



Sir Martin Frobenius Academy Weekly Lesson Plan

Nursery



Date: 04.05.2020 – 08.05.2020

Suggested Daily Timetable:

8:30-9:00	9:00-9:30	9:30-9:45	9:45-10:15	10:15-10.45	10.45-11.20
Wake up, have breakfast, get washed and dressed	Joe Wicks PE	Quick drink break and get things ready fun and games.	Fun and games	Drink, snack and getting outside.	Literacy and imaginative play
11.20-11.55	11.55-1.00	1.00-1.45	1.45-2.30	2.30-3.00	3:00-3:15
Choosing time	Wash Hands Lunchtime	Exploration and play	Choosing time	Drink, snack and getting outside.	Share a story.

Choosing time – provide your child with time to choose their own play activities.

Nursery Rhyme of the week – Heads, shoulder, knees and toes.

If you have internet access use this link to support learning: <https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-heads-shoulders-knees-and-toes/zd9f6v4>

Literacy/Imaginative play

Each week we would like your child to learn a nursery rhyme by heart.

Monday: Sing this week's nursery rhyme, if you have internet please use the link provided. Name different parts of the body and ask your child to point to them as you say them. Ask your child to draw a picture of a person and include body, head, arms and legs, 2 eyes, a nose and a mouth.

Tuesday: Sing this week's Nursery rhyme.

Gather 5 objects from around your home and hide them under a blanket, a towel or in a bag. Ask your child to feel the objects and explain to you how they feel, smooth, rough, hard or soft?

Encourage them to have another try at tracing over their name.

Wednesday: Sing this week's Nursery rhyme.

Have a look around either inside or outside your home and talk to your child about what they can see. Ask them to have a try drawing some things they have seen.

Thursday: Sing this week's Nursery rhyme.

This can be done sitting, standing or even laying down, ask your child to close their eyes, and listen to what they can hear around them.

Have another try at name tracing. If your child is becoming confident with this write the first letter and encourage him/ her to try to copy it.

Friday: Sing this week's Nursery rhyme, keep retrying to see how fast you can get singing it.

If you have a couple of spare items have a taste test, cut up some fruit or a small piece of bread, or some jam, anything nice you can find. Cover your child's eyes and give them a try, see if they can guess what you have given them, ask them if they like it?

Talk to your child about what their favourite thing is to see, hear, touch, taste and smell.

Maths

Monday: Practise counting, what is the highest number your child can reach on their own?

Ask your child to go and choose 3 toys, they could be teddies, cars etc. Once they have collected them ask if they can put the objects into order starting with the biggest and going to the smallest. Once they have completed this ask them to choose one of their items and explore the home for things which are first bigger, then smaller.

Tuesday: Practise counting to 10 this time adding in their actions again, 10 claps, 10 jumps, 10 tummy touches. Draw round your child's footprints and all other members of the household, cut them out and ask your child to put them into order of sizes. Do not dispose of your footprints before seeing today's fun and games activity.

Wednesday: To begin ask your child to stand by a wall or make a line, ask them to take 5 'fairy' steps forward. If possible, mark the area with a box or a cushion or anything you can find, next ask them to take 5 'Giant' steps again mark the area.

Moving on ask your child how far they think they would be able to jump can they reach their fairy steps goal? Or can they take 5 jumps to their giant steps goal. If you have access to a ruler or tape measure help your child to measure the distance of their achievements.

Thursday: If you have any number cards use them but if not write the numbers up to 6 on a piece of paper and cut them out into individual squares. Turn the pieces of paper over and encourage your child to choose one and see if they can tell you which number it is, if they cannot, help them by telling them and then try the number again after a couple more. If your child is confident with this activity extend their numbers up to 10.

This can be done with string, shoelaces, play dough, spaghetti, different length pencils or anything of different lengths. Prepare up to 5 of the same objects in different lengths e.g. cut different lengths of string ask your child to put these in size order starting with the shortest and going to the longest.

Friday: Collect some objects from around your home that can be stacked. You could use duplo, building blocks, cups or even food boxes and packets from the cupboards. With your child see how high these can be stacked before the tower starts to wobble, encourage your child to count how many objects they have used and see if they can find something to measure alongside side it e.g. is it as tall as their teddy, the sofa or even themselves.

Weekly Exploration and Play

Each week we will provide you with a list of fun activities that you can complete during the suggested time slot. You can pick and choose which ones you complete on what day as we understand that day to day routines may change. We also know that some children love to do the same activities again and again because they loved them so much. It's okay to make a pirate hat everyday if that's what is fun to your child.

- Create your own version of Heads, shoulders, knees and toes – you could sing 'hips, fingers, arms and legs'.
- Keeping fit – create an exercise routine. Make up some exercises for your family to join in with. Don't forget some music!
- How tall am I? Create a measuring space at home. This could be against a wall, on a sheet of paper, on the ground outside. Mark the height of each of the people in your home. Keep track whilst you are at home to see if anyone grows taller – or shrinks!
- Fingerprints – you will need children's paint/safe stamp ink for this task. Make fingers prints onto paper. Look carefully at the patterns on each of your fingers. Why are they there? What makes them special?
- Footprints – Use children's paint to print their feet onto paper. This will be a messy job so make sure you are somewhere appropriate. If you don't have paint you could draw around your feet using a pencil and paper OR use chalk in the garden/outside.
- Talk about the body and how it works. You might have some questions and things you want to learn about already. Where does our food go when we eat it? Why do we have different shapes teeth? How does my ear work? What are the little red dots on my tongue?

If you have internet access you can watch some clips with your child to learn more. Use the link:

<https://www.bbc.co.uk/bitesize/topics/z9yycdm>

Fun and Games

Monday: Play Simon Says with your child but change it to your name/ relationship with the child e.g. mum, dad, auntie, Fred says initially begin by telling your child ___ says every time but as they become more confident you could say to them to only perform the actions when it begins ___ says to try to challenge them further

Ask your child to do different full body movements like stretching tall, crouching small, standing on one leg, jumping high, putting hands on their heads. After a time let your child have a try at taking the lead.

Tuesday: If you were able to gather your footprints allow your child to decorate/ colour them and stick to a piece of paper, turn this into your family poster to keep for a memory of your time in isolation.

Wednesday: Play music bumps with your child and any siblings get the music playing and encourage them to dance around and move in different ways around the room.

Thursday: There are several different recipes available for a range of ingredients but make some playdough with your child, One we have used is

2 cups of plain flour,

$\frac{3}{4}$ cup of salt

4 Teaspoons of cream of tartar

2 cups of lukewarm water

2 Tablespoons of vegetable oil.

If you don't have these ingredients and have access to internet google for other simple recipes.

Allow your child to knead and create with the playdough, this helps to strengthen their hands and develop their movement skills. Once finished if you place the playdough in an airtight container or a tied plastic bag it will keep for a few days or longer.

Friday: Play Kim's game, place up to 8 objects on a tray (suggestions could be a spoon, car, cup, piece of fruit, book, teddy, pencil and a block) show your child the items before covering with a tea-towel, ask your child to close their eyes before secretly removing initially 1 item from the tray, see if they can guess what is missing, as your child becomes confident with this remove up to 3 items.

Getting ready for school

Each week we will provide you with things you can do to help prepare your child for starting school in September. Each task will help your child to become more independent and confident. They may already be able to do some of the things we share with you. Pick the ones that they need help with and practise those as much as possible. We will provide a set theme each week to focus on.

Getting dressed and Undressed on my own

I can button and unbutton my shirt and use a zip.

I can put my own shoes and socks on.

I can change into my own PE kit and put my coat on.