



Five Ways Primary School

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Hello everyone!

We hope you are all well and that you have been enjoying your time with family. It looks like the weather will start to pick up again soon and you can spend some more time enjoying the outdoors.

The grown-ups have loved looking at pictures of your dragon's nests and calm jars and the other activities you have been busy completing. For those of you who will be celebrating your birthday during the rest of June, we would like to wish you a very happy birthday! We would love to see or hear about how you celebrated turning four.

Below you will find this week's activities. We are focusing on sports and physical wellbeing this week, in acknowledgement of the fact that we will not be together to celebrate our very first Sport's Day.

Remember, short, focussed activities are how I learn best, and its ok to take breaks if you need to. Please send any photographs to nurseryphotographs@fiveways.staffs.sch.uk as we would love to display the lovely things you are doing at home in our online gallery.

We would also like to see pictures of any of your Art Award projects too!

The Nursery staff continues to wish you and your family all the best during these strange times and would like you to know that we miss you very much!

Miss Grice, Mrs Clark, Mrs Fereday, Mrs Wright and Mrs Rock

Talk about my favourite sports. Discuss what I like about them and why I feel this way. Are there any sports I find tricky? What could I do to get better at them?

After completing my 'Sports Day' talk to me about my favourite activity. Draw a picture of it and label it with how I felt whilst completing it.

Think about the healthy foods you can eat on your 'Sports Day'. Discuss which ones you will have and why they are good for you. Remember to keep drinking too!

Continue to recap the Jolly Phonics videos made by St. Julian's school on YouTube. If you feel ready, you can extend this by watching and joining in with <https://www.youtube.com/watch?v=3ovJIxTQpsU> Remember to pause the video after each word so you can practise on your own!

Here are some games that you can use to support the teaching of Phase 2 at home: <https://www.phonicsplay.co.uk/Phase2Menu.htm>

One of our 'Sports Day' activities involves counting the amount of times you can do star jumps in 30 seconds. Ask a grown-up to time you and count allowed as you jump. How many could you do?

At the end of each activity on 'Sports Day', take a moment to put your hand on your heart. What can you feel? Does it feel different to normal? How does your skin feel? Do you feel thirsty? Can you notice the changes in your body after exercising?

Weekly Project:

We are continuing to focus on how we look after ourselves. Part of self-care is looking after your body so it can look after you! This week we are focusing exercise.



Sports Day 2020

Before you start on your day, make sure you have on some comfy clothes and some safe shoes. Make sure you are in a safe space where you can move around without bumping into anything. If possible, outside would be best.

Activity 1: The cone race

For this race you will need 6 objects to use as markers. Space them out in a straight line. See how fast you can make it from the start and back again, weaving in and out of your markers.

Activity 2: Timed jumping

For this you will need a grown-up to time you for 30 seconds. How many star jumps can you do in that time? Remember to count them!

Activity 3: The egg and spoon race

For this race you will need a spoon and something to balance on it; it doesn't have to be an egg, but that would be best. Set up 2 markers a distance away from each other and see how fast you can make it from the start and back again, without dropping your egg.

Activity 4: Target practise

For this activity you will need 5 items that can be thrown safely and a marker to use as a target. Throwing underarm, how close can you get to the target?

Activity 5: Hurdle race

For this race you will need 5 markers that are safe to jump over. Space them out in a straight line. Jump over each marker using 2 feet at a time. How fast can you make it from the start and back again?

Each of these activities can be repeated a few times before moving on to another one. On Sports Day we repeat each activity at least twice. Remember to take lots of lovely photographs of your day and have a fabulous time!