

Home Learning

Week Beginning 20th June 2022

Dear Parents/Carers,

We would love to hear from you about your child's learning at home; to share this, please use the following email address: fshomelearning@exwickheights.devon.sch.uk. Thank you.

Personal, social and emotional development (PSED)

Key focus: Changing me – growing up

Activities: Growing Up

- Look at the enclosed *PDF Animals and Their Young*
- With your child, look at and name the animal adult and the animal baby.

Question to ask for each set of pictures:

- *Does this baby look similar to their adult or will lots of change need to happen before it turns into an adult?*

Do:

Using the picture cards of different stages in the 'human life cycle' below, discuss with your child about the differences and changes. Can your child put them in the correct order?



- Talk with your child about how they have changed from being a baby.

Questions:

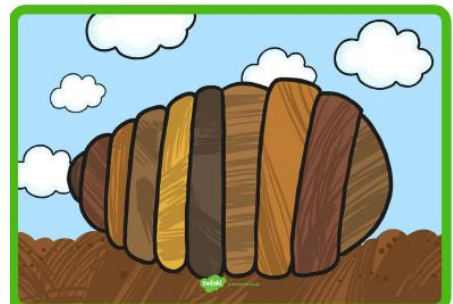
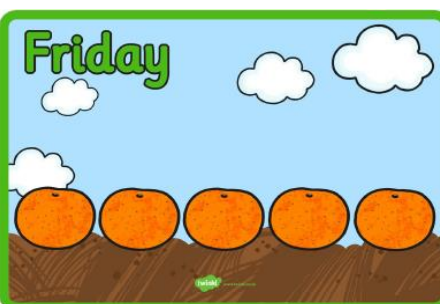
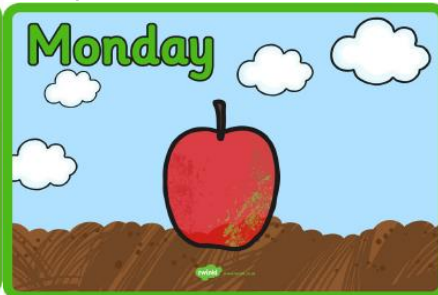
- How have you changed from being a baby to now? E.g. I am taller, my hair is longer, I wear bigger clothes.
- What can you do now that you couldn't do as a baby? E.g. I can talk, I can use the toilet, I can feed myself, I can walk
- How will you change as you grow up?
- Will you look like the adults in your family?
- What will you be able to do that you cannot do now?

Communication & Language (C&L)

This week our focus story is 'The Very Hungry Caterpillar' by Eric Carle.

- Read or watch and listen to a version of the story, by following this link: <https://video.link/w/Uki2c>
- You can also enjoy an animated version of the story by following this link: <https://video.link/w/7oi2c>

- **Talk** about the following 4 components of narrative: Who? Where? When? What happens next?
- **Who** is the story about?
- **Where** does the character live?
- **When** did the caterpillar arrive in the story? **When** did it turn into a butterfly?
- Focusing on the ‘**what happens next**’ component of narrative, **talk** about the sequence of **The Very Hungry Caterpillar** story.
- Using the pictures below, build up the story sequence.
- The first picture is correct but then **what happened next?** Talk with your child about the correct order the pictures should be in.

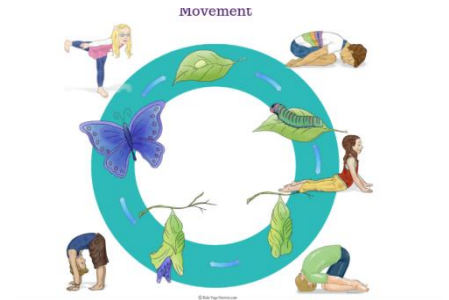


Physical Development (PD): gross motor movement

- Travel confidently in a range of ways.
- Move freely, with confidence and awareness of the space around.

Activities:

- Movement challenges
 - Using the challenge activities below, recreate these actions to act out **The Very Hungry Caterpillar** story.



1. PRETEND TO BE AN EGG.

How to practice Child's Pose: Sit on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a **caterpillar egg** on a leaf.



Child's Pose

2. PRETEND TO BE A CATERPILLAR.

How to practice Cobra Pose: Lie on your tummy and place your palms flat next to your shoulders. Pressing into your hands, lift your head and shoulders off the ground. Pretend to be a **caterpillar** on a little leaf.



Cobra Pose

3. PRETEND TO BE A PUPA.

How to practice Hare Pose: Come to sitting on your heels in a Hero Pose. Slowly place your head on the ground in front of you. Take your hands back alongside your body. Then lift your buttocks, being careful to not put too much pressure on your head. Pretend to be a **pupa** hanging from a leaf.



Hare Pose

4. PRETEND TO BE AN EMERGING BUTTERFLY.

How to practice Standing Forward Bend: Come to standing tall with your legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body and reach for your toes. Pretend to be a **butterfly starting to emerge from the pupa**.



Standing Forward Bend

5. PRETEND TO BE AN ADULT BUTTERFLY.

How to practice Warrior 3 Pose: Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms out to the sides. Flap your arms like the wings of an **adult butterfly**. Switch sides and repeat the steps.



Warrior 3