



Weekly learning pack

FS1

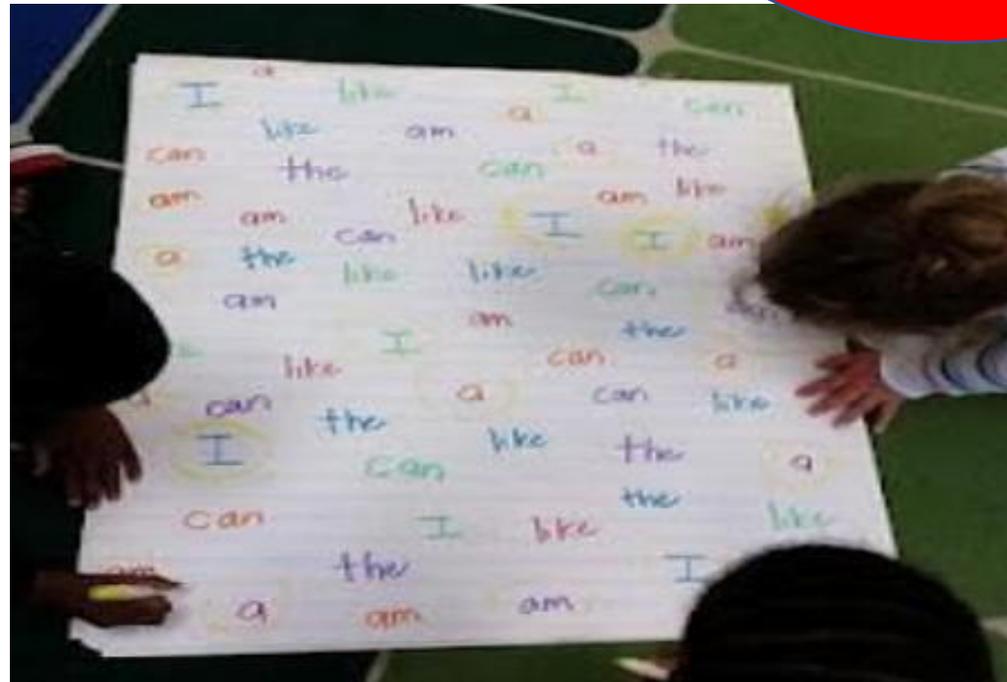
Phonics

Task 1

1. This week in phonics we would like you to recap on your sounds you have learnt by playing a CVC game.
2. The previous sounds learnt are s, a, t, p, l, n, m, d, g, o, c, k.
3. We would like you to write down some CVC words on a large piece of old wallpaper or if you have chalk you could write them on the floor outside.
4. Once the words are written as your child to roll a dice, a small ball or a rolled up piece of paper onto the written words. Which ever word the object lands on challenge your child to read it.
5. To make it more interesting you could have a prize such as if they get 5 words right they could have a chocolate biscuit or their favourite treat.

Challenge!

For an extra challenge you could write some tricky words in with the CVC words.
(I, the, no, to, go)



Here are some CVC words you can use in your game, just select a few-

sat, pat, tap, sap, sit, sat, pit, tip, pip, sip, nip, pan, pin, tin, tan,
nap, man, mam, mat, map, *dad*, *and*, sad, dim, dip, tag, gag, gig, gap,
nag, sag, gas, pig, dig, *not*, pot, top, dog, pop, *can*, cot, cop, cap, cat,
cod, kid, kit

Maths

Task 1

1. This week we're matching numeral to quantity.
2. Write some numbers from 1-5 inside some bun cases.
3. Ask your child to select the correct number of cereal to put in each bun case.
4. This activity can be adapted to your child's interests, if they like dinosaurs, cars, ponies can they select the correct quantity to the numerals.



Challenge!

Can you match up the quantity to numeral up to 10?

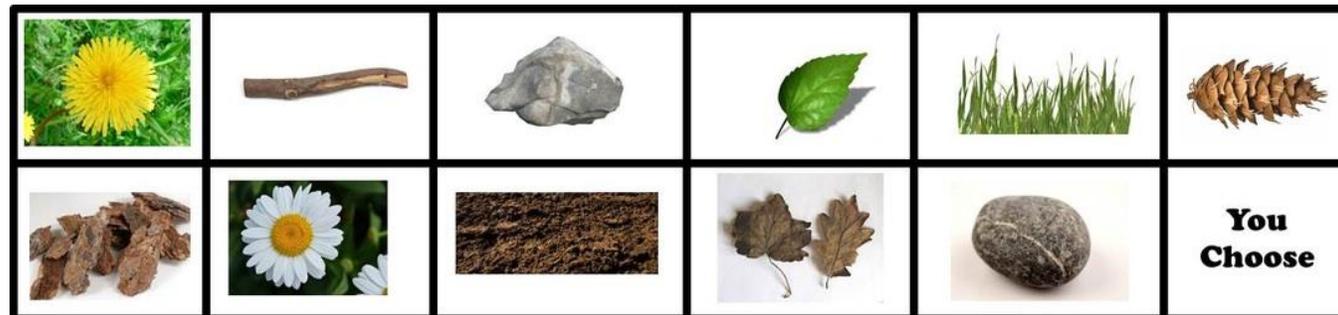
Other areas **of learning**

Task 1- Understanding the world- Nature Treasure Hunt

1. We would like you to decorate an egg box, making it as colourful as you can and go on a nature walk collecting as many different natural things as you can.
2. Each natural object can have its own section of the egg box so they don't get all mixed up.
3. Talk about all the different texture's, colours and smells of the objects you have found. Do you know what all the objects are called? If not you could look them up in a book or research them on the internet.



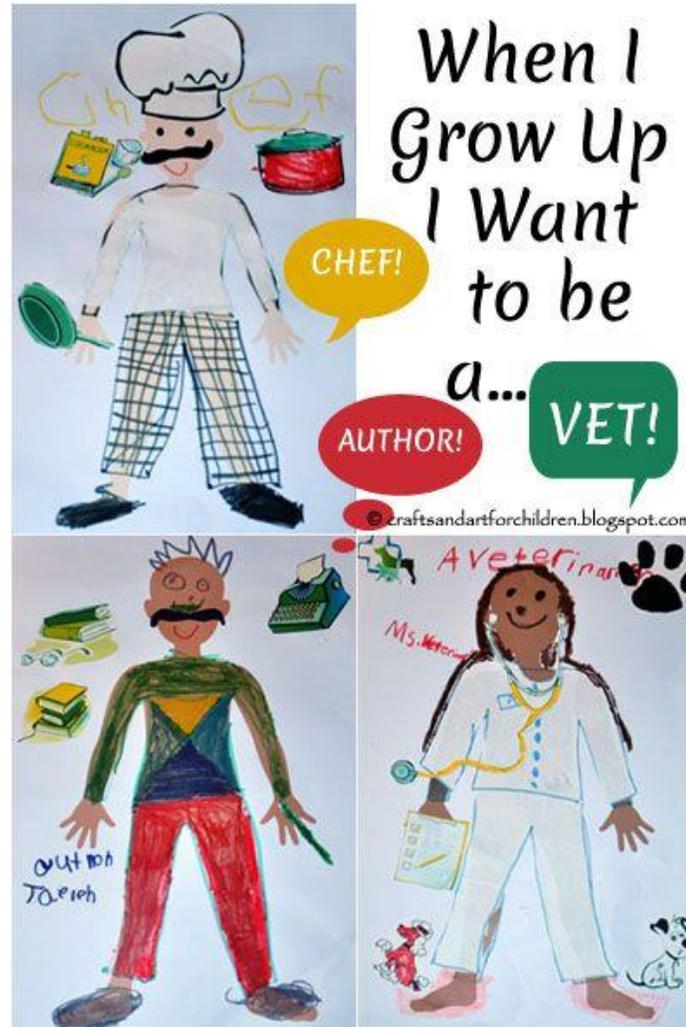
Challenge!
We would love to see pictures of you on your nature walk. Please share your pictures on Tapestry.



Task 2- When I grow up I want to be....

1. This week we want you to draw a picture of what you would like to be when you're older. This could be anything you wish.
2. Discuss with your child why would they like to be this when they're older? Do they know what they have to do in that role? Eg- Firefighter to put out fires.

Don't forget to share your pictures on Tapestry!!



Challenge!

Can you use your phonic knowledge to try and write your name on your work?

For an extra challenge can you try and write what you would like to be?

Task 3- PE- The Sock Games!

1. This weeks PE activity is The Sock Games! Below are some sock games to play.
2. **Activity 1- Sock Toss!** Choose a point to start and see how far you can throw your rolled up socks.
3. **Activity 2- Sock catch!** See how many times in a minute you can throw your rolled up socks into the air and catch them.
4. **Activity 3- Sock Jumps!** Place a pair of rolled up socks on the floor can you count how many times you can jump over the socks in ones minute.



Extra Challenge!
Can you make a chart
of how many times
you managed to jump
over and catch the
socks?

Active for Life Sock Ball Games

Extra Challenge!
Here are some more
sock games for you to
try.



1. PREPARE YOUR PLAY AREA

Remove breakable objects such as lamps, electronics, flower vases, etc. The play area can be a bedroom, living room, or anywhere there is enough space to throw, catch or kick a ball and swing a simple bat. Objects like pillows, chairs, sofas and boxes can be used as goals or targets for some games.



2. MAKE A SOCK BALL

Roll and fold a pair of socks inside each other. For larger balls, use 3-4 pairs of socks, or use heavy adult-size work socks.



SOCCER

One player: Practice shooting on a "goal" (living room sofa, door opening, laundry hamper laid on its side).

Two or more players: Play a game 1-versus-1 or 2-versus-2 (use sofas, doorways, etc. as goals).



THROW AND CATCH

Stand 3-5 metres apart and throw to each other.

Start with gentle underhand throws.

As throwing and catching improve: throw faster, throw overhand, and even try trick throws (throw from behind your back, under your legs, from behind your head, etc.).

3. GET READY TO PLAY!

BASKETBALL

One player: Practice shooting on a "basket" (laundry hamper, small cardboard box, or other container turned upright).

Two or more players: Play 1-versus-1 or 2-versus-2 in a competitive shootout challenge. Take turns shooting from different distances. No blocking allowed.



DODGE BALL

Make two or three sock balls per person.

Players are allowed to pick up balls from opponents and throw back at them.

Players are only permitted to throw from their "home base" (sofa, bed, or other designated place).

No "elimination" when you are hit—keep playing.



BOWLING

Set up 6 empty milk cartons or plastic bottles as bowling "pins."

One player: One child can play alone after a parent shows how to setup the bowling pins.

Two or more players: Play against each other in a competition.



BASEBALL BATTING

Use a cardboard tube, roll a newspaper with tape, or get a plastic vacuum cleaner pipe to use as a baseball bat.

Take turns pitching and batting the sock ball

With three or more players, extra players are "fielders" who try to catch the ball after it has been hit.

After 10 hits, change batters.