

1/6/20 Dear Year R, here is your week's home learning fun based on 'Sport and Nutrition'. Hope you enjoy it, Mrs C x

Maths activities:

1. Complete the football themed counting activity sheet. Use your numberline to check you are writing the numbers correctly
2. Find all the balls in your house. Arrange them in size order.
3. Complete the doubling activity sheet with a sporty teams theme.
4. Make a target game and score points. You could have different sized containers scoring different points, throw your objects and add up how many points you score. Remember to keep score and write your additions. You can use hoops and balls or a bin & pots with scrunched up paper.
5. Complete the missing numbers activity sheets, up to 20 or 100. Maybe you can colour in counting in 2s.
6. How far can you throw different items? Measure the distances using metres and centimetres, record your lengths... which items went the furthest, I wonder why?

We will be continuing with our Daily Read Write Inc letter sounds with Rosie. We will be starting Set 3 with a sound a day if you feel your child is ready for this. Set 2 will run alongside.



Themed activities:

- Have a go at making a healthy smoothie, write a list of ingredients and give your smoothie a name. We could make a Year R smoothie recipe book with all your contributions.
- If you enjoy cooking try making some other healthy food recipes. Read the recipes and weights of foods needed.
- Complete the healthy eating board game (copy attached) or you may have games such as 'Greedy Gorilla', 'Shopping list' or 'Tummy ache' to talk about foods.
- Watch the Healthy eating powerpoint or visit <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> We have covered healthy and unhealthy items previously in class, so to build upon this we are looking at food groups. Cut and stick foods into their groups.
- Complete the activity sheet identifying which balls are for which sports.
- Learn a new sport or improve on a physical skill. Perhaps you can learn to skip with a rope, ride a two wheeled bike, play hopscotch.
- Complete a yoga session – Cosmic kids on youtube have lots to choose from.
- Outdoor activity cards
- Make up your own dance routine to a chosen



Literacy activities:

1. Read the story of the Hare and the Tortoise and complete comprehension questions. Discuss the morals and message in the story.
2. Write a healthy foods shopping list (use your letter sounds to help you)
3. Read the clues on the activity sheet and write which sport I am describing. Can you write some of your own clues for me to guess?
4. Healthy eating themed wordsearch
5. Make a list of sports you can think of. You could categorise them into sports with balls, those that have a team, those played in water, those you can do at home.
6. Act out completing various sports activities for others to guess your mime.
7. Cbeebies bedtime stories on our theme:
Joe Wicks- Would you like a banana <https://www.bbc.co.uk/iplayer/episode/m000j5n2/cbeebies-bedtime-stories-755-joe-wicks-would-you-like-a-banana>
Jessica Ennis-Hill - The Frog Olympics <https://www.youtube.com/watch?v=Im-hXIYTPSg>

Remember to send in your pictures, comments and questions each week by email sculverhouse@southtawton.org or via Evidence me. I'm happy to help and looking forward to seeing your ideas from this week's activities.