

## Planning grid for Covid-19 Classes

Date: 11<sup>th</sup> January 2021

<b>Nursery</b>	
<b>8:30-9:00</b>	Get up, washed, dressed and have a healthy breakfast to give you some energy.
<b>9:00-9:15</b>	<p><u>Phonics session:</u> Practise some <b>rhyming</b>. Ask an adult to say some words, can you think of rhyming words? E.g. cat and mat, dog and log.</p> <p>Share a rhyming story; Can you spot the rhyming words? Here is a rhyming story which you can watch – <a href="https://www.youtube.com/watch?v=2da5yu6rpdg">https://www.youtube.com/watch?v=2da5yu6rpdg</a></p>
<b>9:15-10:00</b>	Independent play: You could complete a puzzle, take turns playing a board game, draw/paint a picture or create using playdough.
<b>10:00-10:15</b>	<p><u>Maths:</u> <b>Counting</b> – Can you count to 5? Ask an adult to write the numbers to 5 or even 10, can you order them? Practice your counting by singing some counting songs and rhymes.</p> <p>1,2,3,4,5 Once I caught a fish alive, 6,7,8,9,10 then I let it go again, Why did you let it go? Because it bit my finger so. Which finger did it bite? This little finger on my right.</p> <p>Here are some counting songs to try: <a href="https://www.youtube.com/watch?v=9ir_l7qTiZ4">https://www.youtube.com/watch?v=9ir_l7qTiZ4</a> <a href="https://www.youtube.com/watch?v=pZw9veQ76fo">https://www.youtube.com/watch?v=pZw9veQ76fo</a></p>
<b>10:15-10:30</b>	Snack and break time
<b>10:30-10:45</b>	<p><u>Fine motor activity:</u> Today's physical activity is aimed at strengthening <b>fine motor</b> muscles.</p> <p>Can you practice writing your name? Ask an adult to write your name. You could trace over the letters, copy the letters or just practice the first letter of your name. Holding a pencil is tricky so it takes some practice and concentration.</p>
<b>10:45-11:45</b>	Independent play: You could act out a story with some toys, build a building with lego, create a road, bridge and tunnel for your cars/trains.

11:45-12:00	<p><u>Physical activity:</u>          Today's physical activity is aimed at strengthening <b>gross motor</b> muscles and taking some time to breathe deeply and relax. Try a video on you tube from Cosmic Kids Yoga  <a href="https://www.youtube.com/watch?v=xlg052EKMtk">https://www.youtube.com/watch?v=xlg052EKMtk</a>          If you do not have access to You Tube maybe you could try listening to some quiet music and relaxing to the music. Slowly taking deep breaths in and out and listening to the music!</p>
12:00-1:00	<p>Lunchtime - Help prepare lunch, set the table and wash/clear up afterwards.</p>
1:00-1:30	<p><u>Creative Curriculum:</u></p> <p><b>Draw and write a card</b> for an event which may be coming up soon in your family or just to make someone smile. Fold a piece of paper in half and then create a design for the front of the card. You could draw, paint, collage or use stickers.</p>  <p>Then ask an adult to write your message inside, you could have a go at copying some of the letters in the words too. Then don't forget to practise <b>writing your name</b> at the bottom of the card, so your recipient knows who it is from.</p>
1:30-2:45	<p>Independent play: You could role play being a shopkeeper, doctor, chef, family member, fireman or teacher using toys and props.</p>
2:45-3:00	<p><u>Story time / song:</u>          Can you share a story with an adult which is about friendship and sharing. Who do you share with? Who are your friends at nursery? What do you like to play with your friends? Can you draw a picture of you with your friends?</p> <p>Here is the story 'Sharing a shell' on You Tube  <a href="https://www.youtube.com/watch?v=Oyu-2glQDRE">https://www.youtube.com/watch?v=Oyu-2glQDRE</a></p>
3:00-3:15	<p>Snack and reflection time - what have you learnt today? What have you succeeded in and been proud of? What do you think you could practise more of tomorrow? What else would you like to learn about?</p>