



RECEPTION

HOME LEARNING

6TH JANUARY - 8TH JANUARY

Remember what's important!

Be together

Play together

Talk together



Maths: Number Pebbles



Create some simple number pebbles or stones to make a lovely, natural play resource. This resource is a great way to develop number recognition as well as counting, sequencing and matching skills.

You will need:

- pebbles (or stones)
- a marker

How to:

- make two sets of pebbles. Use a marker to write numbers on one set and form dots on the other.

Activities:

- can you match each number to the corresponding number of dots?
- can you order the numbers and dots?
- can you find the missing number?

Dice Game



Use a 'dotted' dice and write the numbers 1 to 6 on a sheet of paper.

Roll the dice. Can you guess how many dots there are?

Check if your guess was correct by counting the number of dots shown.

Which number matches with the dots shown on the dice?

Some useful Maths websites:

<https://www.bbc.co.uk/cbeebies/shows/numberblocks>

<https://www.topmarks.co.uk>

<https://www.bbc.co.uk/cbeebies/topics/numeracy>

<https://www.themathsfactor.com>

Choose a number:5

- write it
- count it using your fingers
- add 3
- take away 2
- add 4
- subtract 2

Can you write the next 3 numbers?

Choose another number and repeat!

0 to 20 Number Line



YOGA

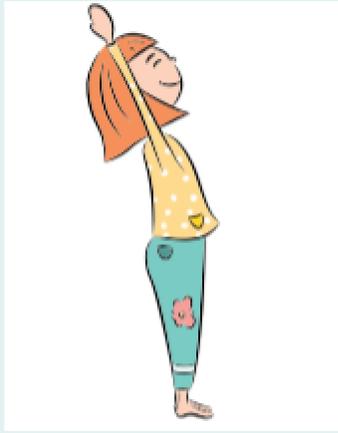
Tadasana

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.



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.



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!



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

Time to get creative...

Have a go at creating a piece of art using objects you find in the garden or around your home. Logs, chopping boards, pieces of fabric, paving stones or playdough can act as your canvas.



Rain Art



Paint some spots on paper, leave out in the rain for a short time and see how the raindrops enhance your painting.

Or

Choose two coloured chalks and draw a picture on white paper. Leave your picture out in the rain. Watch it from the window or go out in the rain to watch the colours merge.



Remember to stay active!



Alphabet exercising - Tell your grown up a letter of the alphabet or point to the letter and say the name. Then your grown up will tell you what exercise you need to do, or why not start with 'a' and see if you can make it to 'z'.

- a. 5 jumps**
- b. Hop on one foot 6 times**
- c. Touch your toes 10 times**
- d. Clap your hands above you head 8 times**
- e. Spin around 2 times**
- f. March on the spot for 20 seconds**
- g. Stand on one foot for 10 seconds**
- h. 7 bunny jumps**
- i. 9 arm circles- one arm**
- j. Touch your head, shoulders knees and toes. Repeat 3 times**
- k. Wiggle your toes 6 times**
- l. Place both hands on your head for 20 seconds**
- m. Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor. Repeat with the other leg.**
- n. Click your fingers 5 times**
- o. 4 squats**
- p. Jog on the spot for 15 seconds**
- q. Flap your arms like a bird 12 times**
- r. 9 jumping jacks**
- s. 5 star jumps**
- t. Stamps your feet like a giant 9 times**
- u. Sit with legs facing forward and flat on the ground. Reach for your toes and hold this position for 8 seconds**
- v. 6 arm circles- both arms**
- w. Hop on one foot 8 times, then hop on the other foot 8 times**
- x. Curl into a snail position for 10 seconds**
- y. Jog on the spot for 30 seconds**
- z. 10 squats**

Useful websites:
<https://www.nhs.uk/10-minute-shake-up/shake-ups>
<https://www.cosmicKids.com>

Can you think of other ways to move?

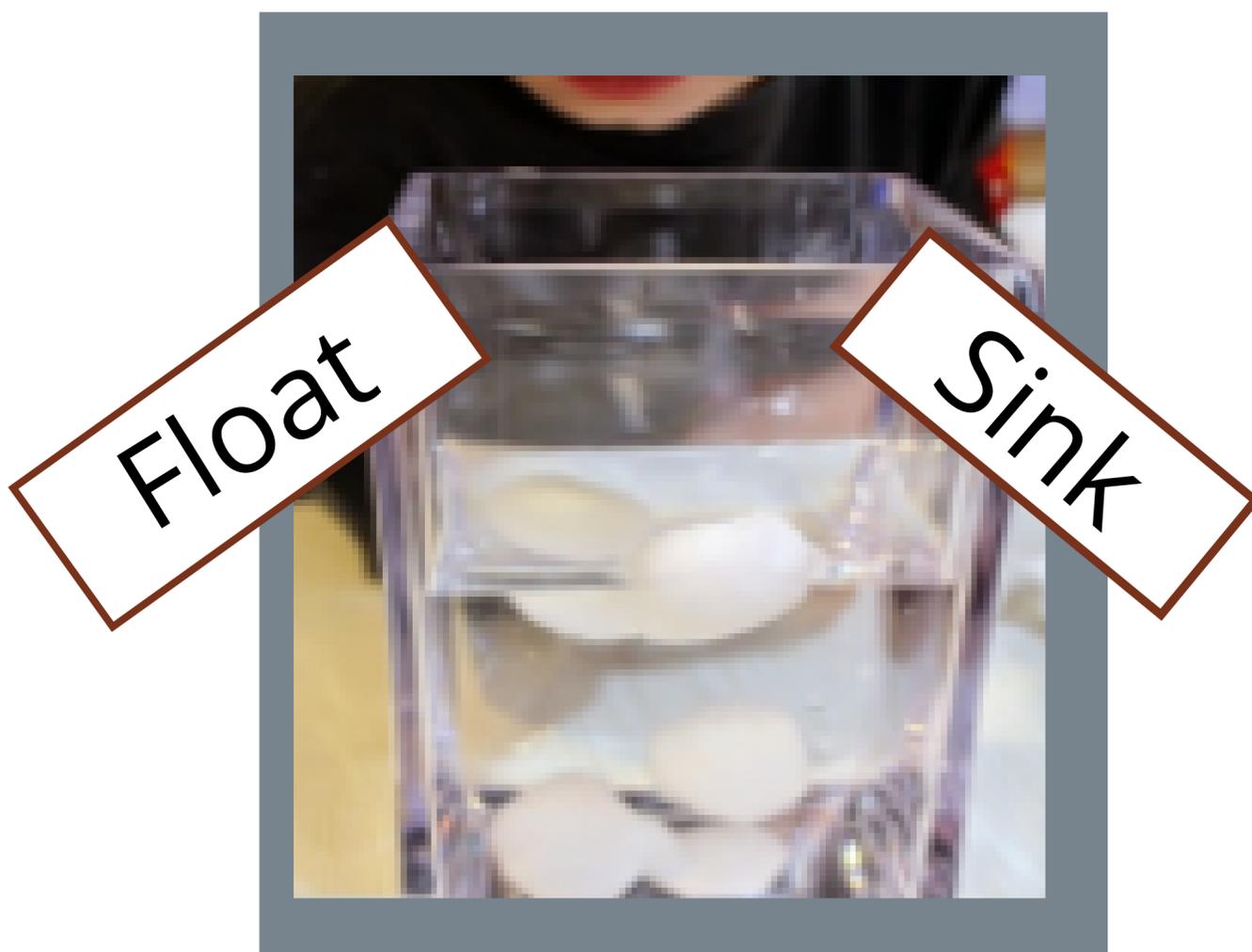
Science

Have you ever thought about doing your very own science experiment at home? Well here is a great experiment that you can try...

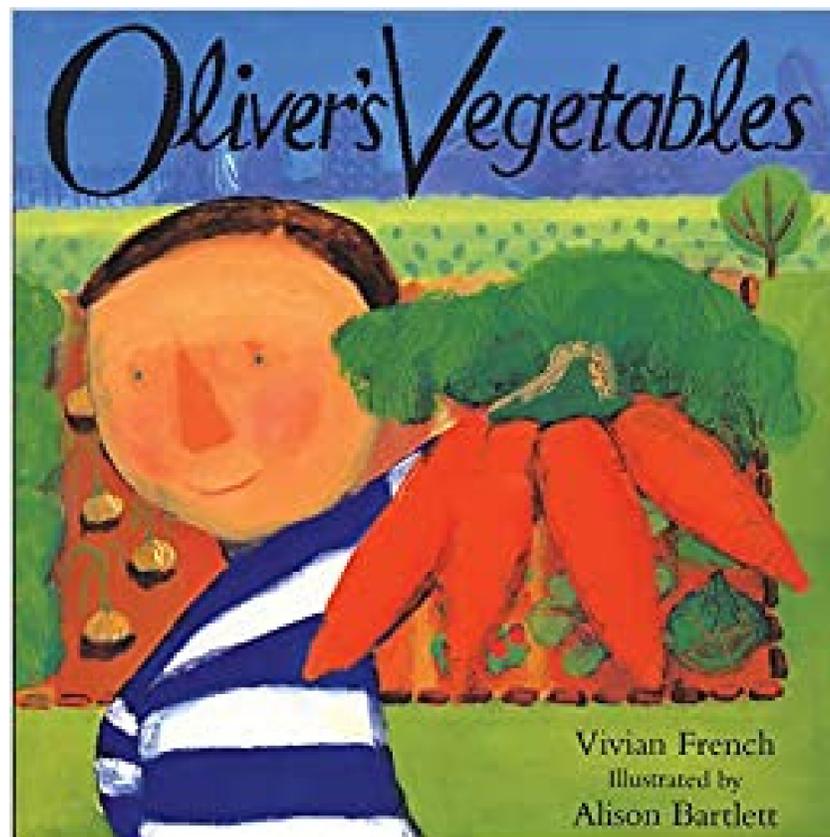
To begin, make a prediction about whether or not a plain cotton ball would float or sink in water.

Cotton balls are interesting to observe because they initially float. When they become saturated with water, they sink to the bottom.

Next, using your sense of touch, sight, and smell, observe the cooking oil. Dip the cotton balls into the oil and make predictions about what would happen when they are placed in water.



Literacy- Reading



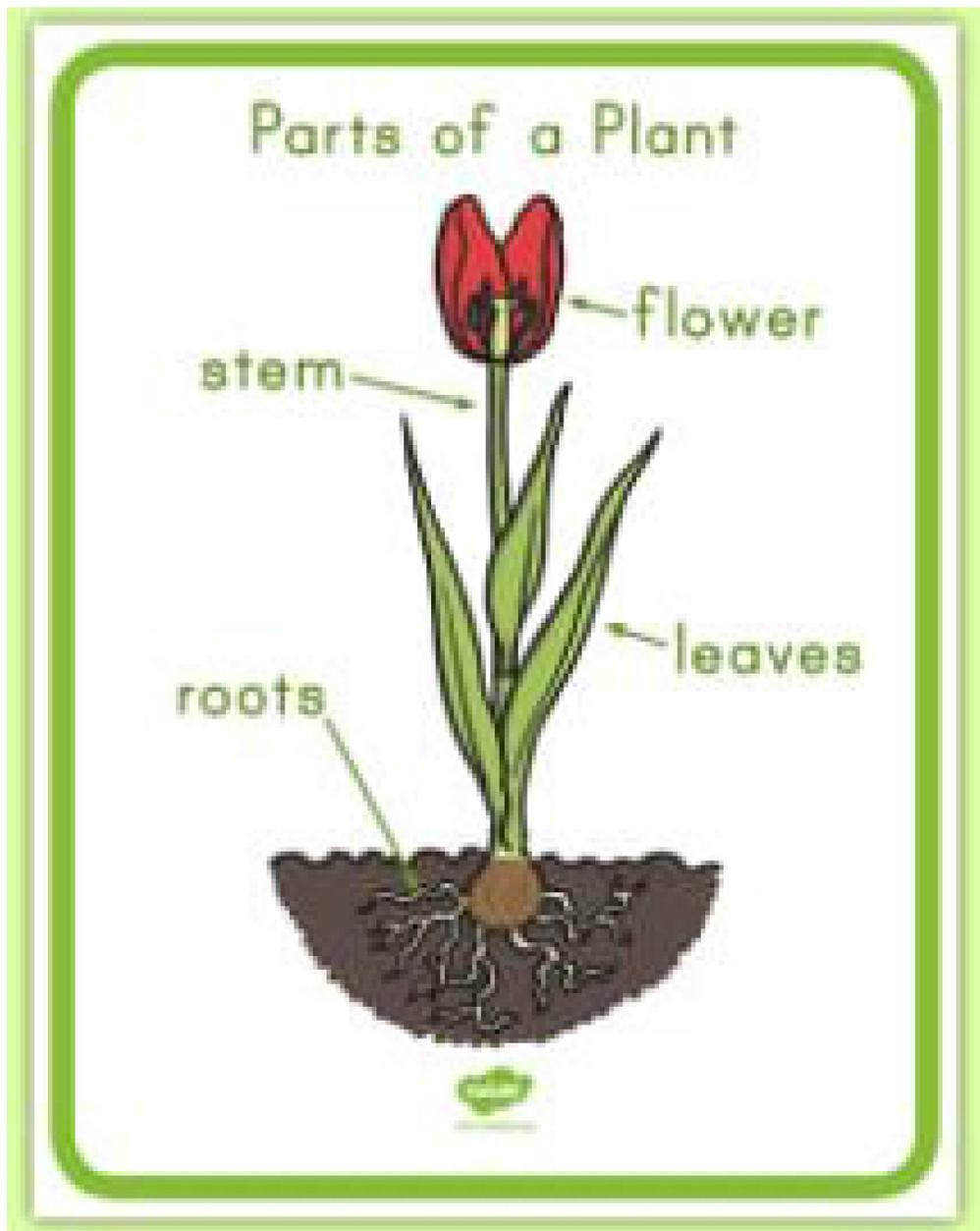
<https://www.youtube.com/watch?v=2yvllKqyVUc>

Use the link above to listen to the story: 'Oliver's Vegetable's' by Vivian French.

Can you answer the following questions?

What was Oliver's favourite vegetable?
What other vegetables did he eat at his Grandparents' house?
What is your favorite vegetable? Why do you like it?

Literacy- Writing



Look at the labeled parts of a plant in the picture above. Go on a Plant and Flower Hunt. What do plants and flowers need to grow? - water, sunlight, air, soil.

Task: Draw a flower and label its parts- stem, flower, petals, roots and leaves.