











Nursery Curriculum Week 3 Summer 2

Throughout the week...
Wellbeing Question of the week: **How are you feeling?** - Look at the thermometer to help you
Story: [In my Heart](#)
Activity: Fill in the mood diary for each day. Use a different colour for each emotion.

Here are the curriculum activities for the week. Resources in links or below. Try to do these this week as next week's activity will follow on in each subject

Book of the day	Day 1 Activity	Day 2 Activity	Day 3 Activity	Day 4 Activity	Day 5 Activity
	One Warm Fox	Dear Zoo	The King Cat	Superworm	The Badgers Bath
Literacy	<p style="text-align: center;">Sound of the week</p> <p>Sing the Jolly Phonics song. Encourage your child to sing along and follow the action.</p> <div style="text-align: center;">  </div> <p>What is the name of this letter? Can you draw or find things which have this sound?</p>	<p style="text-align: center;">Identify rhyming words</p> <p>Watch the video and join in with Rhyme and Freeze. When you hear two words which rhyme, exercise, but if they do not rhyme, freeze.</p> <p>Challenge: can you find or draw 2 things which rhyme?</p>	<p style="text-align: center;">Make recognisable letters</p> <p>Practice writing the letter f with a pencil using the rhyme- “over the rainbow, down and a fishy tail... and make a spear.” Can you write this letter using different things? E.g pencil, crayon, paint, chalk.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Hear rhyming words</p> <p>Using the resource sheet, find the picture which does not rhyme.</p> <p>Challenge: Read the poem and discuss the rhyming words you can hear.</p>	<p style="text-align: center;">Write short words</p> <p>Practice the sounds learnt so far. use the sound mat to help. Say these words for children to segment and write: fat, fog, and frog. (some children may not hear all sounds. E.g. they may only hear the first or first and last sound). Challenge: Can you make a caption using these words?</p>
Maths	<p style="text-align: center;">Add</p> <p style="text-align: center;">Adding Zebra Stripes</p> <p>Add up the stripes of both zebras and draw in the total on the answer zebra. Encourage children to cross off each stripe as they add together.</p> <p>Resources: Zebra adding sheet</p>	<p style="text-align: center;">Writing the number 15 Watch the Number 15 video. What are the numbers they can see in 15? A 1 and a 5</p> <div style="text-align: center;">  </div> <p>Say the rhymes to help them write the numbers. Children complete the 15 worksheet Resources: 15 worksheet</p>	<p style="text-align: center;">Add</p> <p style="text-align: center;">Adding Tiger Teeth</p> <p>Tiger teeth addition. Children to roll a die and put the correct number of teeth on the tiger's top jaw. Then roll the die and put the correct number of teeth for the bottom jaw. They then add up the total number to teeth. Can they write the number sentence down? Resources: Lion mouth, teeth, die</p>	<p style="text-align: center;">Number song</p> <p>Watch the Number 15 song</p> <p>Encourage your child to sing along with the song. Can they use their fingers to show you numbers to 10?</p> <p>Can they show you another way of making the same number?</p>	<p style="text-align: center;">Doubles to 10</p> <p style="text-align: center;">Ladybird Doubles to 10</p> <p>Children choose a number card and show this in dots on one half of the ladybird. They then repeat the same number of dots on the other half and add them together. Resources: Ladybird, ladybird dot, number cards</p>

<p>Topic</p>	<p>Communication and Language We're going on a bear hunt</p> <p>Watch the story and join in with the words and actions.</p>  <p>Draw a story map and retell the story.</p> <p>See Support for an example.</p>	<p>Physical Development Go on a bear hunt</p> <p>Find some bears or other soft toys that you can hide around the garden or house for someone to find.</p>  <p>Or get someone else to hide them and you do the looking.</p>	<p>Personal Social emotional Development Bears</p> <p>Watch the story and join in with the words and actions. How did the bear feel?</p>  <p>Why do real bears get angry?</p> 	<p>Understanding the World Looking at wildlife</p> <p>Visit a park, wood or pond near you. Go for a country walk and see what you can find.</p>  <p>See support for some ideas of what to look for.</p> <p>Remember the 'no pick and no lick' rule.</p>	<p>Expressive Arts and Design Make a Bear</p>  <p>Look at support for ideas and decide what you are going to need and how you are going to make it.</p> 
<p>Physical</p>	<p>Stretching</p> <p>Go through each stretch (see resources below), holding and repeating x6.</p>	<p>Yoga</p> <p>Try each yoga pose once (see resources below.) Hold for 15 secs. Poses that move up/down: cobra, camel, flamingo (both sides), cow pose and downward dog.</p>	<p>Action</p> <p>Pick your favourite stretches and yoga poses from the last two days. Warm up by using these movements.</p> <p>Have a look at the action cards (see resource below.) Perform each for 1 minute.</p>	<p>Circuits</p> <p>Pick 4 cards from over the past two days and perform each card for 2 minutes each.</p>	<p>Sequence</p> <p>Pick 1 stretching card, 2 yoga cards and 2 action cards. Practice your sequence. Can you show or teach it to a family member?</p>



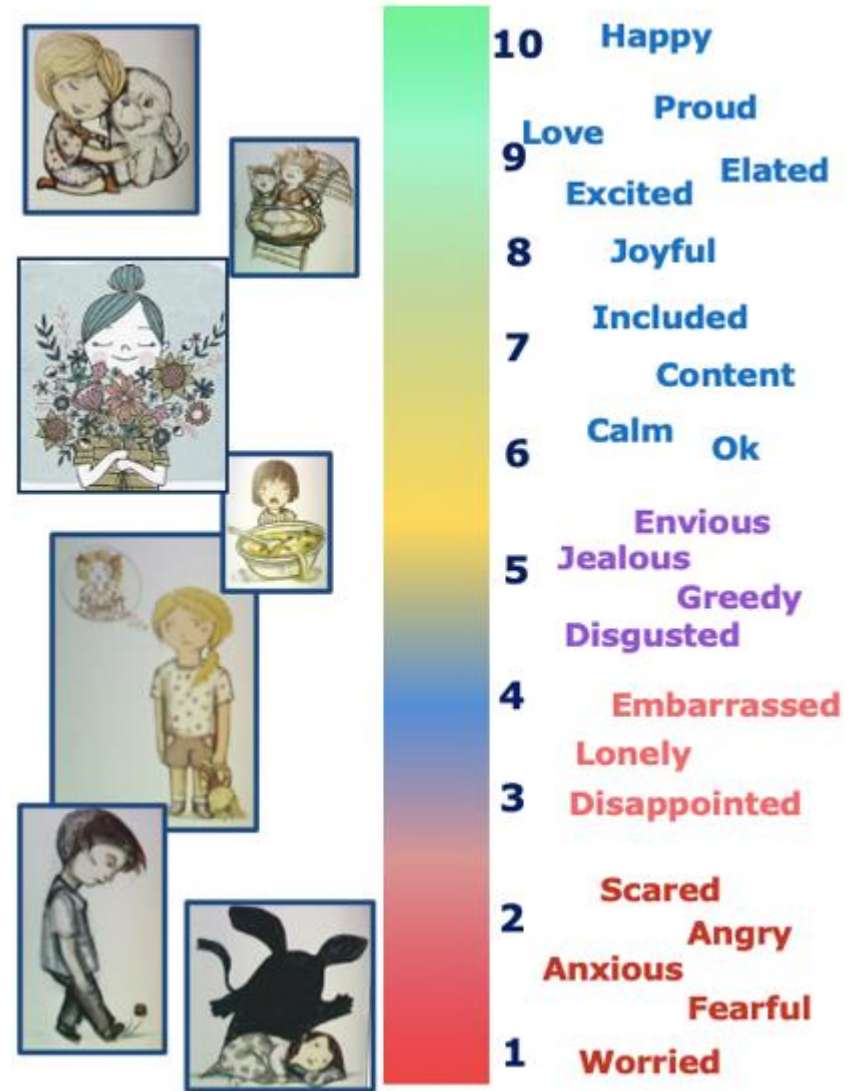
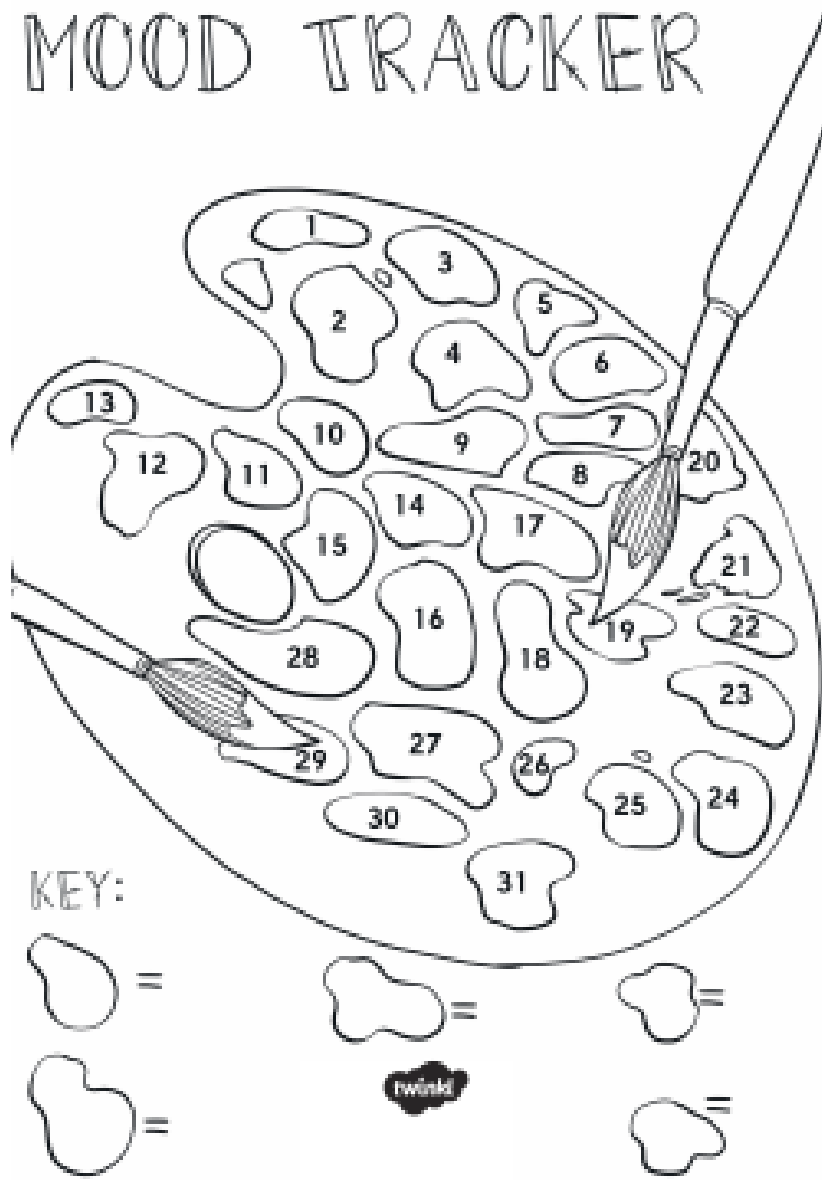
Here are some fun challenges suitable for the whole family.

Summer 2 Week 3

1. To talk about	What would happen if we all looked the same?
2. To do	Sit and meditate for one minute in silence. Can you stop your thoughts?
3. To investigate	Can an egg float?
4. To find out more about	Someone who changed the world.
5. To design	A new cereal
6. To learn	How to sign your name in sign language
7. To draw	Your favourite animal
8. To create	Toilet roll figure. Use the empty roll and create a new figure- animal, superhero, alien etc.


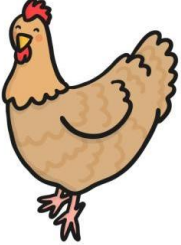
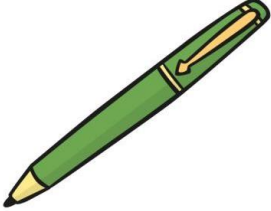
Wellbeing





MOOD TRACKER



Literacy resources:


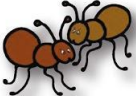












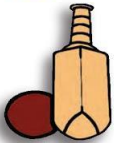

















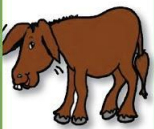
Activity 4. Find the odd one out in each strip.

<p>slug</p> 	<p>hen</p> 	<p>pen</p> 	<p>ten</p> <p>10</p> <p><small>twinkl.co.uk</small></p>
---	--	--	---

<p>cat</p> 	<p>rat</p> 	<p>dog</p> 	<p>mat</p>  <p><small>twinkl.co.uk</small></p>
--	--	--	---

Literacy resources:

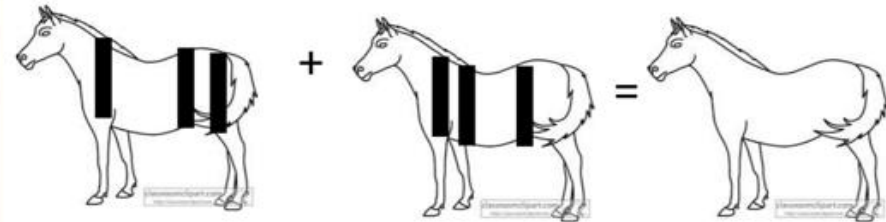
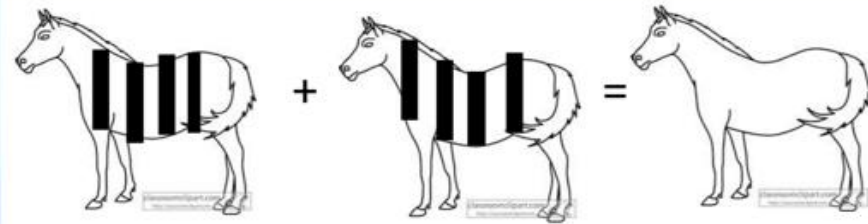
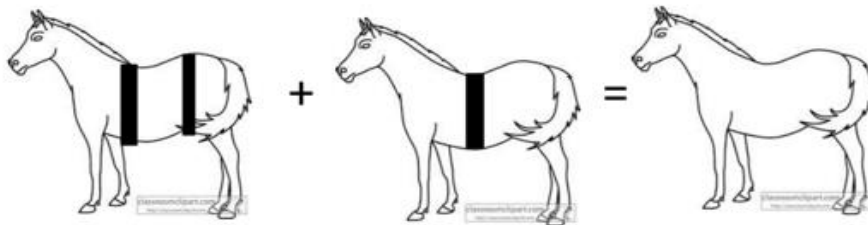
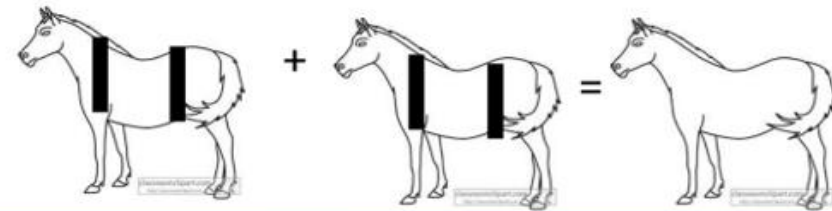
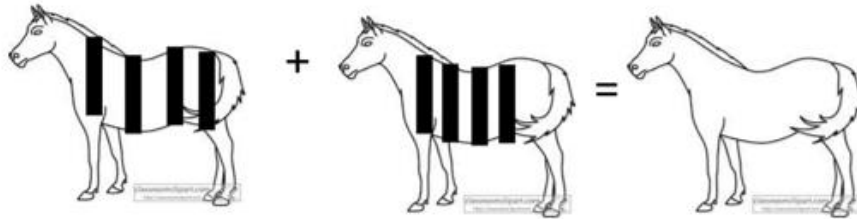
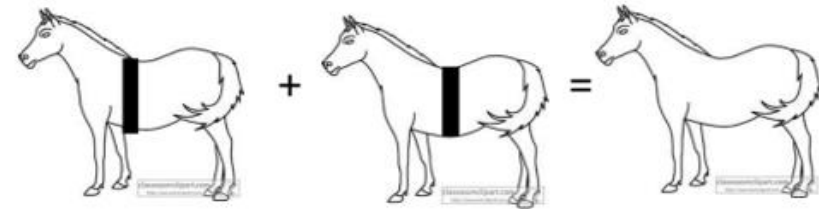
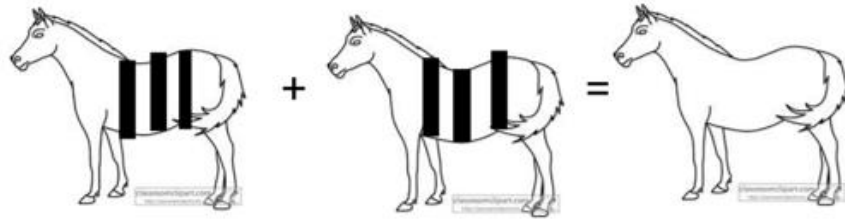
Activity 5 Sound mat to help practise sounds

s 	a 	t 	p 	i 	n 	m 	d 	g 	o 	e 
u 	r 	h 	b 	l 	f 	j 	v 	w 	x 	y 
z 	ck 	qu 	ch 	sh 	th 	ng 	ai 	ie 	ee 	or 

Maths resources

Ac

Activity 1 Can you add the number of stripes on each zebra and draw in the total on the blank zebra?



Activity 2



Just straight down,
Then you're done
That's the way
we make a 1

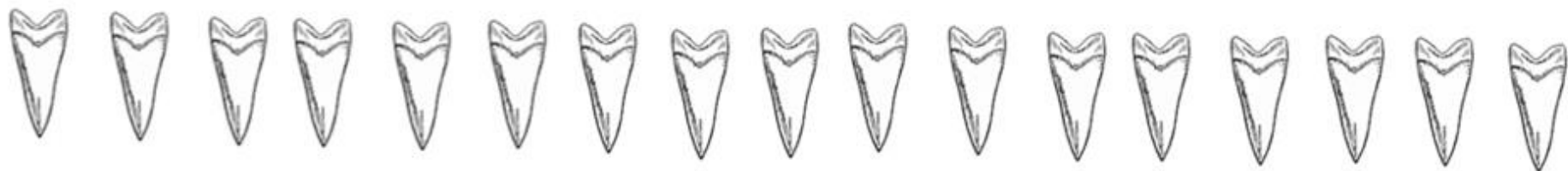


A neck then
a tummy
A hat up high
That's the way
we make a 5

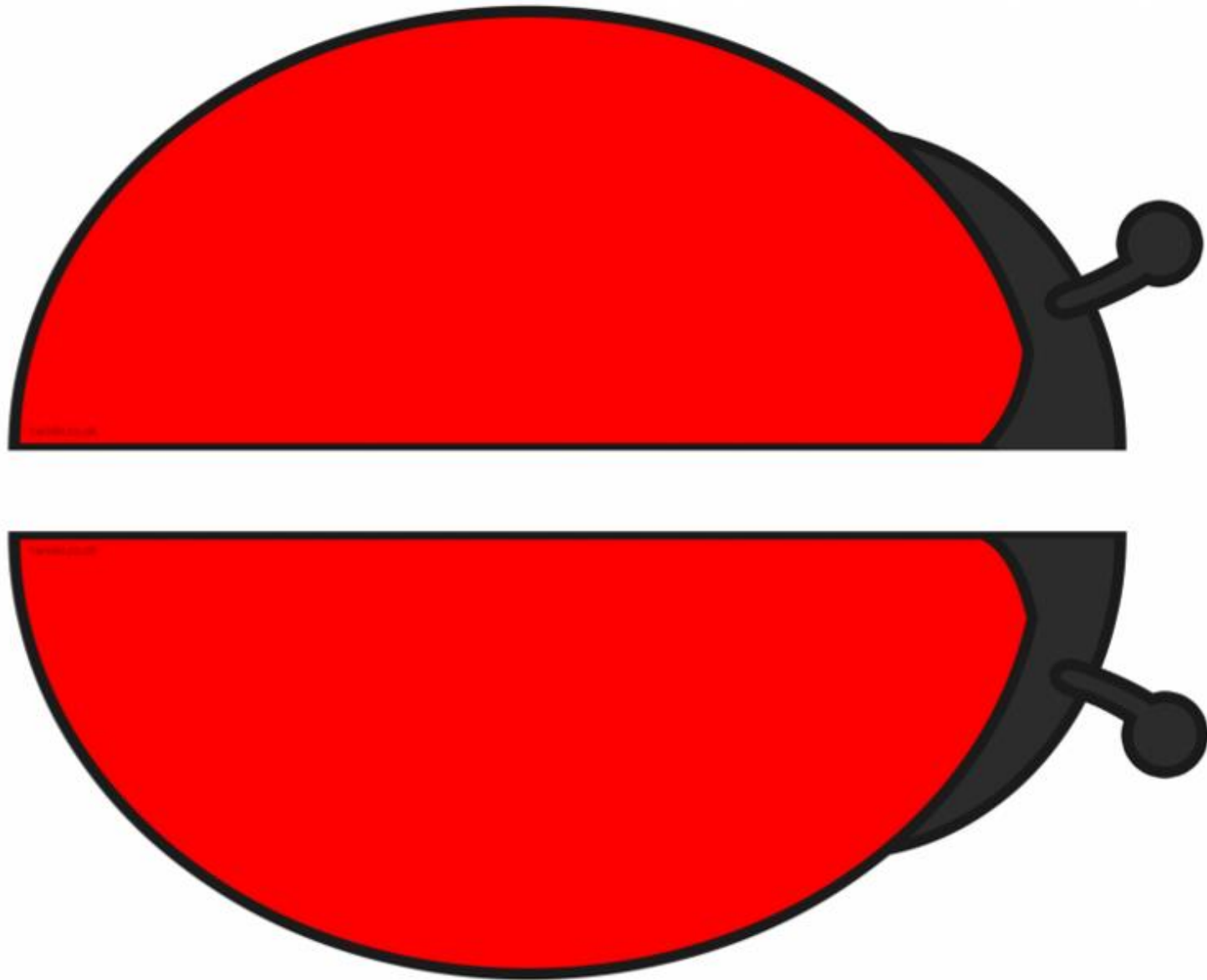
Activity 3



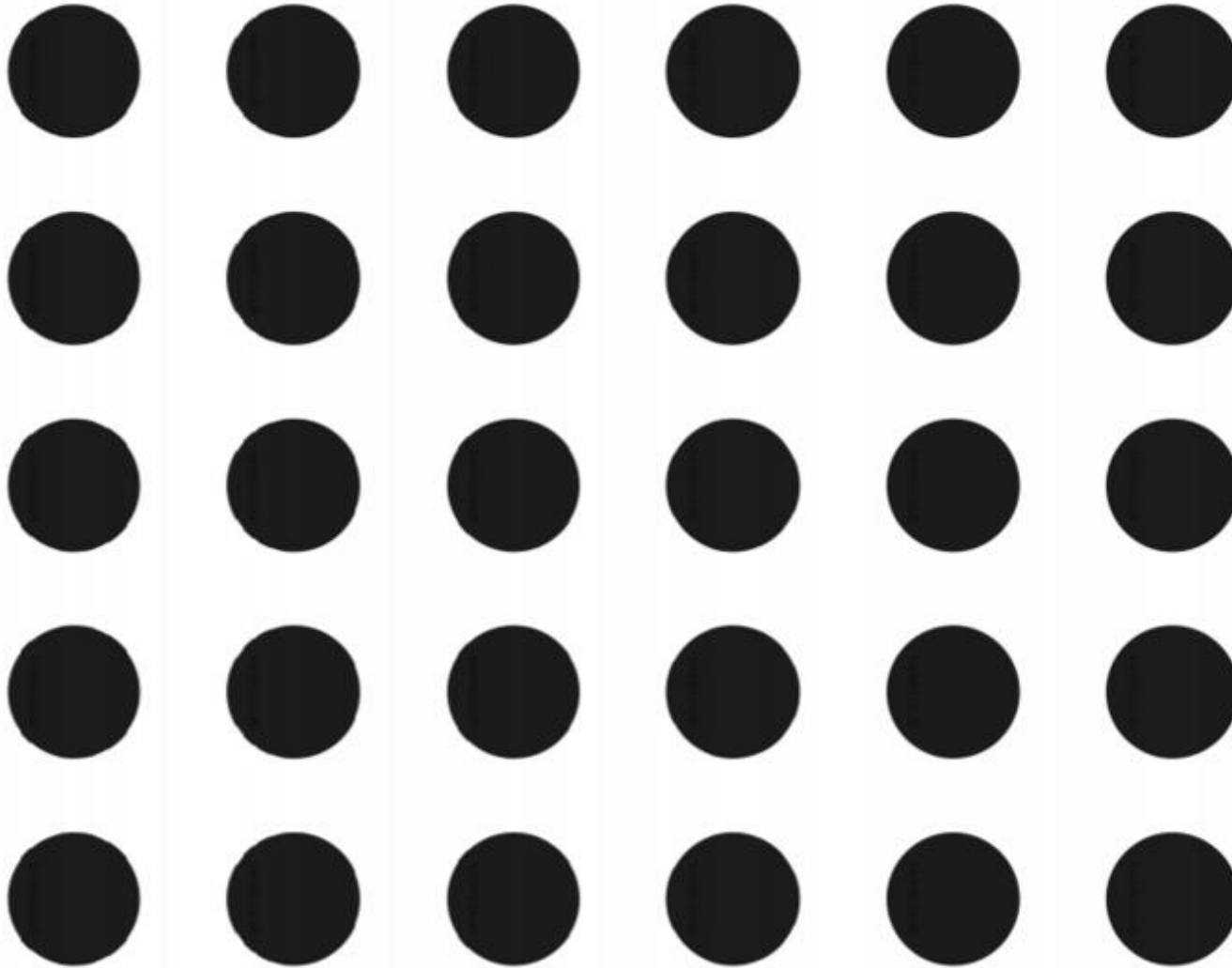
Activity 3 Tiger teeth to cut out, place in the lion's mouth and add altogether



Activity 5 Doubles to 10



Activity 5 Ladybird dots



Activity 5

1

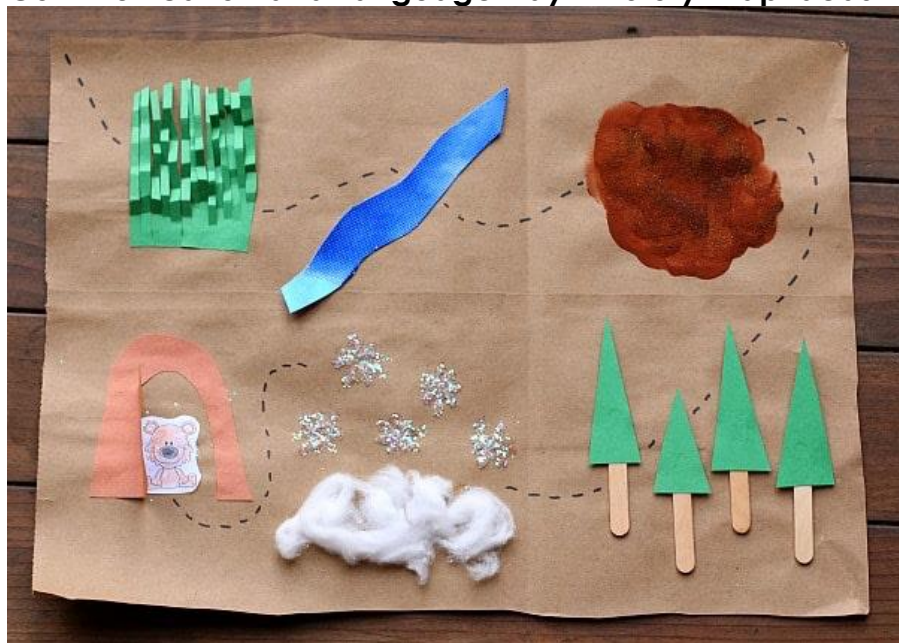
2

3

4

5

















Topic resources
Communication and Language Day 1 - Story map ideas



Expressive Arts and Design Day 5 - Make a Bear ideas:




Understanding the World Day 4 Activity - Country Walk Hunt, What can you find?

 bee	 flower	 sun	 water
 mushroom	 grass	 berries	 nest
 rock	 pine cone	 fern	 bug
 tree	 web	 cloud	 log

Physical Resources:
Stretching

Stretches > Indoor


Stretch out wide, making a star shape.



This is a general stretch for the whole body.

Stretches > Indoor

Stretch up tall with long arms.



This is a general stretch for the whole body.

Stretches > Indoor

Reach out to one side with one arm and one leg, keeping your body central.




This is a stretch for the arms and the legs.

Repeat with the other side.

Stretches > Indoor

Stretch one arm above your head and reach over to the side.


Then do the same with the other arm.
 Keep your body upright – don't lean forwards or backwards.



You should feel the stretch down each side.

Stretches > Indoor

- Stand with your feet hip-width apart and knees slightly bent.
- Stretch your arms out to the side at shoulder height.
- Rotate your arms backwards in small circles.
- Change direction and rotate your arms forwards.



This is a good for the shoulders and arms before or after exercise.

Stretches > Indoor

- Sit on your bottom and stretch your legs out in front of you.
- Put one leg over the other, bend your knees and reach around to the opposite side.
- Try to look over your shoulder.
- Now swap legs.



You should feel the stretch in your waist and in your hips and bottom muscles.

Stretches > Indoor

Sit down and put your legs out in front of you.


- Fold yourself over, bending from your hips.
- Point your toes upwards and try to touch them.
- Try to keep your legs straight.



You should feel the stretch down the back of your legs.

Stretches > Indoor

- Sit down and put your legs out in front of you.
- Move your legs apart into a straddle position.
- Fold yourself over, bending from your hips.
- How far can you walk your hands forwards?
- Try to keep your legs straight.



You should feel the stretch in your legs and groin.

Stretches > Indoor

Crouch down into a tucked shape and hug your knees, curling up small into a ball.



You should feel the stretch in your upper body and hips.

Stay on your feet.

Yoga



tree pose



cobra pose



mountain pose



camel pose



lion pose



butterfly pose



flamingo pose



warrior pose



cow pose



elephant pose



shoulder stand pose



downward facing dog pose

Action

running



leaping



hopping



jumping



pencil jumps



forward rolls



tucked jumps



star jumps

