

## Physical Development

Cosmic Kids yoga: <https://www.youtube.com/watch?v=LhYtcadR9nw>



## PSHE

Listen and relax to some ocean waves sounds.

<https://www.youtube.com/watch?v=MD0tXdSsnBA>

How do the sounds make you feel? You can just sit/lie down and listen with the lights off, have a hand/foot massage, or explore water and different seaside objects.

You could even try making your own wave sounds – add rice/pasta to a Tupperware tub and secure it. Then move it in different ways.



## Art and Design

Make your own fish using cardboard/paper/tissue paper/paint, whatever you like! Get creative!



You can link this to your Maths and practise your counting by adding dots to your fish as an extra challenge (how many?) or making a collection of fish and singing along with them.

## Maths

Join in with the counting song:

<https://www.youtube.com/watch?v=VWWEUChKo6s&t=2s>

You can extend this with the Art and Design activity, making fish to sing along with and even counting them (or putting dots on them) if you want an extra challenge!



Primary (Squirrels)  
Home Learning  
Self-Isolation Week 1

Topic: How many  
pebbles on the beach?

## Literacy, Communication and language

Listen to and join in with the song:

<https://www.youtube.com/watch?v=b-joNU9em1w>



After a few listens, can you remember/predict what word comes next?

Talk about the different things the children did at the beach – what would you like to do at the beach?

Then, mark-making: use seaside colours (pens/paints whatever you have available!) to write or make marks about what you would like to do on the beach. You could use your finger or even stamp using natural objects like twigs, pebbles and shells.



## Understanding the World

What might you find at the beach? Sensory beach – sand and/or water play. Fill a sandpit/tray/bowl with sand (if you have it) and/or water. Explore the sand and water, and add different beach toys/scoops/cups/sea animals. You could even put some twigs, pebbles and shells in. Do you like the feel of the sand/water? Can you use the buckets and spades to scoop, pour and mix? Make a sandcastle?

