

Zickety Dickety Dock & Ally Bally Bee - Throwback Home Learning and Play Timetable

Our weekly timetable includes a story of the week, counting games and ideas for activities indoors and out.







Children need lots of opportunities to play and be active outside. During lockdown it's difficult for families to balance home schooling, their own work and caring for babies or others. Whenever you can, the best thing for young children is to go outside to play, for as long as is possible – whether that's 20 minutes or 2 hours. Fresh air with physical exercise and play is essential for young children to develop the skills they need for learning. It's also brilliant for everyone's mental health too.

There is a table of ideas for outdoor play below - you can do these in any order, at any time, or try to get 4 in a line across then up and down. Just get in amongst it and have fun together as many times as you can.

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Health & Wellbeing</u>			<u>The Body Coach</u> Can you follow the fun and energetic fitness moves this morning? Can you feel your heart beating fast? Well done for doing exercises, now you're ready for a day full of learning and playing! https://www.youtube.com/user/thebodycoach1	<u>Cosmic Yoga</u> Can you follow the yoga routine? What one are you doing this morning? Doing yoga is a great way to stretch all your muscles and get your body and brain ready for the day! https://www.youtube.com/user/CosmicKidsYoga	<u>Fun Friday</u> As part of our Fun Friday, the children love dancing along to some of our favourite songs. We hope the children can follow the dances at home, can your families join in too? <u>Agadoo</u> https://www.youtube.com/watch?v=VtEcBIn8kRo <u>Superman</u> https://www.youtube.com/watch?v=4n6E45UNxmE <u>Baby Shark</u> https://www.youtube.com/watch?v=XqZsoesa55w <u>If You're Happy & You Know It</u> https://www.youtube.com/watch?v=hwTwt4oIW3U <u>I am the Music Man</u> https://www.youtube.com/watch?v=22kqia2ibVU <u>Dance & Freeze</u> https://www.youtube.com/watch?v=1iDscTioa8E
<u>Literacy</u>			It's story time! Remember to talk about the title, author, illustrator, front/back cover, blurb and the spine!	It's story time! Remember to talk about the title, author, illustrator, front/back cover, blurb and the spine!	Here is story about Chinese New Year! https://www.youtube.com/watch?v=eVClAj8q_IY
<u>Sensory</u>			Can you make some coloured worms? An adult can help boil some water with food colouring and add your spaghetti to cook. Once the spaghetti is soft, it's ready to play with! Tip – add some oil to stop it from sticking!	Can you use shaving foam and mix it all up with your hands? Can you write your name, draw shapes or pictures?	Can you make some playdough today? Follow the recipe and why not add some colour and smells to it. Show us what you can create! Can you create shapes, numbers, letters or pictures?
<u>Cooking/Baking</u>			Can you make a smoothie with Ann. What ingredients will you use for your smoothie?	Can you follow Gill and help set the table? How many people will sit at your table? Think about how many items you will need for your table (plates, cutlery, cups).	Let's make some yummy heart shaped pizzas to spread the love! Other ideas are in the link below. Mini Heart Shaped Pizzas - Sarah Hearts https://www.bbcgoodfood.com/howto/guide/valentines-projects-kids
<u>Numeracy</u>			It's time to construct something using junk modelling from your house. Collect all your recyclables and build something high, small, long or short. What shape are the items you are using? Can you use your problem solving skills to make sure it doesn't fall down?	When your outside, can you see any numbers on doors, cars or on buses? Why not count how many red/blue/black/white cars you see? In the house why don't you try to match some socks together, can you match them by colour/pattern?	Can you put the numbers into order? What numbers come before and what numbers come after? https://www.topmarks.co.uk/ordering-and-sequencing/chinese-dragon-ordering
<u>Creative</u>			Angela is creating her own nature paintbrushes. Can you make your own from things you find from outside? Why not look around your house and see if you can make paintbrushes from things around your house by attaching them to a peg.	Can you create something using recourses from around your house? Steph and her girls Hope, and Niamh have been creative at home. Have a go and show us what you make!	Can you create your own Chinese lanterns? Why not add some sparkles, glitter or stickers to your lantern? https://www.youtube.com/watch?v=CeZKYGmuZn0

Mark Making			Lauren is putting the letters in the right order to make her name. Can you give it a go with your name?	Can you draw a picture of yourself? Try looking in a mirror and draw your face. Remember to include your eyebrows, eyelashes, hair etc.	Valentines Nature Walk – can you collect some leaves or sticks to create transient art?
-------------	--	--	---	---	---

Outdoor Play Bingo – Tick off an activity when you have completed it!

<p>Can you make your own paintbrush using leaves etc. Use puddle water to paint on the slabs.</p> 	<p>Use a stone to mark the place you should jump to on the grid.</p> 	<p>Can you create your own fairy garden? You can use an old plant pot or tray plants, cartons etc.</p> 	<p>When out on a walk how many numbers can you see? On houses, road signs, shop windows, buses, cars?</p> 
<p>How many stones can you used to build a tower? Will they balance?</p> 	<p>While outdoors, what colours of cars do you see? Are there any the same?</p> 	<p>Why not try some bark rubbing? Is the bark rough or smooth?</p> 	<p>What minibeasts can you find in the garden? Woodlice, worms, caterpillars, beetles, centipedes, spiders? They like dark wet places, under stones!</p> 
<p>Why not paint some stones and leave them, for others to find on their walks outdoors.</p> 	<p>Why not gather Some leaves and make rubbings of them</p> 	<p>How many different items can you find in the garden?</p> 	<p>Can you make a face from things you find in the garden or park? Is your face happy or sad? Can you think why?</p> 
<p>Can you build an obstacle course in your garden? Using stepping stones, planks of wood to walk along, upturned buckets to stand on?</p>	<p>Have a go litter picking with an adult and help clean up the local area? Always wear gloves and take a bag with you to see how much you gathered!</p>	<p>Make a boat out of a leaf and sail it in a puddle.</p> 	<p>Take a trip to the park with an adult! How many steps are there to reach the top of the slide. What is your favourite piece of equipment to go on?</p>