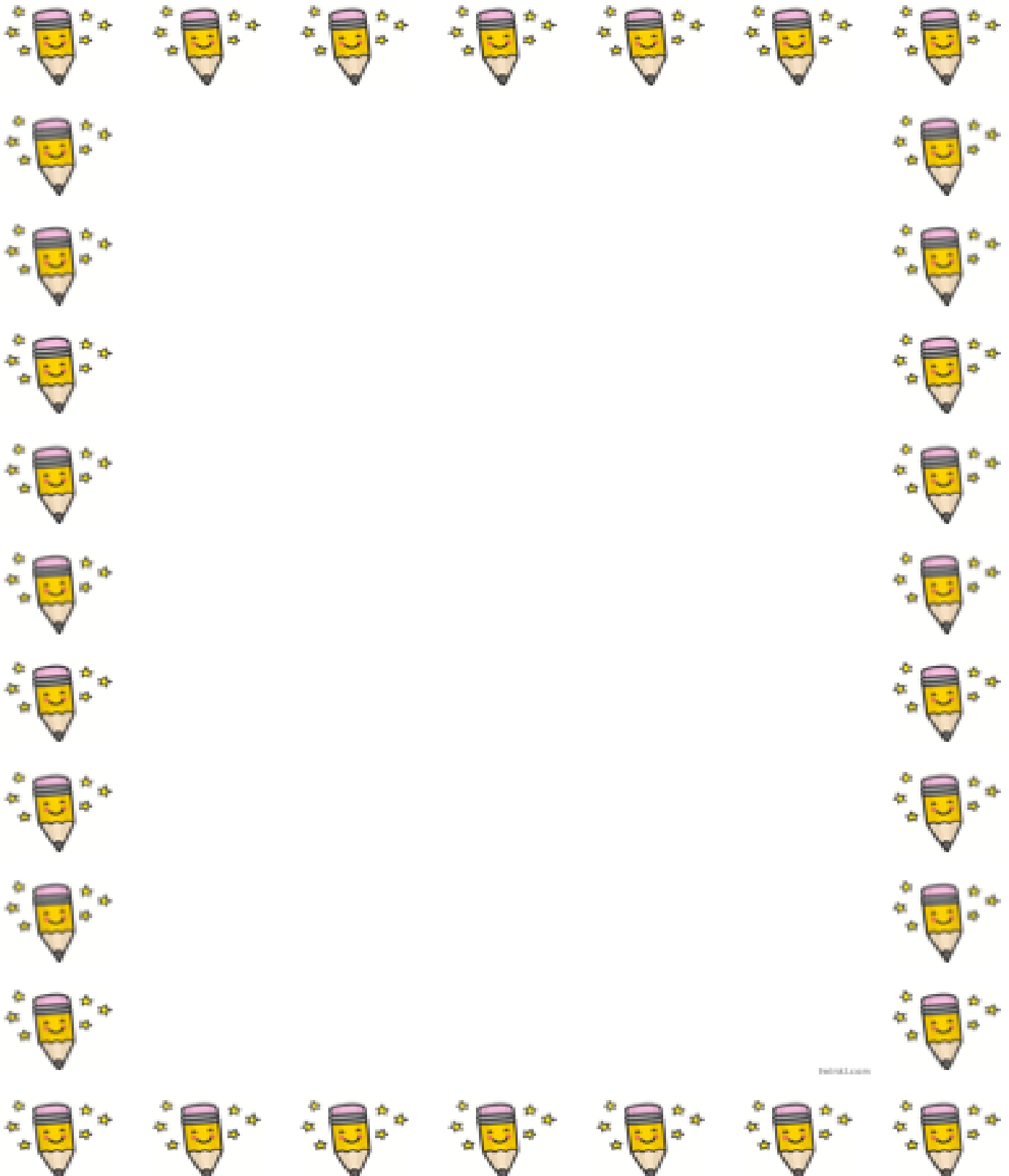


The image shows the Rising Stars login interface. At the top, the 'RISING STARS' logo is displayed in white on a blue background. Below the logo, on the left, is a dark purple box with the text 'Hello again.' and 'Please log in.' in white. To the right of this box is a white login form with three input fields: 'Username / email address', 'Password', and 'Centre ID'. Below these fields is a green 'Log in' button. Under the button, there is a link 'Forgotten your login details?'. At the bottom left of the purple box, there are two links: 'Information for parents' and 'Set-up help for teachers', each preceded by a small blue icon. At the bottom of the white form, there is a small note: 'If you are using an email address to log in you do not need to enter your Centre ID.'



Comprehension 22.2.2021

Listen to your teacher read “People who help us: Teacher on Class Dojo”. After discussing what a teacher does to help you, draw a picture of your teacher or the teacher in the book. Label your drawing with some of the key vocabulary that was discussed during the video. Can you remember what these words mean?



twinkl.co.uk

Maths 22.2.2021

Starter – Practice counting down from 20-1. Join in with the following song by clicking the link or scanning the QR code below: <https://www.youtube.com/watch?v=ShqXL-zfLxY>



Count Down From 20 to 1 | Super Simple Songs

YouTube · Ventta79
15 Dec 2015



Can your child count down from 20-1 independently? Can they identify all these numbers on their ruler? If they can, have a go at counting back from 30 and identifying all these numbers.

Lesson – Watch Comparing Mass – heavier and lighter than (**Session 1**) by clicking the following link or scanning the QR code below: <https://whiterosemaths.com/homelearning/early-years/alive-in-5-week-3/>

Session 1 - Comparing mass – heavier and lighter than




Activity – Complete the activity on the next page and the worksheet on page 11. If you do not have scales, it is fine to use your hands. Please encourage your child to use the following key words whilst talking about the activity:


- Heavy
- Light
- Heavier than
- Lighter than
- Heaviest
- Lightest

Super Challenge: Can your child order the objects from lightest to heaviest?

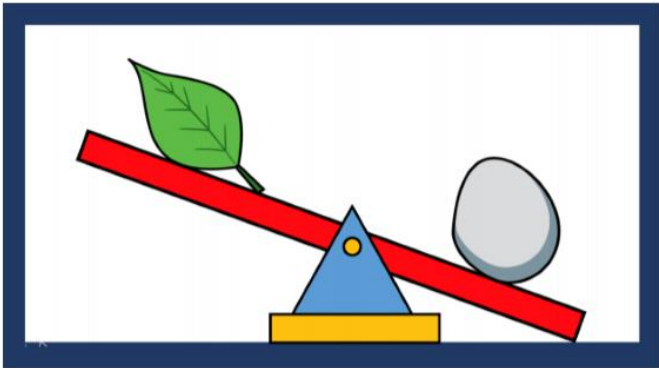
Extra Super Challenge: Pick one of the objects. Sort the rest depending on whether they are lighter or heavier. Can you estimate how many objects you have? Count and check how many objects you had altogether.



#MathsEveryoneCan





Explore what happens when you put different objects on the balance scales.
What do you notice? Which objects make the scales tip?



Key vocabulary
heavy
light
heavier than
lighter than

If you don't have a set of balance scales, try placing an object on each hand to see which feels heavier.





Share your work with your teacher on Class Dojo.

Heavier or lighter

Which animal is the heaviest/lightest? Circle the correct answer; one has been done for you.

Heaviest



Heaviest



Lightest



Lightest





Thematic 22.2.2021

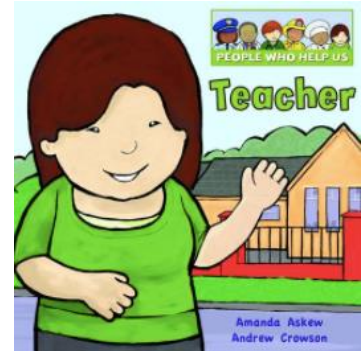
Watch your teacher read "People who help us: Teacher" on Class Dojo.

Who are your teachers at school? Who were your teachers at nursery?

Do you have any other teachers such a swimming teacher or a football coach?

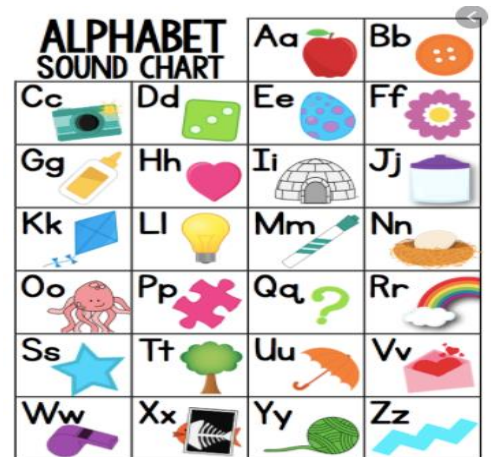
How does your teacher help you?

Send your ideas to your teacher on Class Dojo.



Play challenge 22.2.2021

Alphabet challenge! Think of a list of objects that begin with each letter of the alphabet e.g. /a/ for ant, /b/ for basket. See if you can think of objects that are not included in the alphabet song you listened to in your phonics lesson.



PE 22.2.2021

Join in with Joe Wicks' PE lesson on YouTube at 9am.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>



The Body Coach TV

2.71M subscribers • 508 videos

Welcome to the Body Coach TV where I post weekly home workouts to help you get, stronger,



Tuesday 23rd February 2021

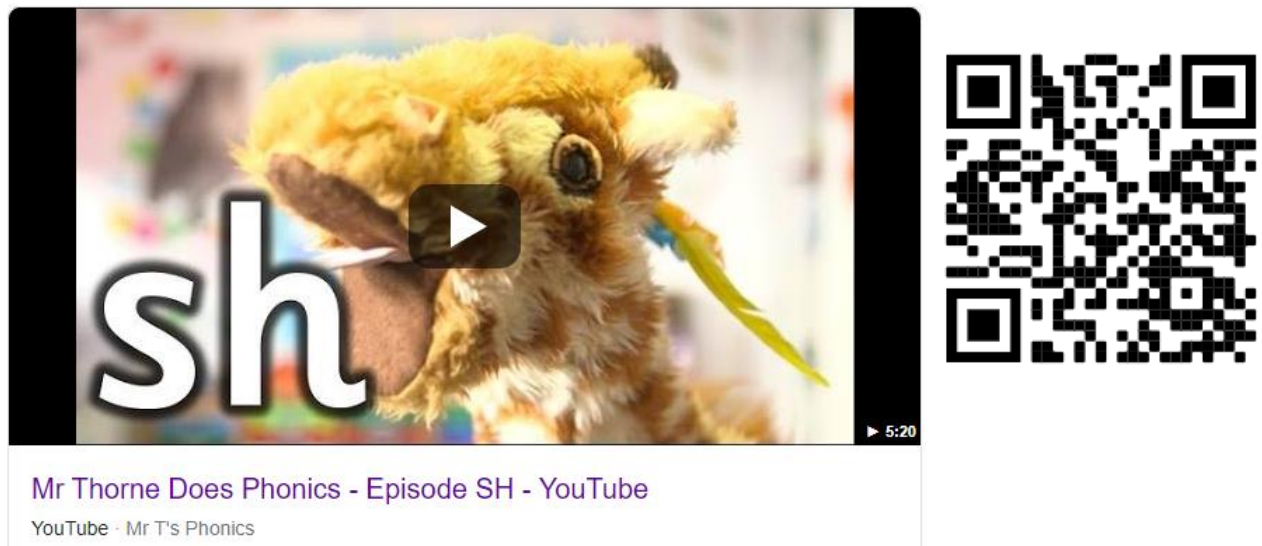
Phonics 23.2.21

Watch “Phonics song 2” on the following link or by scanning the QR code below: <https://www.youtube.com/watch?v=jPVbJ-IaHIw>



Lesson 1

Watch ‘Mr Thorne Does Phonics – Episode sh’ by clicking the link or scanning the QR code below: https://www.youtube.com/watch?v=RCRqtFBQ_2k





Activity: Read the words below using your phoneme fingers. There are sound buttons and sound bars to help you.

push shut
dish cash

Super challenge – Read the sentence below:

The dish is red.

Extra Super Challenge – Complete the 'Draw it' activity on the next page.

Share your work with your teacher on Class Dojo.



Draw it Activity —Read the word/caption and draw a picture of it in the box.

a ship

a fish in a shop

a man in a rush

a shell

Handwriting 23.2.2021

Complete the following fine motor warmup:

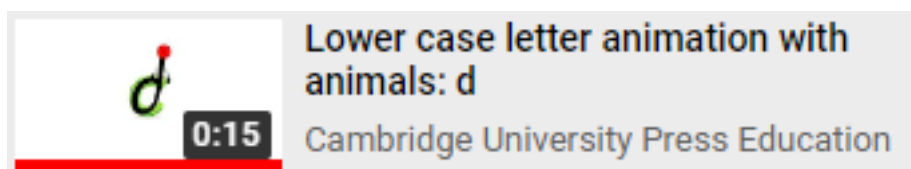
"Thumb Wars" - Get a friend to play this one. Make a fist with your right hand, lock your fingers with your friend and leave your thumbs free. Move your thumbs to opposite sides saying "1, 2, 3, 4, I declare a thumb war". Touch thumbs and try and "pin down" your friend's thumb. Don't let go of the fist hold...and maybe start with short nails!



Name:

Activity: Write your name.

Watch /d/ letter formation video by clicking the following link or scanning the QR code below: <https://www.youtube.com/watch?v=dP34FDkl8iQ&list=PL2HgNIO5uPKBKHkdjBGU3IYnQEibe6bd2&index=4>



Activity: Complete /d/ worksheet on the following page. Use the 'How to write letters' strip to help identify whether it is a tall or short letter and whether it needs to come below the line.

Super Challenge: Try to write this letter independently in your book.

Extra Super Challenge: Can you think of a word beginning with /d/?
Write it in your best handwriting.

Share your work with your teacher on Class Dojo.



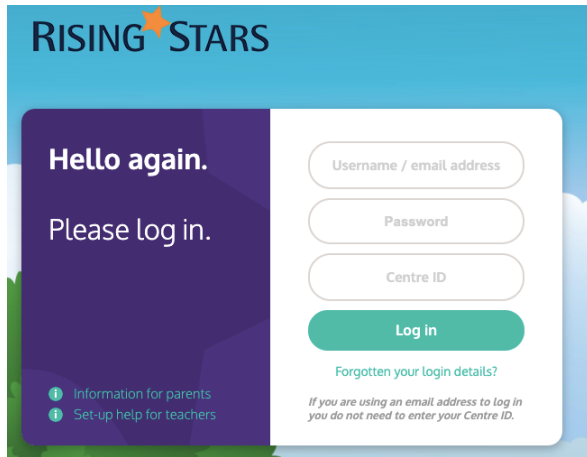
How to write letters

a b c d e f g h i j k l m n o p q r s t u v w x y z

d d d d d d d d d d

Reading 23.2.2021

Access the books available on the “Rising Stars” website or read your reading book. The Centre ID for Rising Stars is 379448. <https://my.risingstars-uk.com/Default.aspx?ReturnUrl=%2fMyDynamicLearning.aspx>

The image shows the Rising Stars login interface. On the left, a purple box contains the text "Hello again. Please log in." and two links: "Information for parents" and "Set-up help for teachers". On the right, there is a white login form with fields for "Username / email address", "Password", and "Centre ID", followed by a green "Log in" button. Below the button is a link for "Forgotten your login details?". A small note at the bottom states: "If you are using an email address to log in you do not need to enter your Centre ID."

Comprehension 23.2.2021

Look at the illustration below from the book on teachers that you heard yesterday and ask your parent to read the text to you.



Answer the following questions verbally.

Retrieve

1. How many children can you see?
2. How many different colours can you see?

Maths 23.2.2021

Starter – Practice counting down from 20-1. Join in with the following song by clicking the link or scanning the QR code below: <https://www.youtube.com/watch?v=ShqXL-zfLxY>



Count Down From 20 to 1 | Super Simple Songs

YouTube - Ventta79

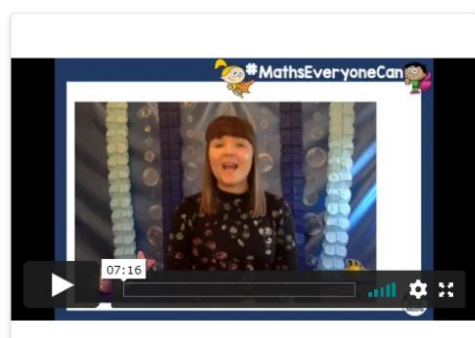
15 Dec 2015



Can your child count down from 20-1 independently? Can they identify all these numbers on their ruler? If they can, have a go at counting back from 30 and identifying all these numbers.

Lesson – Watch Full and Empty ([Session 2](https://whiterosemaths.com/homelearning/early-years/alive-in-5-week-3/)) by clicking the following link or scanning the QR code below: <https://whiterosemaths.com/homelearning/early-years/alive-in-5-week-3/>

Session 2 - Full and empty



Get the Activity

PDF Alive in 5! - Week 3 - Session 2

Get the PowerPoint Slides



Activity – Complete the activity on the next page and the worksheet on page 22. Please encourage your child to use the following key words whilst talking about the activity:

- Full
- Empty
- Nearly full
- Nearly empty
- Most full
- Least full

Super Challenge – Can your child order a few cups from least full to most full?

Extra Super Challenge – Half fill one of the cups and talk to your child about the word half. Can they then identify which cups are half-full?



Fill cups with different amounts of liquid.

What do you notice?

Use the key vocabulary to talk about and compare each cup.



Key vocabulary

full
empty
nearly full
nearly empty

What happens if you change the size of your cup.

What do you notice when you use a tall, thin cup or a short, wide cup?



Share your work with your teacher on Class Dojo.

Full, half-full or empty?

Circle the correct answer, the first one has been done for you.

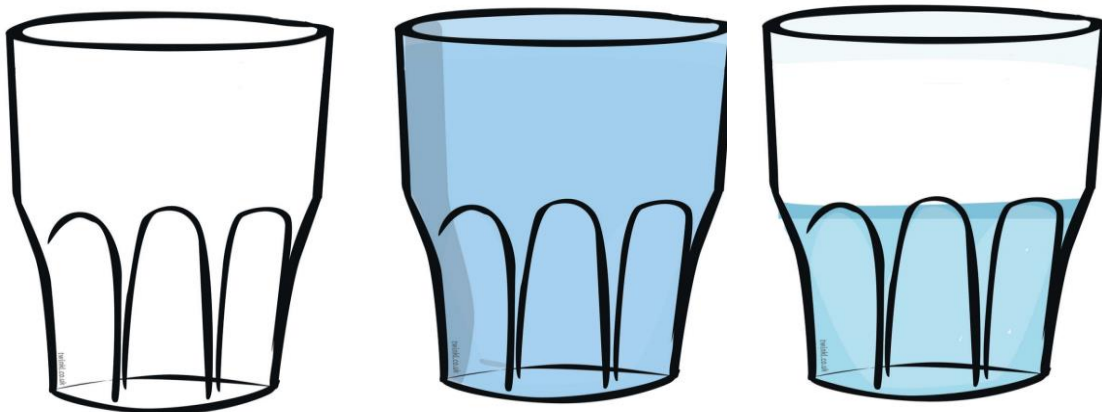
Empty



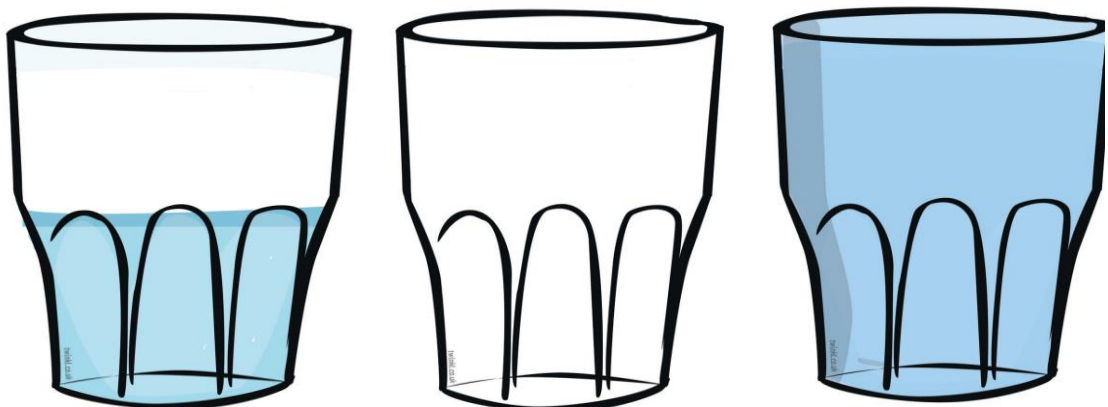
Full



Half-full



Empty



Music 23.2.2021

Join in with the following music lesson on the Oak National Academy website.

Habitats: The Woodland (Part 1): <https://classroom.thenational.academy/lessons/the-woodland-part-1-6nj30t>

You will need your singing voice, your imagination and your listening ears.



Play challenge 23.2.2021

Use a cardboard box or lots of cardboard boxes to build a car or a bus or a castle or anything you can think of!



Outdoor activity 23.2.2021

Use chalk to write letters on the floor on the path outside your home or in your garden. Jump to different letters to spell words, names e.g. cat, tap etc.



Wednesday 24th February 2021

Phonics 24.2.2021

Watch "Phonics song 2" on the following link or by scanning the QR code below: <https://www.youtube.com/watch?v=jPVbJ-IaHIw>



Lesson

Watch the teacher video on Class Dojo teaching you how to segment to spell using the /sh/ digraph.



Activity – Fill in the missing letters to spell the words (fish and ship).



____ _ sh



sh ____ _

Super Challenge – Spell the words using the /sh/ digraph (shed and cash).





Extra Super Challenge – Write a sentence using one of the words from today containing the /sh/ digraph.

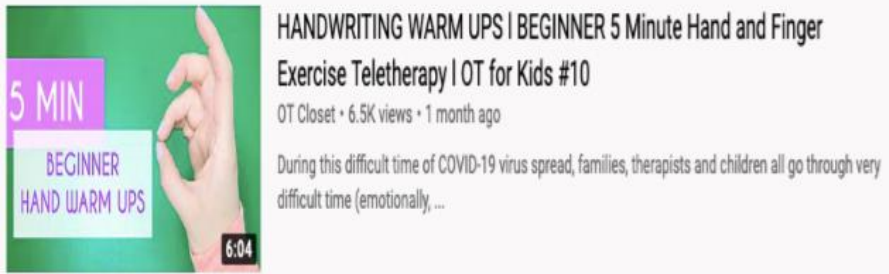
Share your work with your teacher on Class Dojo.



Handwriting 24.2.2021

Complete the following fine motor warmup:

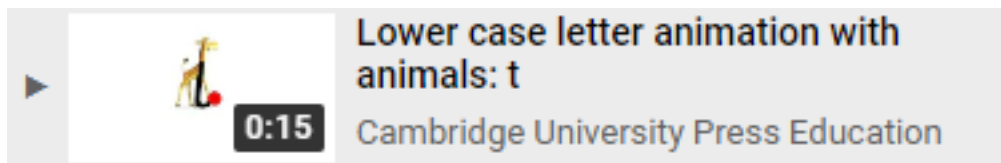
“Handwriting warm-ups: Beginner 5 minute hand and finger exercise teletherapy: OT for kids #10” https://www.youtube.com/watch?v=oSTHL_YEpGY



Name:

Activity: Write your name.

Watch /t/ letter formation video by clicking the following link or scanning the QR code below: <https://www.youtube.com/watch?v=xp8DeKGHOOA&list=PL2HgNIO5uPKBKHkdjBGU3IYnQEibe6bd2&index=20>



Activity: Complete /t/ worksheet on the following page. Use the ‘How to write letters’ strip to help identify whether it is a tall or short letter and whether it needs to come below the line.

Super Challenge: Try to write this letter independently in your book.

Extra Super Challenge: Can you think of a word beginning with /t/? Write it in your best handwriting.

Share your work with your teacher on Class Dojo.



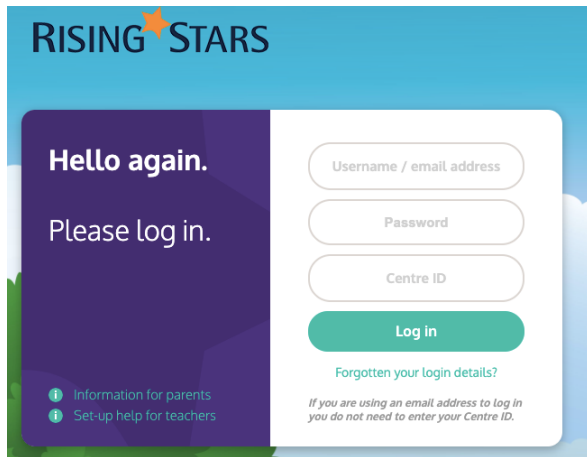
How to write letters

a b c d e f g h i j k l m n o p q r s t u v w x y z

t t t t t t t t t t

Reading 24.2.2021

Access the books available on the “Rising Stars” website or read your reading book. The Centre ID for Rising Stars is 379448. <https://my.risingstars-uk.com/Default.aspx?ReturnUrl=%2fMyDynamicLearning.aspx>



The image shows the Rising Stars login page. At the top, the 'RISING STARS' logo is displayed in white on a blue background. Below the logo, on the left, is a purple box with the text 'Hello again.' and 'Please log in.' in white. To the right of this box is a white login form with three input fields: 'Username / email address', 'Password', and 'Centre ID'. Below these fields is a green 'Log in' button. Under the button, there is a link 'Forgotten your login details?' and a note: 'If you are using an email address to log in you do not need to enter your Centre ID.' In the bottom left corner of the purple box, there are two links: 'Information for parents' and 'Set-up help for teachers'.



Comprehension 24.2.2021

Look at the illustration below from the book on teachers that you heard on Monday and ask your parent to read the text to you.



Answer the following questions verbally.

Vocabulary

1. What is a register? A register is____a teacher uses it to (You could extend your child by asking them why it is important for the teacher to do the register).
2. What does the word 'absent' mean? Absent means____ (You could extend your child by asking them reasons why a child may be absent from school or if they have ever been absent from school).

Maths 24.2.2021

Starter – Practice counting down from 20-1. Join in with the following song by clicking the link or scanning the QR code below: <https://www.youtube.com/watch?v=ShqXL-zfLxY>



Count Down From 20 to 1 | Super Simple Songs

YouTube · Ventta79
15 Dec 2015



Can your child count down from 20-1 independently? Can they identify all these numbers on their ruler? If they can, have a go at counting back from 30 and identifying all these numbers.

Lesson – Measuring Capacity (**Session 3**) by clicking the following link or scanning the QR code below: <https://whiterosemaths.com/homelearning/early-years/alive-in-5-week-3/>

Session 3 - Measuring capacity



Get the Activity

PDF Alive in 5! - Week 3 - Session 3

Get the PowerPoint Slides




Activity - Complete the activity on the next page. Please encourage your child to use the following key words whilst talking about the activity:


- Smaller
- Smallest
- Larger
- Largest
- Most
- Least

Super Challenge – Can your child count how many spoonfuls/cupfuls/scoops it takes to fill a container? Can they sort the containers from least amount to most amount?


Extra Super Challenge – Try the same activity with a different sized container. Can your child use what they have learned to make an accurate prediction of how many spoonfuls/cupfuls/scoops it will take to fill the container?



#MathsEveryoneCan



Explore filling different sized containers.
What do you notice?
Which pot holds the most? Which pot holds the least?



Key vocabulary	
smaller	smallest
larger	largest
most	least

White
Rose
Maths

Share your work with your teacher on Class Dojo.



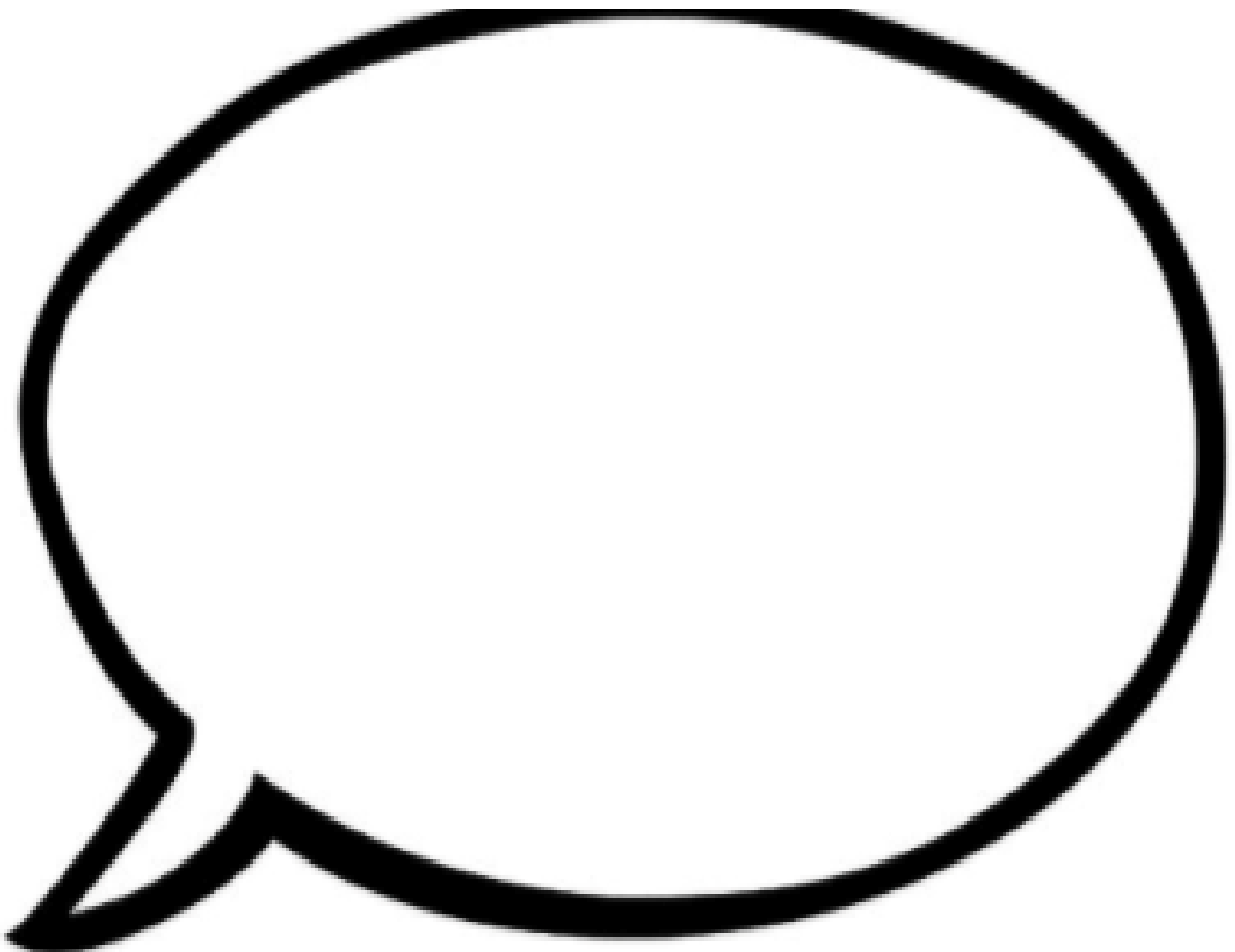
Thematic 24.2.2021

What would you like to know about being a teacher? Tomorrow, during your Zoom call, you have the chance to ask your teacher a question to find out about how they help you, what they do at work or why they became a teacher. Remember, a question is something you wish to get an answer from. Questions begin with one of these words:

What? When? Why? Which? How?

Think of a question and write it down on the template below, or ask a grown up to write it for you. Bring it to your Zoom meeting tomorrow.

A question that I would like to ask my teacher!



Play challenge 24.2.2021

Make your own lava lamp! You can find the instructions by following this link, by scanning the QR code, or by reading the instructions below.

<https://www.bbc.co.uk/cbeebies/makes/lets-go-club-fizzy-lava-lamp>



You will need an empty jar, sunflower oil, water, food colouring, bicarbonate of soda and a torch.

Instructions

- Open the jar and pour the sunflower oil into the jar to about halfway.
- Add some drops of food colouring into the oil.
- Top it up with water.
- Switch on your torch and put it behind the jar.
- Put in a spoonful of bicarbonate of soda and put the lid back on.
- Watch your lava lamp fizz!



PE 24.2.2021

Complete this workout! Find each letter of your first name and complete the exercise written next to each letter e.g. if your name was Jade, you would complete this workout.

J-10 second wall sit

A-10 jumping jacks

D-20 high knees

E-5 crunches



Thursday 25th February 2021

Phonics 25.2.2021

Watch "Phonics song 2" on the following link or by scanning the QR code below: <https://www.youtube.com/watch?v=jPVbJ-IaHIw>



Activity – Fill in the missing letters to write the word (shop and bush).



sh _ _



_ _ sh

Super Challenge – Can you spot my spelling mistake? Tell the adult helping you what I have done wrong.



sop



buch

Extra Super Challenge – Write a sentence using one of these words.

Share your work with your teacher on Class Dojo.



Handwriting 25.2.2021

Complete the following fine motor warmup:

Pinch n Pull - With one hand pinch your thumb and index finger together making a circle. Do the same with the other hand but lock the circle together with the first hand. Pull! Try this with each finger making a circle.



Activity: Write your name.

Watch /g/ letter formation video by clicking the following link or scanning the QR code below: <https://www.youtube.com/watch?v=6e2VngBoFV8&list=PL2HgNIO5uPKBKHkdjBGU3IYnQEibe6bd2&index=7>



Activity: Complete /g/ worksheet on the following page. Use the 'How to write letters' strip to help identify whether it is a tall or short letter and whether it needs to come below the line.

Super Challenge: Try to write this letter independently in your book.

Extra Super Challenge: Can you think of a word beginning with /g/?
Write it in your best handwriting.

Share your work with your teacher on Class Dojo.



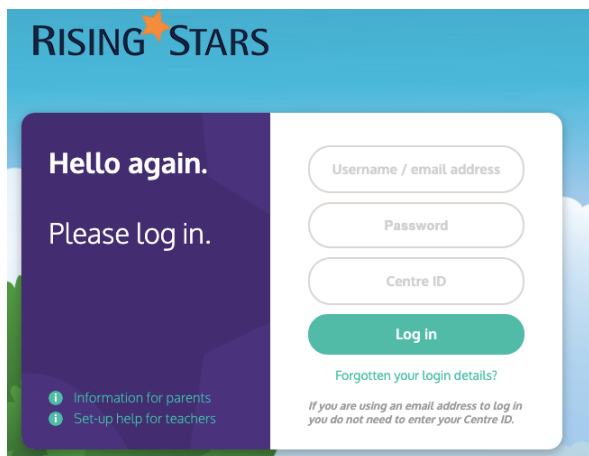
How to write letters

a b c d e f g h i j k l m n o p q r s t u v w x y z

g g g g g g g g g g

Reading 25.2.2021

Access the books available on the “Rising Stars” website or read your reading book. The Centre ID for Rising Stars is 379448. <https://my.risingstars-uk.com/Default.aspx?ReturnUrl=%2fMyDynamicLearning.aspx>



The image shows the Rising Stars login interface. At the top, the 'RISING STARS' logo is displayed in white on a blue background. Below the logo, on the left, is a dark purple box with the text 'Hello again.' and 'Please log in.' in white. To the right of this box is a white login form with three input fields: 'Username / email address', 'Password', and 'Centre ID'. Below these fields is a green 'Log in' button. Under the button, there is a link 'Forgotten your login details?'. At the bottom of the form, a note states: 'If you are using an email address to log in you do not need to enter your Centre ID.' On the far left of the purple box, there are two links: 'Information for parents' and 'Set-up help for teachers', each preceded by a small circular icon.



Comprehension 25.2.2021

Look at the illustration below from the book on teachers that you heard on Monday and ask your parent to read the text to you.



Answer the following questions verbally. The stem sentences in **red** may help your child to form an answer.

Interpret

1. How is Miss Nakata feeling this morning? **She is _____ I know this because _____**
2. Why do you think the children were noisy in the morning? **The children are _____ I know this because _____ (You could extend your child further by asking them how they feel when they go to school in the morning).**

Maths 25.2.2021

Starter – Practice counting down from 20-1. Join in with the following song by clicking the link or scanning the QR code below: <https://www.youtube.com/watch?v=ShqXL-zfLxY>



Count Down From 20 to 1 | Super Simple Songs

YouTube · Ventta79
15 Dec 2015



Can your child count down from 20-1 independently? Can they identify all these numbers on their ruler? If they can, have a go at counting back from 30 and identifying all these numbers.

Lesson – Measuring Capacity – how many fit inside? (**Session 4**) by clicking the following link or scanning the QR code below: <https://whiterosemaths.com/homelearning/early-years/alive-in-5-week-3/>

Session 4 - Measuring capacity – how many fit inside?



Get the Activity

PDF Alive in 5! - Week 3 - Session 4

Get the PowerPoint Slides




Activity – Complete the activity on the next page. Any small box will do. Please encourage your child to use the following key words whilst talking about the activity:


- Smaller
- Bigger
- Too big
- More
- Less


Super Challenge – Try the same activity with a different-sized box. Can your child predict whether it will fit more or less objects than the first box?

Extra Super Challenge – Can your child predict how many objects will fit inside the new box before checking? Was their guess more or less than the amount when checked?



#MathsEveryoneCan






Go on a hunt to find some objects that will fit inside a matchbox.

You could go around your house or outside.

Make sure you think about the size and length of each object you find.

How many objects fit inside your matchbox altogether?



Share your work with your teacher on Class Dojo.



PSHE 25.2.2021

This half term, the children will be learning about “Healthy Me” in their PSHE lessons.

Play “Guess which sport I am?”- Give the children clues and see if they can guess which sport the adult is thinking of e.g., there is a ball in my game, you play it with lots of friends, it needs lots of space, the ball is the size of an apple, and you use a wooden bat. What game am I? Cricket.

Talk to your child about any sport activities they have taken part in and look at any trophies or certificates they may have. Could they always do these things or is it something they had to learn and keep practising? Why do we exercise? Why is it important?

What happens to our bodies when we exercise? Does anything change? Quick experiment: jump up and down as quickly as you can for one minute. How do they feel now? What changes have happened?

Share your ideas with your teacher on Class Dojo.



Play challenge 25.2.2021

Make a Skittles rainbow!

Arrange the Skittles in a single row coloured pattern around the edge of the plate. Pour over enough warm water to cover all the Skittles and the plate itself. Watch and wait as a rainbow appears on the plate, the colours will move towards the middle and create a whirl of colour.



Outdoor activity 25.1.2021

Use wax crayons or pencil crayons to make some rubbings of trees on the path outside, in your garden or in the park.



Friday 26th February 2021

Phonics 26.2.2021

Watch 'Phase 3 Tricky Words Song' by clicking the link or scanning the QR code below: <https://www.youtube.com/watch?v=R087lYrRpgY>



Lesson – Watch the teacher video on Class Dojo that introduces the tricky words 'you' and 'are'.



Activity – Cut out the following tricky words and go on a tricky word hunt around the house. Get an adult or sibling to hide them. When you have found them all, you can only get a point for each word that you read. How many points can you get?

I	to
go	no
the	into
be	she
he	me
you	are

Super Challenge – Can you write the tricky words 'you' and 'are' independently?

Extra Super Challenge – Can you write a sentence using either of today's tricky words independently?

Share your work with your teacher on Class Dojo.



Handwriting 26.2.2021

Complete the following fine motor warmup:

"Fine motor development: Playdough Song: If you're happy and you know it" <https://www.youtube.com/watch?v=DrBsNhwxyzgc>



Fine motor development | Playdough song | If you're happy and you know it

Early Years Emily • 235K views • 2 years ago

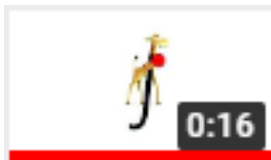
A fun playdough song to develop fine motor control and coordination - get your kids ready for writing!
Easy to follow playdough ...



Name:

Activity: Write your name.

Watch /j/ letter formation video by clicking the following link or scanning the QR code below: <https://www.youtube.com/watch?v=XKYB76OeeVk&list=PL2HgNIO5uPKBKHkdjBGU3IYnQEibe6bd2&index=10>



Lower case letter animation with animals: j

Cambridge University Press Education



Activity: Complete /j/ worksheet on the following page. Use the 'How to write letters' strip to help identify whether it is a tall or short letter and whether it needs to come below the line.

Super Challenge: Try to write this letter independently in your book.

Extra Super Challenge: Can you think of a word beginning with /j/? Write it in your best handwriting.

Share your work with your teacher on Class Dojo.



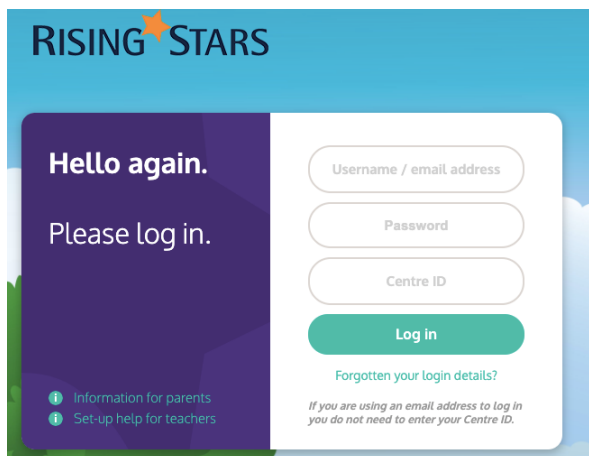
1

a b c d e f g h i j k l m n o p q r s t u v w x y z



Reading 26.2.2021

Access the books available on the “Rising Stars” website or read your reading book. The Centre ID for Rising Stars is 379448. <https://my.risingstars-uk.com/Default.aspx?ReturnUrl=%2fMyDynamicLearning.aspx>



The image shows the Rising Stars login interface. At the top, the 'RISING STARS' logo is displayed in white on a blue background. Below the logo, on the left, is a dark purple box with the text 'Hello again.' and 'Please log in.' in white. To the right of this box is a white login form with three input fields: 'Username / email address', 'Password', and 'Centre ID'. Below these fields is a green 'Log in' button. Under the button, there is a link 'Forgotten your login details?'. At the bottom left of the purple box, there are two links: 'Information for parents' and 'Set-up help for teachers', each preceded by a small circular icon. At the bottom right of the white form, there is a small note: 'If you are using an email address to log in you do not need to enter your Centre ID.'



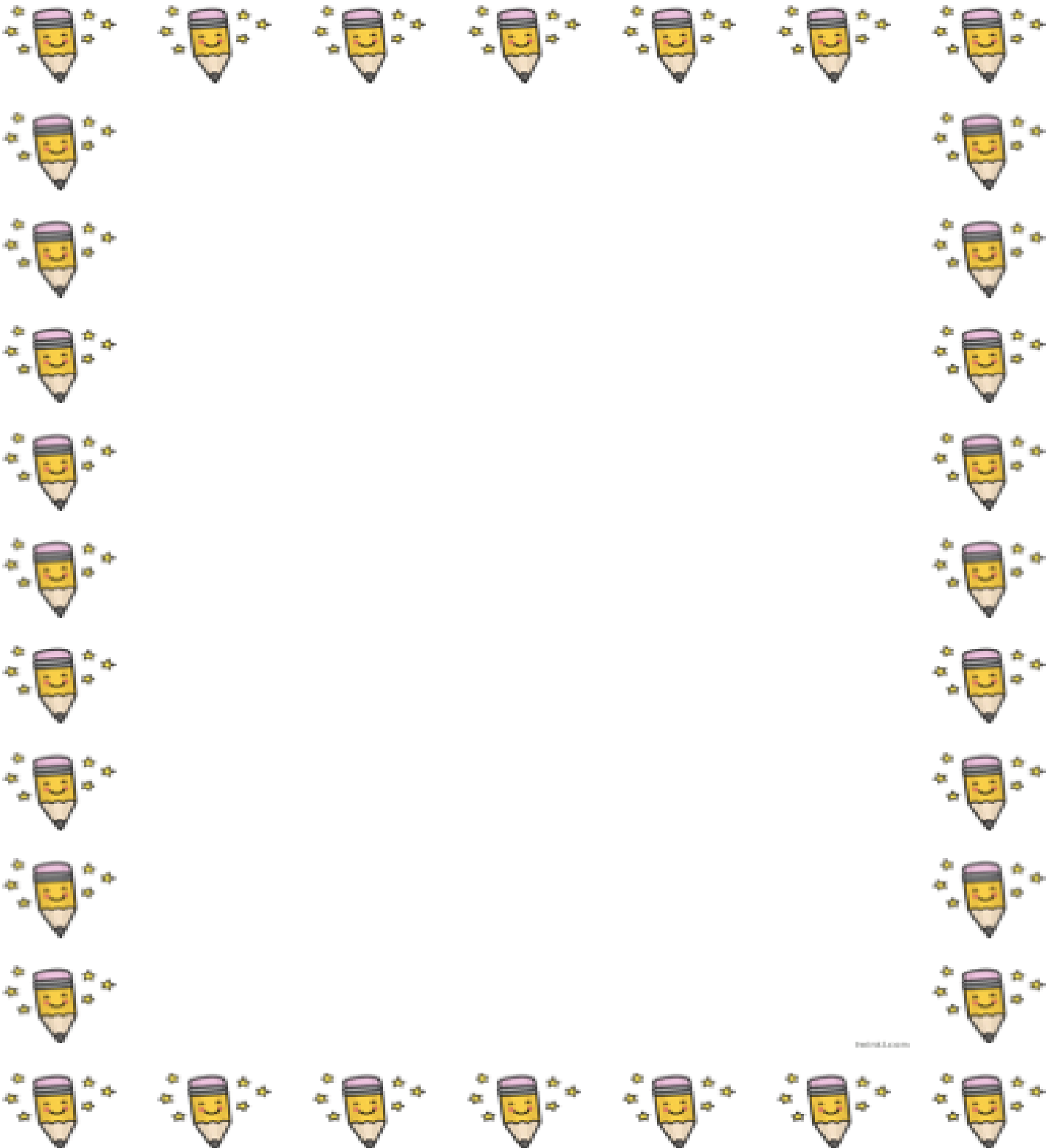
Comprehension 26.2.2021

Choose a book that you have at home or a book that you enjoyed reading on Rising Stars.
What was your favourite part of the story?

Activity- Draw a picture of your favourite part of the story.

Super challenge- Label your picture or write a caption to describe what is happening.

Extra super challenge- Can you verbally retell the story to a grown up at home?



Maths 26.2.2021

Starter – Practice counting down from 20-1. Join in with the following song by clicking the link or scanning the QR code below: <https://www.youtube.com/watch?v=ShqXL-zfLxY>



Count Down From 20 to 1 | Super Simple Songs

YouTube · Ventta79

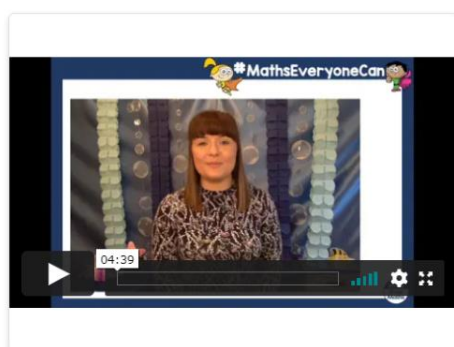
15 Dec 2015



Can your child count down from 20-1 independently? Can they identify all these numbers on their ruler? If they can, have a go at counting back from 30 and identifying all these numbers.

Lesson – Measuring Ingredients (**Session 5**) by clicking the following link or scanning the QR code below: <https://whiterosemaths.com/homelearning/early-years/alive-in-5-week-3/>

Session 5 - Measuring ingredients



Get the Activity

PDF Alive in 5! - Week 3 - Session 5

Get the PowerPoint Slides



Activity – Complete the activity on the next page. If you do not have the ingredients, you could substitute them with something you do have and create something else.

You could also adapt and make a bowl of cereal, cup of tea or anything that you want whilst still discussing the quantities of ingredients you are using. Role-playing this activity will also be beneficial to use the vocabulary involved.


More recipes are included should you want to do one of these instead.

Key words to encourage your child to use while making their recipe:


- More - Most full
- Less - Least full
- Most - Half
- Least - More than
- Full - Less than
- Empty
- Nearly full
- Nearly empty

Super Challenge – Can your child say which ingredient they used the most and which ingredient they used the least?

Extra Super Challenge – Can your child make up their own recipe for ‘Monster Silly Soup’? They can write down what they need and how much.




#MathsEveryoneCan



Have a go at making your own playdough.
Remember to measure out your ingredients carefully.

No Cook Playdough Recipe

- 2 cups of flour
- $\frac{1}{2}$ cup of salt
- 2 tablespoons of cream of tartar
- 2 tablespoons of oil or baby lotion
- 1 cup of hot water



1. Combine the dry ingredients in a bowl, add the oil or baby lotion and then the water.
You could also add some food colouring here if you would like a colourful dough.
2. Stir everything together and then knead the dough until you are happy with the consistency.

White
Rose
Maths

Share your work with your teacher on Class Dojo.



Tablespoon

Biscuit Recipe



Bubbling Magic Potions

Science Experiment

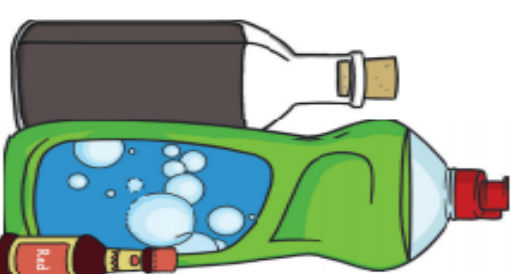


Method

1. Begin by placing the bowl or cauldron onto the tray – this will make clean up easier!
2. Then pour some vinegar into the bowl/cauldron.
3. Next, stir in some food colouring or powder paint.
4. Then add a squeeze of washing up liquid.
5. Next, sprinkle in some glitter and sequins.
6. Then add some bicarbonate of soda and stir the mixture with your magic wand or spoon.
7. Watch what happens as your potion begins to fizz and bubble!
8. Continue adding bicarbonate of soda, washing up liquid and vinegar to continue the reaction. Try adding different coloured powder paint or food colouring too! Bubble bath could also be used instead of washing up liquid.

You will need:

- Bicarbonate of soda (also known as baking soda)
- Distilled white or malt vinegar
- Washing up liquid
- Food colouring or powder paint
- Glitter and sequins
- A bowl or plastic cauldron
- A magic wand or spoon



1



2



3



30 minutes

4



5



6

12 minutes
180C/gas mark 4

7


[visit twinkl.com](https://www.twinkl.com)


Bear on Toast

Makes 1 piece

Ingredients

- 1 slice of fruit loaf
- Chocolate spread
- 3 banana slices
- 3 blueberries

Method

1. Lightly toast the slice of fruit loaf.
2. Once cooled slightly, spread on the chocolate spread.
3. Carefully place the banana onto the chocolate spread. Use 1 slice of banana for a nose and 2 slices of banana as the ears of the bear.
4. Put a dab of chocolate spread onto a blueberry and place the blueberry in the centre of the slice of banana that is the bear's nose. Place the 2 remaining blueberries between the ears and nose to make eyes.

Equipment

- Toaster
- Plate
- Knife





How to Make Lemonade

Ingredients

6 lemons

200g Fairtrade Sugar

1.5l of water

Method

1. Juice the lemons to make as much juice as you can. To make job easier, roll the lemons firmly on a work surface, pushing down with the heel of your hand before cutting in half and juicing.
2. Mix all the ingredients in a big jug and adjust the amounts until you have a flavour you are happy with. Continue stirring until all the sugar is dissolved.
3. Chill and serve with ice. Enjoy the taste of Fairtrade!





Fruit Smoothies Recipe

strawberry and peach



Ingredients:

450g (1 punnet) strawberries
1 banana, broken into chunks
2 peaches
225ml orange juice
5 to 8 ice cubes

Equipment:

blender

Instructions

1. Put the strawberries, bananas and peaches in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



Serves: 4



Fruit Smoothies Recipe

apple and pear



Ingredients:

2 apples, chopped
1 banana, broken into chunks
2 pears, chopped
225ml apple juice
5 to 8 ice cubes

Equipment:

blender

Instructions

1. Put the apples, bananas and pears in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



Serves: 4



Fruit Smoothies Recipe

strawberry and watermelon



Ingredients:

450g (1 punnet) strawberries
1 banana, broken into chunks
1/4 watermelon, chopped
225ml apple juice
5 to 8 ice cubes

Equipment:

blender

Instructions

1. Put the strawberries, bananas and watermelon in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



Serves: 4



Fruit Smoothies Recipe

plum and cherry



Ingredients:

6 plums, stoned
1 banana, broken into chunks
450g cherries, stoned
225ml apple juice
5 to 8 ice cubes

Equipment:

blender

Instructions

1. Put the plum, bananas and cherries in the blender. Blend until the fruit is pureed.
2. Blend in the juice
3. Add the ice cubes and blend to desired consistency.



Serves: 4





Crunchy Rainbow Pasta Salad

Pasta

one portion (smaller shapes such as Penne or Fusilli)

Dressing

(enough to coat the ingredients so the pasta salad is not too dry)

tomato pasta sauce

pesto mixed with a little yoghurt or soured cream

a drizzle of olive oil

a mixture of yoghurt or crème fraîche, mayonnaise and lemon juice

a bought French dressing or other similar salad dressing

Protein

(roughly as much as would fit in the palm of your hand)

cooked and cooled chicken, chopped

tinned tuna

chopped ham

a handful of cooked beans such as red kidney beans or pinto beans

cubes of cheese such as cheddar or mozzarella

Veggies

(enough to fill one to two tablespoons)

tinned sweetcorn

cooked and cooled peas

chopped pepper (any colour)

quartered cherry tomatoes

cubes of cucumber

chopped celery

chopped or grated raw carrot

This delicious, nutritious salad is so flexible that you can really use anything you happen to have in the fridge or cupboard. Perfect for using up leftovers and a yummy change from sandwiches.

Method

To make the salad, you will need a portion of cooked and cooled pasta. Pasta shapes are easier to eat than spaghetti or other pasta in 'strand' form. You can cook this from scratch, make some extra for dinner the night before or even use up leftover pasta with sauce (tomato or pesto-based sauces are more appetizing when cold than creamy or meat-based sauces).

To this, add one or two items from each of the lists on the left and below.

Simply mix all your chosen ingredients together well and pack into a plastic, sealable container. Don't forget to include a fork or a spoon! Try making double to feed more people or to save some for the following day. The salad will keep for a couple of days in an airtight container in the fridge but you should wait to add the dressing until the last minute.

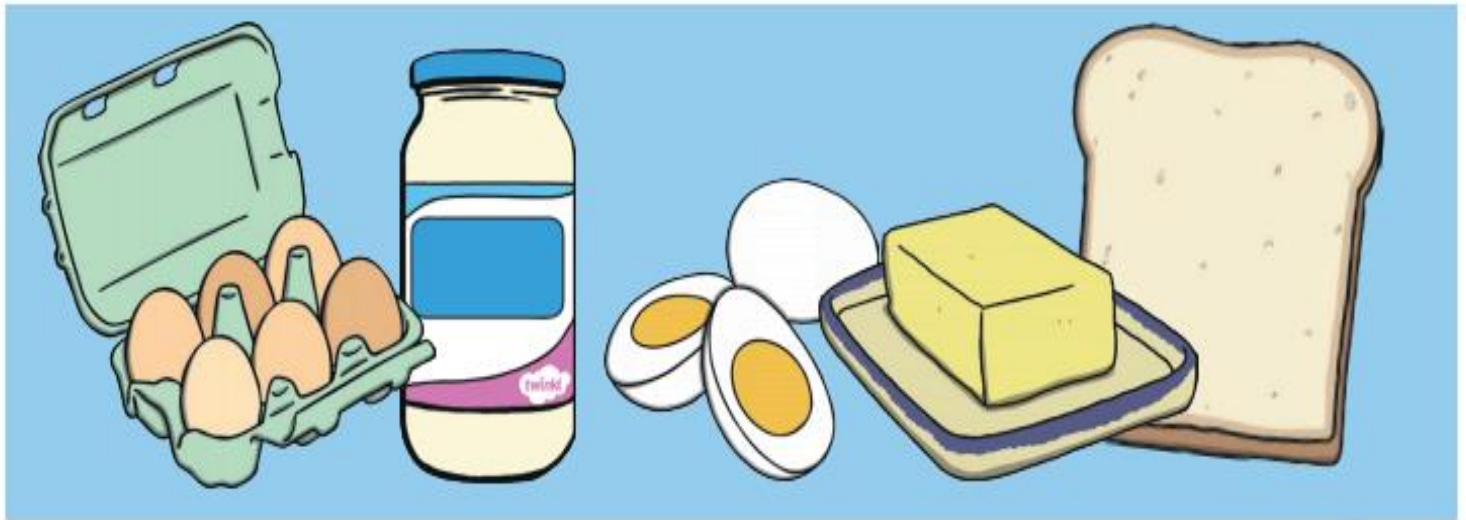
Flavourings and Other Lovely Stuff

a little salt and pepper

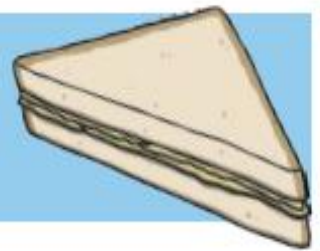
a sprinkle of toasted seeds such as pumpkin, sunflower or sesame (see disclaimer)

a few chopped herbs - try basil, parsley or chives





Egg Mayonnaise Sandwiches



Ingredients

4 hard boiled eggs
(prepared in advance)
6-8 tbsp mayonnaise
butter for spreading
4-6 slices bread (white,
wholemeal or both)

tip: you could add
watercress to these
sandwiches, to do this you
will need one large bunch.

Equipment

Small bowl

Fork

Knife (Sharp enough to
cut bread)

Method

1. Peel the eggs and put into the small bowl. Crush the eggs into small pieces using the back of your fork. Add the mayonnaise.
2. Butter your slices of bread. If you want, you can remove the crusts using the knife.
3. Spread half of the bread with the egg mayonnaise mixture and then put the other slices of bread on top to sandwich them together. If you chose to add watercress, put this in after the egg mayonnaise mixture.
4. To serve, you can either cut the sandwiches in half or into triangles.

Thematic 26.2.2021

Complete the quiz on teachers <https://forms.gle/eBBR7XfJSFFFzPbr8>

ole-play being a teacher! Set up your teddy bears or dolls or even your brothers and sisters and make your own school. What will you teach your students today?



Play challenge 26.2.2021

Count how many steps it takes you to get from one side of your room to the other. Which room in your house needs the most steps to get from one side to the other?



PE 26.2.2021

Join in with Joe Wicks' PE lesson on YouTube at 9am.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>



The Body Coach TV

2.71M subscribers • 508 videos

Welcome to the Body Coach TV where I post weekly home workouts to help you get, stronger,



Aa Bb Cc Dd

Ee Ff Gg Hh Ii

Jj Kk Ll Mm

Nn Oo Pp Qq

Rr Ss Tt Uu Vv

Ww Xx Yy Zz











