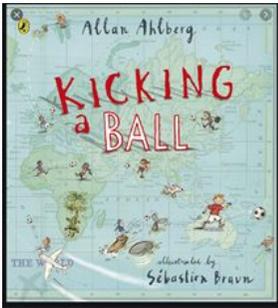


Reception	Prime Areas	Reading and Phonics	Writing	Maths	Well-Being
<p>Week 2</p> <p>Healthy Lifestyles-Physical Activity</p>	<p>Do a physical activity together. This could be a walk in your local area, making an obstacle course in your garden, completing a work-out video or learning and performing a dance routine. <i>Ask your child how they feel afterwards. Have they noticed any physical changes, e.g. heart beating / sweating / breathing heavily?</i></p> <p>Early Learning Goal: They move confidently in a range of ways, safely negotiating space.</p> <p><u>Heads, Shoulders, Knees & Toes song</u></p> <p>Join in with Mrs Bye singing this very active song and join in with the actions. Discuss physical changes to your body after completing it!</p> <p>Early Learning Goal: Children listen attentively in a range of situations. They listen to and respond to what they hear with relevant actions.</p>	<p>Listen to the story: <u>'Kicking a Ball' by Allan Ahlberg</u></p>  <p>Discussion: <i>What is your favourite sport/physical activity? What do you love about it?</i></p> <p>PHONICS</p> <p>Take part in the <u>Phonics Session with Miss Wright- the 'ur' sound.</u></p>	<p>Design a healthy lunchbox. You could support your child by drawing a large lunch-box shape on a piece of paper. Encourage your child to draw healthy packed lunch items inside (e.g. ham and cheese sandwich, apple, carrot sticks, yoghurt, oat biscuit) then label them using their phonics sounds. Discuss together which foods would make healthy choices for a lunch box.</p>  <p>Early Learning Goal: Children use their phonic knowledge to write words in ways which match their spoken sounds. They also write some tricky words. They write</p>	<p><u>Count to 100 work-out</u></p> <p>Watch this counting video and join in with each work-out move. The children loved this video in school!</p>  <p>Set up a pretend fruit and vegetable shop or stall (e.g. with a table, a selection of fruits and vegetables, and a container of pennies.) Make some price tags using paper, pens and tape for each item. (e.g. 3p, 5p, 6p)</p>  <p>Role-play shop-worker and customer so that</p>	<p><u>Being My Best: Exercise</u></p> <p>Discuss: <i>'Why do we need to exercise?'</i> (e.g. <i>to keep strong, help our muscles and bones to get stronger, feel happier (exercise releases feel-good chemicals in our brain) be social, have fun).</i></p> <p><i>'Let's think of some different ways to exercise.'</i> e.g. <i>running, swimming, dancing, climbing, playing a sport such as football.</i></p> <p><u>Why We Need To Sleep and Eat Healthily</u></p> <p>Watch this CBeebies video about sleeping and eating well, and discuss the points in the video.</p> <p>Early Learning Goal: Children know the importance for good health of physical exercise, and a healthy diet, and talk about</p> 

simple sentences which
can be read by
themselves and others.

your child can practise
counting out the correct
amount of pennies
needed. If able, you
could even 'buy' two
items and ask your
child to work out how
many pennies needed
altogether for both to
practise addition skills.

ways to keep healthy and
safe.