



ST. ANNE'S CATHOLIC PRIMARY

Year Group: **Reception** Week Beginning: **1st June 2020**

Please find some suggested fun learning activities to do with your family this week. We appreciate and are fully aware that families can only do their best with the technology and resources they have available. 🐦 Please follow our Twitter page and if you would like to share work with us, please include our twitter link @StAnnesCP in your tweet. The main way to share your child's work and activities is through the year group email: s83reception@st-annes.solihull.sch.uk If you have any queries about other matters, please continue to use Parent Mail: parentmail@st-annes.solihull.sch.uk

Religious Education

RE-Wednesday Word (available on school website: parents/home learning / Catholic Life including Wednesday Word) Enjoy a quiet moment reading the Gospel and praying to God.

<https://www.stannescat.co.uk/religious-education-resources/> -please follow link to find prayer and collective worship resources on our school website.

RE Unit of Work- Pentecost

Watch story of Pentecost using link:

<https://www.youtube.com/watch?v=zSiXoFervP0>

Talk about how God sent the Holy Spirit to help the Disciples. Make your own wind and fire streamers to represent the flames/wind that touched the Disciples.



Communication & Language

Speaking and listening underpins all of these activities. Make time to talk, have conversations and ask questions about daily life, activities, stories, games and movies etc.

Hello to all of our families. We hope you had a great half term and had lots of fun as a family. Our theme for this week is:

Healthy Me!

Talk to your children about what keeps them healthy – a good diet, regular exercise, good sleep routines, keeping clean and having a healthy mind.



Daily Prayer

Praying Together

It would be lovely if at 9am every morning we all join with our families in saying the Morning Offering:

Oh my God I give to you,

All that I think and say and do.

All my work and happy play

I offer to you my God today.

Amen.

By doing this, although we can't be together Physically, we will be together as a school family in prayer.

Physical Development

Discuss how important it is to exercise regularly to keep healthy. Maybe you could write/ draw an exercise diary to show the different things you do each day to keep your body moving.

Complete the name work out -see sheet below – spell out your name and complete the different exercises next to each letter.

Joe Wicks - <https://www.youtube.com/channel/UCAxW1XT0IEJo0TYIRfn6rYQ>

Go Noodle - <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

Real PE - <https://home.iasmineactive.com> Username parent email: parent@stannescat-2.com Password: stannescat

Personal Social & Emotional

Make your own prayer jar – discuss all of the things that make you happy. Talk about how the world is different at the moment but we should be thankful to God for all of the things that we have. Write what you are thankful for and place inside your prayer jar. If you're ever feeling sad/worried open your prayer jar and look at all of the wonderful things you have written.



Healthy mind - Listen to Mrs Lewis read the story "My Monster and Me" by Nadia Hussain- talk about how it is important to share your worries and anxieties with a grown up. Discuss how this can help to make us feel happier. Talk to your child about their own worries or anxieties if they have any.

https://www.youtube.com/playlist?list=PLBI_XHJy9tKLvDrx3PeewpHhriMaR7q06

Learn and sing song - 'Together as one' Talk about the special message of the song. Find 3 key words in the lyrics that tell you what the song is trying to tell people -

<https://www.jigsawpse.com/jigsaw-big-sing/#1585665660007-jigsaw-big-sing-activity-pack>

You could also take part in a 'calm me' session or create a worry jar (see above link for activities).

Literacy

Create a poster which could include a slogan e.g. '5-a-day keeps the doctor away' to remind people to eat healthily and stay well.



Write a simple set of instructions for washing your hands, brushing your teeth etc. Encourage your child to use good instruction words e.g. first, next, after that, finally, at the start of each instruction.

Quiz – take turns naming a food starting with each letter of the alphabet (a- apple, b – bread). Question – Is this food healthy? Can you think of another food starting with _?

Write/draw a food diary to show different healthy foods you have eaten during the week.



Purplemash

Make sure you check your **2Dos on Purple Mash** – these will support your work in **Maths and English**, as well as this week's themed topic of **Healthy Me!**

Maths

Play Skittles - If you have a set of skittles, you are ready to go, if not, you can make your own skittles using plastic bottles. If you do not have plastic bottles available, you could use tin cans. Ask your child to count how many skittles there are to begin with. Roll the ball at the skittles and ask your child to count how many they have knocked over. Can they work out how many are left?

CHALLENGE: Write this out as a subtraction number sentence e.g. if you start with 5 skittles and knock over 2 (your child would write $5 - 2$). Ask them to count how many are left to find the answer: $5 - 2 = 3$



Counting segments - peel an orange/ chop apple into pieces and have fun exploring. Ask your child – how many parts do you have? Can you say the number that is one less? (eat one and check). Repeat counting back one each time a piece is eaten. Can you share your parts fairly?



Understanding the World

Talk about a healthy lunch- what food should we have? Ask children to help make their own healthy lunch and take a picture or draw their healthy lunch on a paper plate.

Play game to create a healthy lunch box - <http://www.freddyfit.co.uk/kids/games/lunch-box-maker.php>

Play game - Sort the foods into healthy and unhealthy food

groups. http://resources.hwb.wales.gov.uk/VTC/healthy_eating/eng/Introduction/Plenary.htm

Make a face using healthy foods- ask your child to make a face using different healthy foods – they could make this in any way they choose – see example – pitta bread with fruit and vegetables.

Talk about dental hygiene and how important it is to keep our teeth clean and healthy. Listen to teeth brushing song - <https://www.youtube.com/watch?v=wooYZCJ17WU>

Draw out two big teeth – ask children to draw pictures onto the teeth of what is good for our teeth and what is bad for our teeth- see pictures.

Explore with Maddie how different foods are grown or made:

<https://www.youtube.com/watch?v=DB8nZTgBKuo> - yoghurt

https://www.youtube.com/watch?v=lvG9_1Nj4cw&list=PLgMSh3t5K9sK4Ao0g2PvWlkmNWxljZ9H2 - tomatoes

<https://www.youtube.com/watch?v=z3nEjYL-Te8> - pineapple



Expressive Art and Design

Listen to songs and join in with dances linked to keeping fit and healthy -

<https://www.bbc.co.uk/bitesize/clips/z2pxpv4>

<https://www.youtube.com/watch?v=-JldSBUQB34>

<https://www.youtube.com/watch?v=fpD9kRyBn8o>

<https://www.youtube.com/watch?v=ziLHZeKbMUo>

Make a fit and healthy poster – draw all of the things that keep you fit and healthy. You could focus on exercise / diet or include everything that keeps you healthy.

Explore printing with different fruits and vegetables – what different patterns and prints can you see?



Make a "Healthy Me" collage – go on a walk around your house – what objects can you find that keep us fit and healthy. Display these as a large scale collage i.e. soap, toothpaste, fruit, vegetables, flannel, hairbrush, exercise equipment etc.

Draw/ paint a picture of what keeps your mind healthy – What do you like doing? What makes you happy?

what's ^{fit activity for kids} your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

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|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM