# Yellow & Green Isolation Learning



### 1 week pack

#### Physical development

- Exploring gross motor skills through indoor and outdoor play.
- Letter formation linked to phonics
- Developing self-help skills by learning to dress and undress.
- Learning to use cutlery during lunchtimes.



#### English

- Listening and responding to stories
- Focus on Peace at Last
- Name writing and initial sound writing.

#### Phonics

- Phase 1 Phonics
- Letter recognition
- CVC reading



Personal, social and emotional development

- Learning about new people and building friendships.
- Becoming confident to build new friendships.
- Becoming familiar with the expectations of the setting.



**Yellow** 

and

Green

class

Communication and language

- Talking about family who is in our family and why they are special.
- Being able to answer questions about our family and people who are important to us.
- Using sentences to talk about people who are important to us.



#### Maths

- Recites numbers in order to
   10. Knows that numbers

   identify how many objects are
   in a set. Beginning to
   represent numbers using
   fingers, marks on paper or
   pictures. Sometimes matches
   numeral and quantity
   correctly. Compares two
   groups of objects, saying
   when they have the same
   number. Realises not only
   objects, but also anything can
   be counted, including steps,
   claps or jumps.
- Shows interest in shapes in the environment, talking about properties and similarities.



#### Expressive arts and design

- Family collages and self-portraits linking to PSHE
- Listen and respond to songs.
- Explore and create using voices.
- Sing nursery rhymes and action songs. Share and perform.
- Using junk modelling to create their own models.
- Home corner role play using appropriate language.



Understanding the World

- My family past and present events in their lives and the lives of others.
- Family photographs and celebrating differences between families
- Becoming aware of different technology used at home and in school.
- To complete a simple program on a computer.
- To interact with age-appropriate computer software.



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 $-\frac{P}{R}$ with your toys.
10 minutes	Phonics Games Have a go at some phase 1 phonics games, try to spot some sounds you know in books, newspapers or magazines or play some phonics games online.
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 and write some sounds.
15 minutes	Movement break. Put on go noodle and have a dance. Run around your garden or do some exectises.
5 minutes	Handwriting Activity Practise some of the letters from your name. Make sure you remember how tcomm 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. 🦉
15 minutes	Personal, social and emotional development Choose a link to learn all about making friends or take time to share with people in your fare
15 minutes	Physical development Dough disco time. Have a go at some of the PE links. Go in your garden and doggee exercise. Play football or make an obstacle course.
15 minutes	Understanding the World Discuss people in your family and what is different about them. Look at your teachers family Power fint. Is your family the same to theirs? Follow the link to learn about differences.
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				
Communication and language	Listening & attention Understandin g	Talking about family – who is in our family and why they are special. Being able to answer questions about our family and people who are important to us.	Look at Miss Weston's family PowerPoint on Tapestry. Can you discuss your family?			
Commu	Speaking	Using sentences to talk about people who are important to us.				
tional	Making Relationships	Learning about new people and building friendships.	Starting school game- https://www.bbc.co.uk/games/embed/starting- school?exitGameUrl=https%3A%2F%2Fbbc.co.u			
Personal, social and emotional <u>development</u>	Self- confidence & self- awareness	Becoming confident to build new friendships.	k%2Fbitesize%2Farticles%2Fznc9vk7 My friends - https://teachers.thenational.academy/units/my -friends-8df7			
<u>Personal,</u>	Managing feelings and behaviour	Becoming familiar with the expectations of the setting.				
Physical development	Moving & Handling	Exploring gross motor skills through indoor and outdoor play. Letter formation - linked to phonics	Movement breaks - <u>https://www.youtube.com/watch?v=388Q44Re</u> <u>OWE</u> Songs, stories and movement activities - <u>https://www.bbc.co.uk/teach/school-</u> <u>radio/eyfs-playtime-index/zknrf4j</u> Fine motor skills, dough disco - <u>https://www.youtube.com/watch?v=DrBsNhwx</u> <u>Zgc</u>			
H	Health & self- care	Developing self-help skills by learning to dress and undress. Learning to use cutlery during lunchtimes.	Learn the importance of looking after yourself through the unit Squeaky Clean - <u>https://teachers.thenational.academy/units/sq</u> <u>ueaky-clean-4397</u>			

Specific Areas of Learning				
<u>EYFS</u> Learr	Area of <u>Autumn - Myself &amp; My Family</u>		Autumn - Myself & My Family	
	Reading	Listening and responding to stories Focus on Peace at Last	Watch Miss Weston read Peace at Last on Tapestry. Learn to listen, respond and re-tell a story through the unit The Noisy House- <u>https://teachers.thenational.academy/units/the-noisy-house-4bbb</u>	
	Writing	Name writing and initial sound writing	Watch our letter formation video on Tapestry. Letter formation (computer) - <u>https://www.doorwayonline.org.uk/activities/letterformation/</u> Letter formation (mobile only)	
<u>Literacy</u>			https://www.bbc.co.uk/games/embed/gt5p4jj5vfexitGameUrl=https% 3A%2F%2Fwww.bbc.co.uk%2Fcbeebies%2Fgames%2Fget-squiggling- letters-mobile	
	Phonics	Phase 1 Phonics Letter recognition – CVC reading	Phase 1 phonics listening to sounds - <u>https://www.bbc.co.uk/teach/school-radio/eyfs-listening-</u> <u>skills/zbc4y9q</u> Watch our phonics sounds video on Tapestry.	
			Use the videos to help you with your phonics learning - <u>https://www.teachyourmonstertoread.com/teachers-area/classroom-</u> <u>toolkit/phonics-songs</u> Read some at home CVC words – can you say the initial sounds? <u>https://www.bbc.co.uk/cbeebies/puzzles/little-learners-phonics-home</u>	
 Maths	Number	Recites numbers in order to 10. Knows that numbers identify how many objects are in a set. Beginning to represent numbers using fingers, marks on paper or pictures. Sometimes matches numeral and quantity correctly. Compares two groups of objects, saying when they have the same number. Realises not only objects, but also anything can be counted, including steps, claps or jumps.	Recites numbers in order to 10-         https://www.bbc.co.uk/games/embed/education-ivor-starting-         school?exitGameUrl=https%3A%2F%2Fbbc.co.uk%2Fbitesize%2Farticle         s%2Fzd4b382         Learn some counting songs https://www.bbc.co.uk/teach/school-         radio/nursery-rhymes-counting-songs/zn67kmn         Number formation -         https://www.doorwayonline.org.uk/activities/letterformation/         Patterns -         https://teachers.thenational.academy/lessons/recognise-describe-and-         copy-colour-and-size-patterns-6cuk0t         Count one and two objects reliably-         https://teachers.thenational.academy/lessons/count-one-and-two-         objects-reliably-71h3jc         Count one, two and three objects reliably -         https://teachers.thenational.academy/lessons/count-one-two-and-         three-objects-reliably-6wu3ac         Count one, two and three objects reliably using abstract materials         https://teachers.thenational.academy/lessons/count-one-two-and-         three-reliably-using-abstract-materials-6ru38c         Count one, two, and three objects reliably and create representations for each number -         https://teachers.thenational.academy/lessons/count-one-two-and-         three-reliably-using-abstract-materials-6ru38c         Count one, two, and three objects reliably and create representations for each number -         ht	
	Shape, space and measure	Shows interest in shapes in the environment, talking about properties and similarities.	Sequencing shape patterns- https://www.topmarks.co.uk/ordering-and-sequencing/shape-patterns Shapes around us - https://www.youtube.com/watch?v=w6eTDfkvPmo 2d Shapes - https://www.bbc.co.uk/bitesize/topics/zf33y9q/articles/ztpwdmn	
			3d Shapes - https://www.bbc.co.uk/bitesize/topics/zf33y9q/articles/zv4fpg8	

	Specific Areas of Learning					
EYFS Area of Learning		Autumn - Myself & My Family				
Understanding the world	People & comm unities	My family – past and present events in their lives and the lives of others.	Watch Miss Weston's family PowerPoint on Tapestry and who lives in her house. Can you discuss your family? Can you then draw a picture of the people that live in your house?			
	The World	Family photographs and celebrating differences between families	Differences between people - https://teachers.thenational.academy/units/difference-5516			
	Techno logy	Becoming aware of different technology used at home and in school. To complete a simple program on a computer. To interact with age-appropria Clic computer software.	Find out how different technology is used - https://www.bbc.co.uk/bitesize/clips/z2d7xnb Technology all around us- https://www.youtube.com/watch?v=IQWwhIXJSDA A simple picture making programme https://www.bbc.co.uk/cbeebies/makes/something-special-make-a- picture k to add text			
Expressive arts and design	Explori ng & using media and materi als	Family collages and self-portraits – linking to PSHE Listen and respond to songs. Explore and create using voices. Sing nursery rhymes and action songs. Share and perform. Using junk modelling to create their own models.	Learn some new nursery rhymes - https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-a-to-z- index/z4ddgwx Learn how to junk model – https://www.youtube.com/watch?v=pfbFC6b1ZpM			
Ш).	Being imagin ative	Home corner role play using appropriate language.	Learn the names of different objects to use in your home role-play by playing the looking game - <u>https://www.bbc.co.uk/games/embed/ggfw5fhksn?exitGameUrl=ht</u> <u>tps%3A%2F%2Fwww.bbc.co.uk%2Fcbeebies%2Fgames%2Fsomethin</u> <u>g-special-the-looking-game%3Fcollection%3Dfun-activities-for-</u> <u>toddlers-and-preschoolers</u>			





#### Phase 1 phonics

#### <u>Steal the keys!</u>

Someone has to close their eyes and someone else takes the jingling keys. The family member who closed their eyes needs to guess who has the keys. Can they guess correctly? The next person then has a turn.

#### Sound hunt

If you have a garden lie down in the garden. Listen to the different sounds you can hear. Draw pictures of the different sounds you can hear. Try again the next day; did you hear any new sounds?

#### <u>Change your voice</u>

Show children how they can make sounds with their voices, for example:

- Make your voice go down a slide wheee!
- Make your voice bounce like a ball boing, boing
- Sound really disappointed oh
- Hiss like a snake ssssss
- Keep everyone quiet shshshsh
- Gently moo like a cow mmmoooo
- Look astonished oooooo!
- Be a steam train chchchchch
- Buzz like a bumble bee zzzzzz
- Be a clock tick tock





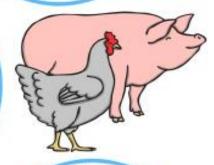
your voice to create some sound effects. Can you make a sound like a ticking clock or a doorbell? Listen to sounds you hear around your home – can you make a sound just like them?

Use

Teach a grown-up the song Old MacDonald had a Farm. What animals will be in your song? What noises do the animals make?



an animal themed guessing game. Make some sound effects for different animal noises and encourage someone to guess what animal sound you were making. You could 'meow' like a cat, 'woof' like a dog or 'hissss' like a snake. What other animal sounds can you make?



Try making some different voice sounds to show different feelings and emotions e.g. 'oh!' when surprised, 'mmmm' when eating something yummy and 'sshh' when trying to be quiet!



### Words to practice reading.

Can you read your own name? Can you read your families names?

Can you read any words on packets of food or tins?

Can you recognise any signs on tins or packets such as Asda, Tesco, Aldi etc.?

When you know the sounds s, a, t, p try reading the following words or making them with letters on paper.

- e at
- a
- sat
- pat
- tap
- sap
  - as

When you know the sounds s, a, t, p, i, n try reading the following words or making them with letters on paper.

- an
- In
- nip
- Pan
- Pin
- tin
- tan
- nap



### Letters to practice reading.

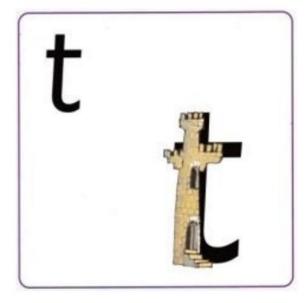




Slither down the snake.



Around the apple and down the leaf.



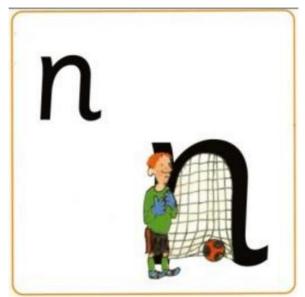
Down the tower, across the tower.



Down the pirates plait and around his face.



Down the body and dot for the head.



Down Nobby and over his net.





### Letter families

For teaching letter formation

Letter Family I Down and off in another direction	litjuy
Letter Family 2 Down and retrace upwards	mnrbphk
Letter Family 3 Anticlockwise round	c a d o q g e f s
Letter family 4 Zig-zag letters	v w x z



### Picture News





### Why do we decorate different things?

What can you see? Who could be travelling on this plane? Do you think it's a very important person? Why do you think this? Tell the children this aeroplane is called The RAF Voyager and is used by the Prime Minister and the Royal Family.

Think about: Do you know who the Prime Minister is? Can you name any members of the Royal Family? It has been in the news that this plane has been painted with the colours red, white and blue like the Union Jack so that people will recognise the plane and know where it's from when it is in a different country. The cost of having the plane painted is £900,000.

Think about: Do you think having the colours red, white and blue on this plane is a good idea? Do you think the plane will look better?

Question: Why do we decorate different things? The Prime Minister's and the Royal Family's plane has been decorated to help show it's from Great Britain. Think about: Can you think of a time you have decorated something? What did you decorate? Why did you think it needed decorating? How did you decorate it?

When we moved to a new house, I didn't like the colour of my bedroom, so we painted it purple which is my favourite colour.



school bag with lots of different keyrings so that I knew which one was mine.







I like to decorate lots of different things to make them look more exciting. I am painting a plant pot today ready for planting some flowers.

My mum and I decorated some buns for my little brother's birthday party. We put his favourite sweets on







### Picture News





### Where is your favourite place to go to eat?

What can you see? Where do you think these people are? Discuss with the children that restaurants and cafés have been closed for a long time while we have kept ourselves safe from the coronavirus. Many have recently reopened.

Think about: Have you walked past or been to a café or restaurant since they reopened? Which one did you see/go to? Do you think going to a restaurant or café will be exactly the same as before the coronavirus or do you think the rules might have changed? The government (the people who make all the rules for our country) wanted people to start going out to restaurants and cafés again because they were worried that if they didn't start making money, they may shut down. They decided to bring out a scheme called "Eat Out to Help Out" which allowed people to get their meals for half the price for the whole of August.

Think about: What do we mean by half price? Question: Where is your favourite place to go and eat? There are lots of different places that we can go to eat out

Think about: What kind of food do you think you can get from each of the restaurants or cafés in the picture below? If you were to go out for a meal, where would you like to go? What do you like best about that restaurant/café?

















**SPELL YOUR NAME** & DO THE WORKOUT!

- A: 15 PUSHUPS B: 50 JUMPING JACKS C: 20 CRUNCHES D: 10 BURPEES E: 60-SECOND WALL SIT F: 20 ARM CIRCLES G: 20 SQUATS H: 30 JUMPING JACKS 1: 60-SECOND PLANK J: 20 MOUNTAIN CLIMBERS W: 15 TRICEP DIPS K: 40 CRUNCHES L: 12 BURPEES M: 15 SQUAT JUMPS
- N: 10 PUSHUPS O: 20 LUNGES P: 10 TRICEP DIPS Q: 20 JUMPING JACKS R: 60-SECOND PLANK 5: 30 BICYCLE CRUNCHES T: 60-SECOND WALL SIT U: 40 HIGH KNEES V: 30 SQUATS X: 10 MOUNTAIN CLIMBERS Y: 12 JUMPING LUNGES Z: 30 CRUNCHES

Can you spell your best friends name? Can you spell the name of your road?

Please use this time at home to work with your child at writing their first name. If they can do this please encourage them to have a go at writing their surname too.





### Kind



**Think about it** Think about a time when you were kind to someone. What did you do for them? How did it make them feel? What can you do at home to be kind?

### Say it

Practise saying the word in a : quiet/ loud voice robot/ mouse/ monster voice.

### Use it

Can you use it in a sentence? Such as: "I am kind to my little brother as I share my toys". Find it Can you find a book where one of the characters do something kind? What do they do to be kind?

Swap it What are different words for kind? gentle nice sensitive

### Draw it

Can you draw a picture of someone being kind?



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

### Listening and attention

• Play listening games with me like "Simon Says...." Where I have to copy an action or "Ready, Steady, Go" where I have to wait to push the ball or car.

• Make up silly sentences with me where each word begins with the same sound as at the start of my name.

• Play a treasure hunt game with me where I have to listen to your instructions to help me find the next "clue".

#### **Speaking**

• Talk to me about things we did or places that we went to recently.

• Look at old photographs and talk about special times. Ask them questions about the pictures.

• When we're sharing a story ask me how I think the story might end.

• Make up silly rhymes with me where we use words that begin with the same letter or the words all rhyme, like "cat", "bat" and "hat".

- Play "I spy" with me.
- Use different voices, like loud voices or squeaky voices, when we're telling stories.

#### **Understanding**

• When I'm helping you to make the lunch, ask me questions like "What do I need to cut the apple?" or "What do I need to pour your milk / water into?" so that I can find you the thing we need.

• When we're tidying up give me simple instructions like "Put your shoes in the basket" or "Put the remote control on the sofa."

• When we're sharing a story together ask me why I think something has happened or what might happen next.



## Ideas to support Physical Development at home.

### Moving and handling

• Let me practice using children's scissors to cut dough, cooked spaghetti or paper.

• Make an obstacle course in the park or garden where I have to run around benches or chairs, crawl under a blanket and crawl through a cardboard box.

• Play games with me like football, basketball or throwing balls into bowls or boxes.

• Get me to thread plastic bottle tops with holes onto string or shoe laces.

 Stand up a piece of spaghetti and allow me to threat pasta onto it.

•Encourage your child to write/draw, encouraging them to hold a pencil correctly.

### Health and self care

• Make sure I brush my teeth twice a day.

• Make fruit kebabs or vegetable faces to help me try different types of fruit and vegetables.

• Dance with me when we hear our favourite songs.

•Allow me to make a packed lunch for the day. Discuss healthy options and non-healthy options.

•Give me time to practise doing the buttons on my trousers and or cardigans etc.

• Give me time to have a go at getting dressed independently.



### <u>Maths</u>



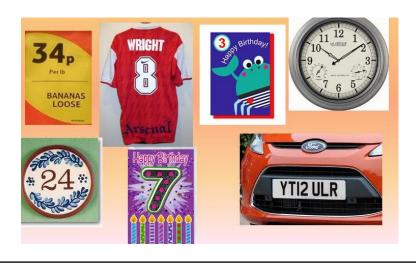


#### Activity 1

Go on a number hunt around the house. Collect things that you can see numbers on and take photographs to put on Tapestry. You will find numbers on:

- Packets
- Remotes
- Clocks
- Clothes
- Hangers
- Shoes
- Laptops
- iPads

And lots more things. I am sure the children will have better ideas than mine!



#### <u>Activity 2</u>

Display numbers 1-5 with each number on an individual sheet of a4 paper, you can move onto 1-10 if your child is confident.

Call a number and your child has to splat the correct number with their hand (we do this in class with a fly swatter).

You could create a challenge within the family and create a tally chart. The person who splats the number first gains a point.

The aim of this game is for children to become faster with their number recognition. If they are struggling with this you can draw the corresponding number of spots with the number so they can use these to count and therefore help them to recognise the number.



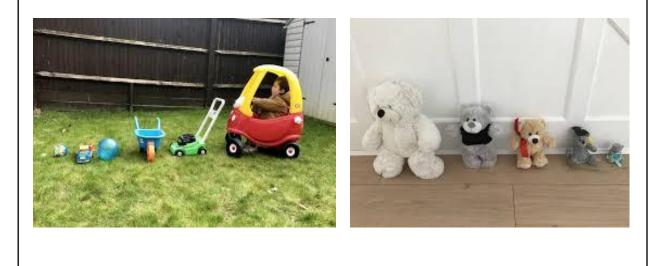




#### Activity 3

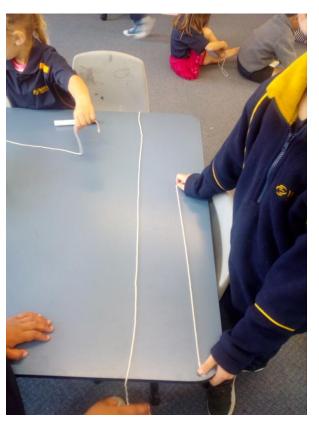
Gather toys and put them in size order starting from smallest to largest. Which is the biggest toy you have? Compare it to other things around the house. Can you find something it is bigger than? Than you find something smaller than your toy?

Can you order your family in height? Who is the tallest person? Who is the smallest person?



#### Activity 4

Give your child a piece of string, paper, wool etc. that is a certain length e.g. 10cm. Ask them to go around the house and find things that are 10cm long using their piece of string to help.



### <u>Maths</u>

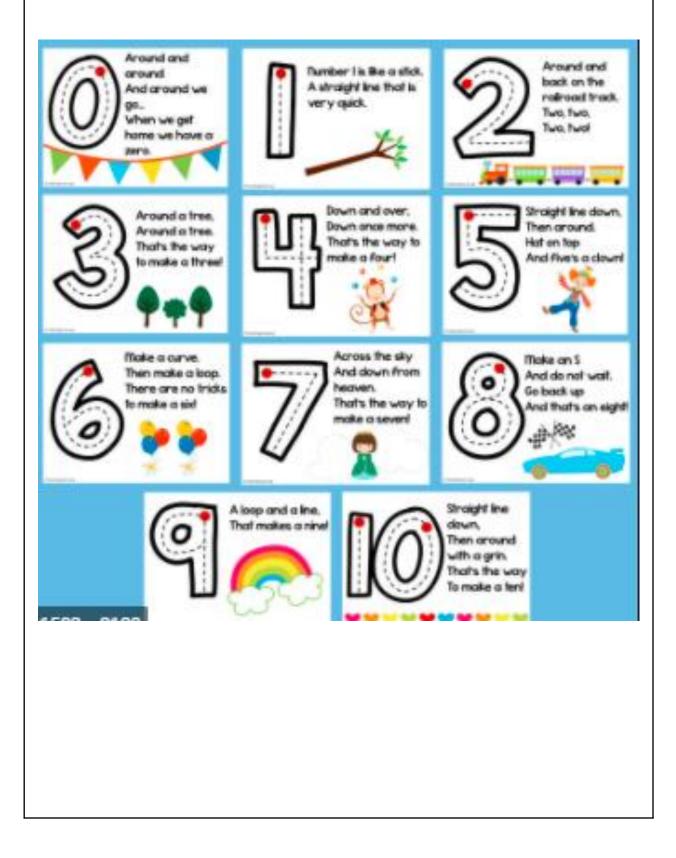




#### Activity 5

Practise number formation with your child, encouraging them to write each number the correct way.

These rhymes are good to be sung when practicing as it helps the children to remember them. The red spots show where the children need to start when writing the number so please encourage them to start in the correct place. It would also be great if you could get them to write the numbers on a line.

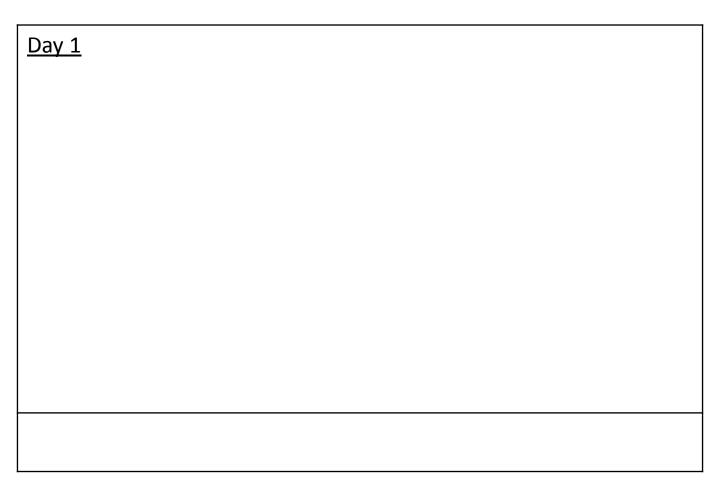




### Daily Diary



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



<u>Day 2</u>			



### Daily Diary



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

<u>Day 3</u>			

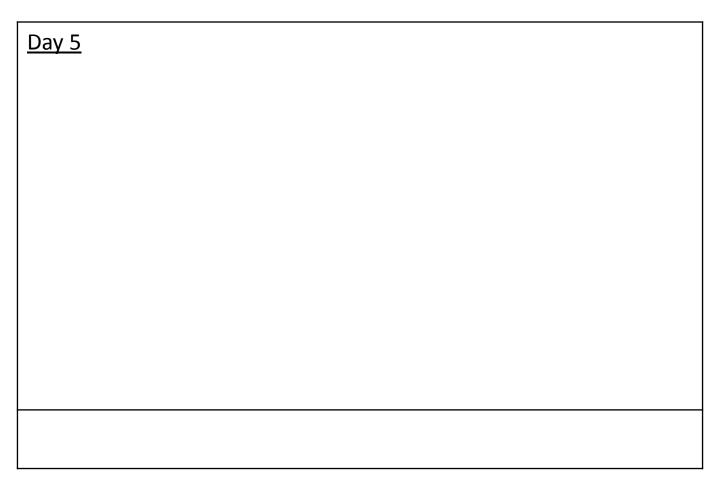
Day 4		
<u> </u>		



### Daily Diary



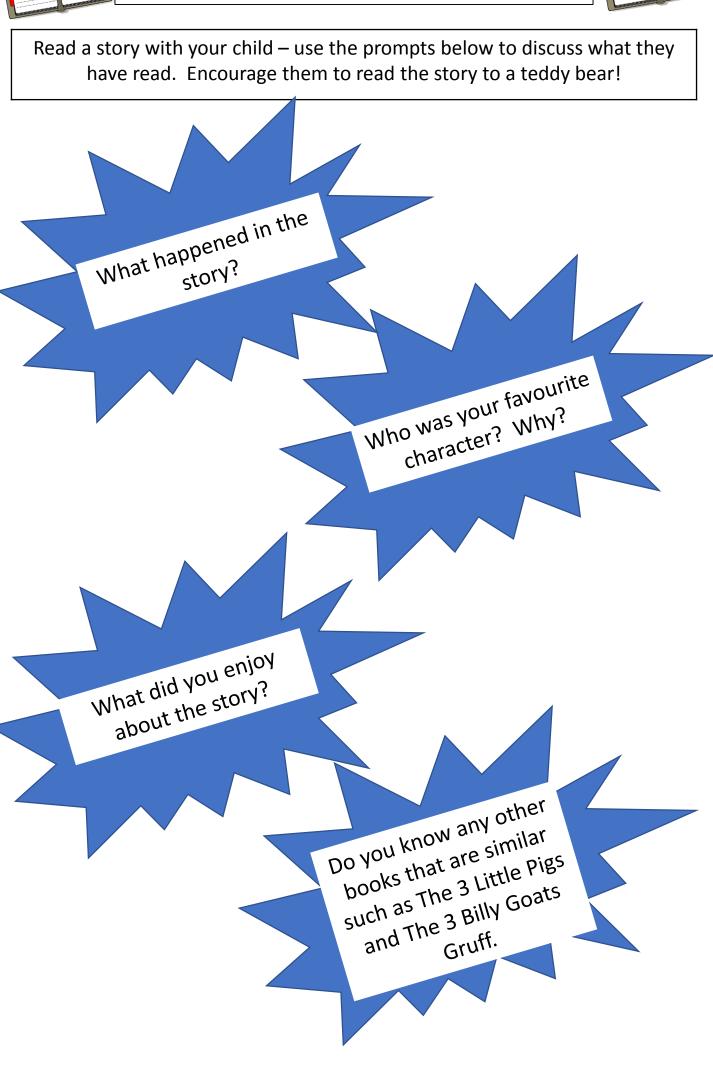
Draw a picture of something that you have done each day – ask your grown up to write about what you have drawn.





### Story time









Phonics	Maths
Play some phonics games – https://www.phonicsplay.co.uk/	Practise writing numbers- https://www.youtube.com/watch?v=VIf QhHQAUCY
Play some phonics games – <u>https://www.phonicsbloom.com/</u> Learn to recognise some sounds with phonics pop - <u>http://www.ictgames.com/phonicsPop/i</u> ndex.html	Play some maths games – <u>https://www.topmarks.co.uk/maths-games/3-5-years/counting</u> Play some maths games linked to Cbeebies TV shows–
Learn some sounds - https://www.topmarks.co.uk/english- games/5-7-years/letters-and-sounds	https://www.bbc.co.uk/cbeebies/topics/ numeracy Watch the 2d shapes song https://www.youtube.com/watch?v=OE
Practise writing letters- https://www.youtube.com/watch?v=Ua pRIdsWvpc Learn the jolly phonics songs and actions	bRDtCAFdU Watch the 3d shapes song - https://www.youtube.com/watch?v=gu NdJ5MtX1A
to go with it. These help you to remember the sounds - <u>https://www.youtube.com/watch?v=eux</u> <u>N7LGOoLc</u>	Watch some Numberblocks episodes starting with number 1 and working your way up - <u>https://www.bbc.co.uk/iplayer/episodes</u> /b08bzfnh/numberblocks
Understanding the World	Other
Look at where you live and see how long it takes to walk or drive in the car to your families houses. Whose house is closest to you? <u>https://www.google.com/maps</u> Find out some facts and information about different animals. Tell a family member about it or draw a picture and get your adult to write some facts for	Search for some of your favourite stories on YouTube – <u>www.youtube.com</u> Do some Cosmic Yoga and use your listening and attention skills to follow the story and the actions - <u>https://www.youtube.com/user/Cosmic</u> <u>KidsYoga</u>
you. https://www.nationalgeographic.com/a nimals/facts-pictures/	