

Facebook Website posts	Monday	Tuesday	Wednesday	Thursday	Friday
Physical development	Physical activity for Early Years (birth to 5) poster https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/831431/Withdrawn_Children_0-5_infographic.pdf Remember playgrounds may be out of operation due to the pandemic	https://www.nhs.uk/10-minute-shake-up/shake-ups Disney and Change4life have joined forces to offer Disney Clips that accompany 10 minute bursts of energy	Animal moves – talk about how different animals move to encourage your child to move in different ways e.g. jumping, running, hopping, skipping, galloping, sliding, crawl https://www.youtube.com/watch?v=DYPTJj6hd44	Try Cosmic Kids Yoga helps develop an understanding that exercise is good for health www.youtube.com/user/Cosmickidsyoga	https://www.youtube.com/watch?v=NJ7evRLFXV8 Develops an understanding that exercise can contribute to good health
Personal, social and emotional development	Talk about your own family Explore families and discuss different kinds of families Make puppets of family members – using drawings, cut up old photographs and stick on straws, lollipop sticks, small empty boxes This helps children make sense of their world and their place within it	Do a jigsaw together, play a simple game (e.g. o's and x's) This helps children take turns and share. Develop an idea of fairness	Share out food at snack time e.g. raisins for each family member This helps develop an understanding of sharing/fairness	Have a video chat with friends or family that you might not be able to see face to face. This helps your child form positive relationships with others	Pull faces in a mirror that reflect different emotions and talk about these This helps children to recognise how they and others show feelings
Communication and language This threads throughout all the activities	Value talk- Be an active listener, fully engage with what your child has to say to show you value their contribution	Avoid asking too many questions. Instead hold a conversation. When you do ask questions make them open and purposeful	Use commentary – model language by describing what the children are doing	Allow your child to lead the play and follow their interests – engaged excited learners will want to tell you about their play and exploration	Use gestures with spoken language to capture interest and support understanding
Reading These activities encourage listening skills for early reading	Children need to be able to distinguish between general sounds before they link sounds to letters Explore the different sounds of objects around the house. Try adding spoons to pots and pans and small objects to empty containers to create new sounds. This develops children's listening skills and an awareness of sounds in the environment	Make homemade instruments such as shakers out of recyclable materials This develops children's listening skills and an awareness of sounds in the environment	Go for your daily walk or go outside your door. Talk about the sounds you hear Open your window and listen and talk about the sounds you can hear	Sit opposite your child – clap your hands loudly and quietly. Can your child copy the sound? Make a pattern of sounds e.g. loud, loud, quiet. Can they copy it? Then let them make sounds for you to copy. They will love being the teacher	Sing songs which encourage body percussion such as clapping hands, stamping feet etc...
Mathematics	https://www.bbc.co.uk/cbeebies/watch/number-songs-from-numberblocks Number songs and rhymes - 5 little speckled frogs. Sing together and use fingers to count	Use yourself or toys. Talk about position e.g. where is it? Where am I? Model vocabulary e.g. in front, behind, on top of, under	Use your phone, tablet or a kitchen timer to time how many...jumps...blocks they can build, jigsaw pieces they can insert in a given time...can they do more next time. You can be very creative with this. For example how many toys can they put away before timer goes off (very motivating but encourages tidy up time) This helps children to use and understand the language of time	https://www.bbc.co.uk/cbeebies/topics/numeracy Lots of numeracy ideas and games. Sit and play together	Talk about your day in terms of breakfast time, lunch time, playtime, as you go about your day. First tidying then TV; after lunch then we are going for a walk etc... This helps children to use and understand the language of time
Knowledge of the world	Do a daily weather check and draw a picture to make a simple chart Look at the weather App on your phone/tablet if you have one Watch the weather forecast and talk about the symbols This helps children to observe changes in their environment	Look at the clouds Lay on your back in the garden and look up, or look out of the window What shapes can you see in the clouds?	Travel with Barnaby Bear to different geographical locations https://www.bbc.co.uk/bitesize/topics/z9grd2p/resources/1 This will help your child to understand how environments are the same or different	When you are out look at different types of houses – flats/apartments/maisonettes/bungalow/high rise etc... and talk about them	Talk about where you live Find your street/road name sign Numbers on doors Look out for geographical features such as post box
Expressive art and design	Use empty boxes, tubes, cartons tins etc...to make a model	Musician Martin Harwood does a Facebook live every Tuesday and Thursday morning at 10 o'clock On his page Small Voices big noise https://www.facebook.com/sheffieldearlyyearsmusic/ Martin sometimes comes to nursery so the children may know some of his songs. He also has a YouTube channel This helps children to express themselves through physical movement and sound	Encourage your child to create imaginary spaces e.g. put a sheet or blanket over the dining table or a few chairs and it can become a den or a tent This is pretending that one object represents another	Make marks with pens/pencils/chalks in flour on a tray or plate	Listen to music from