

## Reception Home Learning

### Summer Term 1 Week 3 – W/C 04.05.20

#### Hello Reception

We hope you have all had a fun week learning. We have enjoyed seeing the phonics activities, real-life superheroes, cakes, junk modelled superheroes and experiments that you have shared with us on Tapestry and the school Facebook page. Remember, new activities will be online on the school website every **Monday morning**. We hope you will find these activities useful during your learning at home. Well done to everyone joining in with the daily Phonics session with Ruth Miskin. If you haven't yet had a chance to join in, please check the information below for the details. Remember to try to complete one English activity, one Maths activity and one Topic activity each day, if you can. You should also be playing the games set on Numbots, Purple Mash and Spelling Shed each day to support your Maths and spelling learning. It is especially important to read and listen to stories as frequently as possible – you could record your reading and send it to us on Tapestry! Look on the school website for stories from school staff; there is a new one every day for you to enjoy! Please remember, if you cannot do everything each day, it is ok. Try to do the phonics session every day and anything extra you can get done. Most importantly, enjoy your time with your family at home.

We love it when you share your home learning with us. Please keep uploading your photos, ideas and learning to **Tapestry**. You could also send them to the school website or upload them to our school Facebook page.

Best Wishes

Mrs Rylatt, Mrs Budd, Mrs Moss and Mrs Hiscott

#### Phonics

Search 'Ruth Miskin Training' on YouTube – you will see the link to her channel or you will see the videos directly under the channel link.

- Please join the Ruth Miskin Training sessions on YouTube for phonics each day. The lesson will be released at the times listed below and will be available for 24 hours, before being replaced with the next session. Please join in with all sections of each lesson (speed sounds, word time, spelling).
- At school, we use the Read, Write, Inc resources created by Ruth Miskin, so your child will be familiar with them. We follow, however, the teaching structure of Letters and Sounds, so the sessions may be at different times.
- We recommend you start with the sessions listed below (teaching the digraphs – sounds with two letters – which the children have in their letters and sounds book), however, if your child finds this a little tricky, then try the Set 1 sessions each day (teaching single letter sounds). Equally, if your child knows all of the sounds in their sound book **and** can read them in words, then give the Set 2/3 session not recommended for that day a go (as well as the recommended lesson if they are interested in it).

Monday 4<sup>th</sup> – Set 2 (air) – 10:00am Speed Sounds and Word Time; 10:15am Spelling.

Tuesday 5<sup>th</sup> – Set 2 (ir – new spelling) – 10:00am Speed Sounds and Word Time; 10:15am Spelling.

Wed 6<sup>th</sup> – Set 2 (ou – new sound) – 10:00am Speed Sounds and Word Time; 10:15am Spelling.

Thurs 7<sup>th</sup> – Set 2 (oy – new spelling) – 10:00am Speed Sounds and Word Time; 10:15am Spelling.

Friday 8<sup>th</sup> – Set 3 (ur) – 10:30am Speed Sounds and Word Time; 10:45am Spelling.

Set 1 – 9:30am Speed Sounds; 9:45am Word Time; 10:00 Spelling.

Storytime with Nick (Mon, Wed, Fri) – 2:00pm.

## English (as well as Spelling Shed/Study Ladder)

- **Your superhero's powers** – thinking about your superhero from week 1 can you write a sentence (or 3 if you would like to impress us) about their superpowers? Superheroes all have powers. Some superheroes can fly, some can save lives (like our real-life nurse, doctor and firefighting superheroes). What can they do? Why does your superhero need this power? How do they do it? Do they need anything to do it (e.g. a special suit)? How did they get their superpower? Draw a picture of your superhero using their power.
- **Superhero dens** – where does your superhero live? Draw a picture of their den and add some labels. Do they have a secret entrance? Is there a special place to store their vehicles? Is their den camouflaged? Do they have lots of rooms or just one?
- **Flying superheroes** – when superheroes fly, how do they do it? With an adult, use a book or the Internet to research how animals and birds fly. Is this how a superhero flies? Write a sentence to tell us what you found out about how animals and birds fly.
- **Superhero instructions** – write instructions about how to get dressed. Can you follow your instructions on your own and be a superhero for your adults?
- **Comparing superheroes** – think about the real-life superhero you worked on last week. Draw a picture of your own superhero and your real-life superhero. Add labels to show how they are the same and how they are different (e.g. brave; can fly).

Remember to keep these ideas as we will use them over the next few weeks.

## Maths (as well as daily Numbots/Study Ladder)

- Practise counting forwards to 20. Practise lots of times using a different action each time. E.g. Clapping, marching, jumping, hopping. Start at different numbers (1, 5, 11, 16). See if you can then count backwards from 10 to 0 then 20 to 0.
- Use Lego/Duplo bricks or blocks to make different sized towers. Now put the towers in order from the shortest to the tallest. Can you make a tower as tall as yourself or your favourite teddy? How many blocks did you use?
- Draw around your foot on a piece of paper and cut it out to make a footprint. Use your footprint to measure different objects in your house. Can you find something that is longer than your footprint? Can you find something that is shorter than your footprint?



- See how tall everyone is in your house. Order your family from the tallest person to the shortest person. Ask someone in your family to lie on the floor and measure how long they are in toy cars, duplo bricks, pencils.
- Complete the following sheet by cutting and sticking the numbers in the correct place. If you do not have scissors and glue, you could just write the missing numbers in the boxes.

# Ordering to 20 Cut and Stick Activity Sheet

1		3	4			7			10
---	--	---	---	--	--	---	--	--	----

11			14		16		18	19	
----	--	--	----	--	----	--	----	----	--

-----  
Cut out the numbers below. Stick them in the correct order above.

8	20	15	12	9	2	17	13	6	5
---	----	----	----	---	---	----	----	---	---

## Topic (including Purple Mash)

- **Floating and sinking experiment:** Have a good look around your home and choose some objects or toys to use as part of an experiment to see which objects float and which sink. You could use a Lego brick, a shell, a sponge, or a stone etc. It would be a good idea to have at least ten objects to use. Ask a grown up help you to fill a bowl or sink (or any large container or even in the bath!) with water. You could have a guess and make some predictions about what you think will happen. Have a chat about what you found out. You could even record your predictions and results on paper. Were you right? What did you find out? What do you notice?
- **Super art:** Can you create a piece of artwork about you and your family? You can choose to draw, paint, or collage a picture of your family. You could have a look at the work of some famous artists for inspiration and create a picture in the style of that artist. The Tate Kids website has some fantastic resources and ideas that you can use to help you. You can even create a picture on the Tate Kids website and add it to their gallery! This is a fantastic site, so have a look if you can! [www.tate.org.uk](http://www.tate.org.uk)
- **Superhero snack:** We would like you to make a healthy snack, you could make a fruit salad, a fruit or vegetable kebab or even a Superhero Sandwich! You could even make a snack for your family to enjoy together! Why did you choose the ingredients you used?
- **Yoga:** Have a go at doing some yoga! Ask your family to join in with you! How did it make your body feel? Why do you think we need to exercise?

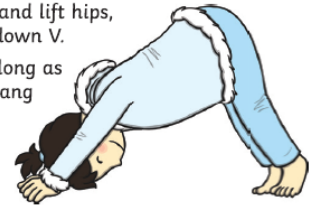
## Preparation and Safety

Age	5-7
National Curriculum	Develop balance, agility and co-ordination.
Time	Can be adapted to any setting or time frame.
Preparation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.
Safety	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.

## Downward-Facing Dog - Adho Mukha Svanasana

**Benefits** Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



## Warrior II Pose - Virabhadrasana II

**Benefits** Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



## Chair Pose - Utkatasana

**Benefits** Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



## Mountain Pose - Tadasana

**Benefits** Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



## Tree Pose - Vrikshasana

**Benefits** Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



- **Spend time together:** Have fun playing a game with your family! This could be a board game or a card game.

We know sometimes it's tricky not to be able to go outside and play with our friends. Here are a few ideas from Sue Rodford from the Hardington Vale Parish to help:

- **Bubble breathing** – Take a pot of bubbles, tell your child you are going to do some bubble breathing to help them feel calmer. Get your child to dip the wand into the bubble mixture, take a deep breath in and slowly blow out through the wand. Watch the bubbles float away, imagine the bubbles are taking away your worries and fears.
- **Barefoot walking**- Do this activity together, if you can go outside in a garden or on a grass area, check the area for sharp things, etc. Take your shoes and socks off and walk on the grass, notice how it feels on your feet, notice how it makes you feel.

- **Calming bottle** – Fill an empty bottle with water, add some glitter. Get your child to shake the bottle, place their hand on their tummy and breathe in and out slowly as the glitter settles.
- **Cloud dough**
  - 1 cup of cornflour
  - ½ cup of hair conditionerMix together until it looks like dough. This is very soft to play with, it can become crumbly, playing with it in a large bowl stops it getting everywhere. You can keep this in an airtight container.