

P1-P3



Literacy Fun!



Use the fun fitness ideas to spell out your name!

☆ FUN FITNESS FOR KIDS! ☆

WHAT'S YOUR NAME?

Spell out your full name and do the activities for each letter! Get creative and spell out your friends names too :)

*Consult your doctor before starting any new exercise.

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| A 16 Jumping Jacks | N 15 Side Way Lunges |
| B 2 Minute Jump Rope | O 10 Jump Squats |
| C 20 Arm Circles | P Balance on Right Foot for 15 Counts |
| D 15 High Knees | Q 20 High Knees |
| E 10 Pushups | R 15 Frog Hops |
| F 12 Squats | S 20 Jumping Jacks |
| G 10 Frog Hops | T Toy Soldier March for 15 Counts |
| H 2 Minute Jog in Place | U 30 Arm Circles |
| I Hop on One Foot 5 Times | V 8 Pushups |
| J Crawl like a Crab for 10 Counts | W 1 Minute Jog in Place |
| K 3 Somersaults | X Try Touch the Clouds for 10 Counts |
| L Bend Down & Touch Toes 20 Times | Y Balance on Left Foot for 15 Counts |
| M 3 Cartwheels | Z 1 Minute Jog in Place |

Some useful websites for practising phonics and hearing stories:

www.phonicsbloom.com

www.teachyourmonstertoread.com

<https://www.bbc.co.uk/cbeebies/shows/bedtime-stories>

<https://www.worldofdavidwalliams.com/activities/>

Learn a rhyme and role play the different characters in it!



Practise your rhyming skills by asking a family member to give you a word i.e fox.
How many words can you think of that rhyme with fox?
Turn it into a game!

Make a personalised bookmark! Be as creative as you can!

Draw/paint/colour/collage a rainbow with a nice message to put in your front window



Make a colourful Spring card for someone special



Play 'I Spy' with a family member to practise hearing phonic sounds.

Decorate an Easter egg

