

## Physical Development

Gross Motor:

- Wake up shake up  
<https://www.youtube.com/watch?v=1gUbdNbu6ak>
- Go Noodle (<https://family.gonoodle.com/>)
- Joe Wicks 5 minute move  
([https://www.youtube.com/results?search\\_query=joe+wicks+5+minute+workout](https://www.youtube.com/results?search_query=joe+wicks+5+minute+workout))
- Cosmic Kids Yoga  
(<https://www.youtube.com/user/CosmicKidsYoga>)

Fine Motor:

- Dough Disco (see videos on Tapestry, or find other Dough Disco videos here:  
[https://www.youtube.com/results?search\\_query=miss+sprinkle+dough+disco](https://www.youtube.com/results?search_query=miss+sprinkle+dough+disco))

## Literacy

- Read a book, and join in with any repeated phrases throughout the book.
- Pause in the middle of your book. What do you think is going to happen next? How might the story end?
- Can you read your favourite book to someone else in your house?

### **Tuesday's Daily Challenge:**

Practise writing your name. Have a look on tapestry for lots of exciting activities to help make practising more fun!

## Expressive Arts and Design

- Sing and dance along to your favourite songs. Encourage your child to move to the beat of the music or to clap in time.
- Help your child to create and expand upon stories around their play (e.g. animals need rescuing from a cliff).

## Communication and Language

- Skype or telephone a family member who you cannot go to visit.

### **Monday's Daily Challenge:**

1. Watch the tapestry video and have a go at making the different sounds with your mouth.
2. If you would like to, you can have a look in the mirror while you are doing this, and talk about the different shapes you are making with your mouth for each sound, where your tongue is etc.
3. Play the game 'I hear with my little ear'. Take it in turns to imitate the sound of something and guess what makes that sound. You could imitate the sounds of things found around your house, like a clock or a telephone, sounds outside your house, such as a train or the rain, or recognisable animals like a cat or a dog.

# Week 8

Week commencing 11.05.2020

## Personal Social and Emotional Development

### **Thursday's Daily Challenge**

1. Think about your favourite place you have visited. It might help to look at some photographs to help jog your memory! What did you do while you were there? How did it make you feel? Can you explain why you like it?
  2. Draw me a picture of your favourite place. Can you send me a video explaining your picture and answering the questions?
- Play a board game with someone else in your house to practise turn taking skills

## Understanding the World

### **Friday's Daily Challenge**

- Have a look at the 'Fascination Fridays' video on tapestry, and have fun playing with some colourful ice!
- Why don't you try adding some small toys to the water and then try to get them out once they have frozen!
- Have a go at some baking or cooking with your child. Help them to measure quantities and talk about the characteristics of solids and liquids (e.g., what happens when chocolate melts, what happens to eggs when they are cooked etc.)

## Mathematics

- Touch counting (see video on tapestry) Can you practise this every day?
- ### **Wednesday's Daily Challenge**
- Try this fun gross motor activity to work on the math concept of sets of 5!
1. Create a target area to throw the beanbags into.
  2. Throw your 5 bean bags.
  3. Count the bean bags! *How many have landed in the circle? How many are out of the circle? Do you think you will get more or less into the circle next time?*