Nursery

Week Beginning: 1st February

Our focus this week is on 'People who help us'

Email us some photos of your work, we would love to see it!
Email us on Nursery@rgntpark.bham.sch.uk

This is a suggested plan as it can help your child to have a routine. Please don't feel that you need to do all the suggested activities, be guided by your child and support them to learn through their play. Try and keep bedtime and mealtimes at the normal time and get up early in the morning as this would also help your child.

8.30-9.00 Breakfast and story time.

9.00-9.30 Move & Groove Tots https://www.youtube.com/watch?v=3HsOxANNZVI please only do this with adult supervision.

9.30-11.00 Learning through play (see below for suggestions of activities you could do with your child)

11.00-12.00 Outdoor play (see below for suggestions of activities you could do with your child)

12.00-1.30 Lunchtime

Can your child help you prepare lunch for example can you support them to chop vegetables or spread butter on bread to make a sandwich? Can they set the table and count how many forks, knives etc they will need? After lunch can your child help you wash the dishes and put things away. They will love the responsibility of helping you. They could also help you with other household jobs like dusting, folding washing, putting clothes away, pairing socks etc.

1.30-2.00 Sing songs and rhyme of the week and practice counting to 10-(see ideas below) and also watch videos from 'Emma the music lady'

2.00-3.30 Learning through play (see below for suggestions of activities you could do with your child)

3.30-4.30 Family walk around the local area (see ideas below)

4.30-5.30 Dinner time- Can your child help you prepare for dinner?

5.30-6.00 Cuddle up for a story with someone in your family

You should have also received a pack in the post with some additional paper-based resources for your child to complete. We will send you a pack once a fortnight with two weeks of resources for your child. We will be doing live sessions every day at 11am.

Learning activities	Outdoor learning ideas including family walk
This week the children will be learning about people who help us and we will be sharing different books and singing songs every day on teams at 11am. Here are some ideas of things you can do at home linked to the topic of people who help us. There are also some activities in your pack that was sent in the post.  Can you support your child to make your own fire station and fire. You could use your recycling and make your own small world scene and support your child to pretend they are a firefighter.	Phonics Play.....A Listening Game Find some empty plastic bottles or use the toes of socks. Partially fill with noisy materials such as rice, coins, marbles, lego, pebbles, shells. Shake the bottles or socks and identify what is inside. From the feel and the sound of the noisy materials can you talk about what is inside? What is it? What do you do with it? Where did you find it? --- Physical Activities Cycle or ride a scooter in the park **Outdoor movement ideas** If you have outdoor space available, encourage your child to get out there and play as much as possible. Free play is excellent physical activity—and if you play alongside your child, you just may get some much needed endorphins. Kick a ball around together, play catch. Running through the jungle game



Do you have some shaving foam at home could you spray some on your child's toys. Could they use a watering can or a calpol syringe and fill it with water to put out the fire?



Could you use a large box and paint it and make your own fire engine? Your child would love to pretend they are a firefighter on the way to an emergency.

Children are running through the 'jungle' and run into many animals, etc that they need to get away from. Give appropriate commands, and the children carry out a suitable action:

- jump over logs
- duck under branches
- high knees through quicksand
- run from the tiger
- tip toe past the snake
- talk to the monkeys (ooh, ooh, aah, aah)
- Swing through the jungle l... reach up for the jungle vines and call, "Arhhhhh" beating their chest.

This really gets their hearts pumping and it's lots of fun!

Stories and rhymes

Continue learning the rhymes in your rhyme book and also help your child to learn theses ones below:

This is the way we wash our hands,
Wash our hands,
Wash our hands
This is the way we wash our hands
To STOP Corona virus

Rhyme Of The Week

I'm A Police Officer
(To the tune of I'm A Little Teapot)

I'm a police officer with my star
I help people near and far
If you have a problem, call on me
And I'll be there one, two, three



Using masking tape could you make your own ladder? You could help your child with their counting skills. Could they drive their cars to each step on the ladder and count how many steps they have gone up on the ladder?



Could you use some vehicles could do some messy painting this is a great way to support your child with their language development and creativity.

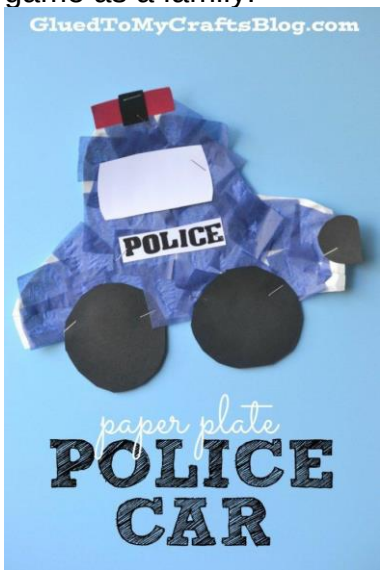
Don't forget to sing along with Emma – click on the link below and join in together



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



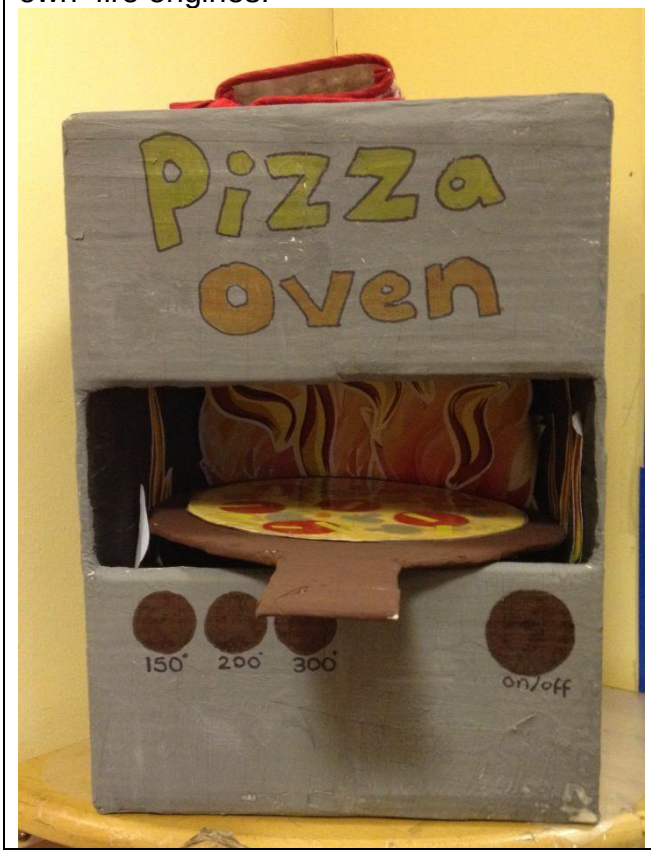
Could you set up your own police station. Do you have an old phone and notebook you could use? It would be lovely to play this game as a family.

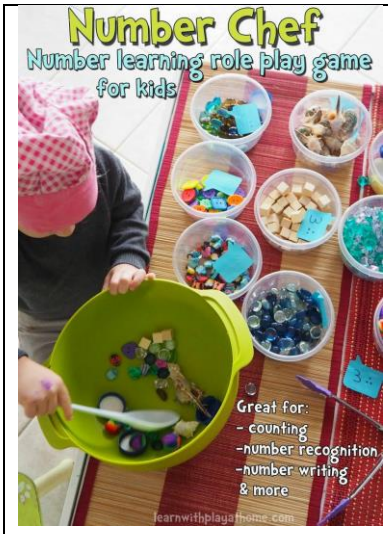


Could you use some cut up pieces of paper and glue and make your own collage of different vehicles.



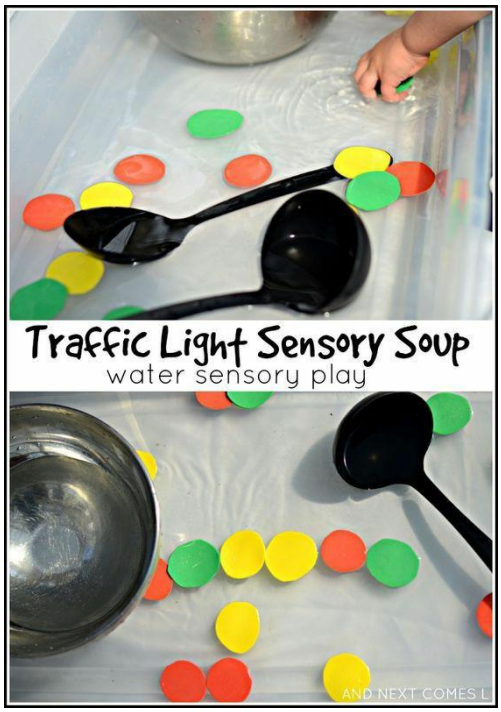
Could you pretend you are a chef. You could use some biscuits and sweets to create your own fire engines.





Could you make your own pizza oven and perhaps set up some bowls with loose parts from around your home and pretend you are making pizza or soup. This is a great way to help your child with their counting skills too.

It would be great to add some water too if you have a little tub.





Do you have any plasters or a first aid kit at home can you open your own doctor's surgery and use your child's teddy bears. This would be lovely to play with the family too.
