



Weekly learning pack

FS1

Phonics

Task 1

Follow the leader using body percussion.

- One person starts by choosing a body sound.
- The rest of the family have to copy the sound made by the leader.
- Take it in turns to all be the leader and make a different body sound.
- Can you create a sequence of body sounds for the family to copy?

Examples of body sounds:

1. Clapping hands
2. Patting knees
3. Stamping feet
4. Clicking fingers
5. Humming



Challenge!

Altogether, listen to some music at home. Can you clap along to the beat?

Maths

Task 1

1. Everyday, practise counting numbers from 1 onwards. Try and encourage children to count as high as they can.

This can be used throughout the day, counting steps from the bedroom to the kitchen or counting stairs etc.

2. **Going on a shape hunt.**

Go around the home or garden and ask the children what different shapes they can see.

Talk about how many sides, faces and edges each shape has.



Challenge!
Can you match
the number of
sides to the
correct shape?

Maths continued...

Challenge questions:

1. I am thinking of a shape, it has 3 sides and a pointy top. What am I?

- **Triangle.**



2. I am a shape as round as can be, with only one side, what could I be?

- **Circle.**



3. I am a shape that has 4 sides equal in length. What could I be?

- **Square.**



4. I am a 2D shape with only 6 sides. What am I?

- **Hexagon.**



To support, it could be beneficial to have pictures of these shapes for the children to use when answering the questions.

Parents can include their own questions or these questions can be adapted.

Other areas of learning

Task 1 – PE

Mindfulness Yoga

On the following slide there are a number of yoga poses for your child to complete. Everyday, try and complete 10 or more minutes of yoga.

If you have access to the internet, you can follow the link to Cosmic Yoga.

<https://www.youtube.com/watch?v=qr1-RiuS7pw>

This is a fun way of combining stories and yoga.



Challenge!
Get the adults involved.
Can you create your own sequence of yoga poses?



tree pose



cobra pose



butterfly pose



elephant pose



camel pose



lion pose



warrior pose



cow pose



mountain pose



flamingo pose



shoulder stand pose



downward facing dog pose

Task 2 – D&T / Art

Create your own emergency vehicle

Think of the different features on emergency vehicles – sirens, ladders, hosepipe, bright colours. Have a look around the house for materials which you can use.

- Cardboard boxes
- Bottles lids
- Empty wrappers
- Toilet roll tubes

Alternatively, can you draw what your emergency vehicle would look like on a piece of paper?

Share your creations with us on Tapestry.



Challenge!

Can you describe each of the features you have used to create your emergency vehicle?

Task 3 - PSHE

My favourite things.

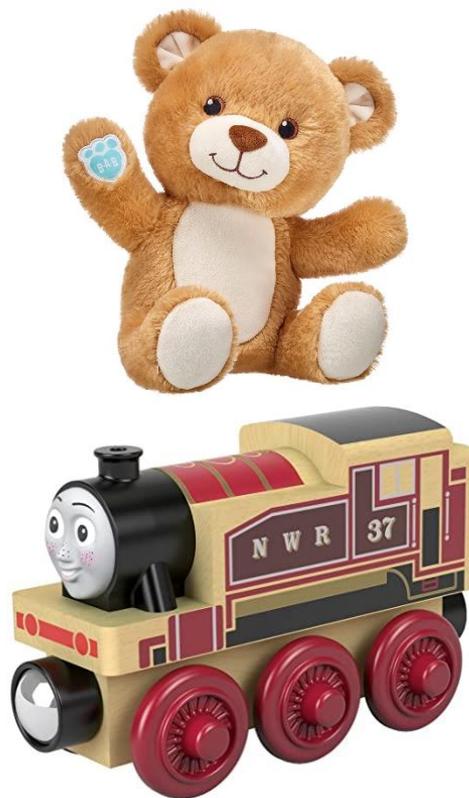
Ask the children to collect their favourite toys, teddies, books or belongings.

Once they have collected them, ask them:

why they have chosen them as their favourite things.

How do they make them feel?

What makes them special?



Challenge!

Can you name and describe different feelings and emotions?

Can you think about what might make you feel a certain way and why?

Task 4 – Science

Making a weather diary.

Everyday, ask the children what the weather is like outside. Ask the children to draw a picture of the weather on a piece of paper.

Ask the children if they know what the date is. *Sing days of the week song and months of the year.*

Adults should then write the date at the top of each of the pictures the children draw everyday.

My
Weather Diary



By

Challenge!

Can your child tell you what would be the most appropriate clothing for different types of weather? Where possible, go outside and ask your child to describe the temperature. Is it cold or warm? How do you know?

Task 5 – Outdoor scavenger hunt

Go on a walk outside or go around the garden. To make your walks more exciting you can ask the children to find a variety of different things.

Using the template on the following slide, work together to tick everything which you find.

Don't worry if you don't tick everything off the list, you can complete it on your walk the next day.

The checklist can be adapted for every walk. To allow children to complete independently, you can use pictures rather than written text.

Alternatively, you can create and complete an indoor scavenger hunt.

Spring Hunt Checklist



Outdoor scavenger hunt continued...

Something red

Something green

A car

A dog

A lamp post

A fence/ gate

Post box

A bus

A flower

A lorry

Something big

Something small

