

Reception Home Learning

Monday 6th July

This week we are going to finish our topic on animals by thinking about dinosaurs!
It is also 'Sports Week' so we have added lots of physical challenges for you to try this week too!

Dinosaurs

1. What is a Dinosaur?

Talk about dinosaurs and how they became extinct millions of years ago!

Do you know the names of any dinosaurs? How do we know about dinosaurs even though they lived such a long time ago?

There are people called Palaeontologists who dig and find dinosaur fossils. These fossils help us to find out about dinosaurs. You could look at some videos on 'youtube' about fossils to find out more. If you have a garden why don't you go outside and pretend to be a Palaeontologist, dig somewhere where your parent is happy for you to dig and see what you find! You might find some pebbles or bugs or even pieces of old pottery. (Parents you could even hide something in the soil for your little one to discover, have fun and enjoy learning outside).

2. This week is 'Sports Week' so let's get Sporty!!!!

Here is a list of challenges that you can do inside or in the garden. Have fun and try to do something active each day.

1. See how many Star Jumps you can do in 20 seconds. Each day increase your time by 10 seconds and count your Star Jumps. By Friday you will be able to do Star Jumps for 1 whole minute, Well done!
2. Balance a pebble, toy or hardboiled egg on a spoon. Can you walk around your garden or around your living room 2 times balancing your chosen object on your spoon? You must only hold the handle of the spoon and hold your arm out straight as you walk and balance! Good Luck!
3. Jog on the spot or around your garden for two minutes. How does your body feel after exercise? Put your hand on your chest and feel your heart beating. Is it beating faster? How else do you feel?
4. Place a cushion on your head. Once it is there you must not touch it! Walk 2 laps around your garden or living room balancing the cushion on your head. Try hard to keep your head very still so that it does not fall off!
5. If you know a little bit of yoga do a 'tree pose' and time how long you can hold it for. A tree pose means you balance on one leg whilst the other leg is bent and off the floor. How long can you balance on your right foot? How long can you balance on your left foot? Get your grown up to time you. Practise this every day and see if you can balance a little bit longer each time.

Have Fun, Love From Mrs Freeman, Mrs Foddai and Mrs Deojee