



Home Activities



Daily Activities

*Play maths games on the link below. Choose any game you like
<https://www.topmarks.co.uk/maths-games/5-7-years/counting>
 *Practise neat handwriting, making sure your letters are sitting on the line and facing the right way.
 *Read or listen to a story on the Oxford Owl website or from your favourite story book.
<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page>
 More stories to read/listen to
<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>

Language, Literacy and Communication/ICT

This week for our Healthy Living theme I'd like you to watch the video below on Bitesize.
<https://www.bbc.co.uk/bitesize/topics/z9yvcdm/articles/zxvkd2p>
 After watching the video, Create a poster on J2E5 telling people about the things they should do to stay healthy and why? Remember the poster should have
 *different styles of fonts in different sizes
 *Bright colours
 *photographs/pictures
 *adjectives / interesting vocabulary to make people want to stay healthy

Mathematical Development

This week we're going to look at capacity. Capacity is the amount of liquid a container holds which is measured in millilitres - ml and litres - L.
 First, click through the PowerPoint called **Measuring Capacity** to learn about capacity.
 Next, have a look around your home, record the capacity of containers you may find in the file called **Capacity around the Home** in your HWB account. Things like shampoo bottles and juice cartons have their capacity printed on the outside in ml or L.
(Do this activity with an adult as some liquids in your home may be dangerous)

If you have a measuring jug at home, practise measuring the capacity of other containers like cups and glasses to practise reading the scale on a measuring jug.

Health and Wellbeing

This week is National School Sport Week. Follow the links below to learn how to play some target games at home.

Frisbee Golf

https://www.youtube.com/watch?v=Tn8utqG_yis

King of the Cones

https://www.youtube.com/watch?v=GXN9cYj6eX8&feature=youtu.be&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL

Tap Up Tennis

<https://www.youthsporttrust.org/sites/default/files/Tap%20Up%20Tennis%20Challenge.pdf>

In the box

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20In%20the%20Box.pdf>

Target Games

<https://www.youtube.com/watch?v=8JJjNKyXsWs>

ICT

"Health professionals suggest that children between 4 and 8 years old should drink 1.2 litres of water per day. That's about 5 cups/small glasses each day. In hot weather or when you are taking part in sport you might need to drink more!"

Do you drink enough liquids?

Using Chart on Jit5, keep a drink diary for 1 week noting how many glasses of liquids you drink each day.

Welsh Activity of the Week

Listen to the Welsh song 'Cadw'n Heini' (Keeping fit)

<https://cyw.cymru/en/songs/canu-gyda-cyw-sing-with-cyw-cadwn-heini/>

