



# Home Activities



## Daily Activities

\*Practise your numbers by playing the Helicopter Rescue game on Topmarks. You can change the number range to suit Connors ability. Start with numbers to 20 until he's confident, then adjust to larger numbers.

<https://www.topmarks.co.uk/learning-to-count/helicopter-rescue>

\*Count objects to a maximum of 20

\*Choose any counting game you like on the link below

<https://www.topmarks.co.uk/maths-games/5-7-years/counting>

- Practise writing your name using a pencil, paintbrush and water on the ground outside, chalks or anything you like!
- 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 on

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>

## Health and Wellbeing

Open the document called Artistic Sport Activities. Click on any of the activity names in **RED** to take you to some dance activities to get you moving for good health.

(The link to 'Upside down challenge no longer works')

You could try to make one of these healthy snacks

<https://www.upliftingmayhem.com/25-fun-and-healthy-snacks-for-kids/>

Or these fruit animals!

<https://www.natgeokids.com/uk/kids-club/entertainment/general-entertainment/fruit-animals-snacks/>

Take a photo before you eat it, then upload to your HWB, I'd love to see what you make!

## Language, Literacy and Communication

On You tube Watch the phase 1 Jolly Phonics songs

<https://www.youtube.com/watch?v=T4lfiKiQ-3I>

\*Practise writing the letters in the songs (s, a, t, p, i, n) on paper or using any mark making equipment you like i.e. paint brush and water on the ground, into sand, pencil, into shaving foam etc.

\*Make playdough/string letters for the same set of letters

\*Download a letter formation app like PocketPhonics Stories, and practise forming letters online.

\*Take photographs of your work and load them on to your HWB account.

## ICT

### How much sleep do you need?

The sleep council suggests that a child between 5 and 7 needs between 10 and 12 hours of sleep per night.

### How much do you sleep?

Using the file 'How much sleep?', keep a sleep diary for 1 week noting how many hours of sleep you get each day. Write the days on the left hand side and how many hours of sleep on the right hand side of the table.

Get an adult to help you work it out.

Which day did you sleep the most?

Which day did you sleep the least?

## Mathematical Development

This week I'd like you to use a cup and measure the capacity of a variety of containers around your home e.g. , jugs, bowls, lunch boxes, saucepans etc.

Complete the table called 'Measuring Capacity' in your HWB files 👍

## Welsh Activity of the Week

Listen to the Welsh song 'Coginio' (cooking)

<https://cyw.cymru/en/songs/can-coginio-cyws-cooking-song/>

See if you can spot which foods are healthy or unhealthy.

## Healthy Snack / Fruit Animal ideas



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*Famorama.com*



