

15.03.21 – 26.03.21


This booklet has everything you need to know about your home learning (15.03.21 – 26.03.21).

Frequently Asked Questions

What work should we aim to do each day?

- A session of maths and English each day
- Theme work (a little bit each day or a block of time each week)
- Short sharp blasts of basic skills
e.g. reading, handwriting, times tables

We are aware that the circumstances for every family are different.
Teachers will work with you to help and support.

The important learning activities have a  next to them.

How do we share the work?

E-mail your work to eyfs@newby.n-yorks.sch.uk
Your teachers are looking forward to seeing your work and
will talk to you about it when they phone each week.

How can we organise our day?

Here are some suggestions about how to organise
your day based on what some other families are
doing.

Your teacher can help find a routine that works
for you and your family and can suggest learning
activities that can be done through play.

Example 1

M	Maths		English		Exercise	Handwriting Daily Reading	
T	Maths		English		Reading Eggs	PSHE	Exercise
W	Maths		English		Theme Project		Daily Reading
Th	Maths		English		Daily Reading Numbots	Theme Project	
F	Maths		English		Exercise	Daily Reading	Music

Example 2

M	Maths	PSHE	Family Time and Exercise	Finishing each day with some: reading handwriting spellings maths skills
T	English	Theme		
W	Maths	Music		
Th	English	Theme		
F	Theme Project			

Example 3

M	Theme		English		Choose an activity from the booklet	
T	Family Time and Exercise					
W	Theme		Maths		Reading Time	PSHE
Th	Theme		English			Music
F	Theme		Maths		Choose an activity from the booklet	

EYFS Lessons



We are using the Oak National Academy lessons as part of our home learning offer.

EYFS lessons that link to our year group curriculum are added to the EYFS page of the school website.

Here is the link to find the lessons that link to our current in-class learning:
<https://www.newbyandscalby.org.uk/for-pupils/classes/reception/>

Your teacher can suggest an offline alternative.



Theme Project

Can you find out all about **Growing?**

You can use the Knowledge Organiser on page 6 to get you started and help you decide what to find out more about.

You can also use the Oak National Academy lessons to learn more about **healthy lifestyles**.

You can find out more using books from home or the internet or by asking a grown up.

There are some ideas for things you can do on this page and the next page.



Here is the link to the **Healthy eating** lessons:

<https://classroom.thenational.academy/units/healthy-eating-30d4>

Healthy lifestyle videos, games and activities:

The 'five a day' song: <https://www.bbc.co.uk/cbeebies/grownups/portion-sizes-for-kids>

Get well soon – Eat well sleep well video
<https://www.bbc.co.uk/iplayer/episode/b01p3000/get-well-soon-25-eat-well-sleep-well>

Mr Tumble – Tumble Tapp game – Healthy eating –
<https://www.youtube.com/watch?v=BvAxc5ZSbTE>

Mr Tumble – 'eat our greens' song - <https://www.bbc.co.uk/cbeebies/watch/something-special-eat-our-greens-song?collection=something-special-songs>

Healthy lifestyle stories:

Supertato: <https://www.youtube.com/watch?v=hTf0MBXqdb4>
Supertato Veggies Assemble: <https://www.youtube.com/watch?v=f3SymlvibCM>
Eat your peas - <https://www.youtube.com/watch?v=XgSb4zccAl>
Oliver's fruit salad - <https://www.youtube.com/watch?v=jcTprklmImI>

English

- Can you draw a picture of a healthy meal and label the different food items?
- Design a three course menu. Have a go at writing a starter, main and pudding. Think about healthy options this could be.
- Listen to the story Supertato
<https://www.youtube.com/watch?v=hTf0MBXqdb4>. Can you draw and label your own vegetable superhero? Think about what it will look like and what its superhero power might be.

Being imaginative and creative

- Can you design and make your own vegetable superhero inspired by the story 'Supertato'? You could make it using junk modelling, craft materials or even use a real vegetable!
- Play cafes or shops with your family. Talk about what healthy/unhealthy food you might sell.
- Dancing is another way of keeping healthy. Can you make up a dance routine with your family? You might want to have a go at some of the Just Dance routines on Youtube.

Understanding the World

- Look inside your kitchen cupboards. Can you sort the food into items that are healthy/unhealthy? You could even have a go at sorting them into different categories such as carbohydrates, protein, dairy, fruit and vegetables.
- Have a go at planting your own fruits and vegetables. You don't have to have a garden to do this. You could plant cress seeds in cotton wool and yoghurt pots or beans in zip lock wallets.



Image from: <https://sneakers4funds.com/healthv-food-what-a-mistake-to->

Here are some learning ideas for the different areas of the curriculum that you could use to extend your learning at home.
Remember to send pictures of your work to eyfs@newby.n-yorks.sch.uk

Physical

- Can you design an obstacle course in your house/garden? Time different members of your family with how long it takes for them to complete the course. Can you talk about who was the fastest/slowest? How do you know this?
- Have a go at some Cosmic Kids Yoga. You can find this on Youtube.

Maths

- Can you make a fruit kebab with a hidden pattern?
- Can you make a tally chart and mark off every time you eat a fruit/vegetable?
- Play shops with someone from your family. You might want to use real food items from your house and money. How much will each food item cost?
- When shopping, can you count how many fruit and vegetables go in your shopping trolley?
- Another way of keeping healthy is to make sure you brush your teeth for two minutes twice a day. Next time you are brushing your teeth use a timer to time this.

Knowledge Organiser

Growing

Try to learn as many facts as you can!

Glossary of important words and definitions

Vocabulary	Definition
Exercise	Activity requiring physical effort to sustain or improve health and fitness.
Dairy	Food that contains or is made by milk.
Protein	You'll find protein in lots of yummy foods like eggs, nuts, beans, fish, meat, and milk.
Carbohydrates	Carbohydrates give the body most of the energy it needs. This could be foods such as rice, pasta or bread.
5 a day	The World Food Organisation recommends that everyone should have 5 pieces of fruit or vegetables every day.



Image from: <https://www.forumhealthcentre.nhs.uk/your-health/5-a-day>



Image from: <http://clipart-library.com/toddlers-exercising-cliparts.html>

Facts and Important Information

A well-balanced diet provides all of the energy you need to keep active throughout the day.

All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.

Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.

In addition to your 5 a day, you also need portions of other food group like carbohydrates, water, fibre, minerals and fats.

It's important that you get the right amount of each food group, which is called a balanced diet. Your diet is another word for the food that you eat – too much of one food group and too little of another food group can mean that your body isn't healthy.

Daily Maths Activities

Have a go at some of these activities each day.



<https://www.bbc.co.uk/cbeebies/topics/numeracy>



<https://www.bbc.co.uk/cbeebies/shows/numberblocks>



<https://numbots.com/>

Use your username and password to login.

Less or more: Have a go at building two towers with the cubes. Count the cubes in each one. Which one has less and which one has more? How do you know? Grown-ups –challenge your child to build a tower which has less or more cubes than your tower or a certain number.

Counting: Using the numbers from previous learning packs or write out a mixture of numbers 1-20. Count out the correct number of cubes to go with each number.



Sorting: Your cubes will be lots of different colours. Can you sort them by colour and count how many you have of each colour? Which colour do you have most/least of? Can you make a bar or tally chart of colours?

Patterns: Can you make a 2 or 3 part pattern using the different coloured blocks in your packs?

Addition and subtraction: Make 2 groups of blocks. Can you add them up and see how many you have altogether?
Grown-ups – Challenge your child by writing number sentences (using + & -) and support them to use the blocks to work out the answers.



Counting actions: Choose an action like clapping, jumping or hopping. Now roll the dice and perform your chosen action that many times! For an extra challenge roll the dice 2 times and add the numbers together!

Counting and taking turns: In your pack you will find a sheet with the snakes and ladders game on! Use your dice to play this game with someone in your family. Remember you will need to take turns and count forward from the space you are on each time. Who will be the first to get to 20?

Roll a tower: Roll your dice and write that number on a piece of paper or your whiteboard. Now build a tower using your blocks on top of that number.

Roll a snowman: The children loved this one at Christmas time! Draw out a snowman and give each body part a number from 1-6. Now take it in turns to roll the dice and draw your own snowman. Who will be the first to complete their snowman?

Dice addition: Roll the dice twice and use these numbers to make an addition number sentence (e.g. $2 + 6 =$)

Number recognition: Write the numbers 1-6 lots of times all over a piece of paper. Now roll the dice and cross off each number as you roll it.

Daily English Activities

Have a go at some of these activities each day.

Phonics

Have a look at
<https://www.phonicsplay.co.uk/resources/phase/2/buried-treasure>
and have a go at the buried treasure game.

Can you sound out the word?

Can you blend the sounds together to read the word?

Can you decide if it's a real or made up word?

PhonicsPlay



Reading

Read lots!

Read your reading book every day. Remember, you can change your reading book by visiting the Pop-up Porch Library at the main entrance of school.

Read your class book. Share it with someone in your family.



<https://www.readingeggs.co.uk>

Use your username and password to login.

FUN IDEAS TO TRY

If you run out of activities to do,
here are some extras.

CHOOSE YOUR FAVOURITES

FUN IDEAS TO TRY

If you run out of activities to do,
here are some extras.

CHOOSE YOUR FAVOURITES

FUN IDEAS TO TRY

If you run out of activities to do,
here are some extras.

CHOOSE YOUR FAVOURITES

Internet Safety Activities

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-3-11s>

Internet Safety Activities

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-3-11s>

Play “First letter, last letter”. Think of a starting word. Your next word has to start with the last letter of the previous word. For example, house- elephant- train- nest.

Be a film critic.

Watch your
favourite film and
write a review for it.

Be a film critic.

Watch your
favourite film and
write a review for it.

Draw your **self-portrait**

Look carefully in a mirror to help you.

Draw your **self-portrait**

Look carefully in a mirror to help you.

Help around the house.

Can you help do one thing each day?

Help around the house.

Can you help do one thing each day?

Make a jigsaw.

Draw a picture and then cut it up into different shapes.

Make a jigsaw.

Draw a picture and then cut it up into different shapes.

Play your favourite music.

Dance and sing.

Perhaps put on your own concert!

Play your favourite music.

Dance and sing.

Perhaps put on your own concert!

Play your favourite music.

Dance and sing.

Perhaps put on your own concert!

“Words *for* Life”

<https://wordsforlife.org.uk/>

“Words *for* Life”

<https://wordsforlife.org.uk/>

[illegible]

Pebble Art

Use coloured pens or paints to decorate a pebble.

Will you create an animal or a face or a message or something different?

Pebble Art

Use coloured pens or paints to decorate a pebble.

Will you create an animal or a face or a message or something different?

Pebble Art

Use coloured pens or paints to decorate a pebble.

Will you create an animal or a face or a message or something different?

Go on a
scavenger hunt.

Can you find
something for
each letter of the
alphabet?

Go on a
scavenger hunt.

Can you find
something for
each letter of the
alphabet?