

Home learning ideas

Practice counting to 10 while being active!

Count:
10 star jumps,
10 hops,
10 stretches,
10 squats,
touch your toes 10 times.

Can you think of other exercises you could do while counting to 10?



Our letter/sound of the week is P

Watch alphablocks:
<https://www.bbc.co.uk/cbeebies/watch/alphablocks-pen>

Draw a picture of something that starts with P with a pen or pencil.

Write your name on your picture.



Share a story with a grown-up.

Talk about your favourite part of the story.

Who is your favourite character?
Why?



Look at some old photos with your child.

Talk about the differences in how they look in the photos and how they have changed.

Can you put a baby, toddler and a recent photo in order?

Talk about the different movements they could do at each stage (e.g. sitting, crawling, walking, running etc...)

Also look at photos of other family members – how have they changed?

P is for penguin!

Let's get active!
Can you teach your family the penguin dance?

<https://www.youtube.com/watch?v=FEpPjhVtdc>



Listen to some music.

What instruments can you hear?
How would you move to the music?
Fast? Slow?
How does the music make you feel?
Make up a dance routine to the music!



Paint or draw a picture while listening to classical music.



What colours do you think about when you hear the music?



Practice cutting with scissors!

Cut pictures out of magazines.
If you do not have scissors you could practice tearing long strips of paper out of newspaper or magazines.



Go on a number hunt around your house.

What numbers can you see?
What are the numbers for?
What do the numbers tell us?



Make a list of all the things you can think of the begin with the letter P.



Draw pictures or get a grown up to write the words.

How many things are on your list?
Can you find any of these things in your house?

Can you help get ready for dinner?

How many plates, forks, knives or spoons do you need for each person?



Can you draw a picture for someone who might be lonely or on their own?

Maybe a neighbour or a family member.
What would make them smile?

