

### Physical, Health and Self-Care

- Enjoy wild workouts with [Andy from CBeebies](#).
- Talk to your family about the different ways you can keep healthy. Think about the healthy foods you could eat and the exercise that you enjoy doing.
- Watch [Dr Ranj talk about being healthy](#). What did you learn? Write a fact down that you have found out.



- Using a paper plate, you could draw a healthy foods on the plate.
- You could make some delicious, [healthy food](#) with your family.
- Can you make up your own obstacle course up at home? You could make an indoor or outdoor challenge course. Estimate who will be the fastest to get to the end and get a family member to time everyone. Who won?



## Reception Class Home Learning Project Week Beginning: 25.05.20 Theme: **Sports**



### Maths

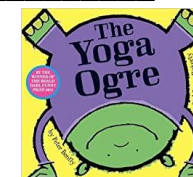
#### **This week I want to to concentrate on time.**

- Use a timer to see how many star jumps you can do in twenty seconds.
- Can you estimate how many laps of the garden you could do in one minute? How many laps did you do? Were you close? Estimate and time how long it takes you to eat your breakfast or how long it takes you to get dressed.
- Click on the link to enjoy some [time challenges](#) and [time tasks](#).
- [Sequence events of the day](#) in the correct order.
- Click on the link from [Nrich](#) for a simple time activity your child should enjoy.



### Reading and Writing

- Have a look at the free library of eBooks on the [Oxford Owl](#) website. Have a read and answer some of the questions at the end. (You parent may need to register – it's free) Click on the pink and red band books.
- Continue to use [phonics play](#) to support learning phonics . If your child is confident with phase 3 set 1-7 with consonant digraphs, they could work on the sounds: [ee](#), [igh](#), [long oo](#), [oo](#), [ai](#), [ar,or](#), [oa](#) and [ur](#).
- Enjoy watching and listening to the [Yoga Ogre](#). The Yoga Ogre tried lots of different sports. What is your favourite sport? Draw a picture or stick a photo in your writing book and write a sentence. Here is an idea of what you could write.  
I am good at \_\_\_\_\_. I can \_\_\_\_\_.



- Make a list of your favourite ways to exercise.
- Read the poem, *Let's Go* on slide 2. Can you make up your own warm-up poem? You could do it before you do some sport.

# LET'S GO

by Merry Bradshaw

**Stretch High  
Stretch Wide  
Jump Forward  
Jump Back**

**Lean Left  
Lean Right  
Hop Once  
Hop Twice**



**Reach Up  
Reach Down  
Twist Small  
Twist Tall**

**Shake Fast  
Shake Slow  
Touch Nose  
Touch Toes**

**Stand Up  
Let's Go!**