



# RECEPTION

# HOME LEARNING

25TH JANUARY - 29TH JANUARY

Remember what's important!

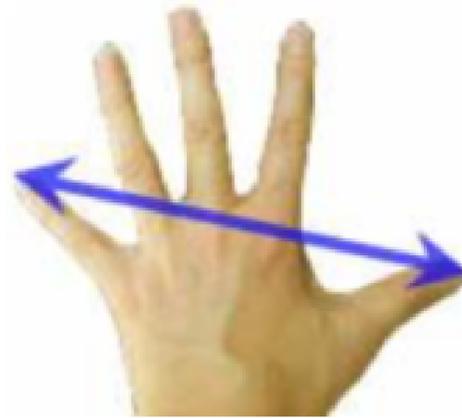
Be together

Play together

Talk together



# Measuring Objects



Have a go at building a tower using blocks, lego or boxes.

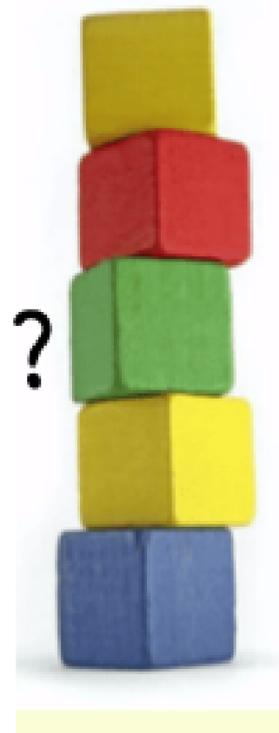
How many different ways can you measure the height of your tower?

Can you record your answer?

Find another 3 things you can measure?

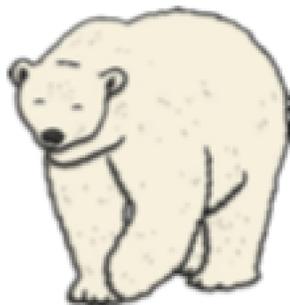
Which is the tallest?

Which is the shortest?

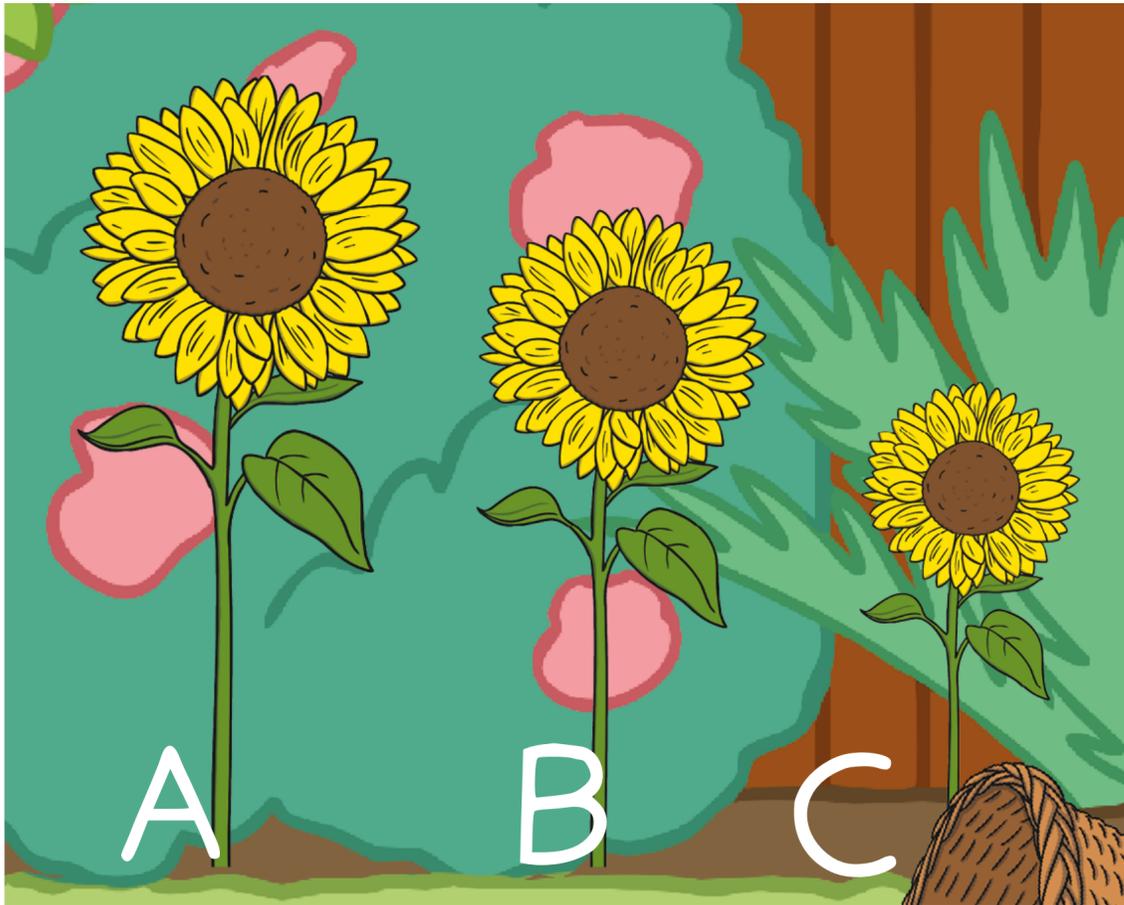


# Polar Bear Ordering

If you have a printer, print this page and cut out each image. **Can you order the Polar Bears by size (smallest to biggest)?** Don't worry if you don't have a printer, you can still order the Polar-Bears by telling your grown-up which is the smallest, second smallest, third and so forth.

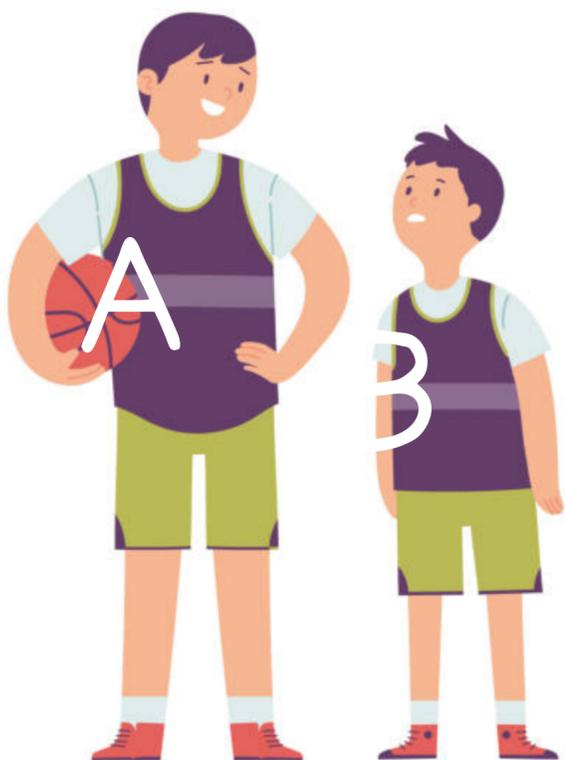
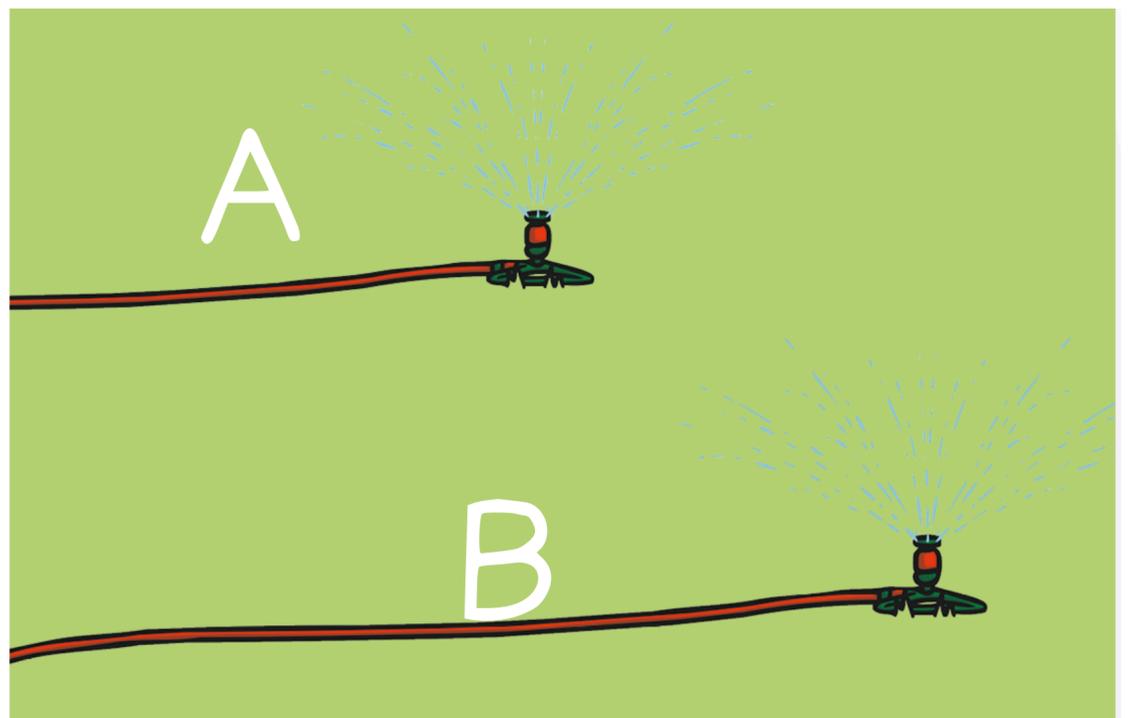


# Comparing the lengths and heights of objects



Which sunflower is the tallest?

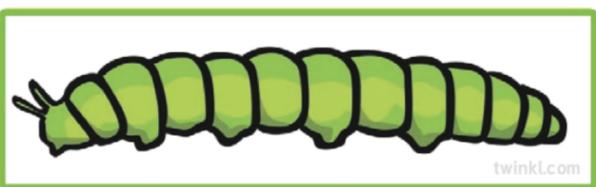
Which hose is the longest?



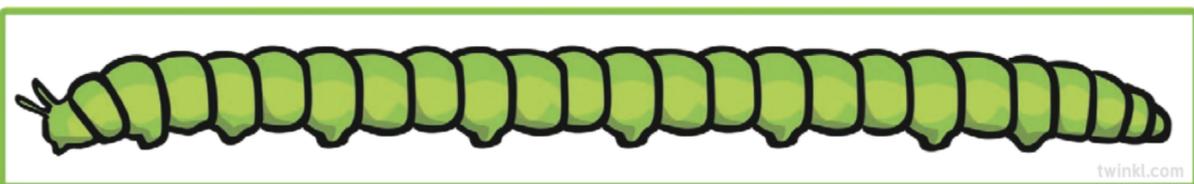
Who is the tallest?

# Ordering length

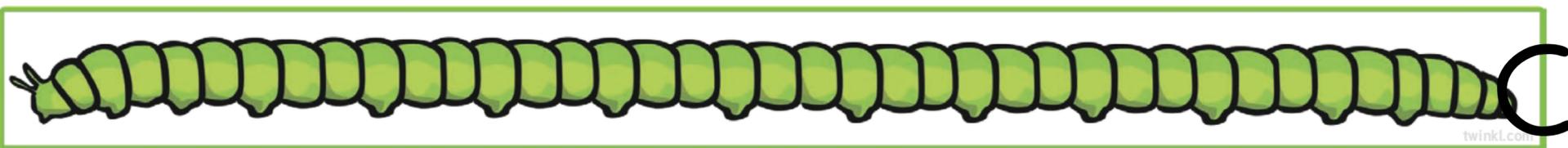
Look at the caterpillars below.  
Can you order them, shortest to longest?



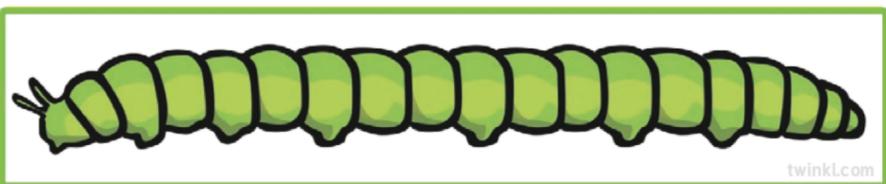
A



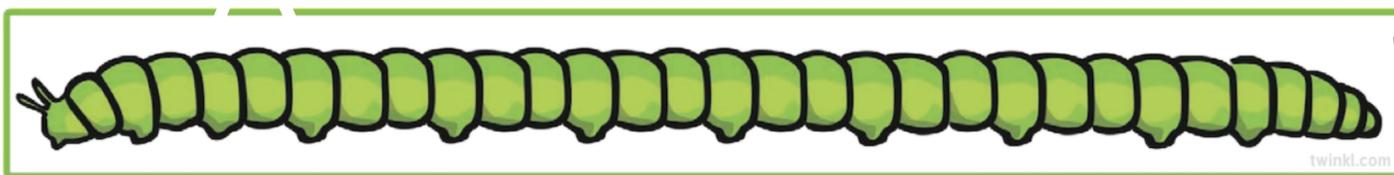
B



C



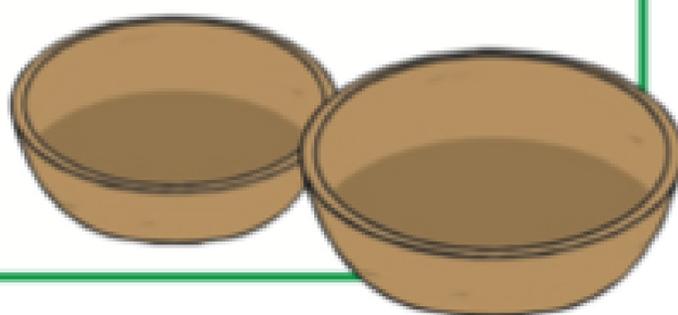
D



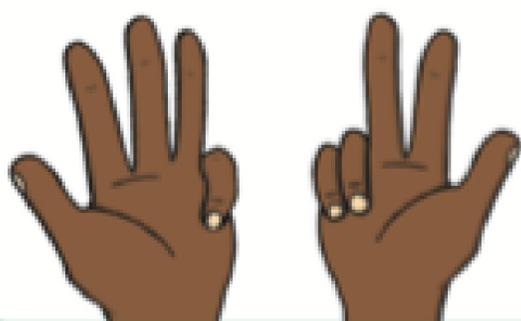
E

# Find the total number of items in two groups by counting all of them

Collect two bowls. Put three bananas in one bowl and two apples in the other. How many pieces of fruit do you have altogether?



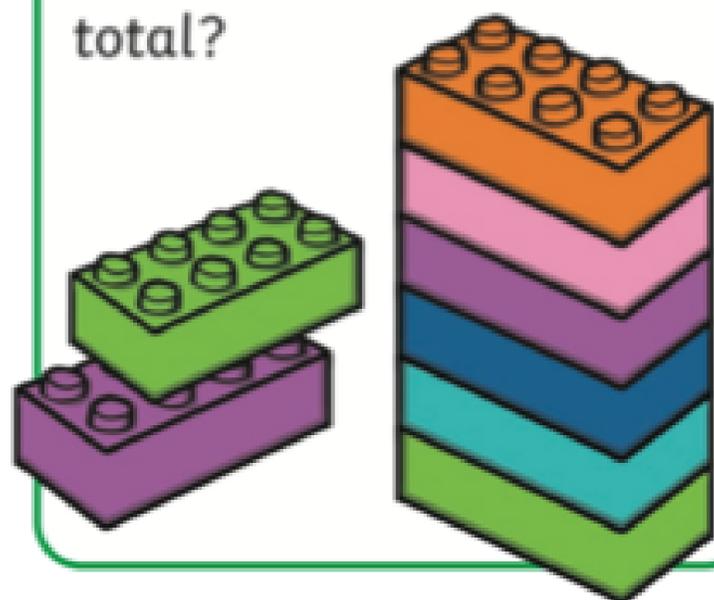
Hold up four fingers on one hand and three on the other. How many fingers are you holding up altogether?



Ask a grown-up to help you to draw a picture of the seaside. Draw three sea creatures in the water and two creatures on the sand. How many seaside creatures have you drawn altogether?



Build a tower using six blocks, now build another using four. Can you count how many blocks you have used in total?



# YOGA

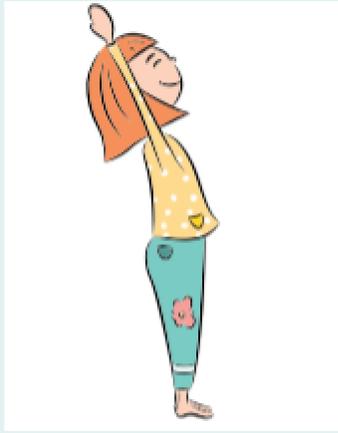
## Tadasana

Mountain pose

Step 1 Stand tall, with your toes touching and feet slightly apart. If it is more comfortable, you may keep your feet a few inches apart.

Step 2 Press your shoulders back, and straighten your arms beside your torso.

Step 3 Breathe deeply, and hold this pose for 5 deep breaths, or as long as you are comfortable.



## Virabhadrasana

Step 1 Begin in Mountain Pose

Step 2 Step your feet wide apart and stretch your arms out to either side, palms facing down.

Step 3 Turn one foot, so it is pointing to the side, then bend your knee on that leg.

Step 4 Look beyond your fingertips for a 5 deep breaths.

Step 5 Straighten your front leg, then turn your toes back to facing forward.

Step 6 Now switch to your opposite side!



## Childs Pose

Step 1 Kneel on the floor, touching your big toes together.

Step 2 Sit back on your heels, and separate your knees hip-width apart.

Step 3 Slowly bring your head down, and rest it on the floor in front of you.

Step 4 Rest your hands comfortably by your side.

Step 5 Relax and breathe. You can stay in this pose as long as you would like.

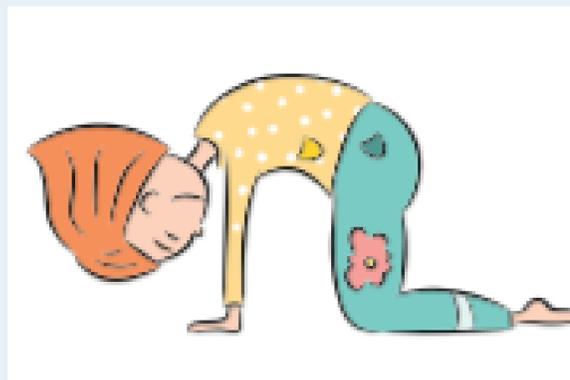


## Marjaryasana

Step 1 Begin in Table Pose.

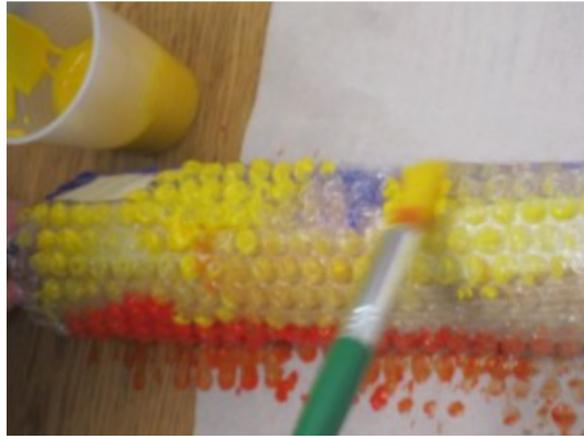
Step 2 Round your back towards the ceiling and look at your belly.

Step 3 Follow with Cow Pose for a gentle yoga flow.



# BRAIN BREAK

# Bubble Wrap Rolling Pins

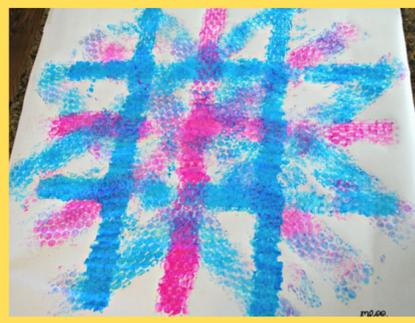


## You will need:

- \*A rolling pin (or a plastic bottle)
- \*Bubble wrap
- \*Sellotape or Masking Tape
- \*Paint
- \*Paper

## What to do:

- \*Wrap the bubble wrap around the rolling pin and secure with tape.
- \*You could either directly apply paint onto the rolling pin using a paintbrush or have paint set up on a painting tray (or flat tray) and roll onto it, before applying to paper.
- \*Now experiment with colour and pattern



# Make Crayon Leaf Rubbings



This activity requires nothing more than leaves, paper and crayons! Go on a nature hunt for leaves (the flatter, the better), and then experiment with colours, sizes and textures! Cut out your artwork to display or use it as a decorative piece. This activity is a fun way to uncover the patterns in nature!

Please note, this activity also works with colouring pencils.



# Make a Stick Maze



Have a go at making your very own maze. First, plan out your maze on paper (use a pencil). Then, collect sticks and build! If you have space and access to larger logs, you could make a life-size maze too!

# RAINBOW SCAVENGER HUNT

- primary playground
-  Find something red.
  -  Find something yellow.
  -  Find something orange.
  -  Find something green.
  -  Find something blue.
  -  Find something purple.
  -  Name a fruit that is red.
  -  Name an animal that is yellow.
  -  Name a vegetable that is orange.
  -  Name a plant that is green.
  -  Name a flower that is purple.
  -  Name something outside that is blue.
- 

# Kim's Game: What's missing?

1. Place a number of household items onto a tray (the more items, the more challenging the game, so start with just 3-4 items and increase from there).
2. Tell your child to have a close look at the items on the tray. Name them together and talk about them (the more you discuss the items, the more likely your child is to remember them).
3. Cover the items with a tea towel. Ask your child to close their eyes and as they do so, remove one item from under the cloth.
4. Ask your child to open their eyes, remove the cloth and tell you what's missing!
5. Ask your child to draw as many of the items that they can remember.



# Physical Development

## KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



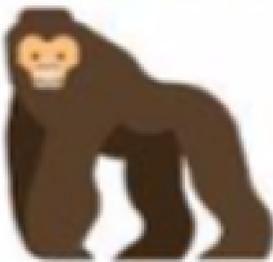
### FROG JUMPS

Hop, hop, back and forth like a frog



### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



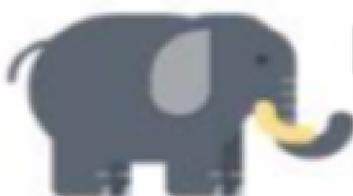
### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

# Puddle Play Experiments

<https://creativestartlearning.co.uk/early-years-outdoors/10-puddle-play-investigations/>

Here are some exciting puddle experiments to try on a rainy day:

**Whirlpools-** Swirl a stick around very quickly to make a whirlpool. Add a Lego man and see what happens...

**Build a boat-** Find materials which float, such as bark. Leaves threaded onto twigs make good sails. How can you make the boat move from one side of the puddle to the other?

**Stone Drops-** Drop a flat stone into a clear deep puddle. Watch it sink. Now find some smaller stones and see if you can get one to land perfectly on top. Is there any particular size or shape of stone which works best for this activity?

**Stepping stones-** Try finding ways of stepping through a puddle without your feet touching the water.



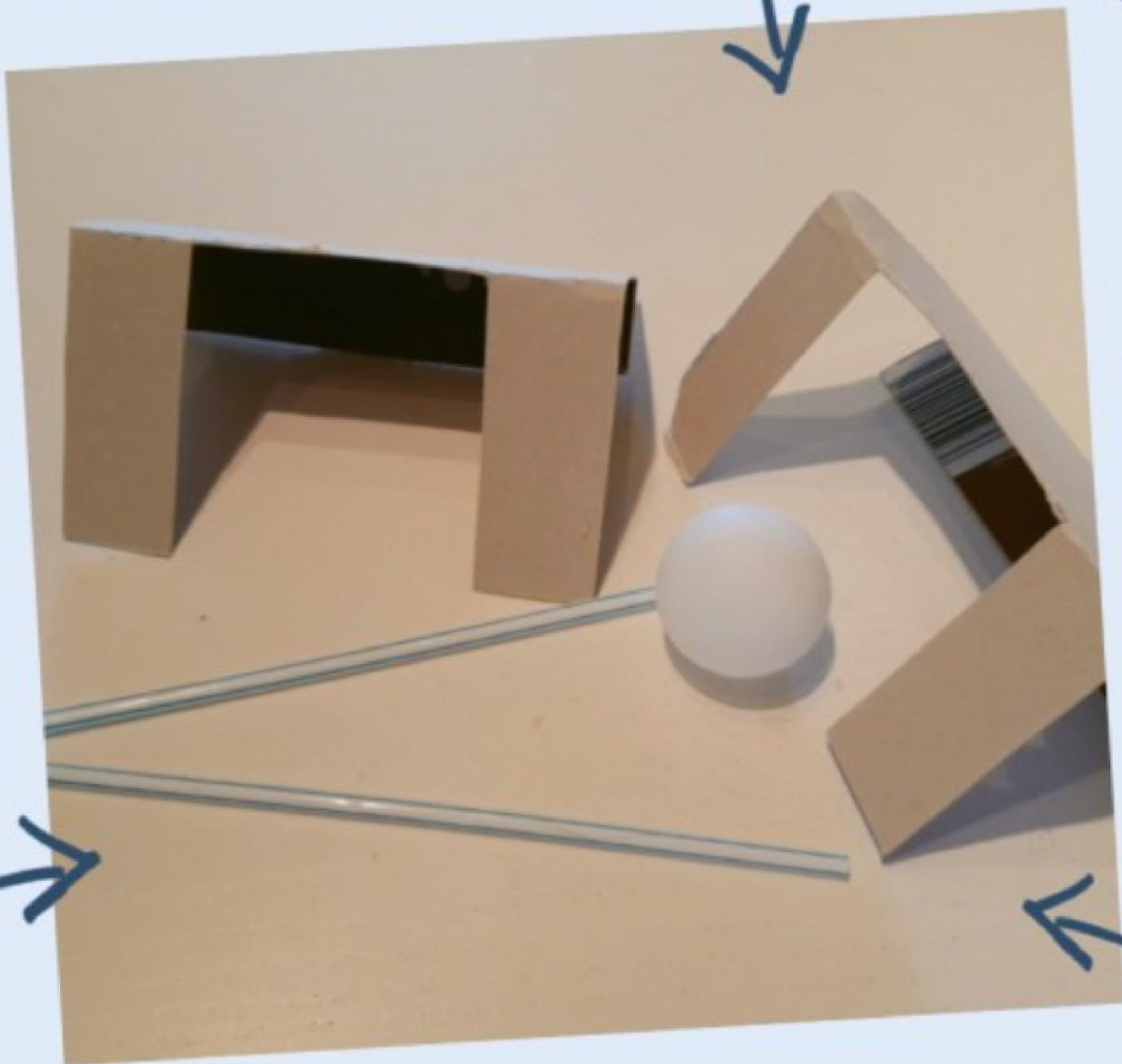
# Blow Football

Make your own blow football game from things you can find at home, find someone to play against and 'give it a blow!'.

You will need:

- Cardboard (cereal boxes work well)
- Two drinking straws
- Ping pong ball

We folded a piece of cereal box in half and cut out a 'goal shape', you'll need two.



We used drinking straws but again, if you don't have these make your own by rolling up a piece of paper up tightly and use sticky tape to tape it together.

We used a ping pong ball but if you don't have one try scrunching up a piece of newspaper into a simple ball.

# Phonics

q q qu

is the sound at the beginning of:

**quick quack quest**  
**quiz quit**

Have a look at the video to see how to write this sound. **q** is a letter of the alphabet, but as a sound it is always followed by a **u**

When you have written some 'qu' words, see if you can read this sentence:

**The ducks go quack quack in the pond.**  
**The quick black bug ran across the mud.**

We have now learned a sound for every letter of the alphabet!

## Letter names

Watch the video of Tessa reading the alphabet rhyme.

We now need to learn the name of each letter as well as the sound!

Can you say the alphabet in the right order?

If you have an alphabet puzzle at home, see if you can point to a letter at random and say the letter name and the letter sound.

Here are 2 new words to learn as sight words:

**we be**

Here are some more **yes/no** questions! Find your yes/no card (or make another one). Give it to your grown up. Ask your grown up to help you read the question, then show the correct side of the card.

**Can a pig quack?**  
**Is Tessa a cat?**  
**Can ducks swim?**  
**Did Jack and Jill go up the hill?**

a	b	c	d	e
f	g	h	i	j
k	l	m	n	o
p	q	r	s	t
u	v	w	x	y
z	ff	ll	ss	ck

<https://www.lesleyclarkesynteticphonics.co.uk/index.php/parents/125-articulation-of-phonemes>

# Literacy:

## On the way home

### Activities

- **Watch** the video and follow the story on the story map
- Every time you watch the story, see if you can join in with some of the actions
- As you get to know the story, can you join in with some of the words?  
Some parts are repeated several times:  
*'Look at my bad knee' said Claire*  
*'How did you do it?'*  
*'Well' said Claire.....*
- **Act out** the story!

You could just role play the last part of the story, where Claire finally get home. You could be Claire and your mum could be mum! Then you could swap roles!

You could pretend to be flying off to a distant planet in your space ship.....

Pretend to be the dragon, swooping down to carry Claire off in your claws.....

You are the wicked witch, bundling Claire into your shopping bag

You could use some toys to act out the story

- **Draw** pictures for the story. Choose what you would like to draw: perhaps you like to draw dragons? Or spaceships? Or witches?

# Literacy:

## On the way home

### Activities

- Read some words from the story:

2 sounds: on at it in up off

Rhyming words: well tell fell

3 sounds: got bag mum but did box

4 sounds: next

Sight words: a I the

(Challenge!)

2 syllable words: planet dragon biggest

- Write some of these words. Ask your grown up to say the word, then have a go at sounding out the word by yourself. Don't worry if you cannot write all the sounds - just have a go! If you are not sure about how to write some of the letters, have a look at the alphabet map
- Keep listening to the story and joining in. See if you can learn the story so that you can tell it by yourself!

## 'On the way home' Script

Claire had a bad knee, so she set off home to tell her mum.

On the way home, Claire met her friend Paul.

"Look at my bad knee" said Claire.

"How did you do it?" asked Paul.

"Well..." said Claire. "There was a vast flying saucer and it tried to take me to a distant planet!

But I struggled free and fell crashing to the ground! And that's how I got my bad knee!"

Next, Claire met her friend Sam.

"Look at my bad knee" said Claire.

"How did you do it?" asked Sam.

"Well..." said Claire. "there was an enormous dragon and it picked me up in its claws!

But I gave it a big kick and it dropped me to the ground. And that's how I got my bad knee"

After that Claire met her friend Hannah.

"Look at my bad knee" said Claire.

"How did you do it?" asked Hannah.

"Well..." said Claire. "There was a wicked witch and she bundled me into her shopping bag!"

"But I broke the bag with my feet and dived to the ground! And that's how I got my bad knee"

Finally, Claire arrived home.

"Look at my bad knee" said Claire to her mum.

"How did you do it?" asked mum.

"Well..." said Claire "I was on the swing in the playground, when suddenly, suddenly, suddenly ... I FELL OFF!"

Claire burst into tears!

"Never mind, we'll put a plaster on it" said mum

"The biggest (*arms spread very wide*) in the whole box, please mum!" said Claire