

Maths

- Exercise and count! Jump, skip, hop, bounce and star jump 10 times counting as you go.
- Train with the [Go Jetters](#) and help them to match the shapes to the column, sort the puzzles and build the robot.
- Help the Twirlywoos [count](#) and order the fruits into size.
- Can you tell an adult which direction the arrows are pointing below? Up, down, right, left or diagonally? See if you can travel in different directions and how quickly you can stop and change direction.



Knowledge and Understanding

Which sort of foods do we eat to keep healthy? Can you make a healthy fruit kebab snack?



When you're out and about exercising on your scooter or bike can you think of all the [top tips](#) you need to do to remain safe?

Make a daily food chart with an adult's help. Which are your favourite foods and which are healthy to eat can you sort them in your cupboard?

Vegetables are full of vitamins so can you [guess the vegetable](#)? Which do you eat?

Nursery

Home Learning Project

Week Beginning: 25.05.20

Theme: Sport and Keeping Healthy

Expressive Arts and Design

- Sing along to [Row, row, row your boat](#) and follow the actions rowing your boat too.
- Follow these simple instructions and make a game of [blow football](#) using straws.
- Can you make a simple [olympic torch](#)?



Personal, Social and Emotional

It's just as important to exercise our mind as well as our body! Try some of these ideas to help you relax.

Listen to these sounds to help you [sleep](#).

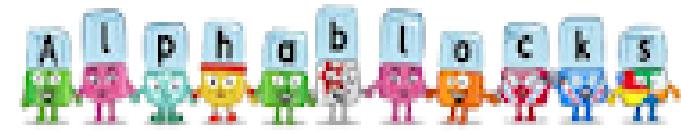
Now help Moon and Me [go to sleep](#).

It is important to keep a regular bed time routine so can you read a bedtime story to your favourite cuddly toy?



Communication, Language and Literacy

- Kipper loves playing with his ball. Listen to the story of [Kipper's Beach Ball](#) can you find out what happens?
- Kipper loves to keep healthy can you write a daily routine plan for him?
- Make a list of 10 different foods Kipper should eat to keep healthy.
- Practise 'kkkkkk' with the Alpha Blocks and join in with their football match. Write all the 'k' words you see and say 'kkkkkk' as you write them.
- Look below and see if you can name the fruit and vegetables below. Which sound do they begin with?



Physical

- Exercise like an athlete getting ready for the Olympics and make a circuit with star jumps, running on the spot, skipping, and hopping. Time yourself for 2 minutes at each activity. Now can you increase this to 3, 4 then 5mins. If the weather is bad you can always [set one up](#) inside your house!
- Can you include different obstacles so that you have to climb or jump over, under and around?
- Now feel your body and your heart and describe to an adult what is happening. Why is it beating faster?



Can you find
the broccoli?

How many
bananas are
there?

How many
green fruits
and vegetables
can you see?

Which colour
is the pepper?

Which is your favourite?

Which direction do the arrows point to?

