

8<sup>th</sup> – 12<sup>th</sup> June 2020. Dear Year R, here is your week's home learning fun based on 'Sport and nutrition'. Hope you enjoy it, Mrs C x



## Themed activities:

- Make your own obstacle course in the garden or house. Can you go over, under, balance, around objects. You can time yourself, hop or go on 1 leg to challenge yourself.
- Hold your own family sports day! Egg and spoon races, obstacles races, relays, laps of the garden, throwing, long jump.
- Set up jumps as mini hurdles
- Design your own football kit, sports kit or medals. (templates provided)
- Practise your throwing, catching and bouncing. Estimate and count how many of each you can do and try to improve each day.
- Draw or design a healthy meal or lunchbox.



## Maths activities:

1. Counting in 2s activity sheet
2. Odds and Evens- After explaining that odd items cannot be shared in half fairly but even items can, watch the powerpoint about Osman odd & Eshal Even and complete the activities. You can use everyday items to sort them into odd or even quantities (4 plates, 7 pencils, 3 apples, 10 bricks etc)
3. If you feel your child is grasping the odd and even idea, try this game; <https://www.topmarks.co.uk/learning-to-count/coconut-odd-or-even> or have various amounts of socks to pair up and find if they are odd (with one odd sock left over) or even and they all have a pair.
4. Play a game of skittles (using tin cans, bottles) subtraction from 10. Write all the possible scores you could have as subtraction sentences (10-1=9, 10-2=8 etc)
5. Time yourself or others completing sports tasks ( e.g how long does it take to hop to the kitchen and back, how long to do 20 star jumps?) use the language of seconds, minutes, quicker and longer. Who was the quickest?

## Literacy activities:

1. Sports word search. Discuss the words and their meanings.
2. Sports crossword
3. Watch some clips from previous Olympics, search for sports you are interested in or those you have never seen before
4. Write about a sport that interests you. (sporty themed paper attached)
5. Discuss where foods come from. A simple activity sheet can join the source and the product.
6. Further discussion enables children to sort items into things that come from plants or animals. You can go through items in your own kitchen and sort real items too. Write a list.
7. Make a healthy living poster with a message about food, nutrition or exercise.

**Remember to send in your pictures, comments and questions each week via [evidence me](mailto:evidence me) or email [sculverhouse@southtawton.org](mailto:sculverhouse@southtawton.org) I'm happy to help and looking forward to seeing your ideas from this week's activities.**

