

Nursery timetable 22nd- 26th 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/ NUMBER WRITING	MATHS	FINE MOTOR (Finger strength to help writing)	LUNCH	OUTDOOR PLAY/ WALK	STORY
MON	<p>Long jump</p> <p>Go outside and mark some lines in the floor. See how far your child can jump and count how many lines they can jump!</p>	<p>Suggested nursery rhyme</p> <p>A, B, C, D, E, F, G...</p>	<p>Phonics Sound discrimination</p> <p>https://www.phonicsplay.co.uk/resources/phase/1/sound-starters</p> <p>Ask your child to press the buttons and identify the sound.</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>Guess the shape</p> <p>Show your child different shapes using card and scissors to make them (square, triangle, circle, rectangle) and count the sides and corners.</p> <p>Then describe the shape behind your back and see if your child can guess what shape it is!</p>	<p>Sock bubbles</p> <p>Using a sock, old pop bottle and duct tape. Cut the bottom of the bottle off, place the sock over and tape. Then put some washing up liquid in and blow through the mouth end of the bottle!</p>		<p>Chalk symmetry</p> <p>Draw a butterfly in chalk outside on the floor. Ask your child to collect things and make the wings symmetrical!</p> 	<p>Choose from your own collection of story books or search YouTube for some.</p>



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<p>TUE</p>	<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>Daisy! Eat your peas! https://www.youtube.com/watch?v=Rab3lw0qT1U After reading the story, ask your child to draw pictures of things they like and dislike, you could do the same and discuss with your child!</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. 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! 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>Make repeating pattern Go outside and collect lots of different 'treasures' and make a repeating pattern with them!</p> 	<p>How strong is spaghetti Using spaghetti and blocks, see if you can make a string bridge to balance blocks on, adding 1-2 spaghetti Pericles at a time.</p> 		<p>Frozen eggs Using egg shells and grass/ flowers, fill the egg shells and freeze them. Wait until tomorrow to see what's happened to them!</p> 	<p>Choose from your own collection of story books or search YouTube for some.</p>
<p>WED</p>	<p>Skipping Using skippy ropes, teach your child how to skip! Can your child count your skips and you</p>	<p>Suggested nursery rhyme: Shoo fly</p>	<p>The same but different. https://www.youtube.com/watch?v=8Din-6hL8Ys After watching the story, give</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. Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold</p>	<p>Number recognition and matching Draw groups of spots on the floor and numbers. Ask your child to match the number with the</p>	<p>Pots and lids Find lots of different things with lids on such as jars, pop bottles, Pringle tub. Take all of the lids off and see if your child can match the</p>		<p>Melting eggs Take the eggs out and watch what happens to them during the day, they are melting because of</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>

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	count theirs?		your child a mirror and ask them to compare themselves to you. Eye colour, hair colour, beard, height etc.		their pencil correctly, don't worry if they change half way through, it's normal! 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!	amount of dots shown.	lids to the correct pot.		the heat in the sun.	
THUR	Magic beans Use the guide below to shout out different beans! Your child will then have to do the matching action!	Suggested nursery rhyme: down in the jungle	Sink/ float experiment Get a bowl of water and lots of your child's favourite toys. Ask your child to predict what they think will happen. Then get your child to drop their toys in 1 by 1 to see what happens. After, draw pictures of what sank and what floated.	Suggested nursery rhyme: Row your boat	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. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal! 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	Bubble blowing and counting Blow bubbles outside with your child and see if they can count how many you blow out! Then swap and count how many your child blows out!	Rice scoop Using rice, 2 bowls and spoons, ask your child to scoop rice from one bowl into another using a tea spoon or table spoon.		Time capsule Make a time capsule of things you've really enjoyed doing during lockdown. 	Choose from your own collection of story books or search YouTube for some.

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<p>FRI</p>	<p>Throwing and catching</p> <p>Practice throwing and catching a ball outside or in a big enough space. Then, if you can, play piggy in the middle with another member of your household, if you have one.</p>	<p>Suggested nursery rhyme: I'm a little teapot</p>	<p>That's not my dinosaur</p> <p>https://www.youtube.com/watch?v=UXR8r0dSo9A</p> <p>Make your own dinosaurs using cardboard and scissors and see if your child can find different textures to say 'that's not my dinosaur, it's too....'</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 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>Ordering objects by size</p> <p>Find different toys and objects from around your home with your child and ask them to order them from biggest to smallest, then shortest to longest!</p>	<p>Cheerio threading</p> <p>Thread Cheerios onto spaghetti and count 1 by 1.</p>	<p>Dinosaur fossils</p> <p>Using 2 cups flour, 1 cup salt, half cup warm water, small dinosaurs/ any small toys.</p> <p>Mix the ingredients altogether excluding the toys, then roll the mixture out onto a board, cut out circles and press the toys onto them, bake in oven at 150deg for 3-4 hours.</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>
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My little YOGA

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 above the head.

Warrior pose
Stand with feet apart and arms raised above the head.

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

Tree pose
Stand with feet together and one leg raised.

Tortoise pose
Lie on the floor with arms and legs raised.

Camel pose
Stand with feet together and one knee bent.

Archer pose
Lie on the floor with one leg raised.

Monkey pose
Lie on the floor with one leg raised and arms bent.

Relaxation
Lie on the floor with 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).