

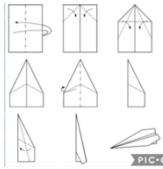
Nursery timetable 29th June – 3rd July 2020

Hello children! Myself, Mrs Clark and Miss Stubbs miss you all very much. We hope you are staying safe, washing your hands lots and having fun at home! Here is a plan with lots of fun activities for you do so with your adult, have fun and hopefully we will see you very soon! Love Miss. Forbes 🌈

	9:00- 9:30	9:30- 9:45	9:45- 10:15	10:15- 10:30	10:30- 11:00	11:00-11:30	11:30- 12:00	12:00- 1:00	1:00-2:00	EVENING / BEDTIME
	GROSS MOTOR (Big movement)	BREAK/ NURSERY RHYME	LITERACY	SNACK/ NURSERY RHYME	NAME/ NUMBER WRITING	MATHS	FINE MOTOR (Finger strength to help writing)	LUNCH	OUTDOOR PLAY/ WALK	STORY
MON	<p>Obstacle course</p> <p>Make an obstacle course outside with your child and time each other on how fast you can do it in!</p>	<p>Suggested nursery rhyme</p> <p>A, B, C, D, E, F, G...</p>	<p>Wind the bobbin up</p> <p>Sing the above nursery rhyme and make a prop for it.</p> <p>https://www.youtube.com/watch?v=XR0PR04hQpo</p>  <p>Wind Your Bobbin Up</p>	<p>Suggested nursery rhyme</p> <p>10 green bottles</p>	<p>Using the name card given to you in your child's learning packs, practise writing their name with them using pen and paper.</p> <p>Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!</p> <p>If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it</p>	<p>Hopscotch</p> <p>Chalk a hopscotch onto the floor outside and play it with your child!</p> <p>Encourage them to read numbers and count one by one when jumping!</p>	<p>Hammering Cheerios!</p> <p>Lay Cheerios on the floor outside. Give your child a hammer to hold in one hand, asking them to place their other hand behind their back. Get them to hammer the cheerios into lots of crummies! Make sure you supervise your child at all times when using tools.</p>		<p>Balloon tennis</p> <p>Cello tape a wooden spoon to a paper plate. Make 2 'bats'.</p> <p>Blow a balloon up and play balloon tennis!</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>

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TUE	<p>PE Kit Practice Get your child's PE kit and get them to practice taking their clothes off, placing them in a pile and putting their PE kit on. Explain they will be doing this when they move to Reception!</p>	<p>Suggested nursery rhyme: hickory dickory dock</p>	<p>I spy Play it spy with my little eye' with your child. If they struggle with this at first, you could give them objects in front of them to guess what the answer is.</p>	<p>Suggested nursery rhyme: Twinkl twinkl</p>	<p>Using the name card given to you in your child's learning packs, practise writing their name with them using pen and paper.</p> <p>Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!</p> <p>If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it</p>	<p>Number weave Make a number weave with your child to help them recognise numbers in the correct order!</p> 	<p>Washing up line! After you have done a wash load, get your child to help peg some of the clothes up on the line, this will really help their dexterity and finger strength!</p>	<p>Make a paper plane Make a paper plate using the instruction pictures below.</p> 	<p>Choose from your own collection of story books or search YouTube for some.</p>

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<p>WED</p>	<p>Just dance</p> <p>Click the link and join in dancing with your child!</p> <p>https://www.youtube.com/watch?v=gCzgc_RelBA</p>	<p>Suggested nursery rhyme: Shoo fly</p>	<p>Phonics game online</p> <p>Environmental sounds.</p> <p>Click the link below and see if your child can guess what the sounds are!</p> <p>https://www.youtube.com/watch?v=PiDcUIYncCA</p>	<p>Suggested nursery rhyme: little peter rabbit</p>	<p>Using the name card given to you in your child's learning packs, practise writing their name with them using pen and paper.</p> <p>Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!</p> <p>If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it!</p>	<p>Shape sorting</p>  <p>Tape shapes onto the floor like above and ask your child to sort different objects into the shapes!</p>	<p>Skittles</p> <p>Make a skittles game using empty plastic bottles and a ball. You could also ask your child to count how many they have knocked down!</p>	<p>Listening walk</p> <p>Go on a listening walk outside and when you get home, draw pictures of the things you could hear.</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>
<p>THUR</p>	<p>Shake your sillies out</p> <p>Play this link and join in with your child!</p> <p>https://www.youtube.com/watch?v=NwT5oX_mqS0</p>	<p>Suggested nursery rhyme: down in the jungle</p>	<p>Phonics 'odd one out'</p> <p>You will need: 3 rhyming objects 1 object that doesn't rhyme with the other 3.</p> <p>You must ask your child to</p>	<p>Suggested nursery rhyme: Row your boat</p>	<p>Using the name card given to you in your child's learning packs, practise writing their name with them using pen and paper.</p> <p>Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they</p>	<p>Online game</p> <p>https://www.bbc.co.uk/cbeebies/puzzles/school-of-roars-monster-maths-quiz</p> <p>Play this game with your child and help them</p>	<p>Painting</p> <p>Paint a picture with your child. Use a range of thick and thin brushes!</p>	<p>Bike ride</p> <p>Go on a bike ride or walk outside, make sure to log how far you have gone, take a picture and send it to school for the Facebook</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>

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			<p>say what each object is and say which one doesn't rhyme.</p> <p>For example, if you had a cat, pig, hat, pat (if you don't have objects then you could just draw pictures of them). Pig would be the odd one out! You could repeat this with different rhyming words.</p>		<p>change half way through, it's normal!</p> <p>If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it</p>	<p>count 1:1 out loud.</p>			<p>page, we are trying to log enough miles to get to Buckingham Palace!</p>	
FRI	<p>Tag!</p> <p>Outside, teach your child to play tag. Get the whole household to join in.</p>	<p>Suggested nursery rhyme:</p> <p>I'm a little teapot</p>	<p>Wheres Teddy?</p> <p>Hide your child's teddy somewhere in the room. Have a pan and spoon. When your child is close</p>	<p>Suggested nursery rhyme: A, B, C, D, E, F, G...</p>	<p>Using the name card given to you in your child's learning packs, practise writing their name with them using pen and paper.</p> <p>Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage</p>	<p>Scales</p> <p>Make your own scales using a hanger, string and old plastic plant pots. Place different objects in them and ask your child to state</p>	<p>Through the hole</p>		<p>Washing</p> <p>Ask your child to help you wash your car/ bike/ windows. This will really help them</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>

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			<p>to finding teddy, bang the pan louder and faster. When your child is not close to finding teddy, bang the pan soft and quiet. See if they can hide teddy and hang the pan loud and soft to help you find teddy too!</p>	<p>your child to hold their pencil correctly, don't worry if they change half way through, it's normal!</p> <p>If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it</p>	<p>which are heaviest and lightest or even the same!</p> 	<p>Using tubes of cardboard and a hole punch, punch holes into the card board. Then using straws, ask your child to post them through the holes!</p> 		<p>with their shoulder strength too as well as helping out around the house!</p>	
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The poses

Mountain pose
Stand with feet together and arms at sides.

Butterfly pose
Sit on the floor with feet together and knees bent.

Stretching
Stand with feet together and arms raised.

Warrior pose
Stand with feet apart and arms raised.

Triangle pose
Stand with feet apart and one arm on the floor.

Tree pose
Stand on one leg with the other foot on the inner thigh.

Tortoise pose
Crawl on all fours with the head down.

Camel pose
Stand with feet together and lean back.

Archer pose
Stand with feet apart and one leg bent.

Monkey pose
Stand with feet apart and one arm on the floor.

Relaxation
Lie on your back with arms and legs out.

Broad beans
Stand with legs apart and arms out to the side.

Stick beans
Stand tall with arms at sides.

Baked beans
Sit down with feet off the ground.

Runner beans
Run around.

Jumping beans
Jump.

Frozen beans
Freeze (stay still).

Chilli beans
Shiver.

Jelly beans
Wobble.

Magic beans
Run around (avoid getting caught).