

Helping your Reception child learn at home

Physical development

- Move your body with control in both large and small movements.
- Use a range of tools, e.g. scissors, pens, pencils, hammers (toy), glue, sticks, brushes etc.
- Use play dough and change its shape by: pulling, rolling cutting, squeezing, squashing etc.
- Use outdoor equipment to develop body awareness and control, e.g. bats and balls, ropes, hoops, slides etc.
- Move with different speeds e.g. running, hopping, creeping etc.
- Talk about what your body needs to keep healthy - fruit, vegetables, water, milk etc.
- Exercise then feel your heart beat.



PSED (Personal, Social and Emotional Development)

- Say "please", "thank you", "you're welcome" to your child and expect them to use their manners with you. Praise them when they do!
- Share resources - don't always give your child the first of everything. Remind them to wait for their turn.
- Go back and pick things up if you knock something off.
- Look after your things and other people's things.
- Have kind hands, feet and lips.
- Look after your body.
- Use your words to explain your feelings.



Reading / Sound work

- Share books in a quiet and calm environment if possible - books are important so we need to show children this.
- Play sound games like *I Spy*.
- Can your child tell what you are sounding out, e.g. c-a-t
- Hide simple words around the room. Count to 10 whilst your child finds 1 and reads it, before finding the next.
- Sing *ABC* song.
- Model writing, e.g. shopping lists, names in cards
- Visit the library and spend time reading together.
- Make letter sounds in different voices e.g. shout, squeak etc.



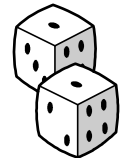
Mark making / Writing

- Sand writing - drawing patterns, letter shapes, numbers in the sand with: fingers, brushes, sticks etc.
- Painting - finger painting, brushes, rollers, sponges to create shapes, letters, numbers, representations e.g. people, faces, animals, patterns
- Water - Using brushes, rollers, squirty bottles, fingers to make large and small shapes, letters, numbers etc.
- Colouring
- Drawing
- Printing
- Take rubbings
- Ribbons - control ribbon to make a range of movements in the air.



Maths

- Sing number songs e.g. *5 little ducks*.
- Count the beats on a drum. When the drum stops add 1 more - what number do you end with?
- Use fingers to represent numbers e.g. put up 3 fingers, now put 1 more finger up. How many fingers altogether?
- Spot numbers everywhere we go e.g. door numbers, numbers on cars, numbers around the room.
- Build towers 5 cubes high.
- Read stories with numbers in e.g. *Goldilocks*, *3 Billy Goats Gruff*.
- Learn simple doubles - 1+1, 2+2
- Counting and number recognition games inside and outside.
- Go on shape hunts - 2D and 3D.
- Use a real tape measure to measure anything of interest.
- Compare sizes of everything e.g. the tree is taller than you.
- Read stories with size or patterns or shapes in e.g. *Little Red Riding Hood*, *The princess and the pea*.
- Fill and empty containers of different shapes and sizes - which holds more? Which holds least? Use: sand, water, rice, custard, gravy, juice etc.



Expressive arts and design

- Explore different techniques of: painting, joining and drawing.
- Sing songs, learn new songs.
- Explore different sounds using voices, instruments, parts of the body, e.g. clapping.
- Role play and dressing up
- Make things out of junk, paper, card, playdough etc.

