

Learning From Home

Term 4 Week 1

Early Stage 1
Thurs - Fri

Thursday

Reading Fun

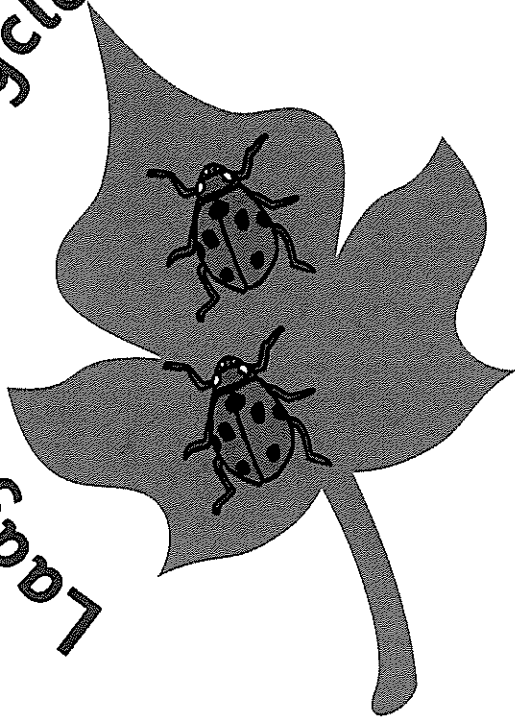
Reading is such an important thing for you to do to support your learning. It helps you to become a good writer and helps you to learn all of those tricky words that we have in our language.

Have some reading fun today.

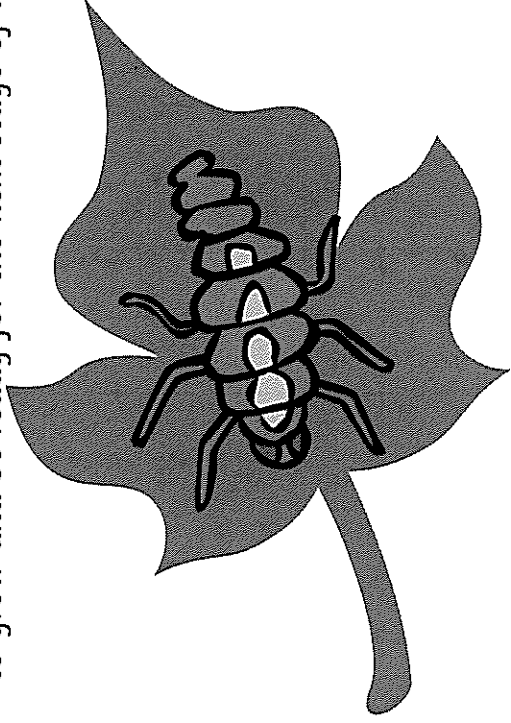
Use the Bad Tempered Ladybird story to try some of these activities today.

- Read to a teddy
- Read to a family member on Skype or Zoom
- Read under a tent/in a fort you made.
- Read in the bath.
- Read in your garden.
- Read in bed.

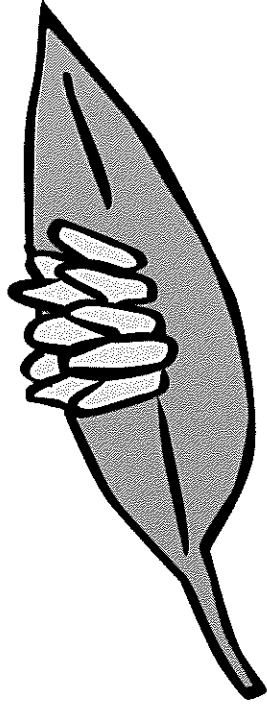
Ladybird Life Cycle



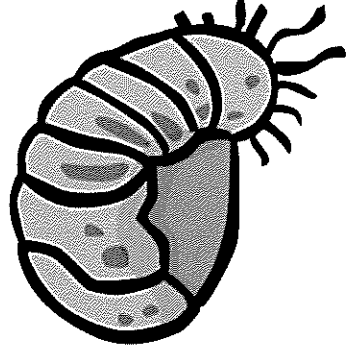
The eggs hatch and the larvae are born. They will spend their time feeding on aphids to grow and be ready for the next stage of life.



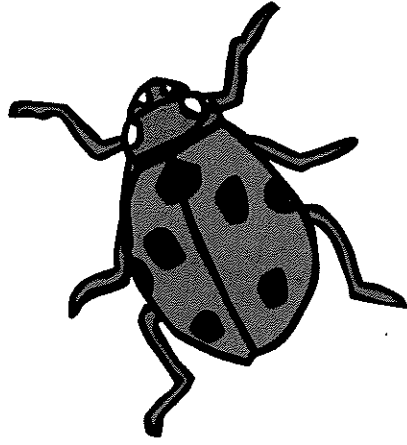
The female Ladybird lays its eggs on a leaf.



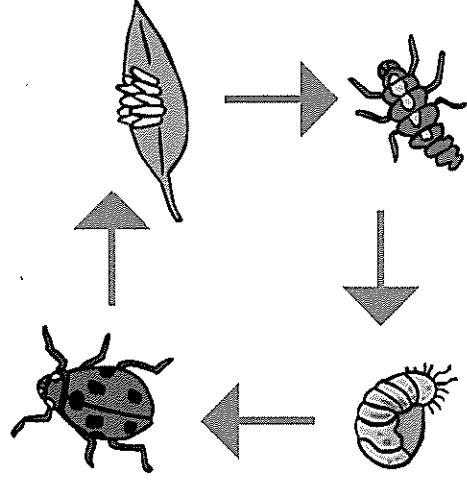
They form 'Pupae'. This lasts 5-7 days.



An adult Ladybird emerges!



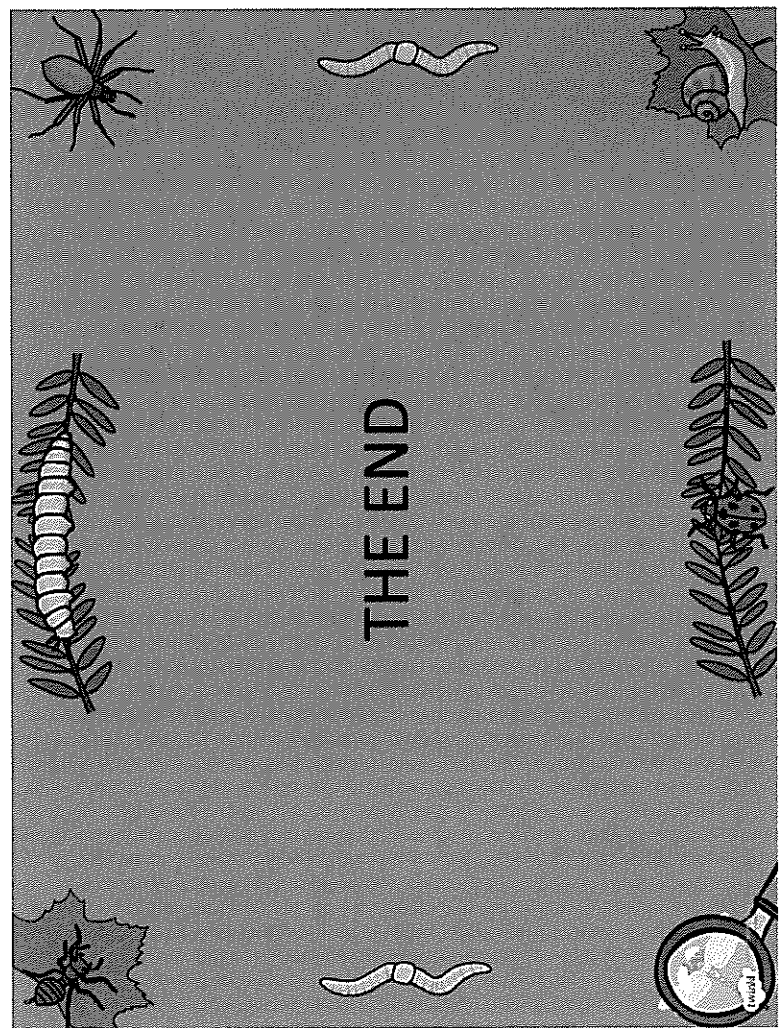
Ladybird Life Cycle

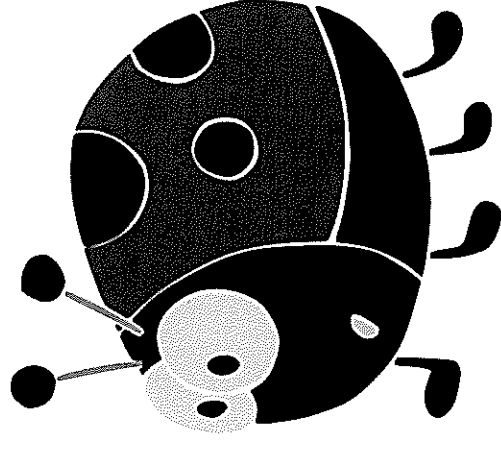


Some interesting facts

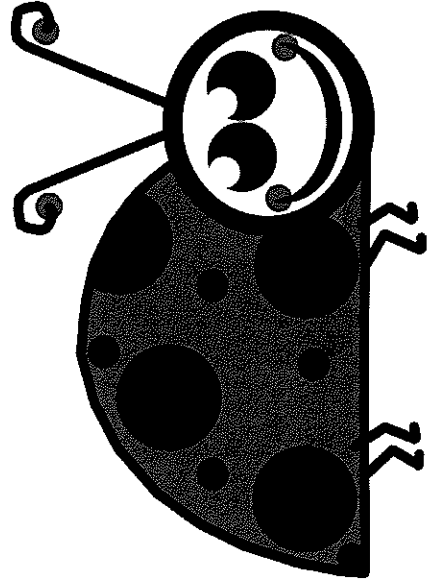
- Some adult Ladybirds are known to eat the larvae of other Ladybirds when really hungry!
- You cannot tell a Ladybird's age from its spots.
- Adult ladybirds stay in a dormant state over winter. This is called 'overwintering'.
- Ladybirds will leak a nasty yellow liquid from their knees when threatened. It is called Hemolymph and poisonous!

Video courtesy of kassmusst (@Youtube.com) - granted under creative commons licence - attribution





The Lifecycle of a Ladybird.



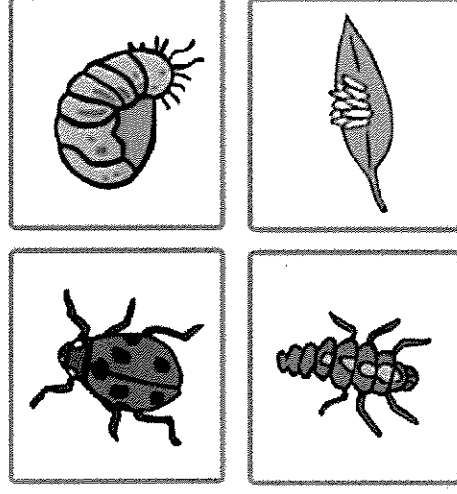
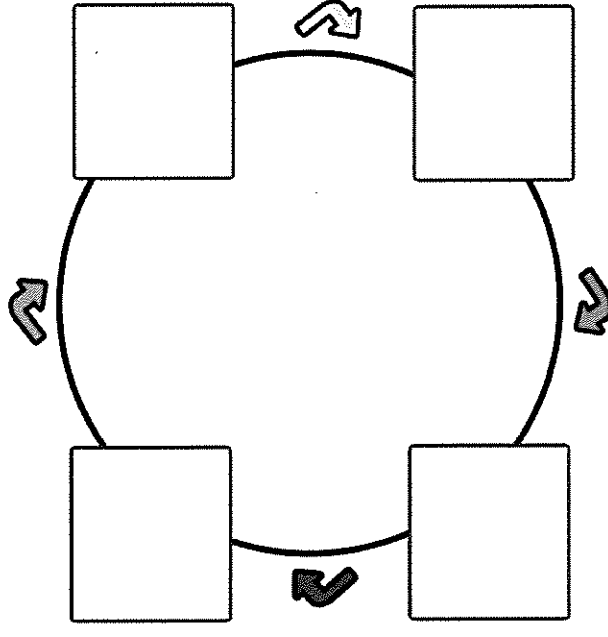
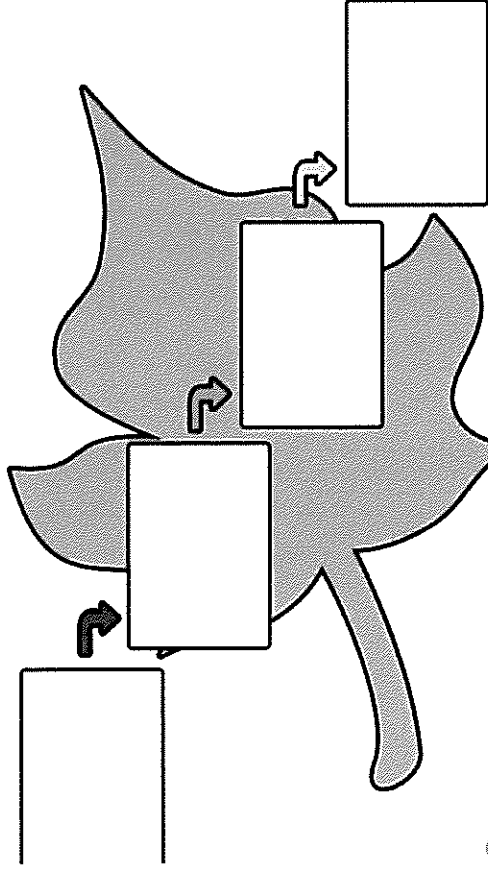
Wednesday Writing Task

Did you know that ladybirds have an interesting life-cycle too? Have you ever seen a baby ladybird? They don't look the same as the adult. See if you can find out about the life-cycle of the ladybird and create a life-cycle drawing just like you did for the butterfly in Term 2. Maybe if you are lucky you will be able to go mini-beast hunting and spot a baby ladybird! Good luck! Don't forget to use your brilliant phonics to have a go at labelling the stages of the life-cycle.

What I am Looking For.

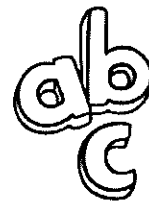
- I can create at least 4 pictures.
- I can sequence the pictures in the correct order.
- I can label the pictures clearly using capital letters and full stops.
- I have written a title.

Here are some ideas to help you.

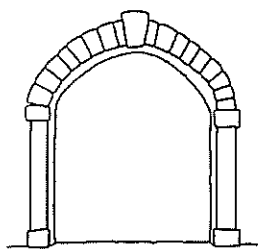


Complete your life cycle here.

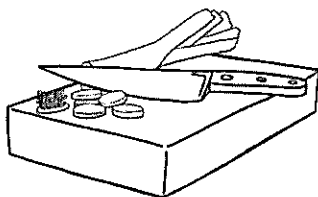
Find and Write the 'ch' Words



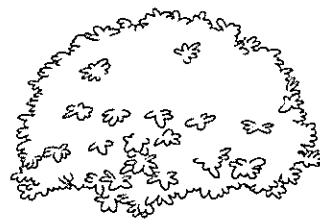
Write the words and then colour the ones with a 'ch' sound in them.



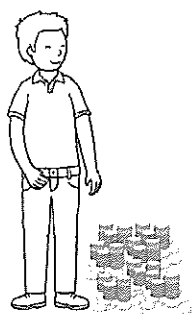
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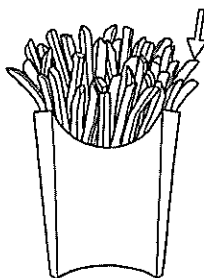
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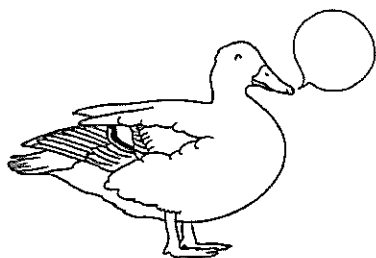
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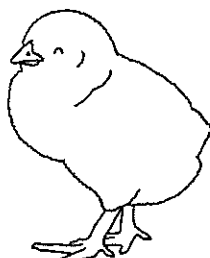
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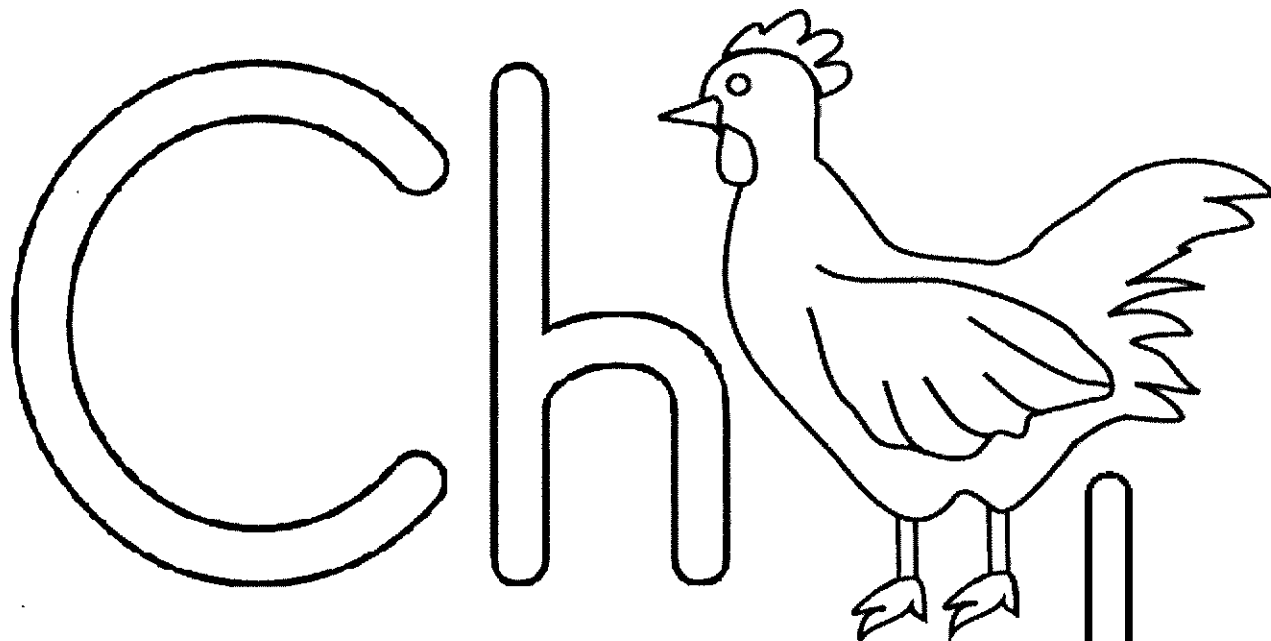


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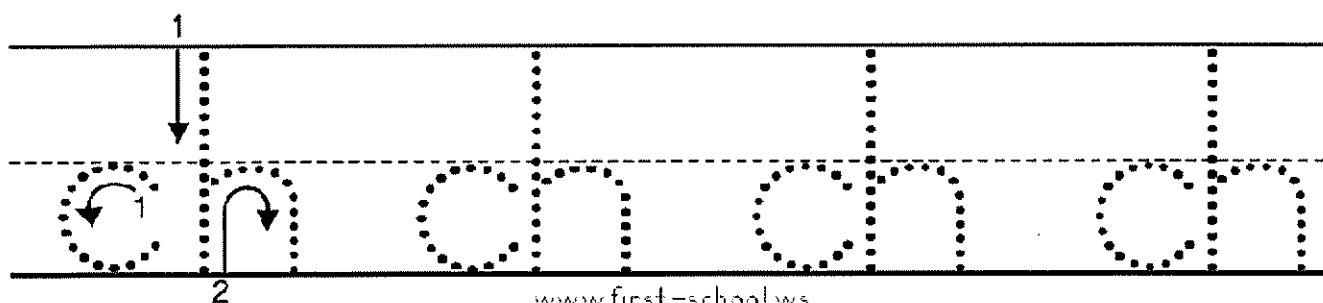
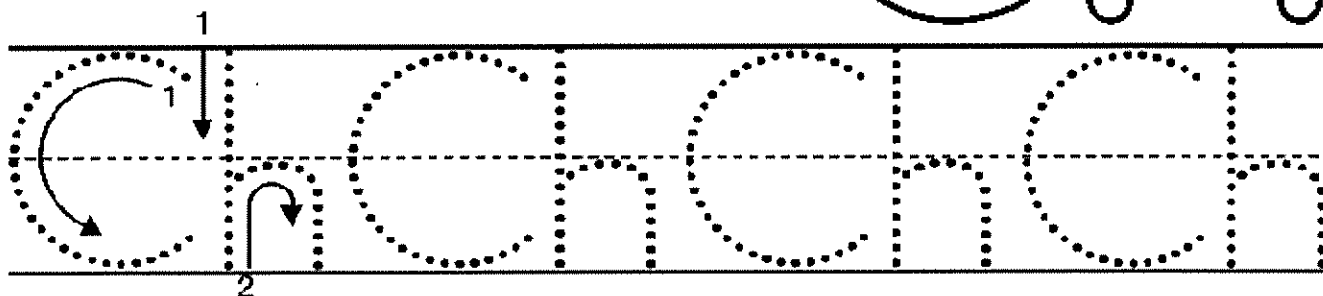


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Name _____



chicken



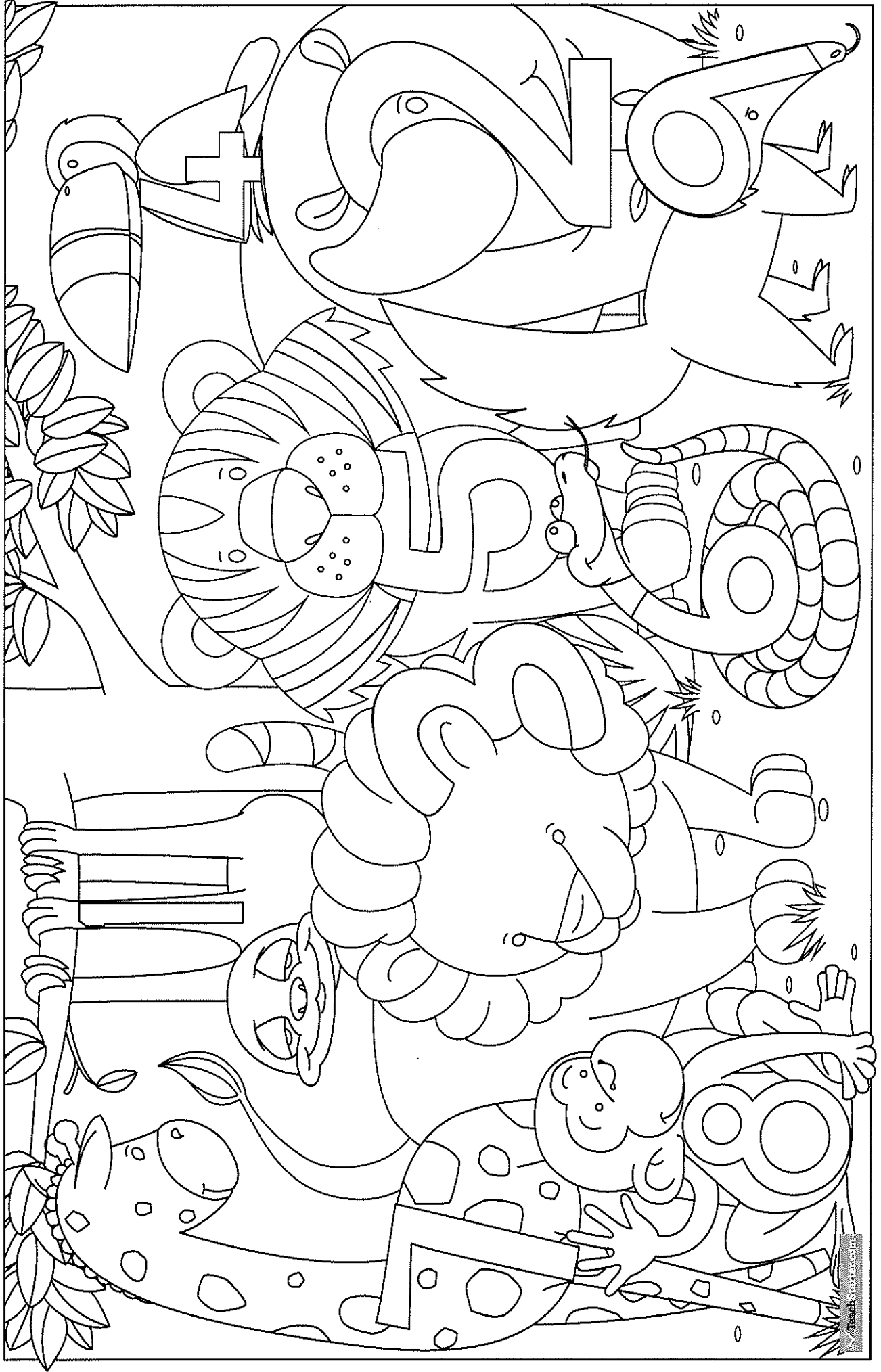
www.first-school.ws

Name: _____

Date: _____

Jungle Number Hunt

Look carefully at the picture below. Can you see the numbers from 1 to 9.

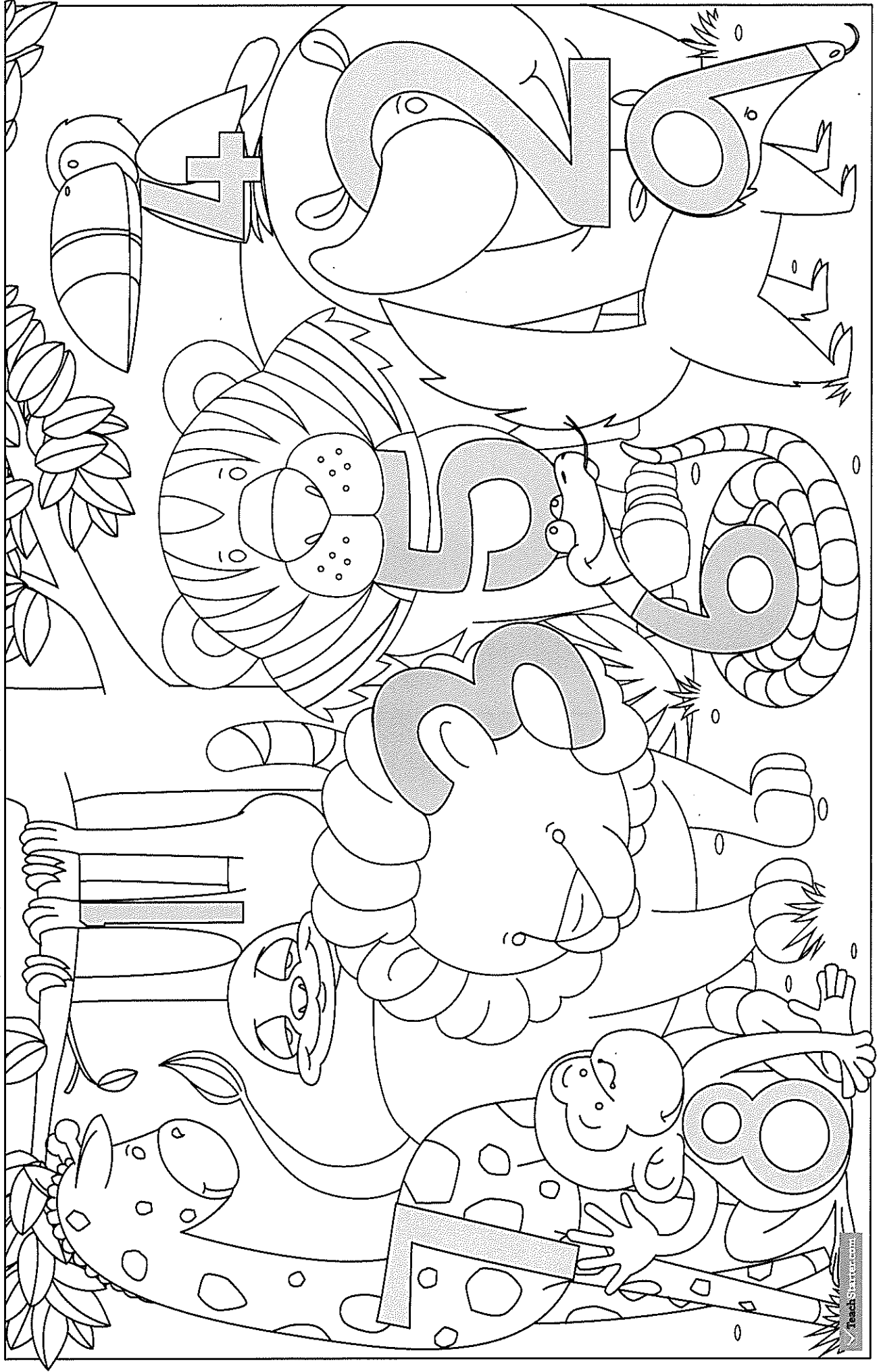


Name: _____

Date: _____

Jungle Number Hunt

Look carefully at the picture below. Can you see the numbers from 1 to 9.



Numbers Word Search 0-20

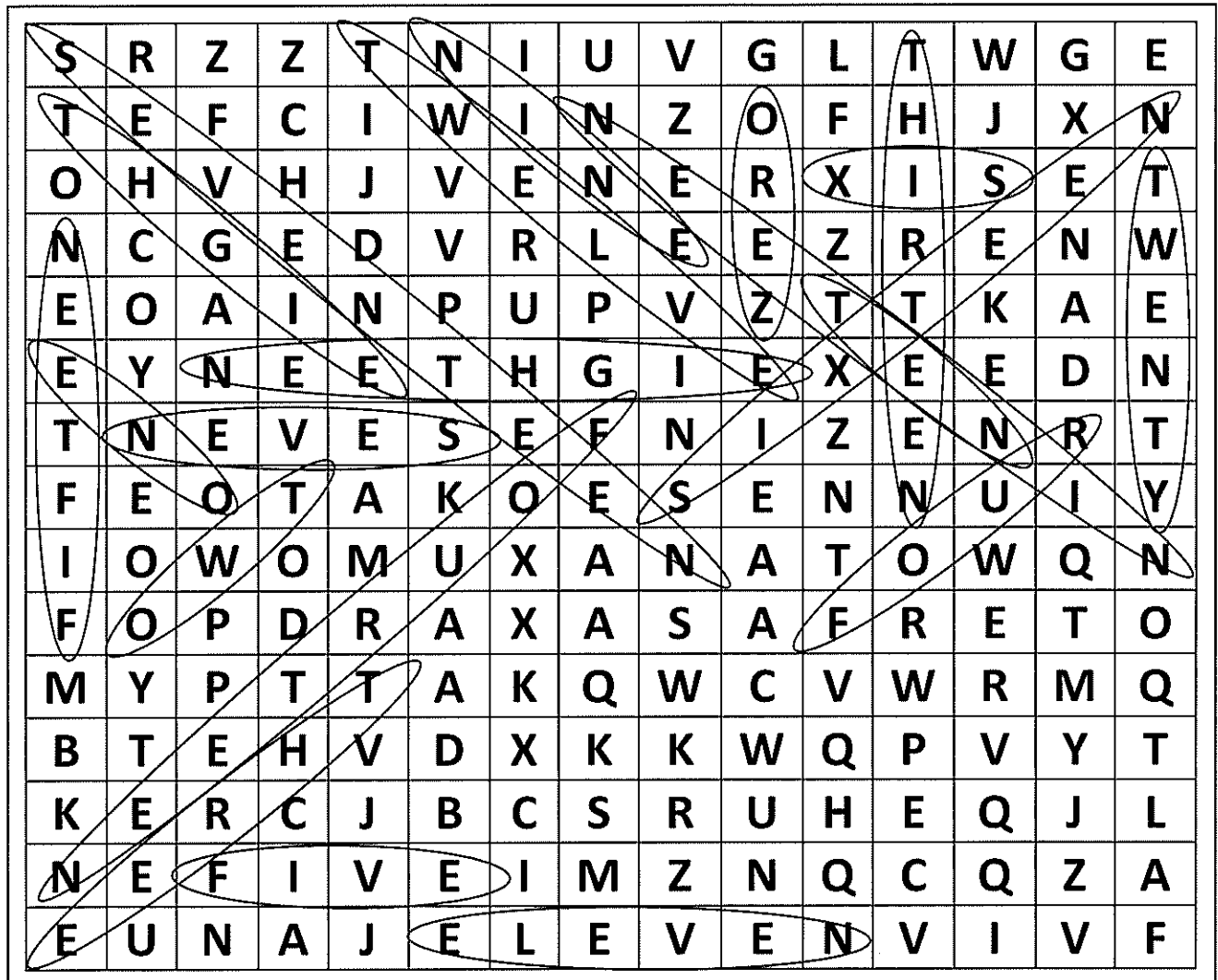
S	R	Z	Z	T	N	I	U	V	G	L	T	W	G	E
T	E	F	C	I	W	I	N	Z	O	F	H	J	X	N
O	H	V	H	J	V	E	N	E	R	X	I	S	E	T
N	C	G	E	D	V	R	L	E	E	Z	R	E	N	W
E	O	A	I	N	P	U	P	V	Z	T	T	K	A	E
E	Y	N	E	E	T	H	G	I	E	X	E	E	D	N
T	N	E	V	E	S	E	F	N	I	Z	E	N	R	T
F	E	O	T	A	K	O	E	S	E	N	N	U	I	Y
I	O	W	O	M	U	X	A	N	A	T	O	W	Q	N
F	O	P	D	R	A	X	A	S	A	F	R	E	T	O
M	Y	P	T	T	A	K	Q	W	C	V	W	R	M	Q
B	T	E	H	V	D	X	K	K	W	Q	P	V	Y	T
K	E	R	C	J	B	C	S	R	U	H	E	Q	J	L
N	E	F	I	V	E	I	M	Z	N	Q	C	Q	Z	A
E	U	N	A	J	E	L	E	V	E	N	V	I	V	F

Find the word for each of the numbers in the word search.

0 1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20

Numbers Word Search 0-20

Solution



Find the word for each of the numbers in the word search.

0	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20

JUMPING



Jumping

The jump for distance (broad jump) and jump for height (vertical jump) have been combined here as they have similar phases and components.

Development

Jumping should be introduced in Kindergarten and children will be expected to master the skill by the end of Year 3. It is a good skill to assess a child's timing and rhythm as they need to coordinate their arms and legs to be able to jump effectively.

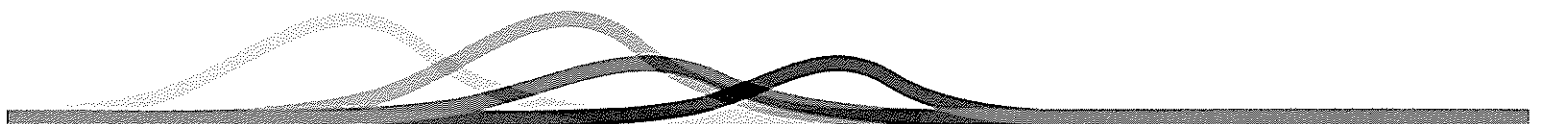
Skill Criteria Checklist:

1.	Eyes focused forward (broad jump) or upward (vertical jump) during jump
2.	Ankles, knees and hips bend
3.	Arms swing behind the body
4.	Forceful forward and upward swing of the arms
5.	Legs straighten in the air
6.	Ankles, knees and hips bend on landing
7.	Controlled landing with no more than one step in any direction

TEACHING STRATEGIES

Beginners (at the emergent level of jumping skill development)

- Focus on skill criteria number 1, 2 and 6
- Start by teaching landing – jump off a small height and practice landing like you are riding a motorbike
- Experiment with different types of jumping – into hoops, jump for a target, over small hurdles, into long jump pits, in jumping sacks
- Children can get very easily fatigued when performing continuous jumps so mix jumping up with running and other activities
- Try a jumping Obstacle Course, Jump Jump and Hula Hoop Car Chase



- Plan a fun jumping game
- Encourage children to keep their eyes focused forward while performing jumps

Developing

- Focus on the use of the arms in the jump, the 'swing and spring' to generate power
- Try jumping against a wall and marking with chalk how high you can jump
- Design obstacle courses with more difficult jumping obstacles: higher hurdles, wider hoops
- Introduce jumping with Skipping Ropes – this is a different technique but still a good way to encourage learning of locomotor skills
- Have fun playing jumping Dodge Ball and Where's My Cheese using jumping as the skill focus

Acquired/accomplished level

- Try jumping for distance into a long jump pit
- Have a go at a few older style games: Elastics, Sack Races and Skipping Rope activities
- Introduce jumping into a sport setting – try jumping for rebounds in netball or basketball. Emphasise the use of the arms.
- Play jumping games e.g. jumping Dodge Ball and jumping relays

Teaching Cues

- ✓ Land like you are riding a motorbike – arms forward, ankles, knees and hips bent, feet apart
 - ✓ Land as quiet as a mouse
 - ✓ Swing & Spring
- ✓ Reach for a star and bring it down again

Common Errors

- * Arms and legs not in time





Improve your Move

- * Taking off on one foot
- * Not using arms at all
- * Looking at ground
- * Not bending the ankles, knees and hips on landing



Jump Jump

Age:	3 - 7 Year olds
Participants:	2+
Time:	10 Minutes
Equipment:	2 cones

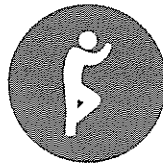
Skill(s):



Jumping



Running



Hopping



Skipping

Set Up:

- Mark out a start line with two cones
- Children begin by lining up on start line
- Coach stands 20m in front of children



Description:

All children stand between two cones on the start line. If the coach shouts out '2 jumps' they take 2 jumps towards the coach. If you shout '1 step' they do this. Coach varies number of steps and jumps and the type of locomotion (jump, step, hop, skip, run, march, gallop etc.). When coach shouts 'back' everyone runs back to the start and coach tries to tag the children. If tagged children need to do a star jump.

Variations:

- Change the distance the children start from the coach
- Focus on only one type of locomotion in each game e.g. jumping only
- Let a child be the caller

Teaching Points:

Jumping

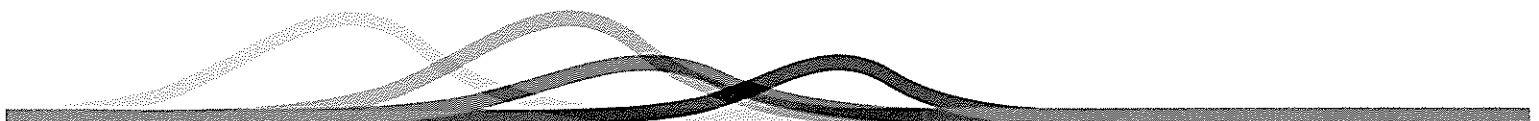
- Land like you are riding a motorbike – arms forward, ankles, knees and hips bent, feet apart
- Land as quiet as a mouse
- Swing & Spring
- Reach for a star and bring it down again

Skip

- Step-hop, step-hop, step-hop
- Step forward and hop up
- Look ahead
- Keep body facing forward

Hop

- Quiet landings (bend ankles, knees and hips)
- Bend your leg to push off
- Head up and eyes forward (look towards where you are hopping)
- Swing & spring



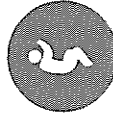
Jump Rope (beginners)

Age:	5 -11 Year olds
Participants:	1 +
Time:	15 Minutes
Equipment:	Skipping ropes (1 per child), Hoops (if needed), 1 long skipping rope

Skill(s):



Hopping



Jumping

Set Up:

- All children have a skipping rope and spread out over a large area
- For younger children you may want to start with a hoop

Note: Ensure children have the right size rope as this can help with their success at skipping. The rule of thumb is to stand on the middle of the rope and pull the handles up, they should reach up to the armpits.

Description:

Introduce skipping in stages to help encourage success:

Stage 1: Lay the rope on the ground and jump over it. Practice big jumps over it and then move on to small quick jumps backwards and forwards over the rope.

Stage 2: Everyone holds their rope by the handles and practices turning it over. Don't introduce jumping yet, just focus on learning how to turn the rope.

Stage 3: Introduce turning the rope and stepping over the rope. Let children have a go while the coach instructs then try turning and jumping, just start with one turn and jump. Many children will try to turn and jump at the same time. Then try continuous turning and jumping. For younger children or beginners you may want to stop at this stage the first time you introduce jump rope.

Stage 4: Once all children have successfully turned the rope and jumped introduce different steps over the rope. For each of the steps below, practice the steps first and then introduce the turning rope. Children will quickly discover which of these steps is easiest for them and initially encourage them to practice this one. Then gradually introduce the others.

- Single jump
- Double bounce
- Backwards
- Hop
- Jogger

Finish with a game of Helicopter – using a long skipping rope the coach stands in the middle and the children spread around in a circle. The coach spins the rope around in a circle on the ground and the children need to jump it when it gets near them. Try to go around the whole group with everyone successfully jumping over it.

Variations:

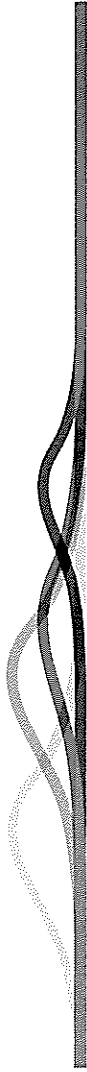
- Once children have the hang of jumping, you can introduce the two minute challenge. See who can keep jumping consecutively for two minutes.
- Use hoops for younger children or beginners as they may find this easier and then gradually progress to skipping ropes





Teaching Points:

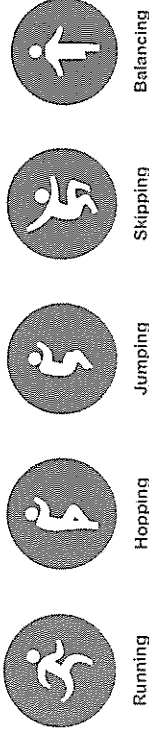
- Turn first, then jump
- Keep feet, ankles and knees together



Obstacle Course (run, jump, hop, skip, dodge, balance)

Age:	3-8 Year olds
Participants:	1-20
Time:	10 Minutes
Equipment:	Cones, 9 x hoops, agility ladder, 9 x small hurdles, 6 x agility poles, 2 x balance beam (or rope), 6 x balance pods, flat markers, foot markers, 4 x witches hats

Skill(s):



Set Up:

Set up four small obstacle courses:

1. Starting cone, 6 hoops in a row, agility ladder, balance beam, flat markers, witches hat 10m away
2. Starting cone, 6 mini hurdles spread out over 10 metres, 6 balance pods, 5 cones in zig zag formation, witches hat 10m away
3. Starting cone then 6 agility poles in a line, then 3 hoops spread out and 4 balance platforms, witches hat 10m away
4. Starting cone, balance beam, 3 standing up hoops, 2 small hurdles, 6 feet markers spread out hopscotch style, witches hat 10 m away

Children line up behind a starting cone with even numbers at each cone

Description:

Child first in line at each of the four obstacle course completes the course and then moves onto the next course. Once first child completes first set of obstacles e.g. hoops, then the next child starts.

Obstacle courses:

1. Jump from hoop to hoop, then short, fast steps through agility ladder, balance along balance beam and then jump from flat marker to flat marker. Run to witches hat and then back to the start.
2. Jump over hurdles, step on balance pods without touching the ground, then run from cone to cone, touching each one. Run to witches hat and then back to start.
3. Run in and out of the agility poles, jump from hoop to hoop then leap from balance platform to balance platform. Run to witches hat and then back to start.
4. Balance along beam, climb through hoops, jump over hurdles and then hop on the feet markers. Run to witches hat and then back to start.

Variations:

- Depending on numbers change the number of courses or the number of children in each group
- Give children in line a task to do e.g. stand on one leg, throw a beanbag in air and catch, balance beanbag on head
- Add different skill combinations to obstacle course e.g. hopping, skipping, dodging
- Be creative with your obstacle course, the above is just one idea, let the children design the course
- Make it even more fun by creating a story – on a mission to go through the jungle, watch out for tigers, leopards, monkeys etc.

Teaching Points:

Jumping

- Land like you are riding a motorbike – arms forward, ankles, knees and hips bent, feet apart
- Land as quiet as a mouse



- Swing & Spring
- Reach for a star and bring it down again

Running

- Hip to lip – arms are bent and travel from a child's hip to their lip
- Hands closed lightly – like holding a small bird
- Eyes up
- High knees
- Land on the ball of the foot

Hop

- Quiet landings (bend ankles, knees and hips)
- Bend your leg to push off
- Head up and eyes forward (look towards where you are hopping)
- Swing & spring

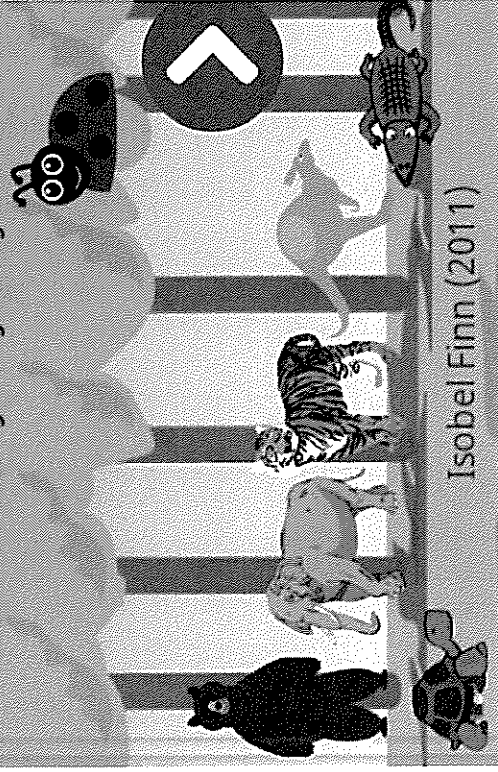
Balance

- Head up
- Aeroplane arms
- Eyes forward looking at something ahead of them e.g. tree



Friday

The very lazy ladybird

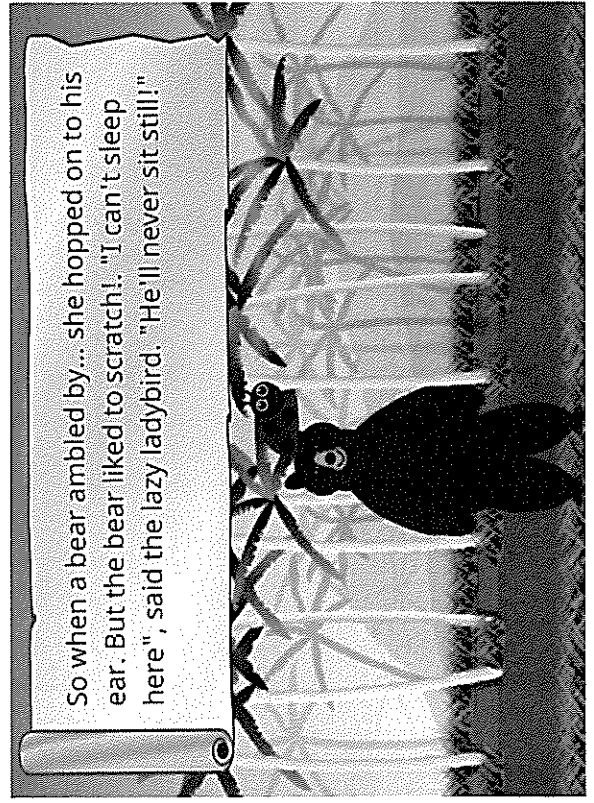
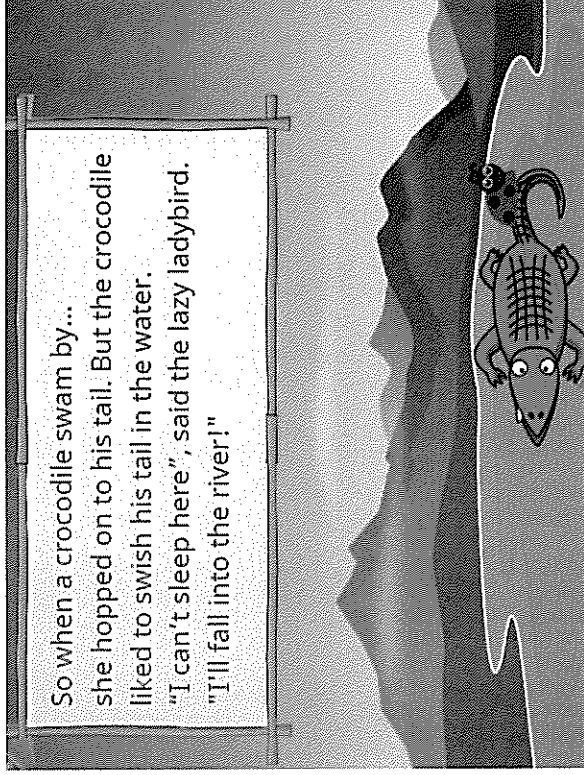


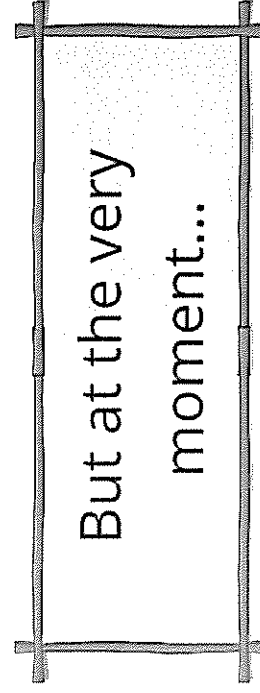
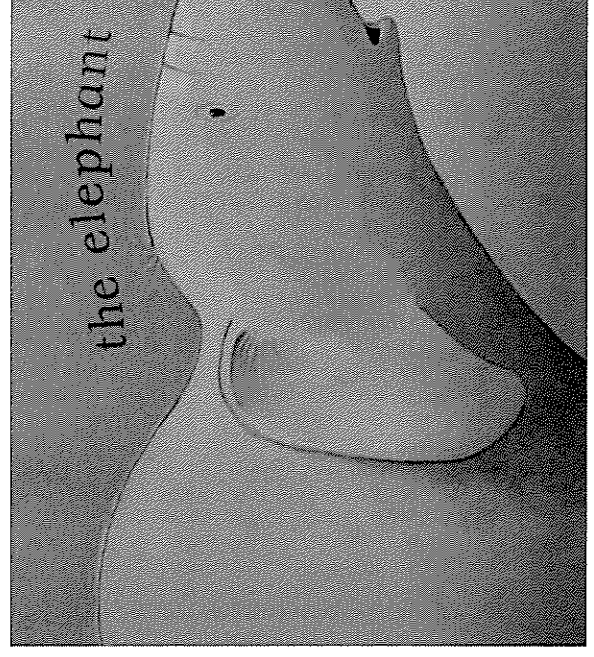
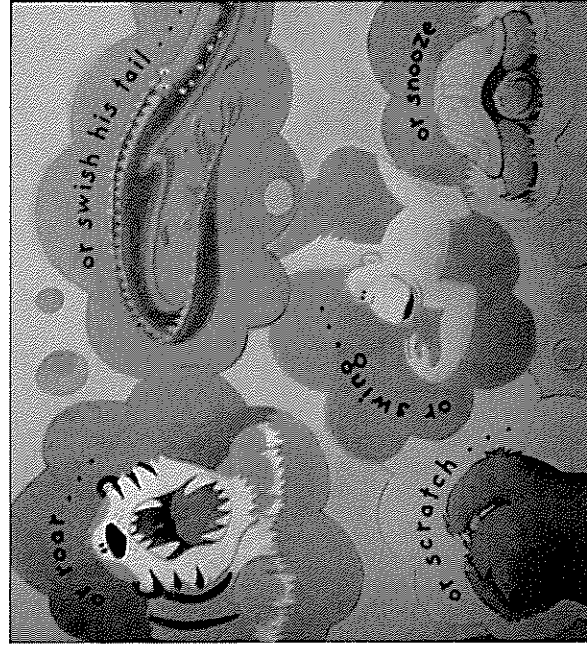
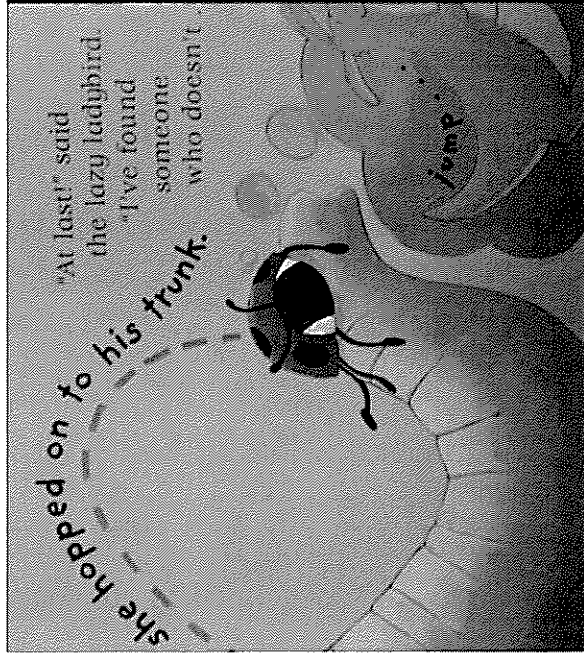
Isobel Finn (2011)

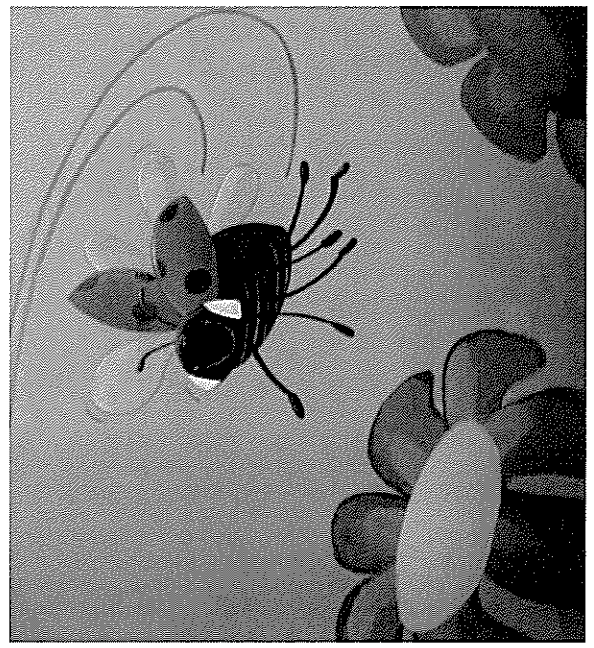
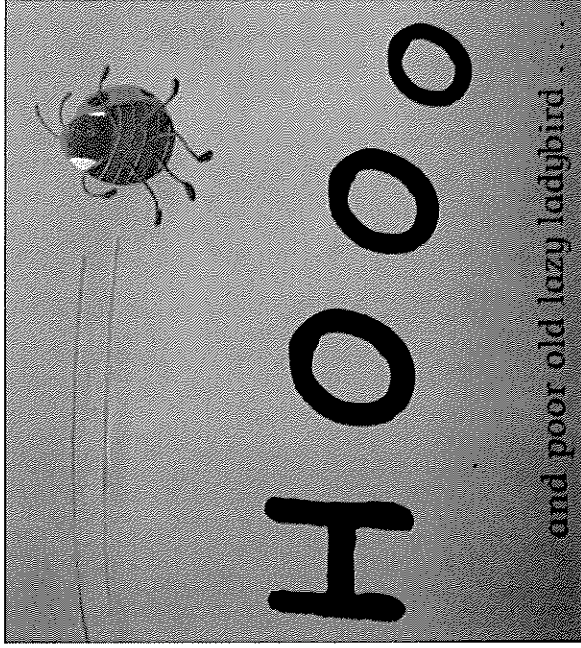
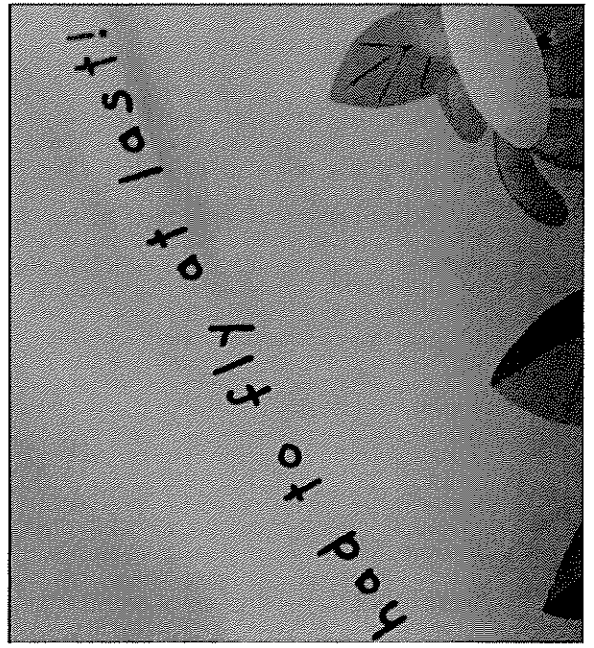
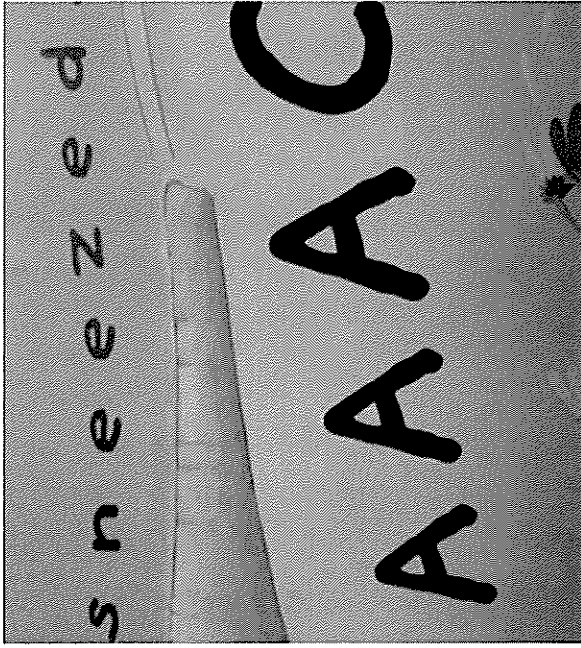
This is a story of a very lazy ladybird.
She liked to sleep all day...
... and all night.
And because she slept all day and all
night, this lazy ladybird didn't know
how to fly.

One day the lazy ladybird wanted to sleep
somewhere else. But what could she do if
she couldn't fly?
Then the lazy ladybird had a very good
idea.

When a kangaroo bounded by...
... she hopped into her pouch.
But the kangaroo liked to jump!
"I can't sleep in here", cried the lazy
ladybird. "It's far too bumpy!"







Making Connections.

The Bad Tempered Ladybird

The Very Lazy Ladybird

Can you write a sentence or draw a picture about the things that are the same and different in the two stories.

What things were the same?

What things were different?

Four in a Row – 'ch'

You will need:

- 2 players
- counters (2 colours)

Instructions

- One player picks a square with a word on it. The player must sound out the 'ch' word and then puts down a counter of their chosen colour on that square if they read it correctly.
- The other player picks a square and takes their turn.
- The aim of the game is to get four of your chosen counters in a row vertically, horizontally or diagonally. The players must try to stop the other player achieving four in a row, by blocking them, while trying to get four in a row themselves.



Four in a Row – 'ch'

Try to get four of your counters in a row. They can go vertically, horizontally or diagonally.

chips	chin	chop	patch	match
punch	child	chew	chick	watch
chair	pinch	chat	bench	lunch
chess	chain	cheer	batch	cheese
chase	search	peach	torch	cherry
touch	rich	beach	chip	chalk

'ch' Words

After playing the four in a row game, choose five of the 'ch' words and put them into interesting sentences.

1. _____

2. _____

3. _____

4. _____

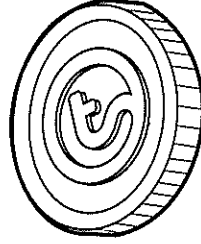
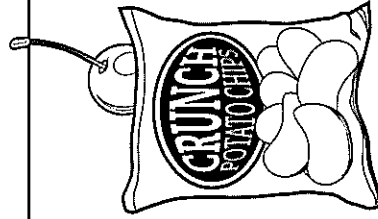
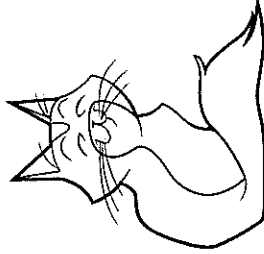
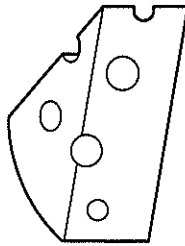
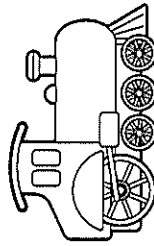
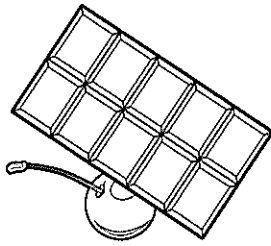
5. _____

Name: _____

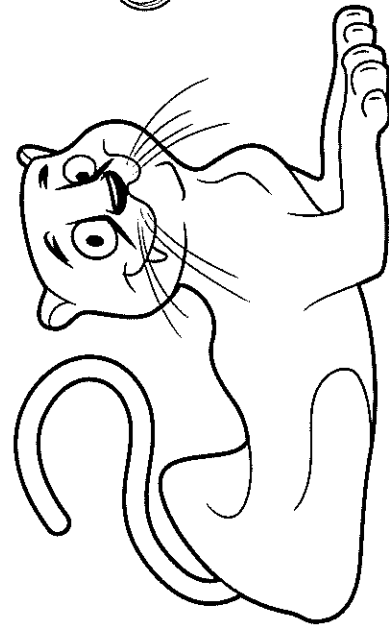
Date: _____

ch

Colour in the pictures that have a 'ch' sound in them.



Draw the spots on the cheetah. Add 'ch' to make a word.



it _____
 lun _____
 cat _____
 mar _____

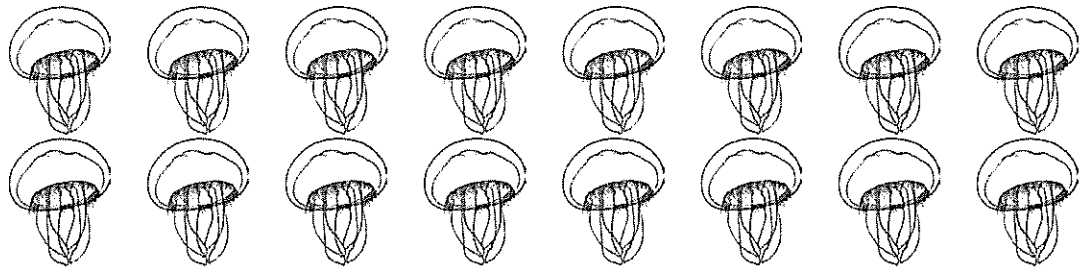
Highlight the words **chip**, **catch**, and **patch** in the word search below.

r	c	n	h	j
h	a	f	c	m
d	t	u	t	q
y	c	o	a	f
c	h	i	p	j

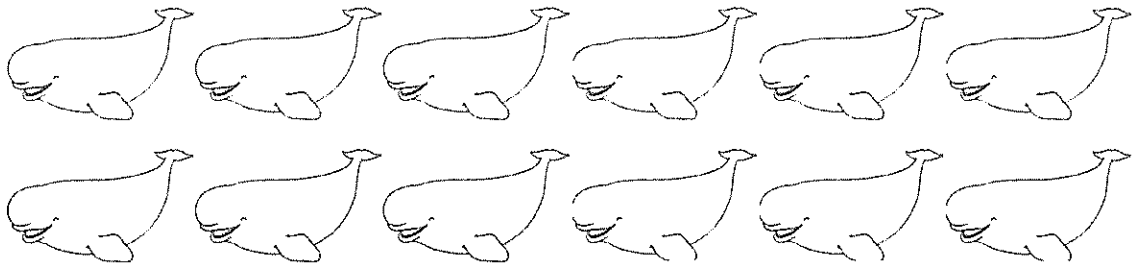
Under the Sea Count and Colour

Read the number and colour the correct number of objects in each row.

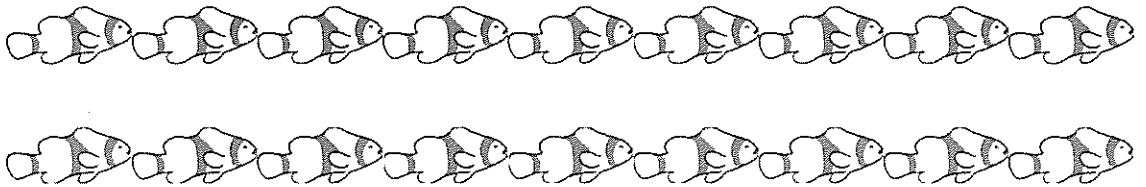
15



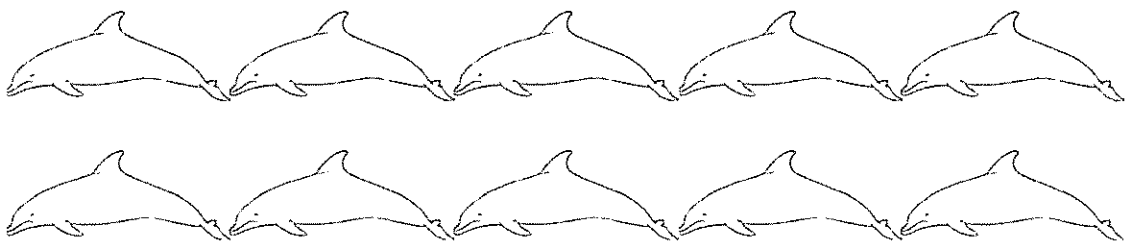
11



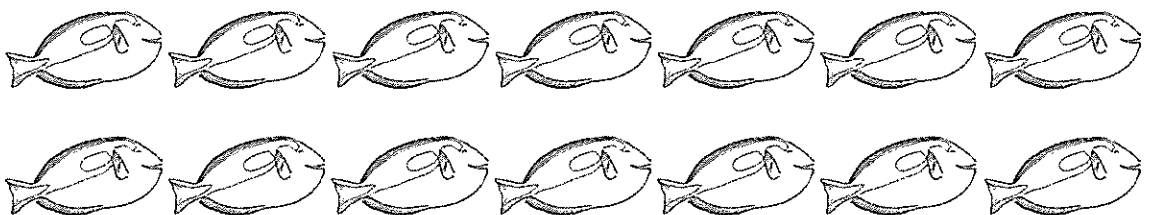
17



9



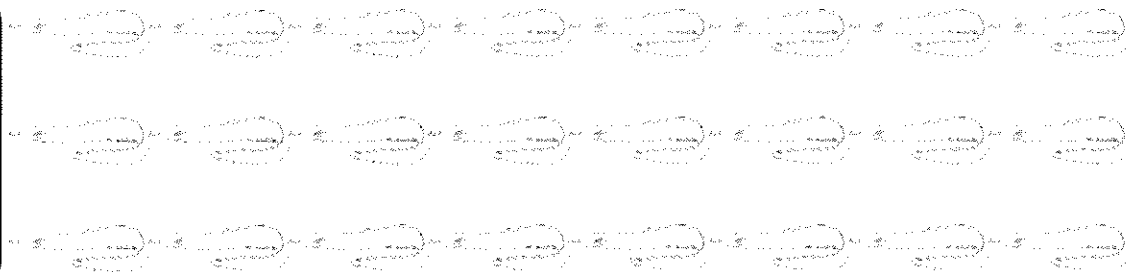
13



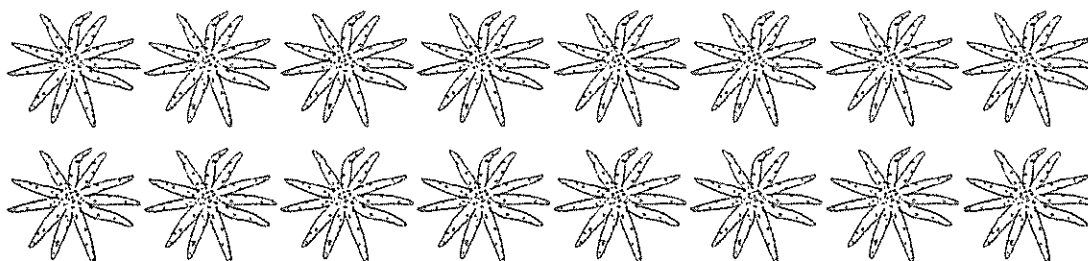
Under the Sea Count and Colour

Read the number and colour the correct number of objects in each row.

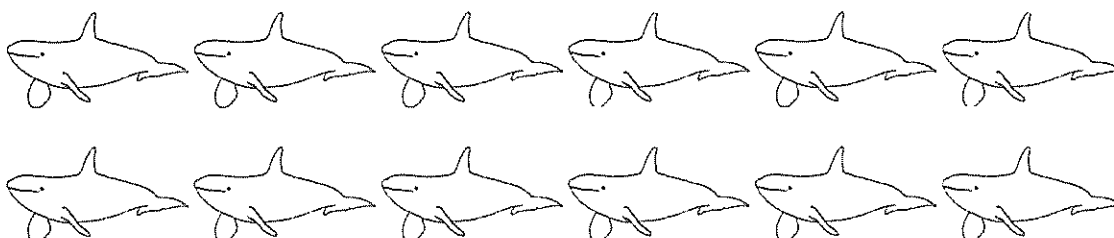
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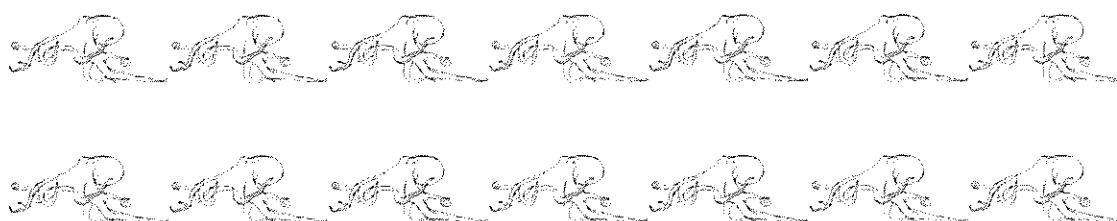
14



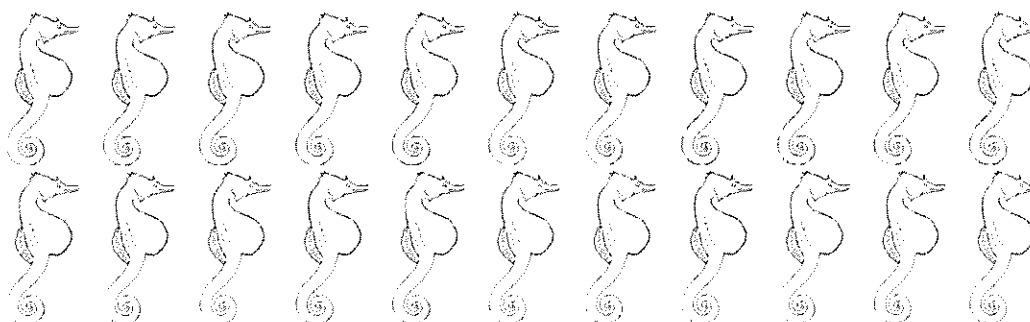
10



12

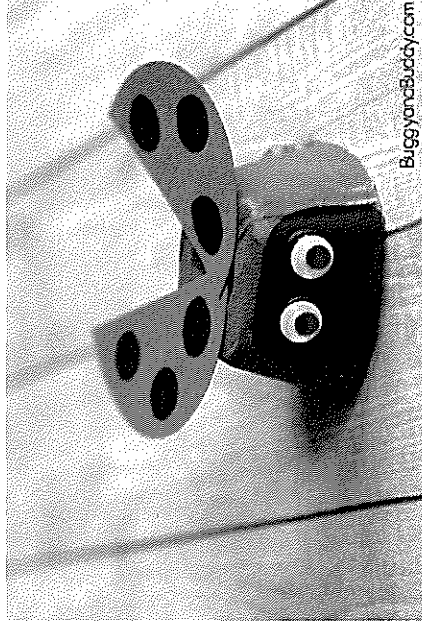


18



Friday Visual Art Task

Think about the stories that we have been reading this week. Using materials you can find at home can you create your very own 'Bad Tempered' or 'Very Lazy' Ladybird? Here are a few ideas to help you. (Don't forget to take a photo and upload it to your teacher).



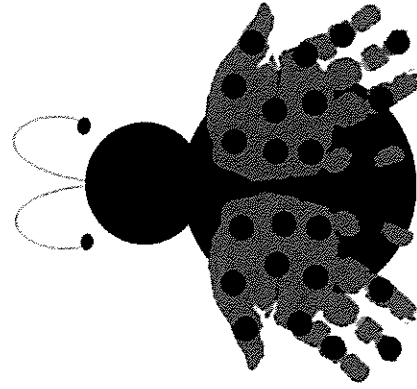
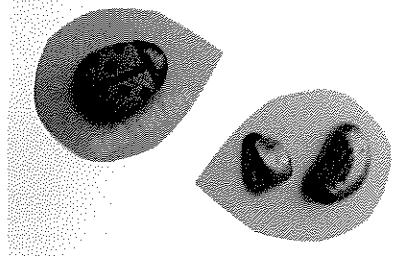
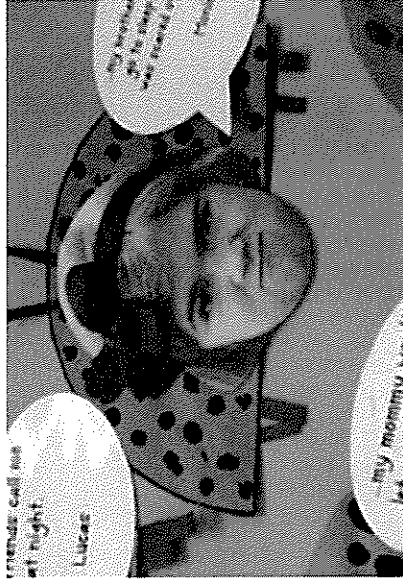
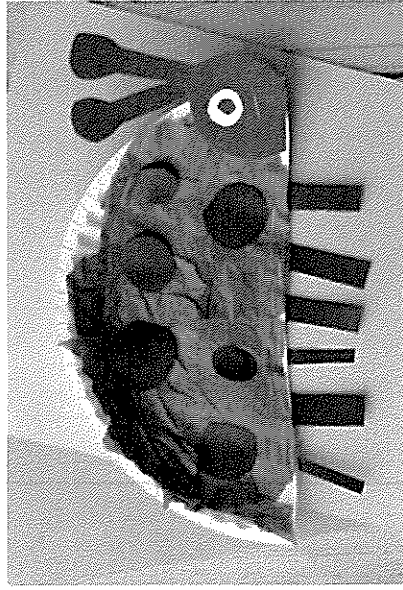
Materials for Egg Carton Ladybird.

- Empty egg carton
- Red and black tempera paint (acrylic works too)
- Red construction paper
- Scissors
- Glue
- Black marker or crayon
- Googly eyes

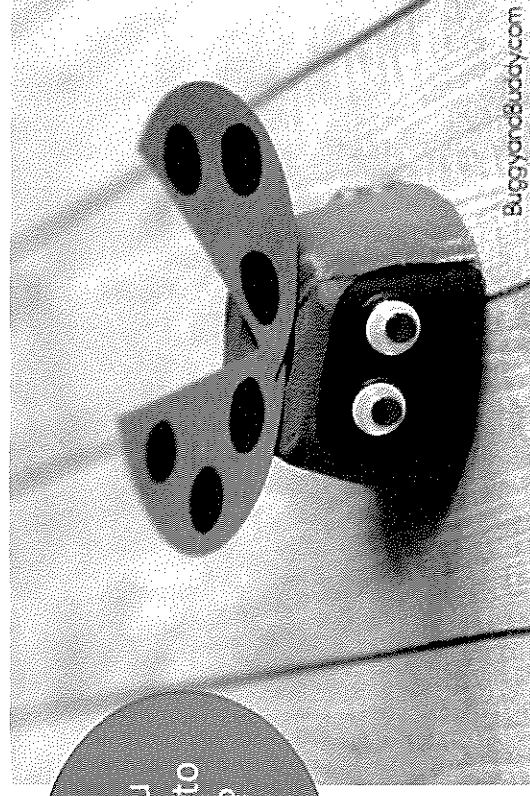
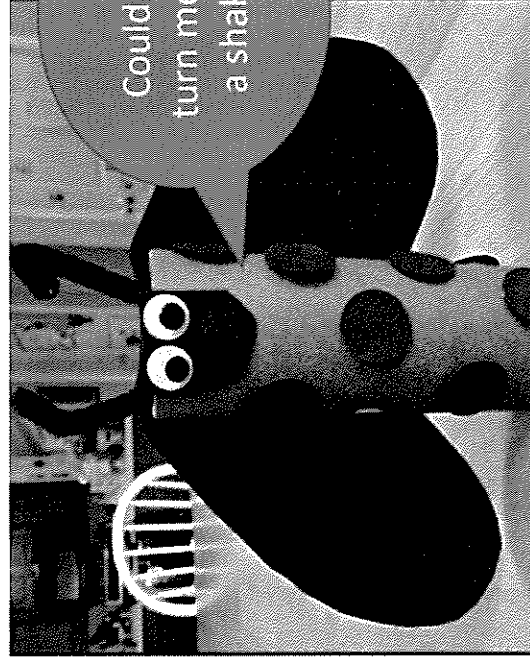
Directions:

1. Cut apart an empty egg carton. Use one section per ladybird.
2. Paint the egg carton red and let it dry.
3. Cut a circle of red construction paper and then cut in half.
4. Draw black circles on the half circles.
5. Glue the wings on top of the ladybird
6. Glue on googly eyes or draw some eyes.

Some other ideas of things to make!



Lillian Mac
2014



BuggyandBuddy.com