

Nursery timetable 8th-12th June 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 WRITING	FINE MOTOR (Finger strength to help writing)	MATHS	LUNCH	OUTDOOR PLAY/ WALK	STORY
MON	Roll the dice Roll a task Using the dice you made yesterday, get your child to roll the dice. Each number below refers to an exercise they must do, repeat until you've done each exercise twice! 1- 20 Jumping jacks 2- 15 sit ups 3- Hop on one foot for 20 seconds 4- 10 push ups 5- touch your toes for 15 seconds 6- Run on the spot for 20 seconds.	Suggested nursery rhyme: Little Peter Rabbit	Little Rabbit Lost https://www.youtube.com/watch?v=N2g0KPEzLEM Talk to your child about staying safe when put in public spaces. Say it's important to stay next to their adult to	Suggested nursery rhyme: Hop little bunnies	Using the name card given to you in your child's learning packs, practise writing their name with them using pen and paper . Remembering to use a capital letter at the beginning and lower case for the remaining of their name.	Zip practice Ask your child to zip their coat/ sweater up, undo it and zip it up again! They could even do your zip!	Shape monsters Click the link and play this game: https://www.topmarks.co.uk/early-years/shape-monsters		Flower pressing Collect flowers on your daily walk, place them inside a book in between a piece of paper, leave until next week and we can use them to make something!	Choose from your own collection of story books or search YouTube for some.

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			keep the, safe. Then as, your child to draw a picture of the people that make them safe!							
TUE	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	Suggested nursery rhyme: Hey Diddle diddle, cat and the fiddle	Whatever Next https://www.youtube.com/watch?v=6c5cb0u0rPM Find a large box and decorate it into a rocket ship for your child to sit in and play with!	Suggested nursery rhyme: Twinkl, twinkl, little star	Number writing Show your child the number 1. Then show them how to write it, can your child write lots of number 1's on a large piece of paper? Repeat this with numbers 2 and 3!	Bubble wrap popping Using bubble wrap, see how many bubbles your child can pop in a minute! If you don't have bubble wrap, there is an app called 'Bubble Wrap Popping' available to download for free.	Curious George Click the link below and play the game: https://pbskids.org/curiousgeorge/busyday/hideseek/		Material hunt Go outside and find some natural materials such as moss, twigs, stones, grass, daisies etc. And tie them inside!	Choose from your own collection of story books or search YouTube for some.

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	move to Reception!									
WED	<p>YOGA Play this video for the children to follow or alternatively, use the sheet below this timetable.</p> <p>https://www.youtube.com/watch?v=v9W8iV4AJYQ</p>	<p>Suggested nursery rhyme: 2 Little Dickie Birds</p>	<p>The Great Explorer</p> <p>https://www.youtube.com/watch?v=BR4c3P3ATFw</p> <p>Make a parachute using string, paper and a small world figurine, drop it from up a height so your child can watch it parachute down! Here is a link to help:</p>	<p>Suggested nursery rhyme: Shoo Fly</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>Cutting practice Find some scrap bits of paper and help your child chop up the paper into lots of tiny pieces.</p>	<p>Let's Compare</p> <p>Click the link below and play the game:</p> <p>https://www.topmarks.co.uk/early-years/lets-compare</p>		<p>Senses box Using the materials you collected yesterday, pop them each in a box and cut a hole in it, can your child guess what's in the box?!</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>

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			https://www.sciencekids.co.nz/experiments/firefall.html							
THUR	<p>Magic beans</p> <p>Use the guide below to shout out different beans! Your child will then have to do the matching action!</p>	<p>Suggested nursery rhyme:</p> <p>There's a worm at the bottom of the garden</p>	<p>What the Ladybird Heard</p> <p>https://www.youtube.com/watch?v=Eu9mPX7DuLA</p> <p>Go out into your garden or local park and draw a map of it!</p>	<p>Suggested nursery rhyme:</p> <p>Ladybird fly away home</p>	<p>Number writing</p> <p>Recap numbers 1,2 and 3. Ask your child if they can remember how to write these numbers then have a little practice.</p> <p>Then show your child the numbers 4 and 5 and see if they can practice writing these on a large piece of paper!</p>	<p>Rice and tweezers</p> <p>Have 1 empty container and 1 container with some rice grains in. Set a 2 minute timer and see how many rice grains your child can tweezer into the empty container.</p>	<p>Ladybird Spots</p> <p>Click the link below and play the different games with your child,</p> <p>https://www.topmarks.co.uk/learning-to-count/ladybird-spots</p>		<p>Make a den</p> <p>Either inside or outside, make a den with your child, take some torches in and tell some stories!</p>	Choose from your own collection of story books or search YouTube for some.
FRI	<p>Yoga</p> <p>Play this video for the children to follow or alternatively, use the sheet below this timetable.</p>	<p>Suggested nursery rhyme: 1, 2, Buckle my shoe</p>	<p>Only One You</p> <p>https://www.youtube.com/watch</p>	<p>Suggested nursery rhyme:</p> <p>A, B, C, D, E, F, G...</p>	<p>Ten Town</p> <p>Using the log in you were given for www.tentown.co.uk, find the letter formation</p>	<p>Toy wash</p> <p>Ask your child to select some of their toys to scrub clean. Use soapy water and an old toothbrush</p>	<p>Picture matching</p> <p>Click the link below and play the picture matching game!</p> <p>https://www.topmarks.co.uk/symmet</p>		<p>Number spotting walk</p> <p>On your daily walk, see what numbers your child</p>	Choose from your own collection of story books or search YouTube for some.

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	https://www.youtube.com/watch?v=zMHQgzFTPSg		h?v=u5vnRcNpzBk		game for numbers 1 to 5.	to clean the dirt from toys.	ry/symmetry-matching		can spot. For example, bus number, door numbers, car registrations etc.	
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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 arms raised.

Tree pose
Stand with feet together and arms raised.

Tortoise pose
Lie on your stomach with your head down.

Camel pose
Stand with feet together and arms raised.

Archer pose
Stand with feet apart and arms raised.

Monkey pose
Stand with feet apart and arms raised.

Relaxation
Lie on your back with your arms and legs relaxed.

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).