

Some more Reception home learning ideas 😊

We hope you have been enjoying the Joe Wicks workouts at 9am each morning. If you fancy a change and would like to do something different this week, why not try this? Feel free to choose different actions for each letter – why not let us know what you do?

what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times

B spin around in a circle 5 times

C hop on one foot 5 times

D run to the nearest door and run back

E walk like a bear for a count of 5

F do 3 **twirls round and round**

G do 10 jumping jacks

H hop like a frog 8 times

I balance on your left foot for a count of 10

J balance on your right foot for a count of 10

K march like a toy soldier for a count of 12

L pretend to jump rope for a count of 20

M do 3 **Star jumps**

N pick up a ball without using your hands

O walk backwards 50 steps and skip back

P walk sideways 20 steps and hop back

Q crawl like a crab for a count of 10

R walk like a bear for a count of 5

S bend down and touch your toes 20 times

T pretend to pedal a bike with your hands for a count of 17

U roll a ball using only your head

V flap your arms like a bird 25 times

W pretend to ride a horse for a count of 15

X try and touch the clouds for a count of 15

Y walk on your knees for a count of 10

Z do 10 push-ups

Now that Spring is well and truly here, we thought it might be time to include some more outdoor activities. Even if you don't have a garden, you could try some of these on or after a walk (obviously keeping 2 metres apart from anyone else who is outside exercising!)

Walk and Seek. On your daily walk, collect a few items in a bucket - leaves, flowers, bark, rocks and then bring them home. Get some paper and glue out. What can you create with your findings? With some felt tips/crayons, that leaf might become an owl! Write a sentence or 2 about what you have made.

Make the Alphabet or Numbers to 10/20 Using leaves, trees, or other object of nature, can you and your child make and then take a picture of every letter in the alphabet? Or maybe just the ones necessary to create your child's name or the number of your house!

Adapted from ideas from 'The Ladybird's adventures'

Collect flowers to talk about, press and preserve.

Look at the clouds and talk about or draw the shapes you see.

Make a wind sock and talk about different types of weather.

(Adapted from '30 Days Wild – click on the underlined text to see an online example)

Walk and talk

- Would you rather be a cloud or a wave?
- What does it feel like when you feel the wind across your face?
- What sounds can you hear? Which is your favourite? Which sound do you dislike the most?
- Eye spy with my outdoor eye, something beginning with....
- If a tree could talk, what do you think it would say?
- If the ocean could talk, what would it sound like? What would it say?
- How many natural items can you find that are red? Green? Brown? Blue- can you find ten of each?
- Why can you see your reflection in the water?
- If the sunshine was a feeling which one would it be, why?
- If the wind was a feeling, which ones would it be?
- What do you think is at the end of a rainbow? And how do you get there?



Ping pong counting Start counting and ask the children to reply with the next number. For example, if you say 11 the child says 12 and so on. Walk and skip as you do this activity. Develop this to counting in 2s or 10s.

Adapted from 'The Muddle Puddle'

25 things to do outside!

(Taken from '30 Days Wild - click on each one to access pictures and instructions on the website)



1. [Go on a minibeast hunt around your home or garden and learn about invertebrates.](#)
2. [Try some seed and plant growing experiments.](#)
3. [Learn about hedgehogs and try 5 fun hedgehog related activities](#)
4. [Bird watch from your window](#)
5. [Make a rain measure and learn about the water cycle.](#)
6. [Learn about spider webs and make a spider web catcher](#)
7. [Make a wormery and learn about worms](#)
8. [Create naturally scented and coloured playdough using herbs and flowers](#)
9. [Play nature colour matching games](#)
10. [Make some nature confetti](#)
11. [Make your own nature paints](#)
12. [Make some nature art.](#)
13. [Have fun making mud cakes, magic potions and leaf boats.](#)
14. [Make wildflower seeded paper to plant and grow.](#)
15. [Snail racing, observation and tracking.](#)
16. [Mud cakes, magic potions and leaf boats.](#)
17. [Play nature games](#)
18. [Make bird feeder bunting and a footprint tracker](#)
19. [Learn about decomposition and make an insect house](#)
20. [Build a garden Den or have a teddy bears tea party](#)
21. [Make simple sun catchers](#)
22. [Play chalk games](#)
23. [Make your own scarecrows](#)
24. [Paint pebbles to play with](#)
25. [Colourful capillary action experiment](#)

And finally, here are some stories to listen to about some of the things you might see outside! Just click on the pictures and enjoy!

