

Topic home learning activities w/b 30.3.20

This half term we have been learning about being healthy

Being healthy

Talk to your child about ways that we can stay healthy (e.g eating a variety of food, drink, getting lots of rest, washing, brushing teeth, exercise etc).

Can they draw (and label) 3 activities that they do to stay healthy?

Explore different fruits and vegetables that you might have at home

What do they look like?

What do they feel like?

What do they smell like?

What are the similarities and differences between them?

Are they similar to anything else you've seen before?

Do they know where the food comes from?

Exercise!

Where possible try to find opportunities to encourage your child to move in different ways – over, under, through, around – Can you set up an obstacle course using boxes, play equipment in your garden, if you have one?

Play football and count the goals you score, or just practice kicking a ball!

Practice throwing and catching a ball to each other

Don't forget that Joe Wicks is doing a daily PE lesson on You Tube –

9.00 daily for a live workout on Bodycoach TV (YouTube)

You could also try out some Cosmic Yoga, also through You Tube

Bean Plants

If your child brought their bean plant home, can you talk to them about how this has changed? They could create a bean diary – drawing a picture once or twice a week to show how this is changing. They could label the parts of the plant (stem, leaf, pot, flower etc).

If you didn't bring your plant home then you could look at some flowers in your garden / outside and talk about how they have changed.

Fun & Games

Play games with your child that encourage good listening e.g. Simon Says, The Shopping List game or games that involve sharing and turn taking e.g matching pairs, board games etc.

Spend lots of time, if you can, playing together, acting out familiar situations such as shopping, looking after a new baby, cooking at home etc.

Art & Crafts

Your child could use different materials to create a fruit / vegetable / healthy meal picture – pencils, pens, chalks, paint, tissue paper etc – think about what colour the food is and try to recreate this in your picture.

Create a 3D model of your chosen food – think about colour, shape, texture etc

Sing familiar songs together and explore different ways of moving to these. Can you clap in time to the music?

Easter dot to dot activities – complete the picture and then you colour this in.