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		<u>Monday</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	Eat breakfast with family	This is where your child will have their bagels (if in school) If you are at home 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.		
15 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=S9VjelWLnEg 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. https://www.youtube.com/watch?v=kyUh-b2q9MA		
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, th, ch, qu Make a new flashcard for the sound 'ng'. Introduce this sound to your child. When a sound has two letters, we call these <u>best friends</u>. When making this sound encourage your child to make a long nasal sound at the back of their throat. Use the pictures for 'ng' (scroll down) to practice saying the sound in words – wing, king, sing Next place your new 'ng' flashcard in a pile with all the others sounds. Shuffle them up. Go through the sounds (speedy sounds) and ask your child to point to today's sounds 'ng' when they see it. Repeat and shuffle the sounds again. Practise writing the best friends' 'ng'. n- down Nobby and over his net. g- Around the girl's face, down her hair and give her a curl. Collect the flash cards for the sounds ng, w, i, s, k, s, p You are now going to try and make some words and read them using Fred Talk. Say the words then work together to spell them using the flashcards – When reading a word encourage your child to spot the best friends first and say the best friends sound then read the whole word e.g. "best friends' 'ng'. w-i-ng wing". wing, sing, king, spring Challenge: Try writing the words that use the 'ng' sound. Nursery: Practise the sounds using their flash cards: m a s d t Speedy sounds – go through the flash cards as quickly as you can. Use my turn, your turn for words that your child finds more challenging.		
15-20 mins		Break Time		
10 mins	Get active!	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 is making BIG movements and stretched to help develop strength.		
25-30mins	Maths Activity	Reception: How quickly can you order numbers 1-10/1-20. Doubling: Teach your child that doubling a number means to add the same number again. Model this by using toys, bricks or counters. Count a given number of objects using any number between 1-6. Model to your child how to double the number by adding the same number again. For example, count 4 bricks then double it by adding 4 bricks again. Model counting how many there are altogether. <i>"First I had 4. Then I double it. Now there are 8. Double 4 is 8."</i> Complete 2-3 more example together. Nursery: Practise recognising numbers 1-5 then 1-10. You will need some toys, bricks or counters. You are going to practise counting accurately. Mix flashcards 1-10 then choose a number at random. Ask your child to count the number of objects shown. Encourage them to count one object at a time; saying the number out loud as they count.		
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 are minibeasts/insects? Today we would like you to talk to your child about minibeasts/insects. This activity is going to help you understand what your child already knows about the creatures that they		





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10 mins		 can find outside in the natural environment. Ask your child to draw pictures to show what they know. Use the following questions to help gain an understanding of your child's knowledge. What minibeast/insects can you name? Where might you find them? What do they eat? How do they move? Can you show me? How big are they? Draw me a picture, When do you see them? At night or in the day? Why? Can you share/teach me something special about a minibeast/insect? 		
		This week our topic is 'Minibeasts/insects'.		
15-20mins	Торіс	There are two nursery rhymes that you can learn as a family this week. Listen to each song and see if you can create actions to go with the songs. Wiggly Woo: https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-wiggly- woo/zvj8gwx Incy Wincy Spider: https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-incy-wincy- spider/zr4yt39		
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	lf you can't find any t	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.		
	/	Tuesday		
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	Eat breakfast with family	This is where your child will have their bagels (if in school) If you are at home 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 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. <u>https://www.youtube.com/watch?v=zxlQn7KaCNU</u>		
20 mins	Phonics/Reading and literacy	Reception: Use the flashcards to practice the speedy sounds. See how quickly you can say each one. Use flashcards: <i>u b f e l h sh r j v y w z x, th, ch, qu, ng, nk</i> Handwriting – Practise forming the following letters correctly <i>e</i> <i>i</i> <i>i</i> <i>i</i> <i>i</i> <i>i</i> <i>i</i> <i>i</i> <i>i</i>		
		and scoop out the egg. and dot for the head. head around his face. head around his face. hearring, down her hair, and flick. Nursery: Practise the sounds using their flash cards: m a s d t Ask your child to try and draw different shapes and patterns such as circles, zig-zags, swirls etc. Practise writing their name by tracing over the letters. Challenge them to write their name independently. Break Time		
15-20 mins				
10 mins	Get active!	Time to get active! Today's challenge: 30 seconds jumping on the spot, 10 jumping jacks, 30 seconds running with high knees on the spot (repeat twice). Stretch: Stretch and make yourself look like a giraffe, make yourself as small as a mouse, as wide as a hippo.		
25-30mins	Maths Activity	Finish with some deep breaths in and out and a cup of water. Reception: Say any number between 1-10/1-20. Ask your child to say what one more than the given number is. You can use a number line to support this activity. Next begin by practising doubling a number practically with your child by using toys, bricks or counters. Pick a number between 1-6 to do this.		





		Always supervise your child when using the internet	
10 mins 30-40 mins 15 minutes	Staying safe and healthy	Always supervise your child when using the internet. Next collect flash cards for single-digit numbers 1-9 and shuffle them. Allow your child to select a number and work to double the number chosen. Support as needed to add the same number again and encourage your child to use <i>First, Then and Now</i> to explain their thinking. Nursery: Counting actions. You will need a dice and a safe space to move. If you do not have a dice, you can use shuffled flashcards for numbers 1-6. Roll the dice then give your child an instruction. For example, jump 6 times. Clap your hand 2 times. The amount of times your child completes an action is based on the number shown on the dice. As you complete the task ask your child to tell you the number shown. Washing hands ready for lunch (at school children will wash hands one at a time so more time is needed) Lunch time 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	Торіс	 Minibeast/insect hunt: Take a walk around your garden, a park or outside area. What minibeasts can you find? Try looking under plant pots or stones, looking on leaves or bushes or around some plants and flowers. Remind your child to be quiet near the minibeasts and to be very gentle if they handle them. Also remind the children to put minibeasts back where they found them. Draw a picture or take a photograph of any minibeasts/insects you find. We would love to see what you find. Let us know by emailing 	
10 mins	Golden Mile/Physical Activity		
15-20mins	English	 Talk to your child about caring for minibeasts/insects they find in an outside area. Ask your child to create a poster that tells people how to care for minibeasts. Ask them to draw pictures on their posters. Reception: Encourage your child to write key words/sentences. Use 'Fred Fingers' to help your child spell words. Nursery: Encourage your child to tell you how to care for minibeasts. Allow them to mark make their ideas onto their poster. Write down their ideas on their posters. 	
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	lf you can't find any	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	
		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	Eat breakfast with family	This is where your child will have their bagels (if in school) If you are at home you could use this time as a family and eat breakfast together. It is important to teach children how to hold a conversation or 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. <u>https://www.youtube.com/watch?v=dDHJW4r3elE</u>	
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, th, ch, qu, ng 1.Make a new flashcard for the sound 'nk'. 2. Introduce this sound to your child. When a sound has two letters, we call these best friends. When making this sound make a long nasal sound at the back of your throat with a click at the end. 3. Use the pictures for 'nk' (scroll down) to practice saying the sound in words – sink, link, pink. 4. Next place your new 'nk' flashcard in a pile with all the others sounds. Shuffle them up. Go through the sounds (speedy sounds) and ask your child to point to today's sound 'nk' when they see it. Repeat and shuffle the sounds again. 5. Practise writing the best friends 'nk'. n- Down Nobby and over his net. k- Down the kangaroos' body, tail and leg. 6. Collect the flash cards for the sounds nk, i, s, p, l, th 7. You are now going to try and make some words and read them using Fred Talk. 8. Say the words then work together to spell them using the flashcards – When reading a word encourage your child to spot the best friends first and say the best friends sound then read the whole word e.g. "best friends 'nk' s-i-nk sink". 	



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.

	There that	Always supervise your child when using the internet.	
		Sink, pink, link, think.	
		Challenge: Try writing the words that use the 'nk' sound.	
		Nursery: Practise the sounds using their flash cards: m a s d t	
		Matching pairs. Create two sets of flash cards. Turn them all over. Take it in turns to choose a card and see	
		if you can find the matching letter. How many matching pairs can your get?	
W		Break Time	
		Time to get active and stretch!	
10 mins	Get Active!	Work with your child to make different shapes with their body e.g. a small, tall, round, huge, wide, narrow	
i o mins	Get / teave.	shape. You could ask them to make themselves look like animals or objects. The important part is making	
		BIG movements and stretched to help develop strength.	
		Reception : Practise recognising number 1-20 using flashcards. How quickly can you recognise all of the numbers?	
		Ladybird doubling: Scroll down to find the ladybirds for this activity. Ask your child to double the number	
	Maths Activity	shown by drawing on the correct number of spots. Remind your child that doubling is adding the same	
25-30mins		number again. You can support your child to complete this activity by using counters or objects.	
		Nursery: Practise recognising numbers 1-5 then 1-10.	
		Ladybird spots- Shuffle flash cards 1-5/1-10 and ask your child to pick a card. Support them in recognising	
		the number. <mark>Scroll down</mark> to find a blank ladybird and some spots. Stick the correct number of spots onto the ladybird. Repeat.	
10 mins		Washing hands ready for lunch	
TOTIMIS	(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).	
	nearchy	Today you are going to look at some pictures of minibeasts/insects with your child (scroll down to find	
		them). Ask your child to think of words to describe each one e.g. small, tiny, round, big, enormous, wings,	
	Teeie/Feeliek	fly.	
25-30 mins	Topic/English Activity	Reception: Write down words to describe your chosen minibeast/insect next to the pictures. Use 'Fred	
	Activity	Fingers' to help you spell the words. Challenge : Write a sentence about each minibeast/insect e.g. It is big.	
		Nursery: Encourage your child to mark make and write the words to describe each minibeast/insect. You	
		can then write down the words your child has chosen under their own writing/marks.	
10 mins		Golden Mile/Physical Activity	
	— .	Model minibeasts: Try making a model minibeast. You could use playdough or empty cardboard boxes	
15-20mins	Торіс	and tubes. Empty yoghurt pots or plastic bottles could also be used. You could make a butterfly, a worn, a	
		ladybird or a spider.	
		Spend time with your child as they choose their own toys to play with. Take the time to talk to them about	
	Learning and play	their game and join in the play. Ask them what they are playing/making? How did they make it? What is it?	
20-30mins	time	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. Story time/Read a text	
10-20 mins	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	
		Thursday	
Approx.	Suggested	Activity Plan	
Timing	Activity		
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. This is where your child will have their bagels (if in school) If you are at home you could use this time to sit	
30 mins	Eat breakfast with	as a family and eat breakfast together. It is important to teach children how to hold a conversation or have	
50 111113	family	good table manners.	
		Use the link below to watch the 'Germ Busters' washing hands video. Remind your child/children about the	
20 mins	Staying safe and healthy	importance of keeping their hands clean and key times to wash them – when we sneeze or cough, before	
20 mins			
20 mins	healthy	we eat, after touching animals, after the toilet and when we gave played outside.	
20 mins		we eat, after touching animals, after the toilet and when we gave played outside. <u>https://www.youtube.com/watch?v=07YNCFIS0il</u>	
20 mins	healthy		
20 mins 20 mins		https://www.youtube.com/watch?v=07YNCFIS0il	





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		n k k a Down Nobby and over his net. Down the kangaroo's body tail and leg. Around the girls face, down her hair and give her a curl. Around the apple and down the leaf.			
		Nursery: Practise the sounds using their flash cards: m a s d t Practise writing their name using their name cards.			
15.00		Break Time			
15-20 mins					
10 mins	Get active!	Time to get active! Today's challenge: 15 star jumps, 20 hops, 30 seconds running on the spot (repeat twice). Stretch: Stretch and see if you can touch the ceiling/sky. Reach down and touch the ground. Stretch out and try to touch the walls then swap and reach for the other side. Finish with some deep breaths in and out and a cup of water.			
25-30mins	Maths Activity	 Reception: Place flash cards 1-10/1-20 in order. Ask your child to close their eyes then take a selection of numbers away. Ask your child to look and see if they can say what numbers are missing. Nursery: Ask your child to count out loud to see how high they can count. Butterflies have symmetrical wings – this means their wings are the same on both sides. Try make your own symmetrical shapes by folding a piece of paper in half and cutting out some pieces. When you open it out, it will be a symmetrical shape. You could also decorate it to be symmetrical too. Always supervise your child when using scissors. 			
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	The life cycle of a butterfly: Begin by watching the following video via the link (please remember to always supervise your child when using the internet). <u>https://www.bbc.co.uk/bitesize/clips/zxcmp39</u> Scroll down to find the life cycle of a butterfly. Can you put the pictures in the correct order? Reception: Can you label each picture? Try using these words: egg, caterpillar, chrysalis, butterfly. Nursery: Allow your child to order the pictures. Talk about the life cycle together. Can they remember key words?			
с		Golden Mile/Physical Activity			
15-20mins	Торіс	Minibeast/insect homes: Encourage your child to create a minibeast/insect home. If you have access to a garden or outside area you could use natural materials such as twigs, leaves and mud. If you choose to stay inside your can use lots of exciting things around the home such as wooden blocks, Lego or recycled materials. We would love to see pictures of them. Please email <u>updates@smfa.org.uk</u>			
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		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>Friday</u>			
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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	Eat breakfast with family	This is where your child will have their bagels (if in school) If you are at home 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 'Baby Shark' 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=L89nN03pBzI			





	There ma	ay be some activities where they are suitable for both nursery and reception.		
		Always supervise your child when using the internet. 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.		
		https://www.youtube.com/watch?v=kyUh-b2q9MA		
		Reception: Use the flashcards to practice the speedy sounds. See how quickly you can say each one.		
20 mins	Phonics/Reading and literacy	 Use the flashcards: h sh r, j, v, y, w, z, x, th, ch, qu, ng, nk. I.Make a new flashcard for the sound 'ay'. Introduce this sound to your child. When a sound has two letters, we call these <u>best friends.</u> Use the pictures for 'ay' (scroll down) to practice saying the sound in words – play, day, spray Next place your new 'ay' flashcard in a pile with all the others sounds. Shuffle them up. Go through the sounds (speedy sounds) and ask your child to point to today's sound 'ay' when they see it. Repeat and shuffle the sounds again. Practise writing the best friends 'ay'. a – around the apple and down the leaf. y – down a horn, up a horn and under head. Collect the flash cards for the sounds qu, i, t, z, a, ck, l You are now going to try and make some words and read them using Fred Talk. Say the words then work together to spell them using the flashcards – When reading a word encourage your child to spot the best friends first and say the best friends sound then read the whole word e.g. "best friends 'ay'. p-l-ay play Play, say, day, may, spray Challenge: Try writing the words that use the 'ay' sound. Nursery: Practise the sounds using their flash cards: m a s d t Spend some time reading with your child, pause in places to ask your child what happens next and how they think the story will end. Alternatively, if it is a story your child knows well ask them to read you a story. Talk about the pictures and ask them so questions 		
15-20 mins		Break Time		
		Time to get active and stretch!		
10 mins	Get active!	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 is making BIG movements and stretched to help develop strength.		
25-30mins	Maths Activity	 Reception: Number noughts and crosses. Make a 3x3 grid and write a number in each square. To win the square your child needs to say the number they have chosen. Nursery: Make flashcards for numbers 1-5/1-10. Support/ask your child to place them in order. Symmetrical butterflies: Scroll down to find some blank butterflies. Use colouring pencils or paint to create symmetrical patterns. 		
10 mins		(at school children will wash hands one at a time so more time is needed)		
30-40 mins				
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	 My favourite minibeast/insect: Ask your child what their favourite minibeast/insect is. Talk with your child and encourage them to explain why they have chosen the minibeast/insect? Reception: Draw a picture of your favourite minibeast/insect then write down words to explain why e.g. beautiful, fast, special, slimy, wriggly. Remember to use 'Fred Fingers' to help you spell each word. Nursery: Draw a picture of your favourite minibeast/insect. Parents: Allow your child to mark make/write words that explain why they have chosen it. You can write down what words your child has chosen underneath their writing/marks. 		
10 mins		Golden Mile/Physical Activity		
	T :	Observational drawing: Provide paper and pencils for your child to create observational drawings of any minibeasts/insects they see in the garden, park or outside area. Encourage them to look carefully at the		
15-20mins	Торіс	shape of the minibeast/insect. What patterns can they see? Does their minibeast/insect have legs? How many legs? What colours can they see on them?		
15-20mins 20-30mins	Learning and play time	shape of the minibeast/insect. What patterns can they see? Does their minibeast/insect have legs? How		

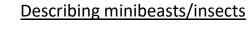




















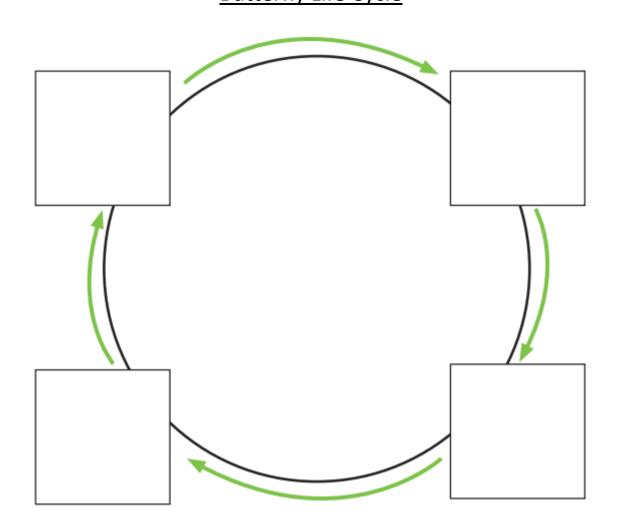








Butterfly Life Cycle



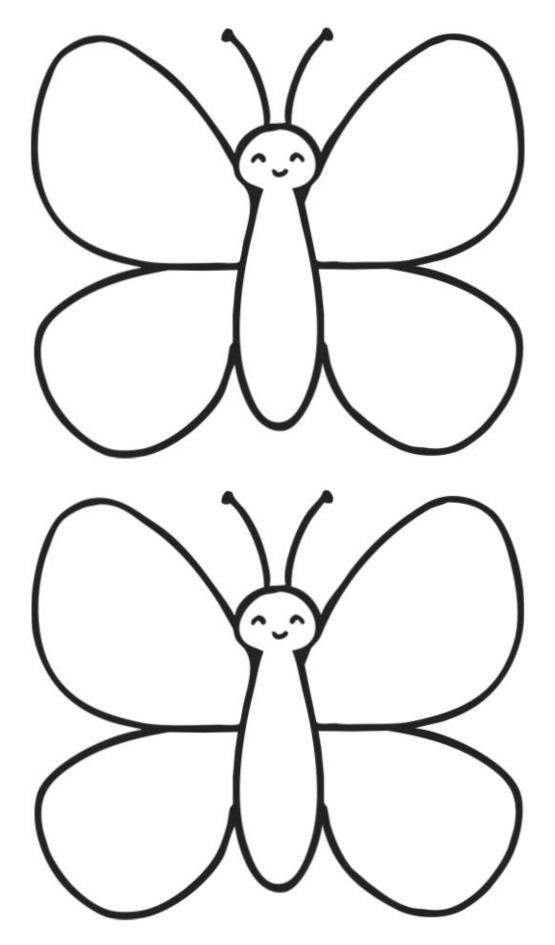






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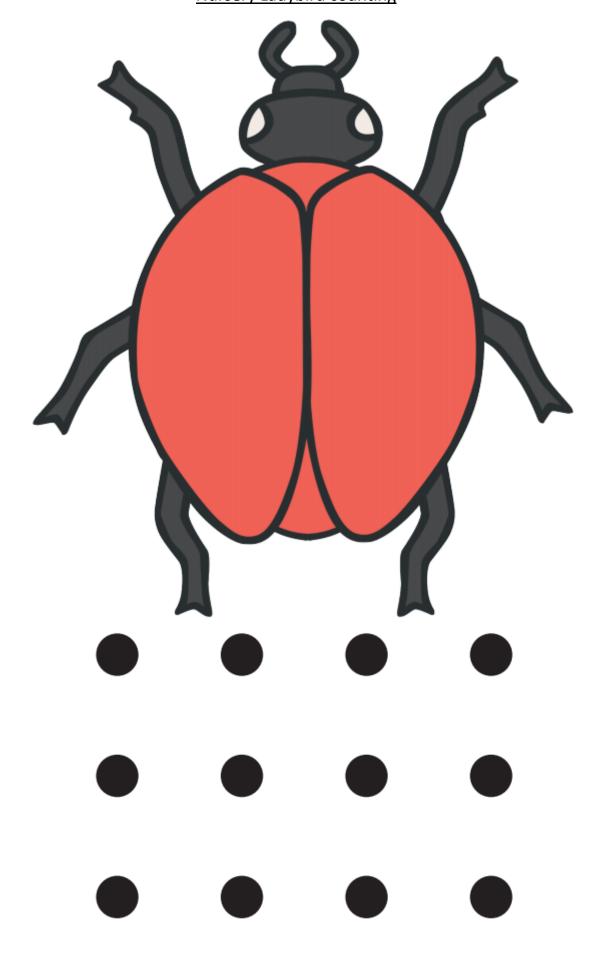
Can you create a symmetrical pattern?







Nursery Ladybird counting



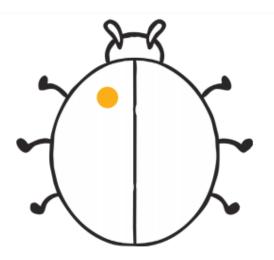


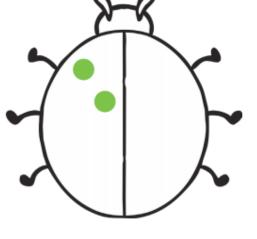
Reception/Nursery Weekly Plan



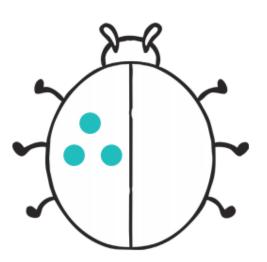
Within school **reception** and **nursery** will be planned for together. We will put in different activities for **nursery** in blue. There may be some activities where they are suitable for both nursery and reception.

Always supervise your child when using the internet. Reception: Ladybird Doubling

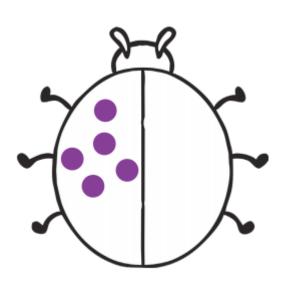




Double 1 is ____

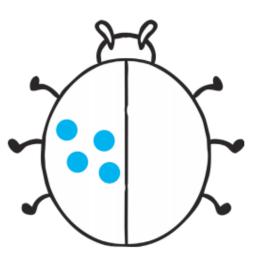


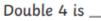
Double 3 is ____

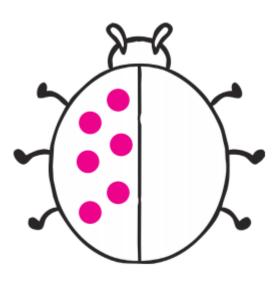


Double 5 is _____

Double 2 is _____



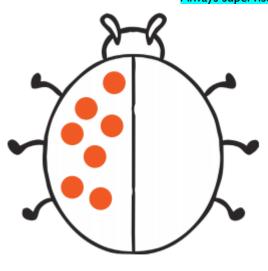




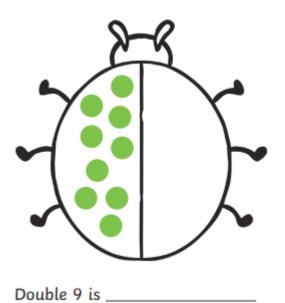








Double 7 is ____



Double 8 is _

