

Red &
Orange
Isolation
Learning



1 week pack

Physical development

- Learning how to explore the outdoor area safely such as climbing and riding the bikes.
- Explore different ways of moving and how this makes their body feel.
- Tell adults when they need to go to the toilet or are hungry.
- To make use of snack independently using new snack area



Personal, social and emotional development

- Learning Nursery routines and how to distract themselves if upset
- Join in with a group, initiate play in provision and take part in role play with others.
- Talk about themselves positively what they like.
- Talk about what they and others can do in their families.
- Taking turns
- Understand how they feel in different situations and how sometimes their actions can hurt others.



Communication and language

- Talking about our families and the different changes in the seasons wearing warmer clothes.
- Talking about the changes in Autumn leaves falling from the trees.
- Understanding instructions and routines.
- Introduce story sacks and listen to others and talk about what has been said.
- Use simple sentences to talk about family and themselves.
- Talk about the similarities and differences of family members.



English

Nursery Rhymes
Goat goes to play group
Pete the Cat
Owl Babies
Bear Hunt
The Gruffalo
Each peach pear thumb
Room on the broom
Large and small movements through drawing, painting and dough.

Introduce dough disco



Red and Orange Class

Maths

Counting songs and recognising numbers and shapes.
Language associated with "more" "lots" who has the most bears.

Timings of the day morning, afternoon and night.
What do we do at different times of the day and why?



Expressive arts and design

- Autumn collage linked to Literacy
- Creating self-portraits using, paint, dough and construction materials.
- Self-portraits using pastels and mirrors for support.
- Engage in role-play and create props to support play.
- Build stories using small world.



Phonics












- Exploring environmental sounds.



Understanding the World

Able to understand who their immediate family is.
Discuss our families and the different roles of family members.
Autumn and weather changes.
Describe the differences in the seasons.
Demonstrate how to use the class computer.
Use of the interactive board.
Continue to use the class computers
Theme: My family
Key question: Who lives in my house?



Time guide	Lesson/Activity
10 minutes	English - Reading  Read something from your house. It can be a book, a magazine, something on your tablet.
5 minutes	Communication and language  Tell somebody about what you have read and what you enjoyed about the book. You could tell a family member or facetime a friend. Or you can choose a communication and language activity.
10 minutes	Maths Activity  Pick an activity to complete.
30 minutes	Choosing time – Play with your toys.
10 minutes	Phonics Games  Have a go at some phase 1 phonics games.
30 minutes	Break Have a break and move around. Go outside do some exercise. Have some snack and a rest.
10 minutes	English – Writing Mark Making Activity  Do some mark making, maybe you could squiggle whilst you wiggle to music.
15 minutes	Movement break. Put on go noodle and have a dance. Run around your garden or do some exercises.
5 minutes	Handwriting Activity  Practise some of the letters from your name. Make sure you remember how to form your letters correctly. Take your time.
30 minutes	Lunch  Have your lunch. Go outside and get some fresh air or watch some TV and relax.
30 minutes	Choosing time – Play with your toys.
10 minutes	Personal, social and emotional development  Choose a link to develop personal social and emotional areas. Or take time to share with people in your family.
15 minutes	Physical development  Dough disco time. Have a go at some of the PE links. Go in your garden and do some exercise. Play football or make an obstacle course.
10 minutes	Understanding the World  Discuss people in your family or choose a link to explore seasons and the world around us.
10 minutes	Expressive arts and design  Draw a picture in your isolation diary. Think about what you have done today and get an adult to write about it.
30 minutes	Choosing time – Play with your toys.

Prime Areas of Learning

EYFS Area of Learning		Autumn - Myself & My Family	
Communication and language	Listening & attention	Talking about our families and the different changes in the seasons wearing warmer clothes.	Explore different types of families - https://www.youtube.com/watch?v=Mlm_H01Z6Ss
	Listening & attention	Talking about the changes in Autumn leaves falling from the trees.	Learn about Autumn changes - https://www.youtube.com/watch?v=aZk3SpyJKeA
	Understanding	Understanding instructions and routines.	This is me song https://www.youtube.com/watch?v=QkHQ0CYwjal
	Understanding	Introduce story sacks and listen to others and talk about what has been said.	
	Speaking	Use simple sentences to talk about family and themselves.	
	Speaking	Talk about the similarities and differences of family members.	
Personal, social and emotional development	Making Relationships	Learning Nursery routines and how to distract themselves if upset	Starting school game- https://www.bbc.co.uk/games/embed/starting-school?exitGameUrl=https%3A%2F%2Fbbc.co.uk%2Fbitesize%2Farticles%2Fznc9vk7
	Making Relationships	Join in with a group, initiate play in provision and take part in role play with others.	Children to learn to discuss themselves and their likes and dislikes - https://teachers.thenational.academy/units/me-dfc6
	Self-confidence & self-awareness	Talk about themselves positively what they like.	Children to learn to describe and discuss feelings - https://teachers.thenational.academy/units/feelings-e925
	Self-confidence & self-awareness	Talk about what they and others can do in their families.	
	Managing feelings and behaviour	Taking turns	
	Managing feelings and behaviour	Understand how they feel in different situations and how sometimes their actions can hurt others.	
Physical development	Moving & Handling	Learning how to explore the outdoor area safely such as climbing and riding the bikes.	Exploring fruit - https://www.bbc.co.uk/cbeebies/puzzles/twirlyscreen-fruit-quiz?collection=numbers-and-letters
	Moving & Handling	Explore different ways of moving and how this makes their body feel.	Movement breaks - https://www.youtube.com/watch?v=388Q44ReOWE
	Health & self-care	Tell adults when they need to go to the toilet or are hungry.	
	Health & self-care	To make use of snack independently using new snack area	Songs, stories and movement activities - https://www.bbc.co.uk/teach/school-radio/eyfs-playtime-index/zknrf4j

Specific Areas of Learning

EYFS Area of Learning		Autumn - Myself & My Family	
Literacy	Reading	Nursery Rhymes Goat goes to play group Pete the Cat Owl Babies Bear Hunt The Gruffalo Each peach pear thumb Room on the broom	Listen to stories - https://www.bbc.co.uk/cbeebies/stories Daniel Tiger stories - https://pbskids.org/daniel/stories/daniels-tigertastic-car?language=en Rhyme time - https://www.bbc.co.uk/games/embed/cbeebies-tier1-mr-tumble-minigames?exitGameUrl=https%3A%2F%2Fwww.bbc.co.uk%2Fcbbeebies%2Fgames%2Fmr-tumbles-rhyme-time%3Fcollection%3Dgames-you-may-have-missed
	Writing	Large and small movements through drawing, painting and dough.	Letter formation (mobile only) https://www.bbc.co.uk/games/embed/gt5p4jj5vf?exitGameUrl=https%3A%2F%2Fwww.bbc.co.uk%2Fcbbeebies%2Fgames%2Fget-squiggling-letters-mobile Squiggle whilst you wiggle https://www.youtube.com/watch?v=ptFAL-eSvxU
		Introduce dough disco	Dough Disco https://www.youtube.com/watch?v=o9D5lfqZF3o https://www.youtube.com/watch?v=DrBsNhwxzgc https://www.youtube.com/watch?v=BOLR3pQt8zg
	Phonics	Phase 1 phonics	Play phase 1 phonics games - https://www.phonicsplay.co.uk/resources/phase/1
Maths	Number	Counting songs and recognising numbers and shapes.	Learn some counting songs - https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-counting-songs/zn67kmn Counting - https://www.bbc.co.uk/cbeebies/puzzles/peter-rabbit-counting Shape monsters sorting - https://www.topmarks.co.uk/early-years/shape-monsters
	Number	Language associated with "more" "lots" who has the most bears.	Sorting objects - https://teachers.thenational.academy/lessons/sorting-a-collection-of-objects-in-different-ways-cguk0r Matching objects into equal sets- https://teachers.thenational.academy/lessons/matching-objects-in-to-equal-sets-68rp2t Matching objects into unequal sets- https://teachers.thenational.academy/lessons/matching-objects-in-to-unequal-sets-6muk6d
	Space Shape and Measure	Timings of the day morning, afternoon and night. What do we do at different times of the day and why?	Day monkey and night monkey story - https://www.youtube.com/watch?v=hQkMZMvfGy4
Understanding the world	People and communities	Able to understand who their immediate family is.	Exploring the home - https://www.bbc.co.uk/games/embed/g4yt1kk4l3?exitGameUrl=https%3A%2F%2Fwww.bbc.co.uk%2Fcbbeebies%2Fgames%2FSarah-and-duck-game
	People and communities	Discuss our families and the different roles of family members.	
	The world	Autumn and weather changes.	Watch the storybots episode about seasons - https://www.youtube.com/watch?v=Nqbxzy1-h00
	The world	Describe the differences in the seasons.	
	Technology	Demonstrate how to use the class computer. Use of the interactive board.	Find out how different technology is used - https://www.bbc.co.uk/bitesize/clips/z2d7xnb
	Technology	Continue to use the class computers	
Expressive arts and design	Exploring & using media and materials	Autumn collage linked to Literacy Creating self-portraits using, paint, dough and construction materials.	Create an autumn collage - https://www.youtube.com/watch?v=yTrYCRHFR9I Explore colour mixing - https://www.bbc.co.uk/cbeebies/puzzles/hey-duggee-colour-badge-quiz
	Exploring & using media and materials	Self-portraits using pastels and mirrors for support.	
	Being imaginative.	Engage in role-play and create props to support play.	
	Being imaginative	Build stories using small world.	
	Being imaginative		



Phase 1 phonics

Listening and Attention.

- Go for a walk around your house what different sounds can you hear? Stand in your garden and listen carefully to the different sounds. What sounds can you hear the most of?
- Watch the deep dark wood <https://www.youtube.com/watch?reload=9&v=iuYnkMLJ-O4> and listen carefully to the different sounds. What sounds are different in the woods?
- **Socks and shakers**
- Partially fill either opaque plastic bottles or the toes of socks with noisy materials (e.g. rice, peas, pebbles, marbles, shells, coins).
- Ask your child to shake the bottles or socks and identify what is inside from the sound the items make. From the feel and the sound of the noisy materials encourage them to talk about them. Ask questions such as: *Where might we find shells and pebbles?*



Time to talk – Picture News



Speaking and Listening

EYFS Framework: Children are confident to speak in a familiar group. They know about similarities and differences between themselves and others and among families.

Look at the Picture News poster: What can you see? Where do you think these people are? What do you think all these people are doing?

Tell the children that there are lots of buildings in towns and cities that are empty. Some shops and businesses have shut down and some are empty because lots of people are now working at home, instead of going to work in their offices, because of the coronavirus.

Think about: *What do we mean when we say some buildings and shops are empty? What does the word empty mean?*

It has been in the news that some people, who work for different charities (companies that help people), have asked for the empty buildings to be used to give people who don't have a proper home somewhere to live.

Think about: *Why do you think some people might not have a proper home? Do you think it's a good idea to use these empty offices as homes for people that don't have one? Why? What is it like in an office? What do people have in an office? Discuss that lots of offices have desks for people to sit and work at with computers and lots of folders and files to keep all their work things in.*

Question: How could you turn an office into a home?

Think about: *If they decide to turn an office into a home, what do you think they would need to do? What would they need to take out of the offices? What do you think they would need to put in to make the office a new home for someone?*

Look at the **EY Resource**, which shows some of the things most people have in their homes. **Think about:** *Did you think of anything else? Which things do you think are the most important? Why?*

Soup Kitchen Role-play: Can you act out working in a soup kitchen?

EYFS Framework: Uses language to recreate roles and experiences in play situations.

Discuss with the children that some people help homeless people (people that do not have a home) by running a soup kitchen where people can come and get something hot to eat.

Think about: *Can you help make some soup for all the people that need something to eat today? What soup are you going to make? Shall we write down what flavour soups are available today?*

Resources: Bowls, spoons, role-play cooker, pans, spoons, ladles, pretend vegetables, soup kitchen menu proforma (see EY Additional Resource 1)

Writing and Drawing: Can you draw a picture of your home and everyone who lives with you?

EYFS Framework: Gives meaning to marks they make as they draw, write and paint. Uses some clearly identifiable letters to communicate meaning, representing some sounds correctly and in sequence.

Discuss with the children that every home is different. Some children have brothers and sisters who live with them and some don't; some live with a Mummy or Daddy or both and some live with Grandparents or other adults too.

Think about: *Can you draw a picture of your home? Who lives in your home with you? Can you draw them and write their names? Do you have any family that live in a different house to you? Who are they?*

Resources: Books about families, plain paper, pencils, pencil crayons

Maths: Can you explore what it means if something is full or empty?

EYFS Framework: Children use everyday language to talk about capacity.

Recap on this week's news story about lots of offices being empty. Look at EY Additional Resource 2, which shows two houses, one full of people and one without. Discuss the difference between full and empty using the houses and the other picture resources. Ask the children to show their understanding of full and empty using practical resources.

Think about: *What does empty mean? Can you show me a full cup? How do you make the cup empty again? Can you show me a cup that is full and a cup that is empty? Can you tell me which is which? Can you make the cup half full? How do you know it is half full?*

Resources: Picture examples of full and empty (see EY Additional Resource 2), containers, cups, selection of resources to fill containers such as stones, unifix cubes etc, full and empty written labels

Funky Fingers: Can you find out which keys fit which locks?

EYFS Framework: Handles tools and objects safely and with increasing control.

Tell the children that when people move into a new home, they are given new keys. We have the keys and the locks, but they have all been jumbled up!

Think about: *How can you find out which key opens which lock? What do you do to open a lock? How do you know if it's the right or wrong key? Have you tried to turn the key both ways?*

Resources: Little padlocks and keys



Ideas to support the development of Communication and Language at home.

Read the story of the Gruffalo and talk about the sounds that the different animals make. Discuss what the Gruffalo looks like repeating the language from the text 'purple prickles all over his back' etc

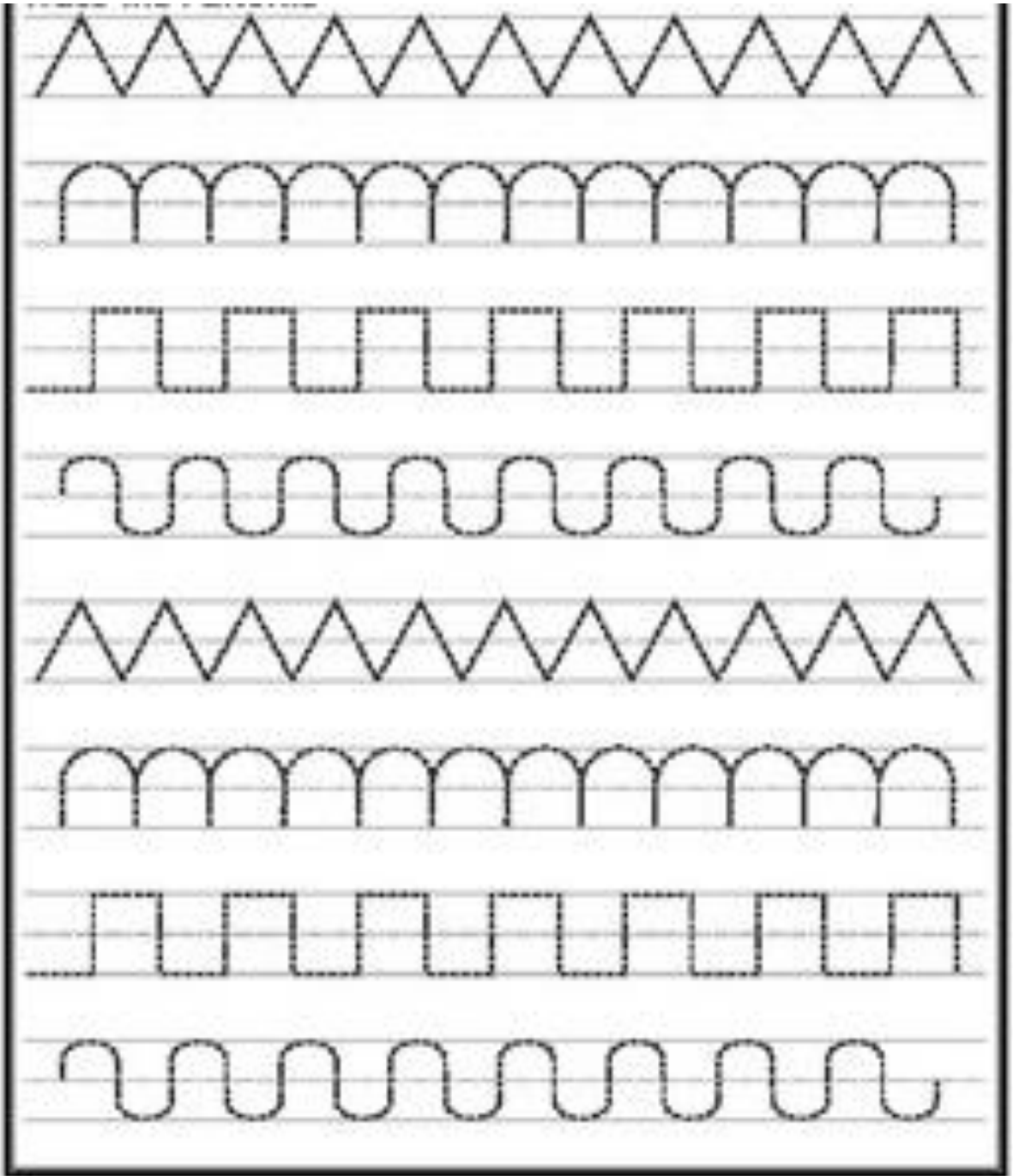
Play a game in your house where you describe an item and your child has to find the item i.e. what do we use to sit on? What do we watch? What do we eat our dinner with? What can help us to see when it is dark? Take it in turns and allow your child to describe an item which you then have to find. Use different rooms in the house for language variation.

Read their favourite story each night at bedtime so they become really familiar with the language used. Ask them to then retell it to you helping them to use some of the story language.



Physical Development

Can you copy some of the patterns?



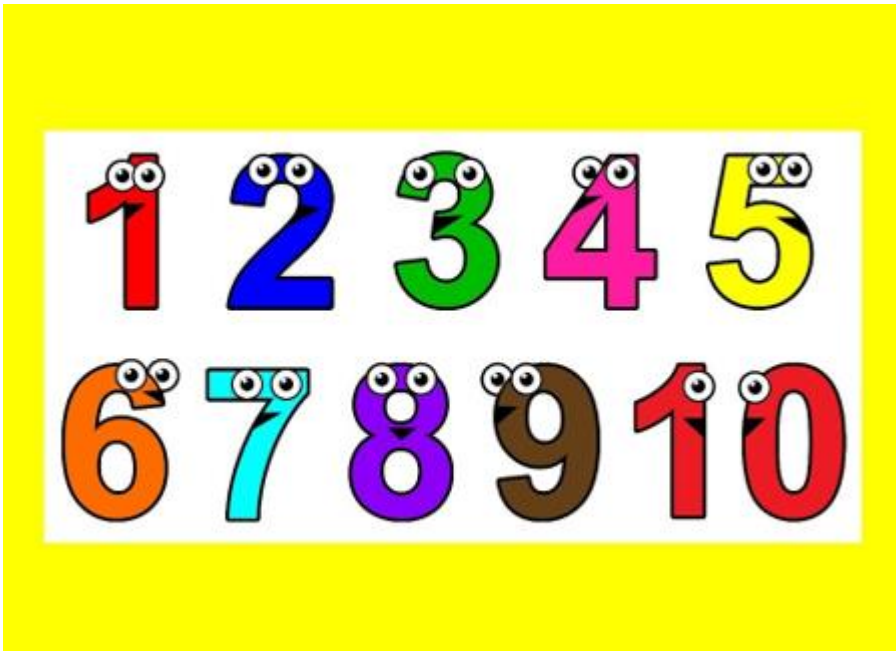
Ideas to support Physical Development at home.

- Make an obstacle course in your garden and get your family to complete it with you. Time each other and see who is the fastest.
- Complete a set of exercise in your living room that include 10 hops swapping each leg, star jumps, runs on the spot, walking forwards and backwards, touching your toes and finally 10 stretches to the sky.
- Have a competition with your family to see who can walk up and down the stairs the most times before your legs become super tired.



Activity 1

Count out 10 of their favourite toys and match the numbers to 10 underneath. Ask them to give you 2 cars etc and then find the number 2 card, repeat for different amounts of number and match the number card to the amount.



Activity 2

Go on a shape hunt around your house and find items that are circles, squares, rectangles, triangles, diamonds, ovals and stars. How many circle items did you find? Which shape do you see most of in your house?

Draw your own shape picture and talk to your grown up about the different shapes you have drawn.



Circle



Triangle



Rectangle



Square



Star



Hexagon



Heart

Activity 3

Draw around your hands, colour and cut them out. Get your grown up to help you write the numbers from 1 to 10 and then stick them down in order from 1 to 10. Practise pointing to each number and counting forwards and backwards.

Activity 4

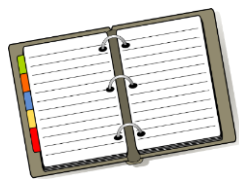
Using your construction toys i.e. lego, duplo, stickle bricks, or any stacking toys practice making towers of different numbers and then put them in the right order from 1 to 10.



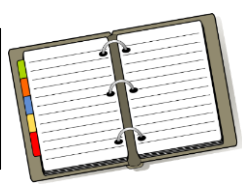
Activity 5

Make a shop using play dough cakes or any kitchen items and sell each item for 1 p. Count how much it costs when one of your family members or toys buys three items or 7 play dough cakes etc.





Daily Diary



Draw a picture of something that you have done each day – ask your grown up to write about what you have drawn.

Day 1

Day 2



Daily Diary



Draw a picture of something that you have done each day – ask your grown up to write about what you have drawn.

Day 3

Day 4

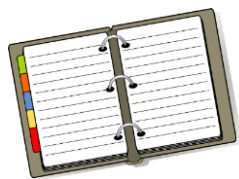


Daily Diary



Draw a picture of something that you have done each day – ask your grown up to write about what you have drawn.

Day 5



Story time



Read a story with your child – use the prompts below to discuss what they have read. Encourage them to read the story to a teddy bear!

What happened in the story?

Who was your favourite character? Why?



Online links to learning



Phonics	Physical Development
<p>https://www.phonicsplay.co.uk/</p> <p>https://www.phonicsbloom.com/</p> <p>http://www.ictgames.com/phonicsPop/index.html</p> <p>https://www.topmarks.co.uk/english-games/5-7-years/letters-and-sounds</p>	<p>https://www.youtube.com/watch?v=EOHZgKgjhY</p> <p>https://www.youtube.com/watch?v=L_A_HjHZxfI</p> <p>https://www.youtube.com/watch?v=388Q44ReOWE</p> <p>https://www.youtube.com/watch?v=KhfkYzUwYFk</p>
Mathematics	Songs and Rhymes
<p>https://www.topmarks.co.uk/maths-games/3-5-years/counting</p> <p>https://www.bbc.co.uk/cbeebies/topics/numeracy</p> <p>https://www.youtube.com/watch?v=6RfIKqkvHTY</p> <p>https://www.youtube.com/watch?v=WTeqUeif3D0</p>	<p>https://www.youtube.com/watch?v=lzCRd4TuYg</p> <p>https://www.youtube.com/watch?v=wV3N-wCRL2k</p> <p>https://www.youtube.com/watch?v=XqZsoesa55w</p>
Understanding the world	Stories
<p>https://www.youtube.com/watch?v=2fOWFfpLYW0</p> <p>https://www.youtube.com/watch?v=BSlyfzA6yIQ</p> <p>https://www.youtube.com/watch?v=unFi4BnFda0</p>	<p>https://www.youtube.com/watch?v=s8sUPpPc8Ws</p> <p>https://www.youtube.com/watch?v=pckuS--UIV4</p> <p>https://www.youtube.com/watch?v=fj_z6zGQVvM</p> <p>https://www.youtube.com/watch?v=dkQ4d_ff3E</p>