

# P.E.



## Class 1

<https://real.jasmineactive.com/login>

Username: Class1

Password: stand8029

## Class 2

<https://real.jasmineactive.com/login>

Username: Class2

Password: frog6787

- Use the log in for your class and choose the theme Clown - there are lots of activities to do while you are isolating.
- Learn some clown skills
- Go on a clown adventure.
- Explore some ball tricks - How many times can you move a ball around your waist in 20 seconds?
- We would love to see you doing your PE.

## Music & Movement



- Listen to 'In my little garden' on BBC Listen and play <https://www.bbc.co.uk/teach/school-radio/listen-and-play-in-my-little-garden/z72q92p>



- Try out some cosmic kids yoga - Rainbow of Confidence <https://youtu.be/CYQJdn8gapw>
- Explore the garden with singing games and rhymes - Lesson 1 <https://classroom.thenational.academy/lessons/planting-in-the-garden-c8tk0d>
- Go on an imagination adventure - Lesson 2
- [Growing in the garden \(thenational.academy\)](#)
- Get dancing with Oti's Boogie Beebies <https://www.bbc.co.uk/iplayer/episode/m000jsdq/otis-boogie-beebies-series-1-2-get-dancing>

## Activities

### Understanding the World

- Learn how plants grow - To understand what plants need to grow (lesson 1).

[To understand what plants need to grow \(thenational.academy\)](#)

- Find out about the different stages of plant growth - To sequence the stages of a plant growing (lesson 2)  
<https://classroom.thenational.academy/lessons/to-sequence-the-stages-of-a-plant-growing-cnjk4r>
- Construct a beanstalk - (lesson 3)  
<https://classroom.thenational.academy/lessons/construct-a-beanstalk-6th38r>
- Did you make a flower picture with your seeds and beans? Can you make any other pictures? Please take a photo of your pictures and post them on ClassDojo.
- Why don't you plant some seeds and see what happens?

## PSHE

- Watch the video called - My growing journey (lesson 1)  
<https://classroom.thenational.academy/lessons/my-growing-journey-71h34c?activity=video&step=1>
- Learn how your body changes as you grow - Let's roll with the changes (lesson 2)  
<https://classroom.thenational.academy/lessons/lets-roll-with-the-changes-6nk3jc?activity=video&step=1>  
Were you able to draw/paint a picture of your face? What do you think it will look like when you are 70? Please take a photo of your pictures and post them on ClassDojo.

## Understanding the World

- Learn about feelings. Watch the video called - To name and describe different feelings (lesson 1).  
<https://classroom.thenational.academy/lessons/to-name-and-describe-different-feelings-6rt34d?activity=video&step=1>  
How do you feel today?
- Can you describe feelings? Watch the video called - To act out different feelings (Lesson 2).  
<https://classroom.thenational.academy/lessons/to-act-out-different-feelings-c9gp4d?activity=video&step=1>  
How many puppets did you make?



- Watch Mr Tumble at the garden centre  
<https://www.dailymotion.com/video/x5it9q4>

- With a grown up look at the powerpoint - All about Spring.
- Take some photos of the signs of Spring or draw some pictures.
- Build a house for the Three Little Pigs. What materials could you use?
- Look at the powerpoint called Materials - it might help you choose some materials to build the house for the pigs.
- Go on a colour hunt. Can you find something to match each colour of the rainbow?

## Even More Activities

Scroll down to the bottom of the Nursery and Reception classes folder on the school website and find the section called Activities and ideas to support learning at home.



- Click on the *Activities and Games* folder and go into 'Art Activities' Try activity 3 - Art using natural and found objects. Create an Andy Goldsworthy style picture.
- Art activity 6 - Mark making. Take your pencil for a walk.

Please give some time every day to share books, talk about the stories or the information they contain, ask questions but most of all enjoy the experience.

There are lots of stories for you to listen to on CBeebies.

<https://www.bbc.co.uk/cbeebies/stories>

<https://www.bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories>

In the *Extra Resources Literacy* folder on the website there is guide sheet with some ideas to support reading at home.

*If you want more activities to do at home, look further down the Home Learning page of the website to see ideas from last lockdown. There are also lots of programs on CBBC/CBeebies you can use to support learning at home.*

Please remember that children learn lots through play, especially if you can play alongside and/or with them. They will love you reading to them, playing games with them and exploring the outdoors with them.

Reception aged children learn best when they only have to focus for a short period of time e.g. between 5-15 minutes. It is OK for them to have regular play breaks. It is better to stop an activity if it isn't going well and go back to it later rather than battling on and getting stressed.

We appreciate all you are doing at home, remember to get in touch on Class Dojo if you have any questions and to show the good work your child is doing at home.

**Mrs Bairstow, Mrs Jaconelli & Mrs Dixon**