

Home Learning Log

08.06.2020



Our WOW activities will focus on the other areas of learning within our early year's curriculum. These areas are so important, as they help us to grow as a whole, not just helping our brains to grow!

The areas in our learning are:

Personal, Social and Emotional

Communication and Language

Physical Development - Our Focus this week!

Literacy

Mathematics

Understanding our World

Expressive Arts and Design

Physical Development - Moving and Handling

Watch and join in with P.E with Joe Wicks on YouTube, at least **4 out of 5 days this week**, if you can do all 5 even better!!

Keep Active!

Before you start your exercise, put your hand on your chest, can you feel your heart beating? Is it fast or slow?

How is your breathing? When you've finished your exercises, check your heartbeat and breathe again, what is different about your breathing/ heart beat compared to when you first started?

In Reception, one of our objectives is to be able to experiment with different ways of moving, give yourself a starting point and an endpoint, **how many different ways can you travel from your starting point to the finishing point!** You could hop, jump, crawl etc! try to be creative as we practiced some of these in school! **Challenge yourself to try different ways of moving!**

Obstacle Course!

Try and make an obstacle course using resources in your home or whilst on your daily walk, as in reception another one of our objectives is to be able to travel confidently **around, under, over** and **through balancing and climbing equipment**, you could do this on your daily walk, see how creative you can be! Are you up to the challenge? **Can you do all of these skills confidently and safely?**

Physical Development - Health and Self-Care

1,2,3 Go!

In Reception, we're getting more and more grown up every day! So it's very important that we access opportunities to become more independent!

With your grown up, play a game of how fast you can **get dressed all by yourself**, do this every day for the whole week and see if you can get faster each day! Get your grown up to time you as you dress yourself, you could even write down your time each day, then at the end of the week have a look at which day you were the quickest!

You can even do this with your other everyday routines such as bath time, can you have a go at giving yourself a wash? Washing your hair? **Can you manage your own basic hygiene and personal needs successfully and independently?**

Talking time!

As you complete your daily routines, talk to your grown up about the importance of staying clean and healthy and talk about different ways to keep us clean, healthy and safe!