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| **Phonics – 10 minutes per session** | | |
| **Listening Moments –** Each day, take time to listen for 30 seconds (in addition to the Mindfulness activity). Note and talk about what you can hear. Describe the sounds – are they loud, quiet, soft, sharp, high, low etc… Are there any sounds that you can copy with your mouth, hands, feet etc?  **Rhyming games –** Sing Nursery Rhymes, play a rhyming pairs game, share a rhyming story and try to finish the rhymes, or play the rhyming games. There are some good resources on the links below:  <https://www.topmarks.co.uk/Search.aspx?q=rhyme>  <https://www.phonicsplay.co.uk/resources/phase/1/hickory-dickory-dock>  **Alphabet Awareness –** Try watching Alphablocks, doing alphabet games and jigsaws, playing ‘I Spy’ and having fun with letter cards. Start with letters that are familiar such as those in your child’s name or other familiar names. For older Nursery, you can start to look at the letters ‘s-a-t-p’ by finding objects starting with those letters, recognising the written letter and even forming it using shaving foam, paint or writing tools.  **Name –** Encourage your child to recognise their own name and start to form it using letter cards, Scrabble tiles, magnetic letters or even by writing it! When writing, you may find the precursive formation rhymes useful. Please email if you would like the formation booklet printing and sending to you, or if you would just prefer to have a list of the rhymes!  *CBeebies have a range of Alphablocks shows available for a fun way to learn letter sounds and awareness, and there are some lovely interactive games this week too!* | | |
| **Literacy** | | |
| This week we are starting on our theme of ‘Superheroes’ using the book, ‘I Could be a Superhero’. We are going to use this book to do some Talk for Writing (talk about the book, steal the words ‘I could be a’, and think and say a sentence of our own) and to write some sentences of our own. If you do not have the book you can watch the video of it being read by Mrs Boucetla!  This week you could encourage your child to:  \* Think about their personal qualities and skills – “I could be a nurse because I am caring”, “I could be a fire fighter because I am brave” etc…  \* Draw themselves as a superhero and think of the super power that they would like to have  \* Mark-make or write some labels for their costume or their super powers (you can scribe for them if you like, or just let them make marks and then you can annotate them with what your child says that their marks say). | | |
| **Maths – 10 minutes** | | |
| **Scavenger hunt:** Find…  1 piece of fruit, 2 natural objects, 3 toy vehicles, 4 spoons, 5 colouring pencils, 6 shoes, 7 cushions or pillows, 8 cuddly toys, 9 socks, 10 books. Encourage your child to count carefully and then make a ‘number line’ using their found objects in order from smallest to biggest quantities. If you have number cards (or you can write numbers on pieces of card or paper), help your child to match the numbers to the quantities.  **Dice games:** Using a spotty or numbered dice to 6, play some counting games. Here are 3 different ones to try! Game 1: Roll the dice. Challenge your child to identify the number/ count the dots, and then do that many jumps, claps, rolls, skips, stamps etc… (physical activity).  Game 2: Roll the dice, identify the number/ count the dots, and then get that number of objects (you could use cars, dolls, pasta shapes – anything you can physically pick up and move)!  Game 3: Play a game such as snakes and ladders (or any game involving moving a given number of steps). You can draw attention to the numbers too! | | |
| **Expressive Art and Design** | **PE/ Health and Wellbeing** | **Topic** |
| Design your own superhero costume! It can be anything you like. Think about what super power you might have and what you might need. Use your favourite colours or a disguise! You can even make a mask if you like.  Remember to share your photos of your designs and creations on your EYFS360 profile. | **Mindfulness** – Can you be a listening superhero? Listen each day until you have heard 5 different things. This might take a short amount of time some days but other days, it might take longer. What is the quietest sound you can hear? What is the loudest sound you can hear? What is making each sound/ where is each sound coming from?  **Cosmic Kids Superhero Yoga –** You can sign up to ‘Cosmic Kids Yoga’ for a free 2 week trial or you can use YouTube. You might even have your own yoga books or DVDs/ streams to follow. Can you do 10 minutes of yoga every day? How do you feel before and after each yoga session? | **Science –** Freezing and melting. Ideally the weather will stay cold and you can do this outside! If not, try using ice cubes, chocolate, butter, jelly cubes (interesting because of the dissolving factor if mixed with water) etc…  The superheroes ‘Ice Man’ and ‘Blaze’ are arguing over who has the best super power. Can you show them how amazing each power is by investigating melting and freezing? Do you think one would win over the other?  You can see if ice can put out fire, or if fire/ heat can melt the ice. Remember to be safe and work with a grown up when using ice or heat!  You can record your findings with photos or pictures and upload them to your EYFS360 profile! |