



Pear Class

Week Beginning 22.02.2021

(Our topic this term is: Chocolate and Easter)



Monday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

Phonics: Repeat learnt sounds (a,b,c,d,e,f,g,h,i,j,k,l,m,n,o,p,q,r,s,t,u,v,w,x,y,z) using sensory materials.

Repeat sound **'d'** - Find/ explore objects beginning with 'd' (dog, dirt, dinosaurs). Can you match them to pictures? Try tasting something beginning with 'd' (dates). Listen to a song with this letter in (Dinosaurs). Practice tracing over the letter/ feel a sensory letter. <https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-dinosaurs/zv7rf4j>

Phase 1 Letters and Sounds: Practise matching sounds

<https://www.busythings.co.uk/play/#> (Find it by clicking on Early Years: Nursery:

Literacy: Phonics: Phase 1)

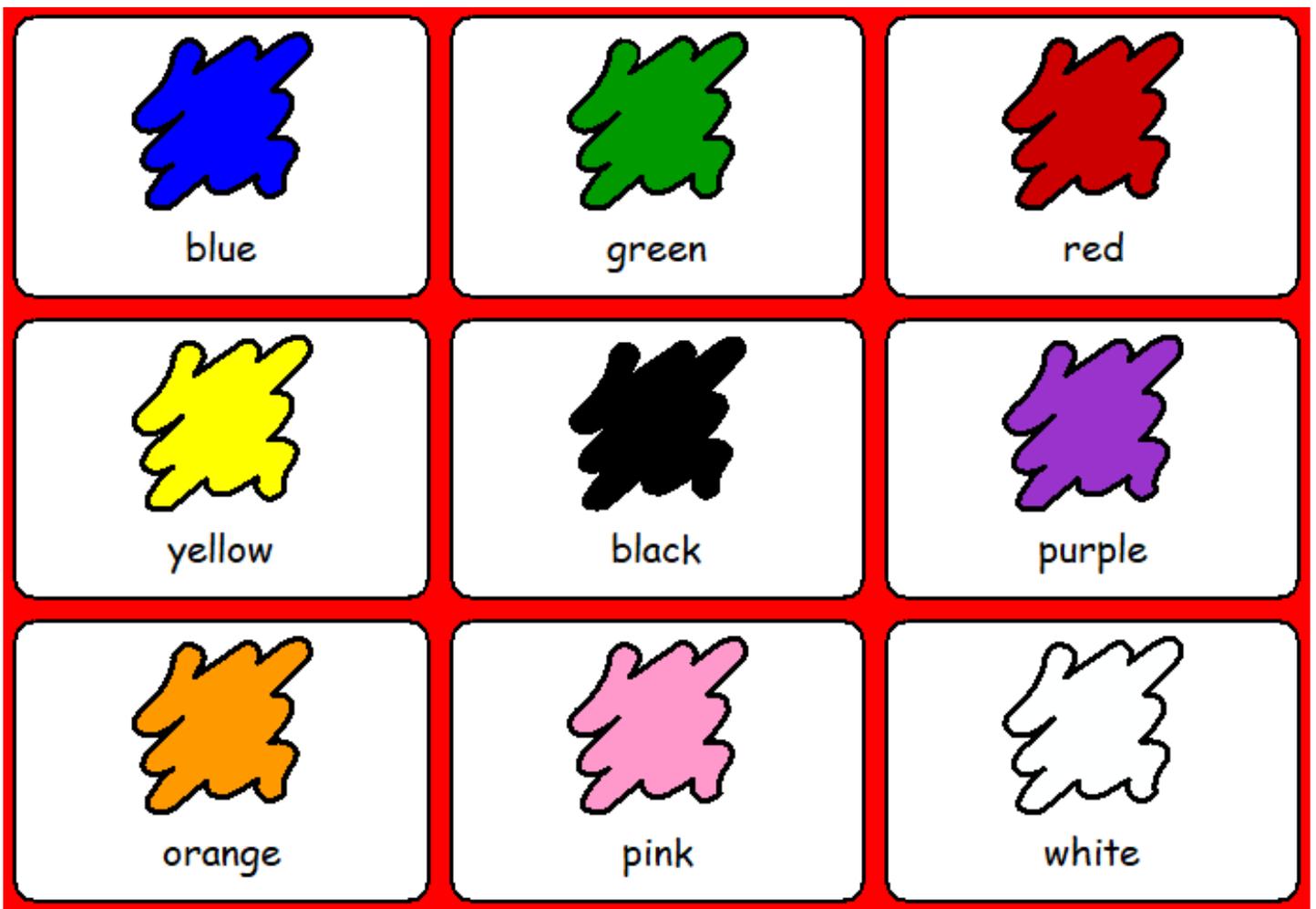
Login details: Username: home1621

Password: green259

Exercise time: Complete sensory and/or physio routines. Run around the garden, bounce on a trampette or gym ball if available. Use a ball to squash parts of your child's body if they like this sensation.

Art: Chocolate. Melt some white chocolate and separate it into 3 bowls. Add food colouring to 2 of the bowls. Use a fork to drip the melted chocolate over the top of a milk/ dark chocolate bar. Look at the different marks you are making and watch how the colours mix together.
Challenge: Can you identify/ match the colours?





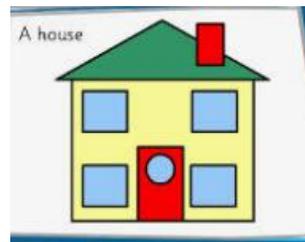
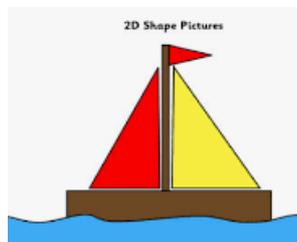
Tuesday:

Morning work: Practise individual targets - see PLIMS.

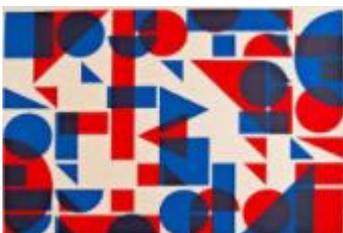
Practise signing/ saying good morning to your family.

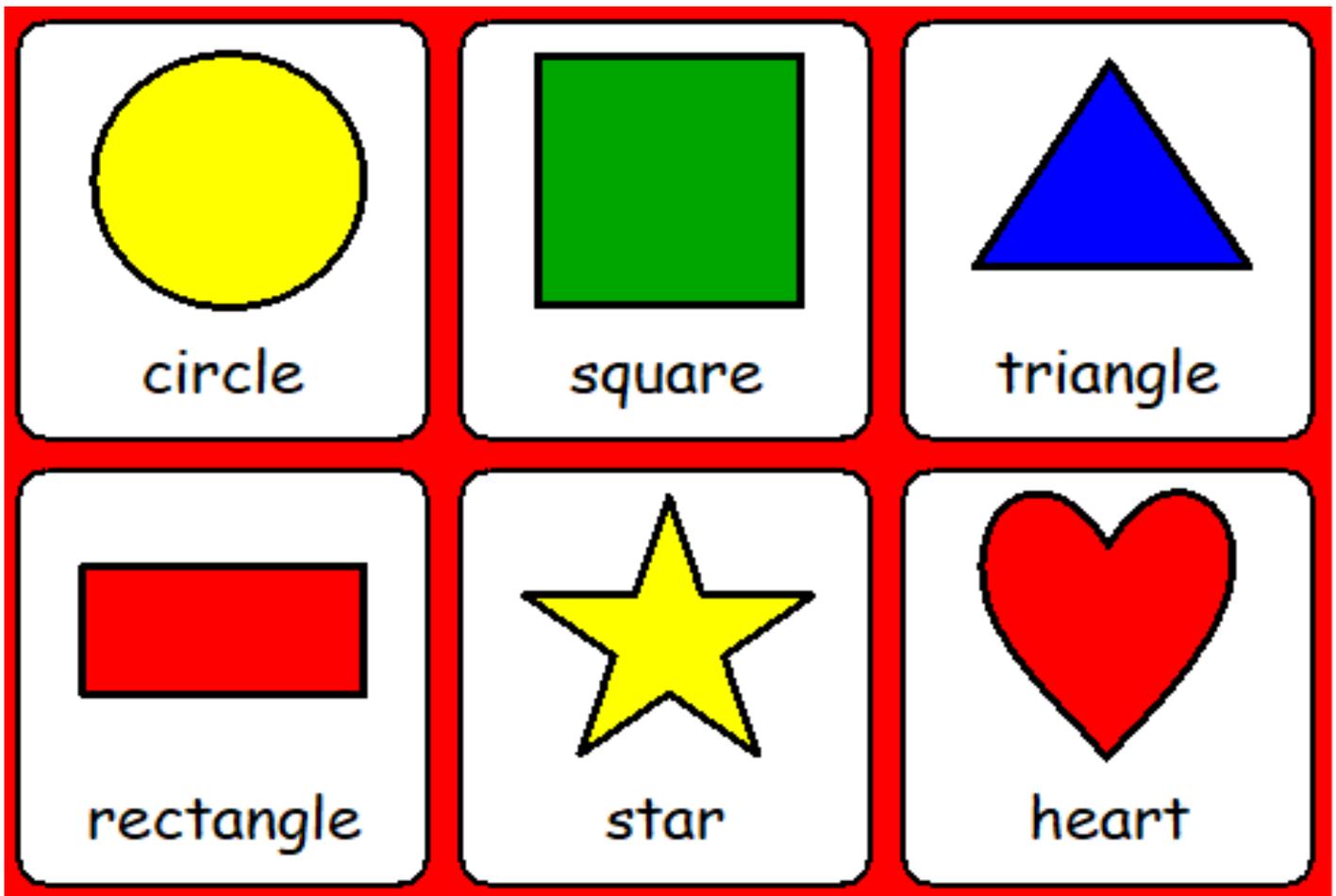
Maths: Shape pictures. Cut out some 2D shapes and use them to make different pictures.

You could also cut sponges into simple shapes (circle, square, triangle) and use these to make a printed picture. Cookie cutters or kitchen roll middles work well for this too!



Challenge: Can you match the 2D shapes? Can you find shapes around your house (e.g. plate - circle)?





Exercise time: Let's do some jumping! You can use a trampoline (or your bed/ sofa if you're allowed) or just jump on the spot. You can repeat this activity until you're ready to do more hard work - it might take a few seconds or a couple of minutes!

Music: Creating sound. Explore the sounds of different instruments. Take turns playing them with your family. Listen to the different sounds they make. Which sound/ instrument do you like the best? (If you don't have access to instruments you can play virtual ones online).

Challenge: Can you play and stop when asked? Are you aware of the sound other people are making?

Wednesday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

English: Mark making. Shake cocoa powder onto a tray and practise making marks in it. You could add water for a different sensory texture. Practise tracing/ copying the phonics letter of the week 'd'. You can use your fingers/ sticks to make marks.

Challenge: Can you copy shapes and patterns/ letters shown to you by an adult?



Exercise time: Go for a walk/ run around your garden if you can. If you need a calmer activity, walk around wearing a back pack with heavy objects in or help to carry a laundry basket.

PE: Moving in different ways - crawling. Continue to practise your self-help skills by getting dressed for exercise as independently as possible. Practise your crawling technique. You could use tunnels, chairs, material, cushions etc. to set up an indoor/ outdoor obstacle course. Can you make your way through the obstacles by crawling?
Challenge: Can you turn over and walk like a crab?



This is a great exercise to develop your gross motor skills but it is tricky so you might need an adult's help!

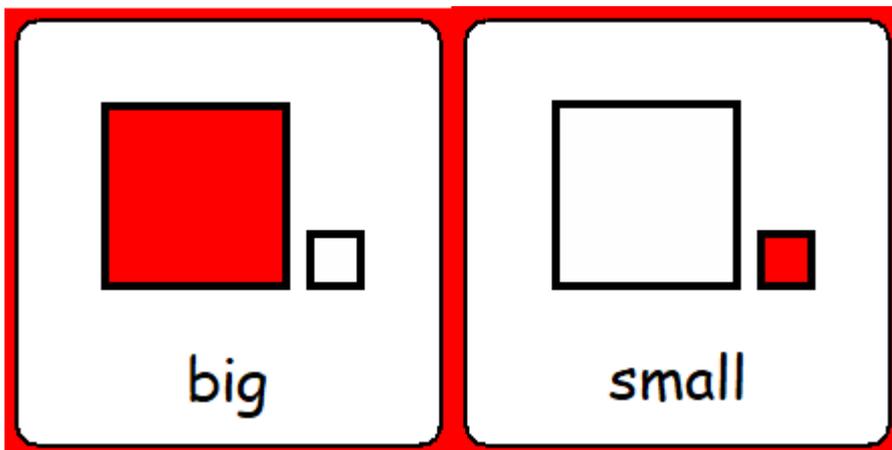
Thursday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

Maths: Categorising objects - big and small. Explore big and small tyre tracks. Move different sized cars/ trucks through paint and watch the different tracks they make. Then see if you can find the big/ small car from a choice of 2.

Challenge: Can you sort the big and small cars into 2 groups?



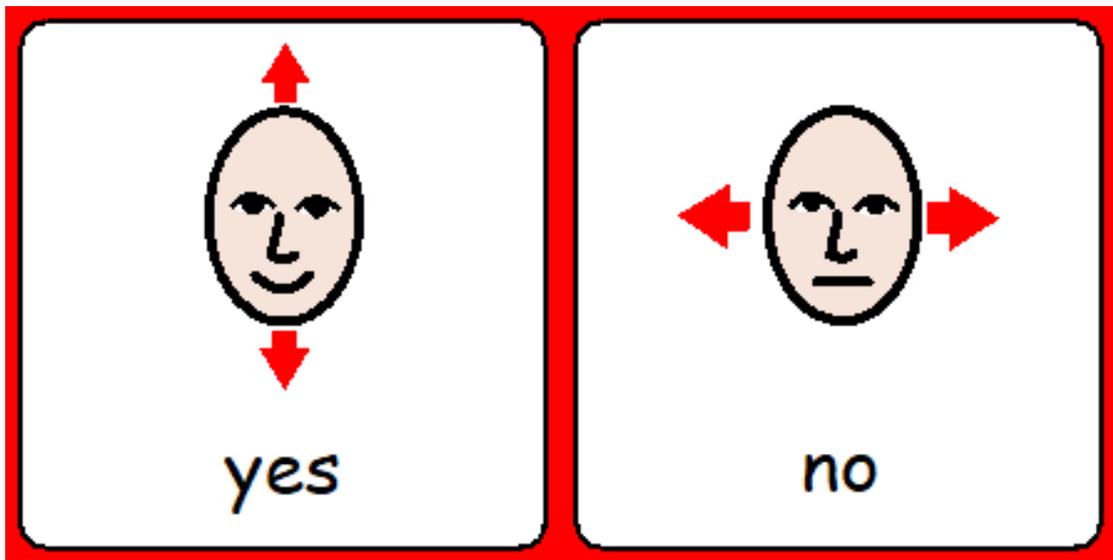
Exercise time: Join in this Easter bunny song

<https://www.youtube.com/watch?v=nZFRg1GucZ8>

PSED: Safety. Begin each session by listening to 'Humpty Dumpty'.

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-humpty-dumpty-sat-on->

[the-wall/zhn7kmn](#) Adults - demonstrate safety awareness by using a teddy to stand on a chair/ table symbols saying 'no'. Then model him sitting correctly and use 'yes'. Ask your child to help teddy sit on a chair and praise them if they are sitting well. Practice sitting safely to complete a mark making activity based on individual PLIMS targets (ensure no mouthing of equipment for safety).



Friday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

English: Cooking - following instructions. Follow the instructions (at the end of this document) to make hot chocolate stirrers. First read through the instructions, then get out the equipment you need. Use the pictures to help you follow along. Have fun and enjoy drinking your hot chocolate later!

Challenge: Can you put the instructions in order and follow them independently?

Exercise time: Mindfulness. Choose a calming activity (squashing, colouring, breathing).

Understanding the World: Favourite books. Choose and read a couple of your favourite books. Can you show/ say which parts are your favourite?

On the GANF YouTube channel you can find our signs of the week and also some videos to support home learning.

HAVE FUN AND STAY SAFE! 😊

Hot Chocolate Stirrers



Makes 6 stirrers

You will need:

Sunflower oil

300g chocolate (milk, white or plain)

Sprinkles, mini fudge pieces, crushed candy canes, mini chocolate beans or mini marshmallows

6 wooden lolly sticks

6 small yoghurt pots (washed)

6 cupcake cases

Cellophane, string, ribbon and gift tags or labels



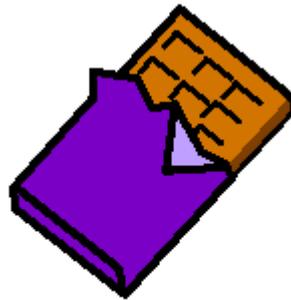
Instructions:

1. Brush the inside of each yoghurt pot with a little sunflower oil.
2. Melt the chocolate in a bowl over a pan of barely simmering water. Stir it occasionally until it has melted. If you are using different types of chocolate, melt them separately.
3. Pour the melted chocolate into the pots and sprinkle your chosen decorations over the top.
4. Put a lolly stick into the centre of each pot.
5. Make a small hole in the centre of each cupcake case. Push a cupcake case over each pot so that the stick pokes through the hole and the case covers the chocolate. This will keep the lolly sticks upright while the chocolate sets.
6. Refrigerate overnight until completely set.
7. Remove the cupcake cases and throw them away. Gently ease each stirrer out of its pot.
8. Wrap in cellophane and tie with a ribbon or string.
9. Add a label with the following instruction: "Stir into a mug of hot milk."

You will need:



oil



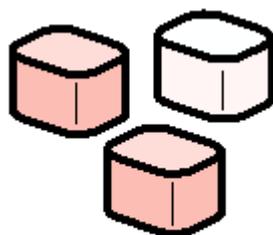
chocolate



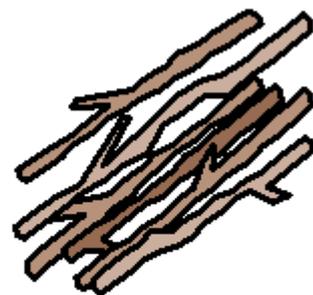
yoghurt pots



cupcake cases



marshmallows



lolly sticks

Instructions:

1



1. Brush



yoghurt pot

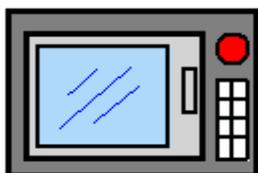


with

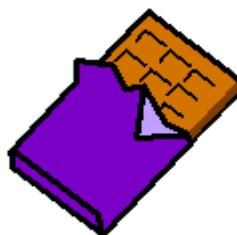


oil.

2



2. Melt

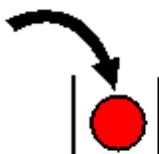


chocolate.

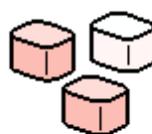


|

3

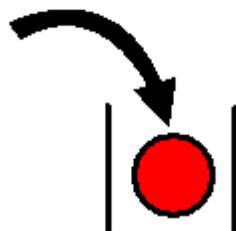
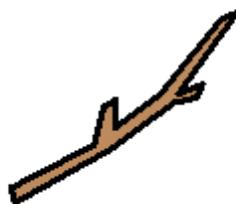


+



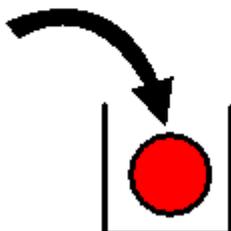
3. Pour chocolate into yoghurt pot add marshmallows.

4



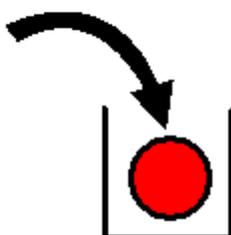
4. Put lolly stick into yoghurt pot.

5



5. Put yoghurt pot into fridge.

6



6. Stir into hot milk.