



St Cuthbert with St Matthias

Year Nursery Remote Learning Timetable – Week Beginning

11th January 2021



Monday	Tuesday	Wednesday	Thursday	Friday
Wake up, brush teeth, get dressed and have breakfast	Wake up, brush teeth, get dressed and have breakfast	Wake up, brush teeth, get dressed and have breakfast	Wake up, brush teeth, get dressed and have breakfast	Wake up, brush teeth, get dressed and have breakfast
Registration- Telephone Call	Registration- Telephone Call	Registration- Telephone Call	Registration- Telephone Call	Registration- Telephone Call
Joe Wicks Workout 1! https://www.youtube.com/watch?v=d3LPrhI0v-w	Joe Wicks Workout 1! https://www.youtube.com/watch?v=d3LPrhI0v-w	Joe Wicks Workout 2! https://www.youtube.com/watch?v=SbFqQarDM50	Joe Wicks Workout 2! https://www.youtube.com/watch?v=SbFqQarDM50	Joe Wicks Workout 3! https://www.youtube.com/watch?v=pnKCGY9ZocA
<p>Phonics Flash card game – can you child recognize letters / pronounce sounds a - n? Spend time reviewing the previous sounds before introducing new sound 'n' (Use flash cards provided).</p> <p>'n' word game – can your child circle the sound 'n' in the different words provided</p>	<p>Phonics Flash card game – can you child recognize letters / pronounce sounds a - n? Spend time reviewing the previous sounds before introducing new sound 'n' (Use flash cards provided).</p> <p>Letter formation activity – writing the letter 'n' Children to complete the worksheet provided.</p>	<p>Phonics Flash card game – can you child recognize letters / pronounce sounds a - n? Spend time reviewing the previous sounds before introducing new sound 'n' (Use flash cards provided).</p> <p>Letter formation activity – writing the letter 'n' Continue practicing writing the letter n – can your Child think of some simple words that begin with 'n'? Use worksheet provided.</p>	<p>Phonics Flash card game – can you child recognize letters / pronounce sounds a - n? Spend time reviewing the previous sounds before introducing new sound 'n' (Use flash cards provided).</p> <p>Matching word/picture game – help your child sound out the words, can your child find the picture to match the word? Challenge! Can your child have a go at writing these words?</p>	<p>Phonics Flash card game – can you child recognize letters / pronounce sounds a - n? Spend time reviewing the previous sounds before introducing new sound 'n' (Use flash cards provided). Make an 'n' poster! Can your child make a letter 'n' poster as seen below:</p> <div data-bbox="2359 1150 2611 1480" data-label="Image"> </div> <p>Challenge! Can your child have a go at writing the words next to the pictures?</p>
	Break	Break	Break	Break
<p>Maths Number flash card game! Hold up the number flashcards and test whether your child can recognize the numbers.</p> <p>Counting activity – complete the counting worksheet provided</p>	<p>Maths Number flash card game! Hold up the number flashcards and test whether your child can recognize the numbers.</p> <p>Number tracing activity – can the children trace the numerals</p>	<p>Maths Number flash card game! Hold up the number flashcards and test whether your child can recognize the numbers.</p> <p>Can your child count the dinosaurs and color the correct number on</p>	<p>Maths Number flash card game! Hold up the number flashcards and test whether your child can recognize the numbers.</p> <p>Number Matching game – match the numbers with the correct amount – please see</p>	<p>Maths Number flash card game! Hold up the number flashcards and test whether your child can recognize the numbers.</p> <p>https://www.youtube.com/watch?v=dk9Yt1PqQiw Useful link above for 'ten little numbers' song.</p>

					love-monster-and-the-perfect-present
--	--	--	--	--	--------------------------------------

Additional links:

<p>Phonics: Letters and Sounds song https://www.youtube.com/watch?v=BELIZKpi1Zs https://www.bbc.co.uk/cbeebies/puzzles/coin-counting-quiz</p> <p>Reading: Oxford Owl: https://www.oxfordowl.co.uk/ Free online reading books and activities for children to read at home. Audible – https://stories.audible.com/start-listen (Children’s books free to stream on a desktop, laptop, phone or tablet) Book Trust – https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/ Ceebeebies bedtime stories: https://www.bbc.co.uk/iplayer/episode/m000r68w/cbeebies-bedtime-stories-771-mr-tumble-the-gingerbread-man</p>	<p>Maths: https://www.bbc.co.uk/cbeebies/puzzles/numberblocks-number-magic-quiz-level-3 https://www.bbc.co.uk/cbeebies/watch/number-songs-from-numberblocks https://www.bbc.co.uk/cbeebies/puzzles/coin-counting-quiz</p> <p>Home Fun Activities: Cooking with Jamie Oliver - https://www.jamieoliver.com/features/category/get-kids-cooking/ Music with Myleene Klass – https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ Dance with Darcey Bussel - https://twitter.com/diversedancemix/status/1241098264373592065</p>
--	--

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



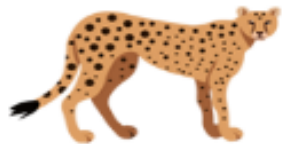
GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.



Turtle pose



Cow pose



Frog pose

Kid's Animal Yoga Poses



Camel pose



Cat pose



Lion pose

Flap your wings and fly like a bird around the house one time.



How long can you stand on one foot like a flamingo?

Crab walk across a room.



Hop like a bunny 20 times.



Waddle like a duck for 2 minutes.

Stomp like an elephant for 1 minute.



Leap like a frog 15 times.



Slither across a room like a snake.



PIRATE YOGA

5 easy yoga poses for kids



1. Pretend to be steering the ship.



2. Pretend to be a plank.



3. Pretend to be a mermaid.



4. Pretend to be a pirate ship.



5. Pretend to be a treasure chest.