



Monday  Monday					
Approx	Approx. Suggested Activity Plan				
Timing	Activity	Activity Flair			
10 mins	Mindfulness	This could be a colouring activity, a finger gym or a quiet handwriting exercise such as name writing  Something that gets your child ready for a day of learning.			
30 mins	PE with Joe Wicks / Eat breakfast with	This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach			
15 mins	family Staying safe and healthy	children how to hold a conversation or have good table manners.  Use the link below to watch the NHS washing hands video. Remind your child/children about the importance of keeping their hands clean and key times to wash them – when we sneeze or cough, before we eat, after touching animals, after the toilet and when we gave played outside. <a href="https://www.youtube.com/watch?v=S9VjelWLnEg">https://www.youtube.com/watch?v=S9VjelWLnEg</a> If you would like to help your child to understand social distancing, you can use the link below to watch as the Play Mobil characters explain why we distance. You could even practise at home by asking your child to place their toys apart from each other. <a href="https://www.youtube.com/watch?v=kyUh-b2q9MA">https://www.youtube.com/watch?v=kyUh-b2q9MA</a>			
20 mins	Phonics/Reading and literacy	Reception: Use the flashcards to practise the speedy sounds. See how quickly you can say each one.  Reception should have flashcards for the sounds: m a s d t l n p g o c k u b f e l h sh r  Make new flash cards for the sounds j v y w z x  Practise recognising and saying these sounds.  The rhymes to support recognising each letter and writing them correctly are as follows:  J j-j-j-j-jack-in-a-box. Down his body curl and dot.  V vvvulture. Down a wing, up a wing.  Y y-y-yak. Down the horn, up a horn and under his head.  W w-w-worm. Down, up, down, up.  Z zzzzzip. Zig-zag-zig  X x-x-x-exercise. Down the arm and leg and repeat the other side.  Nursery: Practise the sounds using their flash cards: m a s d t  Play hide and seek with the flashcards. Hide them around your home for your child to find. As they find the			
		sounds ask them to say the sound of the letter.			
15-20 mins	Break Time				
10 mins	Gross motor	Time to get active and stretch!  Work with your child to make different shapes with their body e.g. a small, tall, round, huge, wide, narrow shape. You could ask them to make themselves look like animals or objects. The important part it is making BIG movements and stretches to help develop strength.			
25-30mins	Maths Activity	Reception: Practise recognising numbers I-10/I-20. Use the flash cards you made in week I or make new ones if needed.  Nursery: Practise recognising numbers I-5 then I-10.  Reception and Nursery: Today the focus is going to be on positions – 'where something is.' You can either ask your child to stand in different positions or ask them to use a toy and another object such as a box. Use the language next to, in front of, behind, under and on top to give instructions e.g. stand next to the chair. If your child completes the wrong position, then model the correct way. Reception can try all positions and nursery can begin with the three blue positions highlighted to begin with.			
10 mins		Washing hands ready for lunch (at school children will wash hands one at a time so more time is needed)			
30-40 mins		Lunch time			
15 minutes	Staying safe and healthy	As in the session this morning – recap the song and remind your child about the importance of keeping our hands clean and our distance from others during this time at home (or at school).			
This week's nursery rhyme is 'I hear thunder' links I  I. <a href="https://www.bbc.co.uk/teach/">https://www.bbc.co.uk/teach/</a> 2. <a href="https://www.bbc.co.uk/teach/">https://www.bbc.co.uk/teach/</a> 2. <a href="https://www.bbc.co.uk/teach/">https://www.bbc.co.uk/teach/</a> 2. <a href="https://www.bbc.co.uk/teach/">https://www.bbc.co.uk/teach/</a> 2. <a href="https://www.bbc.co.uk/teach/">https://www.bbc.co.uk/teach/</a> Reception: Write a sentence to say what you Challenge your child to write why – 'because. word you would like to write out loud first. To sounds can you hear? Write them down.  Nursery: Talk to your child about their favour child about		day/zvjrf4j  2. https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-i-hear-thunder/zdx8gwx  Learn your favourite version together and see if you can add actions.  What is your favourite type of weather and why?  Reception: Write a sentence to say what your favourite weather is. Use 'I like' to start your sentence.  Challenge your child to write why – 'because' Encourage your child to sound out each word. Say the word you would like to write out loud first. Think about what sound the word starts with. What other			





10 mins	Golden Mile/Physical Activity				
I 5-20mins	Topic Getting ready for School  School  Weather chart — scroll down to find your weather chart This week you are going to record the weather. You can use the chart provided or you can make one to use. Each day observe the weather and record it in your weather chart. You can either cupictures and stick them in the correct day OR you may like to draw your own. Challenge yourself the days weather.  Nursery: "I like playing games with others." Play a board game as a family. Play hide and seek. Play with toys. Play with a ball.				
20-30mins	Learning and play time	Spend time with your child as they choose their own toys to play with. Take the time to talk to them about their game and join in the play. Ask them what they are playing/making? How did they make it? What is it? How do you play? What makes it special? Ask them about their day and what they have enjoyed. Is there anything they would like to do again? What would they like to do tomorrow?  Spending quality time together is important and creates lots of memories for your child.			
10-20 mins	If you can't find any b	Story time/Read a text books to read then you could make up your own stories together OR sing a nursery rhyme or favourite song.			
		<u>Tuesday</u>			
Approx. Timing	Suggested Activity	Activity Plan			
10 mins	Mindfulness	This could be a colouring activity, a finger gym or a quiet handwriting exercise such as name writing			
30 mins	PE with Joe Wicks / Eat breakfast with family	Something that gets your child ready for a day of learning.  This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach children how to hold a conversation or have good table manners.			
20 mins	Staying safe and healthy	Use the link below to watch the NHS washing hands video. Remind your child/children about the importance of keeping their hands clean and key times to wash them – when we sneeze or cough, before we eat, after touching animals, after the toilet and when we gave played outside. <a href="https://www.youtube.com/watch?v=S9VjelWLnEg">https://www.youtube.com/watch?v=S9VjelWLnEg</a>			
20 mins	Phonics/Reading and literacy	Reception: Use the new flashcards to practise the speedy sounds. See how quickly you can say each one.  Reception should now have flashcards for the sounds: J v y w z x.  Handwriting – Practise forming the following letters correctly  Down his body, curl, dot for his head.  Down a wing, up a wing, up a wing.  Down a horn, up a horn and under head.  Nursery: Practise the sounds using their flash cards: m a s d t  Practise writing their name using their name cards.			
15-20 mins		Break Time			
10 mins	Gross motor	Time to get active and stretch!  Work with your child to make different shapes with their body e.g. a small, tall, round, huge, wide, narrow shape. You could ask them to make themselves look like animals or objects. The important part it making			
25-30mins	Maths Activity	BIG movements and stretched to help develop strength.  Capacity – Today <b>Reception</b> and <b>Nursery</b> are going to explore capacity. You will need different sized containers, water or sand. Allow your child to fill up, empty, pour and explore. As they play ask them to explain what they are doing. Encourage language such as full, empty, half full, more and less. If you have access to sand and water, you could fill two containers to the same level and ask them to explain the difference. If you take a trip to the beach, then you can complete the same activity as you make sand castles.  Please remember to always supervise your child when using water.			
10 mins	Washing hands ready for lunch (at school children will wash hands one at a time so more time is needed)				
30-40 mins	Lunch time				
15 minutes	Staying safe and healthy	As in the session this morning – recap the song and remind your child about the importance of keeping our hands clean and our distance from others during this time at home (or at school).			
25-30 mins	Topic/English Activity	What can you do in the rain? What can you see and hear when it rains?  Reception: Write a sentence or list about all the things that you can do, see and hear when it rains. You can hear rain drops, you can see puddles, you can use your umbrella. Use 'I can' as a sentence starter.			





	1	Always supervise your child when using the internet.			
		Encourage your child to sound out each word. Say the word you would like to write out loud first. Think about what sound the word starts with. What other sounds can you hear? Write them down.  Nursery: Talk about the rain together. If it is a rainy day then look out of the window or even better wrap up warm and go out in your wellington boots and play in the rain and puddles.  If the weather is glorious sunshine, then you could use the internet to find pictures of the rain or short clips of rainstorms. Please ensure if you go outside you are wrapped up appropriately. If you have any pictures playing in the rain, please send them to <a href="mailto:updates@smfa.org.uk">updates@smfa.org.uk</a> Remember to always supervise your child when using the internet.			
10 mins	Golden Mile/Physical Activity				
15-20mins	Topic Getting ready for School  Reception: Weather chart — Complete the weather chart for Tuesday. Is the weather differ What do you think to will be like tomorrow? Talk and discuss.  Nursery: "I like to read stories and look at picture books." Enjoy sharing stories together as your child to talk about their favourite stories. When reading a story that is familiar ask you che with familiar phrases. Can they tell you what is going to happen next?				
20-30mins	Learning and play time  Spend time with your child as they choose their own toys to play with. Take the time to talk to them their game and join in the play. Ask them what they are playing/making? How did they make it? What How do you play? What makes it special? Ask them about their day and what they have enjoyed. Is anything they would like to do again? What would they like to do tomorrow?  Spending quality time together is important and creates lots of memories for your child.				
10-20 mins	If you can't find any l	Story time/Read a text books to read then you could make up your own stories together OR sing a nursery rhyme or favourite song			
	ii you daii c iii c aiiy	Wednesday			
Approx. Timing	Suggested Activity	Activity Plan			
10 mins	Mindfulness	This could be a colouring activity, a finger gym or a quiet handwriting exercise such as name writing  Something that gets your child ready for a day of learning.			
30 mins	PE with Joe Wicks / Eat breakfast with family	/ This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you			
20 mins	Staying safe and healthy	Use the link below to watch a new washing hands video. Remind your child/children about the importance of keeping their hands clean and key times to wash them – when we sneeze or cough, before we eat, after touching animals, after the toilet and when we gave played outside. <a href="https://www.youtube.com/watch?v=dDH W4r3elE">https://www.youtube.com/watch?v=dDH W4r3elE</a>			
20 mins	Phonics/Reading and literacy	Reception: Use the flashcards to practice the speedy sounds. See how quickly you can say each one.  Reception should have flashcards for the sounds: m a s d t l n p g o c k u b f e l h sh r, j, v, y, w, z, x  Next collect the flashcards for the sounds 'z a p i b o x w'. Place each of today's 8 letters in front of your child so that they can see them all. You will need to model this task first.  1. Say the word 'zap' out loud then make the word in front of you by selecting the correct letters.  2. Show how you are going to check the sounds are in the correct order. Point to each sound and say it out loud 'z-a-p'.  3. Then move your finger from left to right underneath all the letters and say 'zap'.  Ask your child to try this task giving them the following words to make, zap, zip, box, ox, wax.  Parent note: If your child finds making or writing the words with the flashcards difficult then go back to the blending activity and practise with your child blending the words orally.  Challenge: Try writing the words.  Nursery: Practise the sounds using their flash cards: m a s d t  Pick a story book that your child is familiar with. It could be their favourite book or a traditional tale such as Goldilocks and the Three Bears or The Three Billy Goats. Ask them to tell you the story. Allow them to			
15-20 mins	turn the pages and tell you what is going to happen. Ask questions such as who is that? Why are they sa What's going to happen next? What is going to happen in the end?  Break Time				
		Time to get active and stretch!			
10 mins	Gross motor	Work with your child to make different shapes with their body e.g. a small, tall, round, huge, wide, narrow shape. You could ask them to make themselves look like animals or objects. The important part it making BIG movements and stretched to help develop strength.			
Reception: Practise recognising numbers 1-10/1-20. Use the flash cards you made in ones if needed.  Maths Activity  Set capacity challenges for your child. Can you fill a container so that it is full, half full, the containers for your child then ask them to point to the one you are describing. Re		Reception: Practise recognising numbers 1-10/1-20. Use the flash cards you made in week 1 or make new ones if needed.  Set capacity challenges for your child. Can you fill a container so that it is full, half full, empty? You could fill the containers for your child then ask them to point to the one you are describing. Repeat this activity and swap roles so that your child becomes the 'teacher' and asks you to identify the different containers.			





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Continue to explore capacity by changing some of the containers to new sizes and shapes. Show your						
		how they can use a smaller container to fill a larger one. Model to and encourage your child to say when				
	the containers are full and when they are empty.					
10 mins	Washing hands ready for lunch (at school children will wash hands one at a time so more time is needed)					
30-40 mins	Lunch time					
15 minutes	Staying safe and healthy	As in the session this morning – recap the song and remind your child about the importance of keeping our hands clean and our distance from others during this time at home (or at school).				
	псанну	In the snow				
25-30 mins	Nursery: Talk about the snow together. What can your child tell you about snow? Do they have interesting questions to ask you? Use the internet to find pictures of snow or short clips of snow you look together talk about what they can see. Do they remember a time when it has snowed picture.					
	Remember to always supervise your child when using the internet.					
10 mins		Golden Mile/Physical Activity				
15-20mins	Topic Getting ready for School	Reception: Weather chart — Complete the weather chart for Wednesday. Is the weather different today? What do you think to will be like tomorrow? Talk and discuss. Maybe it has been sunny and rainy today.  Nursery: "I am able to talk about myself, my needs and my feelings." Take the time to talk to our child about what they think they are good at and what they find hard. What makes them happy and what makes them sad? Talk and reflect on happy occasions and how it makes them feel e.g. putting their jumper on independently for the first time. If your child becomes upset, take the time to talk about why they feel that way. What would make it better?				
20-30mins	Learning and play time	Spend time with your child as they choose their own toys to play with. Take the time to talk to them about				
10-20 mins	Story time/Read a text					
	If you can't find any books to read then you could make up your own stories together OR sing a nursery rhyme or favourite song					
		<u>Thursday</u>				
Approx. Timing	Suggested Activity	Activity Plan				
10 mins	Mindfulness	This could be a colouring activity, a finger gym or a quiet handwriting exercise such as name writing  Something that gets your child ready for a day of learning.				
30 mins	PE with Joe Wicks / Eat breakfast with family	This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach children how to hold a conversation or have good table manners.				
20 mins	Staying safe and healthy	Use the link below to watch the NHS washing hands video. Remind your child/children about the importance of keeping their hands clean and key times to wash them – when we sneeze or cough, before we eat, after touching animals, after the toilet and when we gave played outside.  https://www.youtube.com/watch?v=dDH W4r3elE				
20 mins	Phonics/Reading and literacy	Reception: Use the flashcards to practice the speedy sounds. See how quickly you can say each one.  Reception should have flashcards for the sounds: m a s d t l n p g o c k u b f e l h sh r j v y w z x  Handwriting – Practise forming the following letters correctly    Down the robots back and curl over his arm.   Down the egg.				
		Break Time				
15-20 mins		Di sult Time				



# Reception/Nursery Weekly Plan



Within school **reception** and **nursery** will be planned for together. We will put in different activities for **nursery** in blue. There may be some activities where they are suitable for both nursery and reception.

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10 mins	Gross motor  Time to get active and stretch!  Work with your child to make different shapes with their body e.g. a small, tall, round, huge, wide, narro shape. You could ask them to make themselves look like animals or objects. The important part it making BIG movements and stretched to help develop strength.				
25-30mins	Maths Activity  Reception: Gather a selection of containers. Ask your child to put them in order of which one of will hold the most water to the one they think will hold the least. Collect a small container sure yoghurt pot or plastic cup. Estimate how many yoghurt pot/cup full it will take to fill each of the containers. Record your predictions and answers to see if you were right.  Nursery: Gather a selection of containers and fill them up to different levels. Compare the filled with your child using language such as more and less.				
10 mins		Washing hands ready for lunch (at school children will wash hands one at a time so more time is needed)			
30-40 mins	Lunch time				
15 minutes	Staying safe and healthy	As in the session this morning – recap the song and remind your child about the importance of keeping our hands clean and our distance from others during this time at home (or at school).			
25-30 mins	Topic/English Activity	In the sun  What can you do when it is sunny? What can you see and hear?  Reception: Write a sentence or list about all the things that you can do, see and hear on a sunny day. You can hear birds and animals, you can see flowers, you can hear the ice cream man! Use 'I can' as a sentence starter. Encourage your child to sound out each word. Say the word you would like to write out loud first.  Think about what sound the word starts with. What other sounds can you hear? Write them down.  Nursery: Talk about sunny days together. If it is a sunny day then look out of the window or even better head outside and go for walk. Talk about what they can see and hear whilst outside. Do they like the sunshine? Can they tell you why?  We have been lucky to have such lovely weather recently. We would love to see your pictures of your child enjoying the weather and exploring the outdoors. Send your pictures to updates@smfa.org.uk			
10 mins	Golden Mile/Physical Activity				
15-20mins	Topic Getting ready for School	Reception: Weather chart — Complete the weather chart for Thursday. Is the weather different today? What do you think to will be like tomorrow? Talk and discuss. Maybe it has been sunny and rainy today.  Nursery: "I can follow instructions" Give your child small tasks to do and instructions to follow such as please get your black shoes, please get Mummy/Daddy the pillow, give me the blue t-shirt.			
20-30mins	Learning and play time	Spend time with your child as they choose their own toys to play with. Take the time to talk to them about their game and join in the play. Ask them what they are playing/making? How did they make it? What is in How do you play? What makes it special? Ask them about their day and what they have enjoyed. Is then			
10-20 mins	If you can't find any l	Story time/Read a text			
	i you can't iiid any i	books to read then you could make up your own stories together OR sing a nursery rhyme or favourite song  Friday			
Approx. Timing	Suggested Activity	Activity Plan			
10 mins	Mindfulness	This could be a colouring activity, a finger gym or a quiet handwriting exercise such as name writing  Something that gets your child ready for a day of learning.			
30 mins	PE with Joe Wicks / Eat breakfast with family	This is where your child will have their bagels (if in school) it is a good time to do Joe Wicks PE if you are at home or you could use this time to sit as a family and eat breakfast together. It is important to teach children how to hold a conversation or have good table manners.			
20 mins	Staying safe and healthy	Use the link below to watch the NHS washing hands video. Can your child remember the song and show you how to wash their hands? <a href="https://www.youtube.com/watch?v=S9VjelWLnEg">https://www.youtube.com/watch?v=S9VjelWLnEg</a>			
20 mins	Phonics/Reading and literacy	Reception: Use the flashcards to practice the speedy sounds. See how quickly you can say each one.  Reception should have flashcards for the sounds: m a s d t l n p g o c k u b f e l h sh r j v y w z x  Spelling words – Have the flashcards w i g a x b r available to your child to use if needed. You will need to model this task first.  4. Say the word 'wig' out loud then model writing the word to your child.  5. Show them how you are going to check the sounds are in the correct order. Point to each sound and say it out loud 'w-i-g'.  6. Then move your finger from left to right underneath all the letters and say 'wig'.  Ask your child to try this task giving them the following words to sound out and spell – wig, wax, rag, big, rib.  Nursery: Practise the sounds using their flash cards: m a s d t  Play a game of eye spy with your child. Try to select objects that begin with the 5 sounds shown above. mat, money, monkey, ant, apple, sock, slipper, dog, door, tin, top, teddy.			
		Break Time			





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10 mins	Gross motor	Time to get active and stretch!  Work with your child to make different shapes with their body e.g. a small, tall, round, huge, wide, narrow shape. You could ask them to make themselves look like animals or objects. The important part it making			
		BIG movements and stretched to help develop strength.			
		<b>Reception:</b> Complete the Friday Challenge activity (scroll down to find this).			
25-30mins	Maths Activity	Nursery: Today you will need two people to play a game. You will need one large and one small container			
25-30111118		each. You need to see who can fill their large container the quickest by using the smaller one to scoop and			
		pour in the water. It must be full to the top to win. Ready, steady, go!			
10 mins	Washing hands ready for lunch				
10 1111115	(at school children will wash hands one at a time so more time is needed)				
30-40 mins	Lunch time				
15 minutes	Staying safe and healthy  As in the session this morning – recap the song and remind your child about the importance of keeping or hands clean and our distance from others during this time at home (or at school).				
25-30 mins	Topic/English Activity				
10 mins	Golden Mile/Physical Activity				
15-20mins	/Topic Getting ready for School	Getting ready for  Nursery: "Lunderstand the need to follow rules." You can support your child to prepare for school leads to follow rules."			
20-30mins	Learning and play time	Spend time with your child as they choose their own toys to play with. Take the time to talk to them about their game and join in the play. Ask them what they are playing/making? How did they make it? What is it? How do you play? What makes it special? Ask them about their day and what they have enjoyed. Is there			
10-20 mins	Story time/Read a text If you can't find any books to read then you could make up your own stories together OR sing a nursery rhyme or favourite song				



# **Reception/Nursery Weekly Plan**



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There may be some activities where they are suitable for both nursery and reception.

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## My Weather Chart



Monday	Tuesday	Wednesday	Thursday	Friday















Rain stormy

sunny

cloudy

windy

snow

frosty





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Gather 5 different containers of the same size or as similar as possible. See if you can fill the containers to match the pictures below as quickly as possible then place them in order from the most full to the least. How quickly did you complete the challenge?

