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| Suggested Daily Activities |
| 9 o’clock | **Morning Exercise** | Join us each morning to wake up those brains! [Go noodle: Do the Yeti](https://www.youtube.com/watch?v=T9T5fJDy_ig) |
| 10 o’clock  | **Phonics** | **LIVE** [Letters and Sounds for Home and School](https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/featured) This is the final week of the streamed Letters & sounds programme. This week’s 30 minute videos will concentrate on reviewing the sounds already learnt and will introduce and apply words ending in – s, -er and -ing. In Phase 4, no new graphemes are introduced. The main aim of this phase is to consolidate the children's knowledge and to help them learn to read and spell words which have adjacent consonants, such as **tr**ap, **str**ing and mi**lk**.Remember all previous videos are saved on the YouTube channel so if you think your child would benefit from recapping some of the earlier sounds covered, it makes sense to consolidate before moving further.   |
| **ANYTIME**In class we will be reviewing all the digraphs & trigraphs we have encountered in Phase 3 and will continue to practise applying them in our writing of captions and sentences. We will also be touching on phase 4 polysyllabic words this week.Don’t forget you can download our activities from the ***resources section*** of this week’s UFS home-learning page on the school website if you wish to try this at home.  |
| **OTHER FUN WAYS TO CONSOLIDATE PHONICS LEARNING** [Phase 3 Sound Flashcards (revise all sets)](https://www.phonicsbloom.com/uk/game/flash-cards?phase=3)[Phase 3 YES/NO questions](https://epicphonics.com/games/play/yesno-questions-for-phase-3)[Phase 3 Sentence substitution](https://epicphonics.com/games/play/free-sentence-substitution-1)[Phase 3 Tricky Words](https://www.phonicsbloom.com/uk/game/tricky-trucks?phase=3)  |
| 11 o’clock | **Maths** | **NUMBER RESOURCES**In school we will be re-visiting the Early Learning Goal of **sharing**, so why not download our activities from the ***resources section*** of this week’s UFS home-learning page on the school website and join in with us?Here is an online game about sharing (division) that can support your child in their learning:  <https://www.ictgames.com/mobilePage/doggyDivision/index.html> |
| **SHAPE, SPACE & MEASURE RESOURCES**In school we will be re-visiting the Early Learning Goal of **money** so why not download our activities from the ***resources section*** of this week’s UFS home-learning page on the school website and join in with us? Ultimately, the best way to learn about money is through physically exploring coins. Empty your purse/coin jar….play activities with the coins; sort by colour, size, shape. Note the written values on the coins, the Queen’s head…etc What is similar about the coins, what is different? Can they name them or organise them by value? Play shop, using coins to pay for items (the toy shop cut-outs may come in handy!) In discussion, use the vocabulary pounds and pence and show how these are written.Here are some online games about coins that can support your child in their learning: <https://www.topmarks.co.uk/money/coins-game><https://www.doorwayonline.org.uk/activities/cashing-in/cashing-in.html> (select 10p progressing up to 20p) |
| **GENERAL MATHS RESOURCES**The links below are Government approved online home learning teaching resources:[Oak National Academy](https://www.thenational.academy/online-classroom/reception/maths#subjects) [Classroom Secrets](https://classroomsecrets.co.uk/free-home-learning-packs/#packs)[White Rose](https://whiterosemaths.com/homelearning/early-years/) |
| 12 o’clock | **Lunch Time** | This week as we eat our picnic lunch in our pods we’ll be watching [CBBC Dish Up](https://www.bbc.co.uk/cbbc/shows/cbbc-dish-up). |
| 1 o’clock | **Afternoon Activities** | **MUSIC MONDAY**Ex**plore the different elements that make up a song, play or clap along with the music and make then listen back to your own version of songs on the ‘BBC bring the noise’ website,**<https://www.bbc.co.uk/teach/bring-the-noise/eyfs-ks1-music-play-it-bring-the-noise/z4sq92p>Why not have a go at composing your own piece of music using household items you find around the house? **TEST- IT TUESDAY**Since our Julia Donaldson story this week is ‘Superworm’, follow the link to the RHS gardening website <https://schoolgardening.rhs.org.uk/Resources/Activity/Mini-wormery> to find out how to create your own mini wormery. Observe these wonderful creatures burrowing through the soil making channels and munching food. Use the following steps to hunt for worms to fill your mini wormery: ***Method 1 – Habitat hunt*** Turn over stones and dead wood, look under leaf litter and dig in bare earth.***Method 2 – Stamping up and down*** Worms are supposed to be attracted to the surface by vibrations.***Method 3 – Soaking*** Thoroughly wet an area of grass, cover it with black plastic and wait for 30 minutes. The water floods the worms’ burrows and unless they come to the surface they will drown. This is why so many worms appear on the surface after rain showers***Method 4 – Twanging*** Put a garden fork into an area of grass and rock it backwards and forwards for 15 minutes. This method has proved to be the most successful means of collecting worms. It may sound and look bizarre, but it works!**Make sure you handle the worms with great care! Their skin is very delicate, avoid over-handling so they don’t dry out. Be sure to return your wormy friends back to the soil outside gently once you have finished looking at them!****WORK-OUT WEDNESDAY** Your child has been selected for **SUPER HERO TRAINING!!** Ask your child to report to the super-secret training location (garden).  Explain they need to use their skill, strength and listening powers to complete all of the superhero challenges to successfully become the new superhero fighting force of the city. Once they have completed their training you can print a certificate for your mini superhero from the ***resources section*** of this week’s UFS home-learning page on the school website.Set up an obstacle course on the grass using the trim trail, old tires, tubes, bicycles, ropes, sports equipment, cones, trampolines, hula hoops, pillows, rope ladder, or anything you can find to create a challenging course. Explain the task is to complete the course as an individual and then rescue the citizen (teddy or doll) and bring them back to safety. ***To complete your mission you must:**** run faster than a speeding bullet!
* leap over tall buildings
* crawl through burning fire tunnels
* use super speed to manoeuvre through & around superhero obstacles
* protect and rescue people

Challenge your superhero-in-training by adding tricky stunts like ball throwing at a target, long jump, balance beam, walking, climbing, crawling through a tube, running, bouncing a ball very high, jumping off a chair/sofas etc. **THOUGHTFUL THURSDAY**Last week we reflected on the past academic year and we thought about all the fun things we had experienced during our time in Upper Foundation. This week we’d like you to consider your future both in the long term and in the short-term! Ask your child, what they would like to be when they grow up. Has this changed from when they were younger? Ask them what they are most looking forward to about joining Y1.Having been limited to very few activities over the last few months due to lockdown; what kind of things are they looking forward to doing again? This may be going to a friend’s house for tea, visiting soft-play, taking grandma for a picnic, buying a new pair of trainers…etc and may stretch to wishes for further in the future;e.g. go on holiday to Spain, see a real-life polar bear, learn how to do karate…etc,An adult could write these things down on bits of paper as a keepsake and pop into a jar that the child can decorate. Perhaps when things look a little more normal, you can work on ticking some of those little things of the list! (‘Things to look forward to’ activity sheet in the ***resources section*** )**FUN FRIDAY**In keeping with our superhero theme, why not design your very own superhero? Think about their name and what superpower they would have. Could you design a costume? Draw a picture of your superhero and label it.Maybe you might like to dress up as a superhero yourself and role-play a story where you have to save the day! Finish off the week by watching ‘The Incredibles’ YOU HAVE ALL BEEN INCREDIBLE & WE ARE SO PROUD OF YOUR RESILIENCE!  |
| 2 o’clock | **Story Time** | Wow! We have listened to a vast amount of Julia Donaldson stories throughout our time in UFS and certainly over these last 7 weeks! Our final book, and a firm favourite is ‘[Superworm](https://www.youtube.com/watch?v=7Jnk3XApKBg)’. Use the link to access a video story-telling. Enjoy!Why not download our activity booklets from the ***resources section*** of this week’s UFS home-learning on the school website and join in our fun! |
| Dear Parents,This year has been one of a kind, and we feel so fortunate to have had such a wonderful group of children in our care. Over our time together we have explored so many topics and the children have shown such enthusiasm for learning, we all have many memories to treasure! It has been a pleasure to watch them grow and we know they leave us more confident, more independent and more resilient as they continue their journey through school.Take care and have a lovely summer, from the whole UFS Team xP.s: Look out for some optional summer activities posted on our UFS home-learning page to keep those brains ticking!  |