

Nursery Home Learning - Block 6, Week 6

Monday 6th July 2020

Hello everyone! It is all about **Healthy Food & Sport Activities** this week!

We have loved reading your emails and seeing the photos of our Nursery children being busy and enjoying themselves! Thank you to everyone who has been in touch, however we do appreciate that it is not always possible, so if not please don't worry. We are very proud of our **'Home Learning Star of the Week'** title winners! They are announced each week on the school website. Here are the activities for this week, we hope you enjoy them.

Eating Healthy & Staying Active!

1. Talk, talk, talk! At meal time initiate a chat about the food you are eating with your child. **How does it look, taste, and smell?** Adults can model talking about **their favourite food** first and explain why they like it; you can **describe** how it tastes and talk about its **texture** (crunchy, soft, smooth, etc.) or maybe it is associated with a happy event in your childhood or a special occasion! Then let your child talk about their most favourite food with you helping him / her by asking questions. You can also discuss **healthy and unhealthy food** and talk about some types of food needing to be eaten in moderation (foods containing large amount of sugar, salt & unhealthy fats such as crisps, biscuits, sweets. etc.) You can also discuss **why humans need food** (our bodies need nutrients, vitamins and minerals to operate - you can compare it to the vehicles needing petrol to run!)

2. Listen to or watch **the story 'Oliver's Fruit Salad'** by Vivian French

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

Or / and

Make a shopping list of your 3-4 most favourite fruit! Children can draw their favourite fruit and you can encourage them to think about their shape and colour. What sounds does the fruit start with? You can help your child to have a go at **labelling the fruit with initial sounds**. ('p' for pear, 's' for strawberries, etc.) Once your fruit shopping list is ready, you can take it with you on your next shopping trip and let your child find the fruit on the list to buy it! (please do this only if it is possible / convenient for your family) When you bring your shopping home, talk about the importance of **washing the fruit** properly to clean off any germs and reinforce **washing hands** before handling food. Help your child to peel & cut the fruit into smaller pieces and mix them up in a bowl. Enjoy your **healthy fruit salad!** If you have enough, guide your child with sharing portions with family members / friends! Yumm! You can also try making fruit kebabs!



3. Time to exercise! Please watch the link with your child to see how to **build your own hopping trail!** <https://www.youtube.com/watch?v=kRcotMyiCN4>

You will need: colourful paper, a plate, pencil, scissors, tape and a shoe / or willing feet to draw around! ☺ You can hold the plate in place, while your child traces around it (please remember it doesn't have to be perfect - wonky and uneven is perfectly fine!) Your little ones can also practise their cutting skills by cutting around those shapes. Family members can all join in to hop, hop, hop!! Please remember it is all about **having a go at doing our best**, so don't forget to give praise!

Here are some more sporty ideas for the week:

- Build your own obstacle course which will include: something to jump onto / off, crawl under
- Build a pyramid on the floor by stacking as many paper / plastic caps as you can, then try to jump over it! (you can use building blocks or other safe construction material too)
- Fill small balloons with water and play catching and throwing game outside on a hot day!
- Do 5 star jumps, 4 frog jumps, 3 touch your toe bends, 2 press ups and balance on 1 foot!
- Follow the link on YouTube & join in with a catchy song while exercising!

https://www.youtube.com/watch?v=JoF_d5sgGgc

What do you notice happening to your body after exercising? Put your hand on your chest to feel your heartbeat and check yourself in the mirror! (Quickened heart-beat & breathing, raised body temperature / sweating, rosy cheeks, etc.) **Why is it important to exercise?**