

Nursery timetable 6th-10th 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>Musical statues</p> <p>Play music and dance with your child, when the music stops, freeze!</p>	<p>Suggested nursery rhyme</p> <p>A, B, C, D, E, F, G...</p>	<p>Phonics game</p> <p>Show children instruments and explore sounds they make. Adult has identical set of instruments and plays behind a screen. Children identify which instrument.</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>Play snap</p> <p>Play snap using a deck of cards. Can your child recognise all the numbers!</p>	<p>Baking</p> <p>Bake something with your child, muffins, cake, quiche, bread etc. Encourage your child to mix the ingredients the self to help build their shoulder strength.</p>		<p>Cardboard vase</p> <p>Go on a walk and find flowers to put in a cardboard vase like pictured below!</p> 	<p>Choose from your own collection of story books or search YouTube for some.</p>

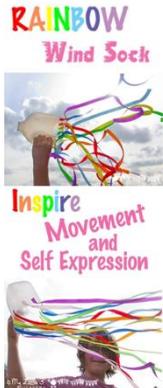
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TUE	PE Kit Practice Get your child's PE kit and get them to practice taking their clothes off, placing them in a pile and putting their PE kit on. Explain they will be doing this when they move to Reception!	Suggested nursery rhyme: hickory dickory dock	Kippers Toybox https://www.youtube.com/watch?v=MyHXxH_Vq4g Listen to the story then ask your child to make their very own toybox! You could use a cardboard box/ old shoe box and decorate it to put your child's favourite toys in!	Suggested nursery rhyme: Twinkl twinkl 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	Hole punching Using 10 pieces of card labelled 1-10 on them, ask your child to identify the number then punch that many holes into the card.	Cutting practise Help your child practise their cutting skills. You could draw a line on o9d paper to encourage this..		Shadow chalk Go outside and draw around the shadows you find on the ground! Or you could add toys on the floor to chalk around.	Choose from your own collection of story books or search YouTube for some.
WED	Animal yoga Use the pictures attached below to take part in doing some animal yoga!	Suggested nursery rhyme: Shoo fly	Phonics Click the link below and see if your child can identify the different sound.	Suggested nursery rhyme: little peter rabbit Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold	Online game Click the link below and play the game. https://www.tvokids.com/preschool/games/catepillar-count	Piggy in the middle Play piggy in the middle with your child, if you haven't got another person to play with, play catch with your child.		Make a windsock Using ribbon and a milk carton, make a windsock to take out on the next windy day!	Choose from your own collection of story books or search YouTube for some.

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			https://www.youtube.com/watch?v=rVwAvifDARA		<p>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>				
THUR	<p>Morning walk</p> <p>Go for a lovely brisk morning walk!</p>	<p>Suggested nursery rhyme: down in the jungle</p>	<p>10 little fingers and 10 little toes</p> <p>https://www.youtube.com/watch?v=G3cW98rOo</p> <p>After watching the story, teach your child 'This little piggy' using their little toes!</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 change half way through, it's normal!</p> <p>If your child can write their name, see if they can write it</p>	<p>Number formation</p> <p>Practise writing numbers on large sheets of paper from 1-10!</p>	<p>Chopping</p> <p>Chop snack up with your child. Apple, carrot, tomatoes, then eat yum!</p>	<p>Snail race</p> <p>Go snail collecting and make a start and finish line, snail race!!</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>

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					smaller! Draw a box and see if they can fit their name in it				
FRI	<p>Just dance</p> <p>Click the link below and enjoy dancing!</p> <p>https://www.youtube.com/watch?v=gCzgc_RelBA</p>	<p>Suggested nursery rhyme: I'm a little teapot</p>	<p>Lost and found</p> <p>https://www.youtube.com/watch?v=cRAAQ8EWzig</p> <p>Make a penguin from cardboard tubes!</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>Online game</p> <p>Click the link and play the game.</p> <p>https://www.splashlearn.com/number-games</p>	<p>Lego</p> <p>Encourage your child to build something using Lego or any small construction locks. This will help their hand-eye coordination.</p>	<p>Bird feeder</p> <p>Make a bird feeder and pop it outside and watch them come for food!</p> 	<p>Choose from your own collection of story books or search YouTube for some.</p>

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<p>ELEPHANT POSE (WIDE-LEGGED STANDING FORWARD BEND)</p>  <p>I have a strong body.</p>	<p>CROCODILE POSE (PLANK)</p>  <p>I am calm.</p>	<p>TURTLE POSE (CHILD'S POSE)</p>  <p>I am patient.</p>	<p>PUPPY POSE (DOWNWARD-FACING DOG)</p>  <p>I am friendly.</p>	<p>FLAMINGO POSE (TREE POSE)</p>  <p>I am beautiful.</p>	<p>RHINO POSE (TRIANGLE FORWARD BEND)</p>  <p>I am a leader.</p>
<p>TIGER POSE (CAT POSE)</p>  <p>I am brave.</p>	<p>COW POSE (COW POSE)</p>  <p>I am kind.</p>	<p>BUTTERFLY POSE (BUTTERFLY POSE)</p>  <p>I am unique.</p>	<p>COBRA POSE (COBRA POSE)</p>  <p>On the exhale, make the 'shhh' sound to slither like a snake.</p>	<p>BAT POSE (FORWARD BEND)</p>  <p>Focus on your breathing. Can you feel the air moving in and out through your nose?</p>	<p>GIRAFFE POSE (EXTENDED MOUNTAIN POSE)</p>  <p>I reach for the stars.</p>

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