



RECEPTION HOME LEARNING IDEAS

TUESDAY 6TH JULY 2021

Remember what's important!

Be together
Play together
Talk together



Phonic activities: Kitchen phonics

How to make scotch pancakes

You will need:

- A jug
- A pan
- A metal spoon
- A wooden spoon
- A bowl

Ingredients:

1 egg
200ml milk
150g self-raising flour
75g sultanas
Butter, syrup, jam

To make the batter:

1. Whisk the egg and milk in a jug
2. Sift the flour into a bowl
3. Add the egg-milk mixture to the flour
4. Stir with a wooden spoon until you have a smooth batter
5. Add the sultanas

To cook the scotch pancakes:

1. Brush a non-stick pan with oil or butter
2. Spoon in a tablespoon of batter
3. Cook for 1 or 2 minutes until brown underneath. You might see bubbles forming on the top!
4. Flip and cook the other side
5. Enjoy with butter, jam or syrup.

'The Giant says'

An adaption of the traditional game 'Simon says'

Parent/carer: The giant says, "count from 1-10."

Child: "1, 2, 3, 4, 5, 6, 7, 8, 9, 10."

Parent/carer: The giant says, "count back from 10-1"

Child: "10, 9, 8, 7, 6, 5, 4, 3, 2, 1"

Parent/ carer: The giant says, "find 1 more than 8"

Child: "9"

Parent/carer: The giant says, "find 1 less than 8"

Child: "7"

Here are some more giant commands:

- Count from 1-20
- Count back from 20-1
- Find 1 more than 13
- Find 1 less than 11
- Draw a circle
- Draw 8 small squares inside your circle
- Cross out 3 of the squares and tell me how many are left!

Make your own pairs game



Decorate as many matching pairs of flags as you like (start with 4 pairs). The more you make, the more challenging the game will be!) You could use a flag from your country or from a country you've visited before.

Once you've made your sets of flags, turn them upside down, mix them up and see how quickly you can find the pairs. Who is the quickest in your household?

You could adapt this game to almost anything: numbers, words, colours, insects or whatever you like!

Also, don't forget to send us pictures of your creations on EvidenceMe.

YOGA

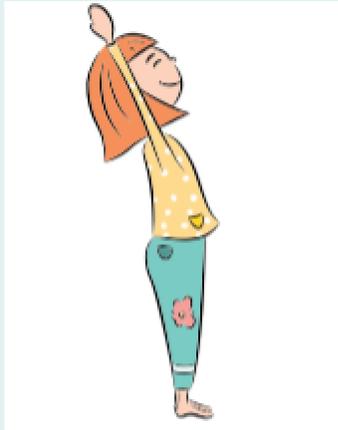
Tadasana

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.

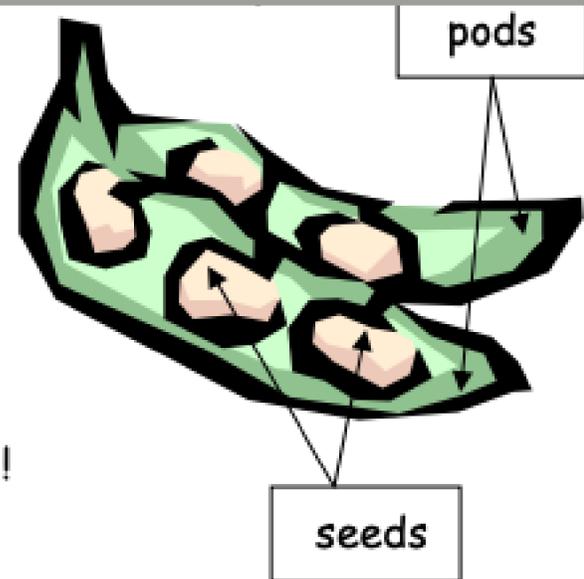
Step 3 Follow with Cow Pose for a gentle yoga flow.



BRAIN BREAK

Grow your own beans!

There are many kinds of beans in the world. Beans are seeds inside Pods. Sometimes there's 1 seed in a pod, sometimes there are 2, 3, 4, 5, 6, 7 or 8 seeds. Bean pods grow on beanstalks.

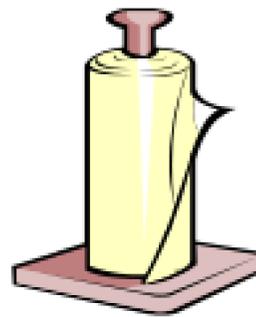


Follow instructions A or B to grow your own beans!

Instructions A

Equipment:

- an old jar
- 6 paper towels
- some water
- 6 dried beans



1. Fold up the paper towels.
2. Put the towels inside the jar.
3. Add 3 centimetres of cold water.
4. Put the beans between the paper towels and the jar.
5. Leave in the sun for 1 week.
6. Can you see the roots of the beans?

roots



Instructions B

Equipment:

- a plant pot
- some soil
- 6 dried beans
- some water



1. Put some soil in a plant pot.
2. Push the beans 2 centimetres into the soil.
3. Add some cold water.
4. Leave in the sun for 1 -2 weeks.
5. Can you see any leaves?
6. Watch the beans grow bigger and bigger every week!

roots



a beanstalk!

leaves



Nature's music

Nature is full of great opportunities in turning natural objects into musical instruments...

Maracas

You will need

- An empty, clean tin can (with the label removed)



- A balloon



- Elastic bands



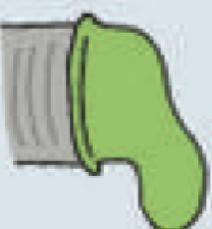
- A handful of seeds, rice, lentils, nuts or small stones



- 1 Put your loose materials into your tin can.



- 2 Stretch the balloon over the open end of the tin.



Be careful of sharp edges.

- 3 Once in place, secure it with elastic bands.



- 4 Give it go – shake your maraca!



Grass whistle

You will need

- A wide blade of grass



- Your two thumbs



- 1 Hold the grass taut between your thumbs.



- 2 Blow into the gap between your thumbs until you hear a whistle.

If you don't hear anything at first, try re-positioning the grass between your thumbs. Don't worry – it can take a bit of practice!



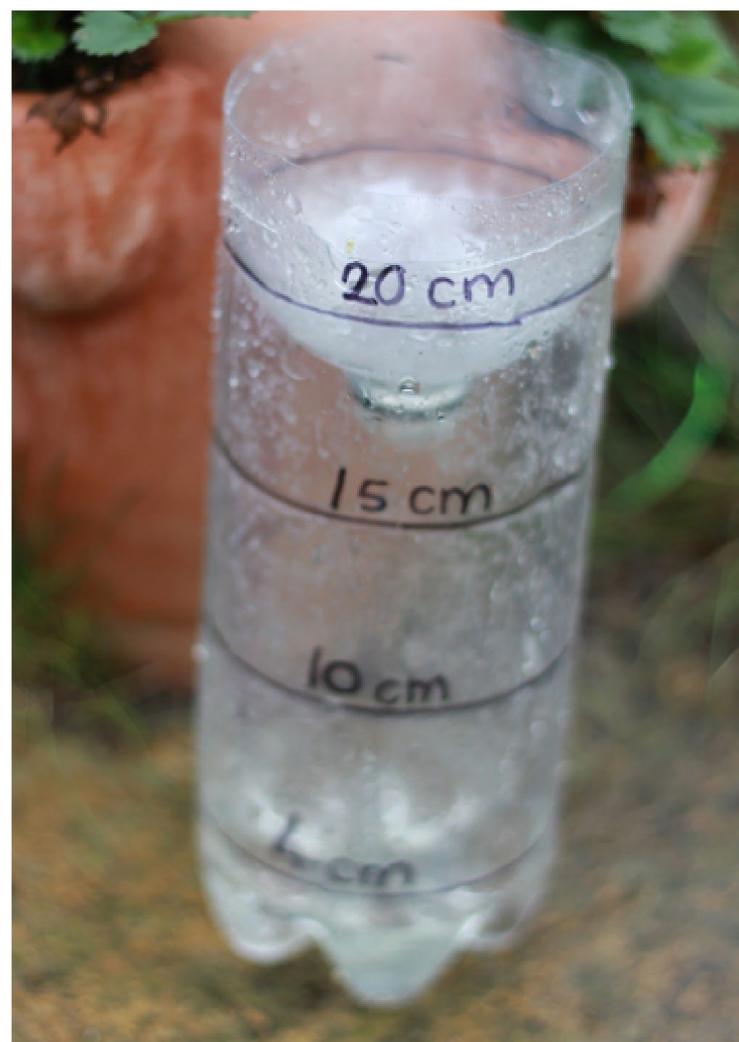
Make your own rain gauge

A rain gauge is an instrument that is used to measure rain over a certain period of time.

Find out how much rain falls where you live by making a rain gauge with your family.

At the same time each day measure how much rain is in your gauge.

Don't forget to record your findings!



How much rain?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Create your own fitness board game

Step 1. Find some paper (scrap paper works well for this)

Step 2. With your family, write a different physical challenge on each piece of paper. You can have as many or as few as you like.

Examples of physical challenges include:

Hop on the spot for 20 seconds

Touch the floor and jump as many times as you can in 15 seconds

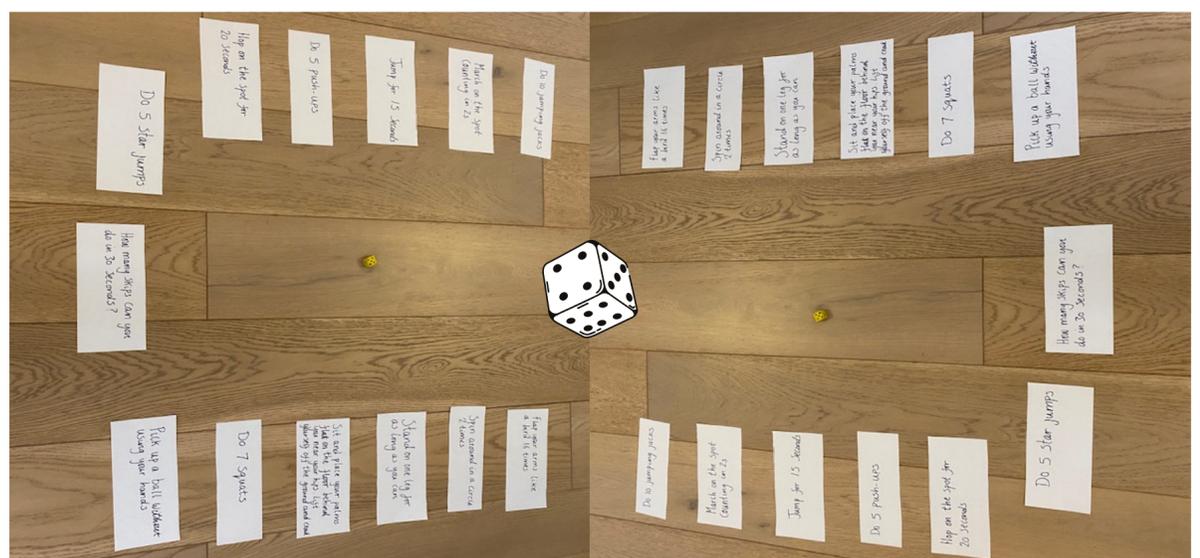
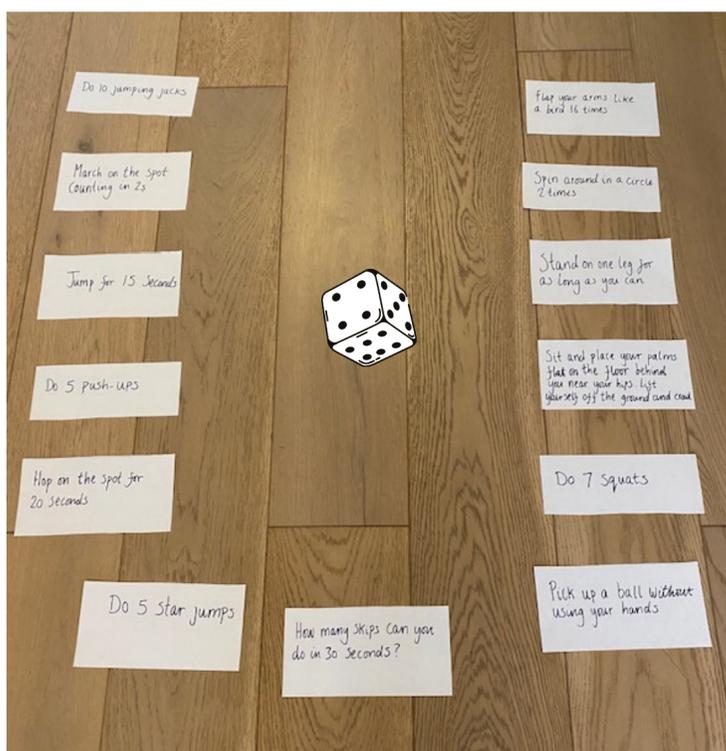
Stand on one leg for as long as you can

March on the spot counting in 2s or 10s

Step 3. Lay out your pieces of paper in any way you want. You can create a circle, zig-zag or a U-shape like one of the examples shown below.

Step 4. Roll a dice and move along your board to complete the task. If you don't have a dice at home, you could always make number cards and choose one without looking!

If you can, we would love to see photos of your game on EvidenceMe.



Spot the differences!



A

Look at picture A and B. Can you spot any differences?

B



Literacy: The Billy Goats Gruff

1. Design a wanted poster for the troll. Remember to add a picture and a description of the character.
2. Build a bridge to help the Billy Goats cross over. Think about what resources you might use, play dough, Lego, junk modelling or foil. How many Billy Goats can it carry at one time? Can you make it stronger?
3. Make your own puppets using sticks, wooden spoons or socks and retell the story. Remember to use different voices for the characters

WANTED

Name: _____

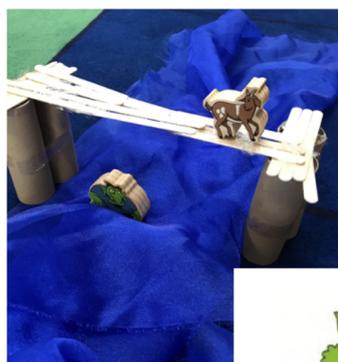
Description: _____

Crime: _____

Reward: _____

If found, please call: _____

the classroom creative.com ©



Watch and listen
using the link
below:

<https://www.youtube.com/watch?v=3QzT1sq6KCY>