**Physical skills**

Play with playdough: squeeze, roll, twist, and pull the dough into shape. Pick up any small object between your thumb and first finger placing them in cups labelled with colour, shape, size words. Push your swing or large objects around the garden.

Bounce ball, catch and throw.

**Personal,social,emotional** Write a list of things you want to do when things are back to normal.Have snuggly story times with your grown-ups. Think about all the great things you can do at home with your family. Look at photos of family, friends, holidays. Wave to a neighbour through the window, or across the road.

**Handwriting** Practise your letters write in sand, shaving foam, soil, mud. Use water and a paint brush to ‘paint letters and tricky words onto outside walls and floor.

**Reception ideas**

**Art** Draw or paint a picture of yourself as a grown up. Write a label to add to it explaining what job you will be doing or how you will have changed. Draw, paint or collage what you can see outside your window then add a label explaining what you can see.

**Science**

Plant some seeds.

Keep a diary of how one of your plants or seeds grows. Draw and label pictures of flowers, trees, insects you see around you.

**Writing.** Write a story about someone who builds a magical machine which can take them anywhere. Where would you go? What would you do? Write a list of all your toys. Write out a list of things you need for a carpet picnic.Write a note to say thank you to the binmen/women , stick it on your bin.

**I.C.T. Watch** BBCBitesize, Oak Academy. With an adult thinking of internet safety, use face time, WhatsApp etc to see your friends and family. Independently write emails, send texts, and use the internet for research by typing into the search bar. Look around your house and list all the technology you have. Don’t forget the washing machine!

**Communication and Language** Make up a play using your toys. Have a carpet picnic. Build a den using your quilt and go on an adventure with your teddies. Talk about your favourite film or T.V programme with your family; explain why it is your favourite. Talk about the films or T.V programmes you don’t like and explain why.

**Workshop/design and make** Design a new eco-friendly greenhouse or window ledge grow box. Write a list of resources and then write instructions to make it. Have a go at making it then write anything you had to change on the bottom of your design. Explain why you had to change it.

Write a review of your favourite meal. Include how it looks, smells, tastes. Write out a recipe for your favourite sandwich or make up a new sandwich and write the recipe.

**Physical fitness.** Create exercise cards for you family to use. Create a fitness trail and add instruction cards to each exercise. Write down how you feel before and after exercise, what does your heart do, are you hot or cold? What happens to your breathing?