


EYFS F1 Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Get ready for the day!	Choose one item of clothing to focus on this week. Build up your skills each day until you can hopefully do it yourself by the end of the week. Ideas include: pants, trousers, socks, top. Maybe even buttons, zips, buckles or laces!				
Yoga	Get your morning off to a great start with a good stretch! Watch Cosmic Kids Yoga on Youtube for easy to follow instructions. https://www.youtube.com/results?search_query=cosmic+kids+yoga				
Phonics – Phase 1 listening activities	Make some listening ears to help you do good listening at home! A template is available on Twinkl or you can make your own using any available resources and design you like! 	Go into the garden with your listening ears and listen carefully to the sounds you can hear. Some sounds will be loud and some you might need to listen more carefully for. Ask a grown up to help you make a list using drawings.	Wear your listening ears whilst looking around your home. Can you find things that make sounds around the house? Washing machines, taps, creaky floorboards and hinges, toilet flushes, clocks. Again, make a list using drawings.	Wear your listening ears to play a listening game. https://www.youtube.com/watch?v=h0Kp_J9kvNM	Make a collection of noisy objects from around the home! You could sort them into different groups, e.g. loud noises and quiet noises.
Maths	Number of the week : 1 This week we will be learning all about the number 1. Watch this video to get started. https://www.youtube.com/watch?v=7APNVVdrx5M	Have a toy picnic. Give each toy 1 plate, 1 cup, 1 spoon maybe even 1 bun!	Go on a number hunt around your house looking for the number 1. https://www.youtube.com/watch?v=jwQ3eeu5o9g	Practise writing the number 1. Look on the F1 homework sheet for mark making ideas.	Learn about 1 with the number blocks https://www.youtube.com/watch?v=7APNVVdrx5M
See F1 Homework sheet for more activities to be completed at home over the next two weeks. Perhaps you could upload some of your learning to Tapestry for us to see? https://tapestryjournal.com/ Please note: 'You' refers to the child.					

Please note: This document, with active links, is available on the school website.