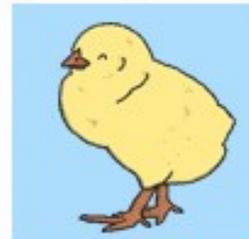


This is how our day looks in Reception at Meadows. Please use this as a guide for your home learning. It is only a suggested timetable, feel free to work around your own timetable if this would suit you and your child better. As always, please use the website links provided on the school website for other ideas.

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00 – 9.15am registration	Following registration, we begin every day with phonics . We begin every session by recapping all the sounds and the tricky words taught so far. We then introduce a new concept before the children work in small groups on a given task, this task could be a game, a sheet or a short writing task on their white board.				
9.10am – 9.45am Phonics					
9.45am-10am	Snack time				
10am-10.15am	Play time				
10.15-10.35am Maths	This is a short, taught session where we teach the maths concept being covered that week e.g. number bonds to 10				
10.35-11.40 Activities and focus groups	During this session there is a range of activities, linked to the theme, that the children can access both inside and outside. Either the teacher or the teaching assistant will work with groups on a focus task (e.g. writing or maths) while the other interacts with and extends the learning of the other children.				
11.45am Lunch	Lunch				
12.50pm Register and topic input	This is a short, taught session where we teach the topic being taught that week e.g. what is a healthy meal?				Feel Good Friday e.g. running/yoga
1.15 – 2.15pm Activities and focus groups	See above	Forest School	PE	See above	See above
	Dough disco (2pm)			Dough disco (2pm)	
2.15-2.30 playtime	Play time				
2.45 – 3.15 story / home time	Story and song	Story and song	Story and song	Story and song	Story and song

Which sound can you hear in these words?

Say the name of each picture out loud. Which sounds can you hear?



Now can you sort them into 4 lists? Draw the pictures under the correct sound.

ch

sh

ng

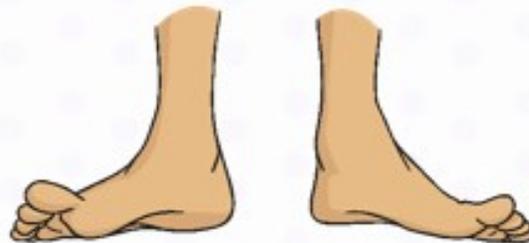
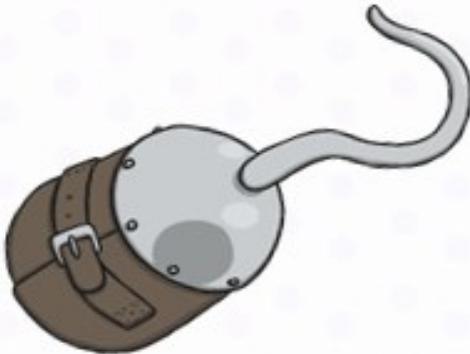
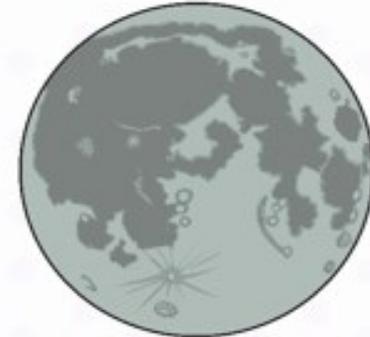
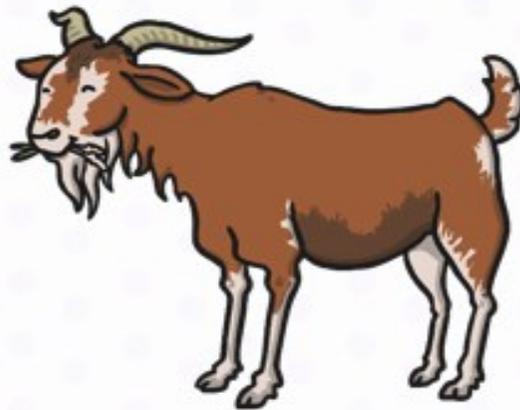
th

Write a sentence about this picture:



Photo courtesy of Arria Belli (@flickr.com) - granted under creative commons license - attribution

Can you write these words?



Now write a sentence using one of the words.

Help Pirate Pete find the treasure!

The real treasure has real words on it.

The fake treasure has got made up words on it.

toop toad boac rooftop pool week wool

tonight seep kighn mool main

light pait



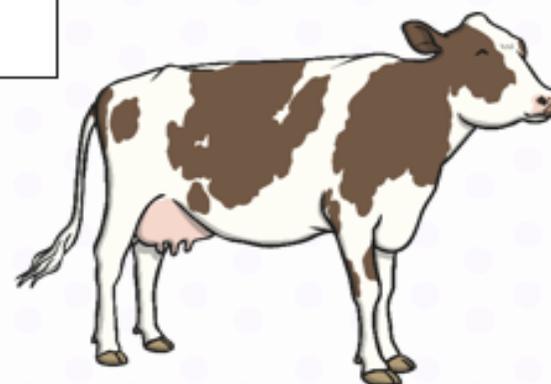
Can you find the real treasure?

Count the phonemes

Which words have got 3 phonemes and will fit into this phoneme frame properly?



Three empty rectangular boxes for writing phonemes.



Maths: Naming 3D shapes

Monday - Look at some packages and boxes. What shape are they? Can you find a cube, a cylinder or a cuboid shape?

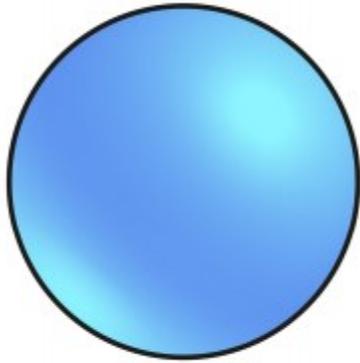
Wednesday - Use some playdough or salt dough to make 3D shapes. Can you make a sphere, a cube, a cuboid, a cylinder and a pyramid?

Friday - Use some empty boxes and packaging to make a model. Maybe you could make a model house, a car, a castle or a robot. Talk to your adult about the different shapes you use. Which shapes are easiest to build with? Take a photo or draw a picture of your model.

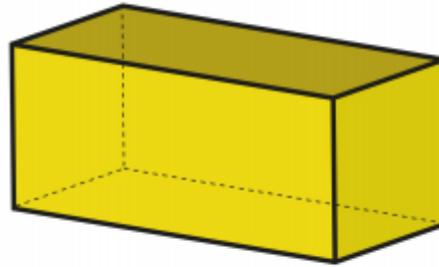
Tuesday - Go on a 3D shape hunt around your house. What 3D shapes can you find? See if you can find a sphere, a cube and a cuboid. Can you find any other 3D shapes? What are they called?

Thursday - Make a collection of small objects that are 3D shapes, such as a small ball, a toy building block, a dice and a glue stick. Hide the objects in a bag and then put your hand in the bag to choose one of the objects. Describe the shape to your adult and see if they can guess the shape you are holding. Then get them to describe a shape to you!

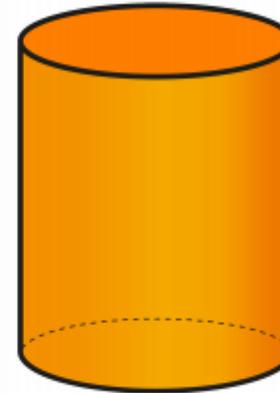
sphere



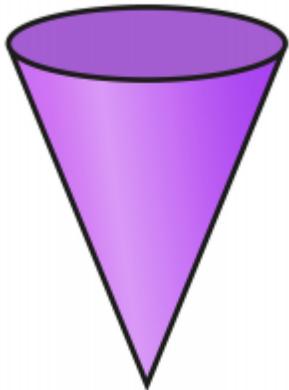
cuboid



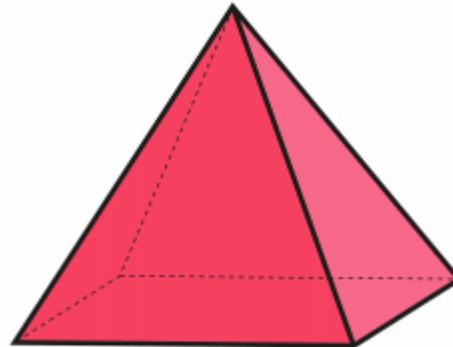
cylinder



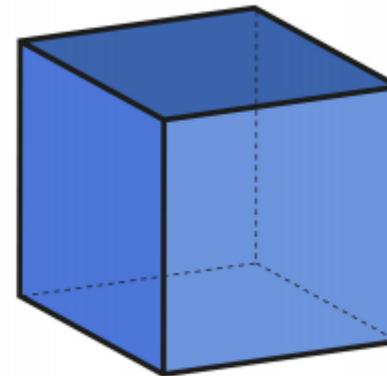
cone



pyramid



cube





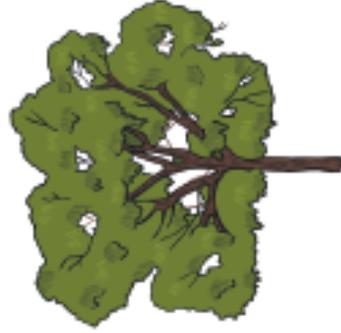
I am strong.



I am brave.



I am wise.



I am kind.



I am friendly.



Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



Tree Pose - Vrikshasana

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



Other ideas

1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga
www.robertrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon

