

Dear Reception

This week we will engage in sport activities,  
Art and Science experiments.

In art we will create pinch pots

Follow this link to the activity.

<https://youtu.be/bELgM8aSqlc>

We will use air drying clay

We are aiming to produce something like this that can be  
painted when dry.



If you cannot get clay don't worry. You can use recycled material, cardboard, paper.

See some examples of project you can do at home.



Plastic bottles piggy bank



Plastic bottles aeroplanes



Pringles piggy banks



Bunny family with kitchen and toilet rolls

This week we will complete the rainbow games. You can record your score and send it in.



Get Set 4 P.E.

# Twister

**What you need:** 10 x items e.g. pairs of rolled up socks or cones, one person to time.

## How to play:

- The player begins sitting on the floor with the items in front of them.
- They need to pick up one item with their feet and twist on their bottom to place the item behind them.
- Players can only transport one item at a time.
- If all 10 items have been moved within the time, players can continue to add to their score by moving them back.

### EYFS

How many items can you move in 1 minute?

- 
- 
- 
- 
- 
- 
- 

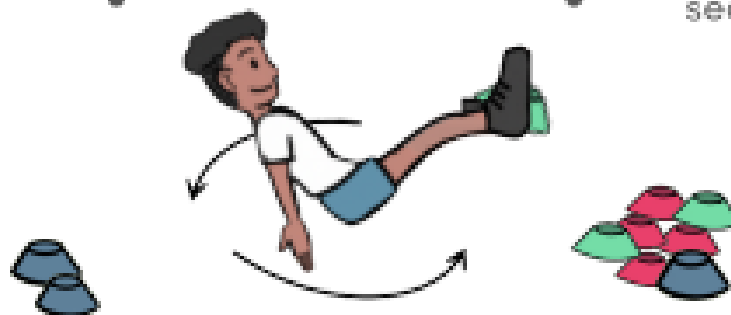
### KS1

How many items can you move in 1 minute 30 seconds?

- 
- 
- 
- 
- 
- 
- 

### KS2

How many items can you move in 1 minute 30 seconds?



## The Rainbow Games Values

Determination  
Honesty  
Accountability



The Rainbow Games



Get Set 4 P.E.

# Star challenge

**What you need:** 6 x markers and someone to time.

## How to play:

- Mark out a star shape with five markers, place one marker in the centre of the star.
- Space each marker 1m from the centre marker.
- How many times can the player hop to each of the star points and back to the centre in the time specified below.
- Each time a player hops to a point of the star and back to the centre, they receive one point.

### EYFS

How many points of the star can you hop in 1 minute?

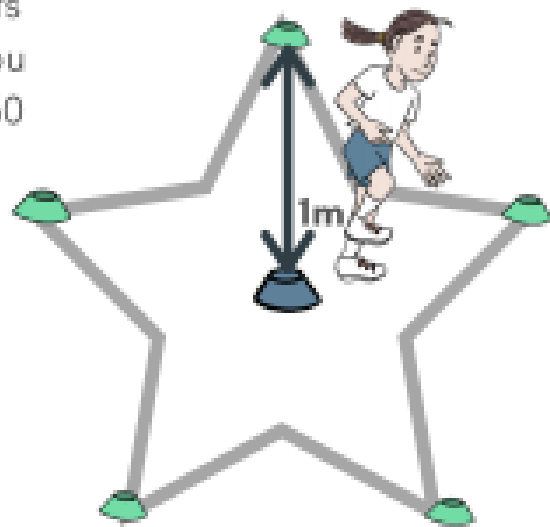


### KS1

- How many points of the star can you hop in 1 minute 30 seconds?

### KS2

How many points of the star can you hop in 2 minutes?



## The Rainbow Games Values

Determination  
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The Rainbow Games



Get Set 4 P.E.

# Jump my height

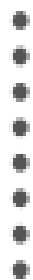
What you need: a start line and a marker.

## How to play:

- Players lie on the floor and measure their height. \*See below for details.
- Place a marker to show this distance from your start line.
- Players see how many two foot to two foot jumps it takes for them to jump their distance.

### EYFS

Measure three times your height.



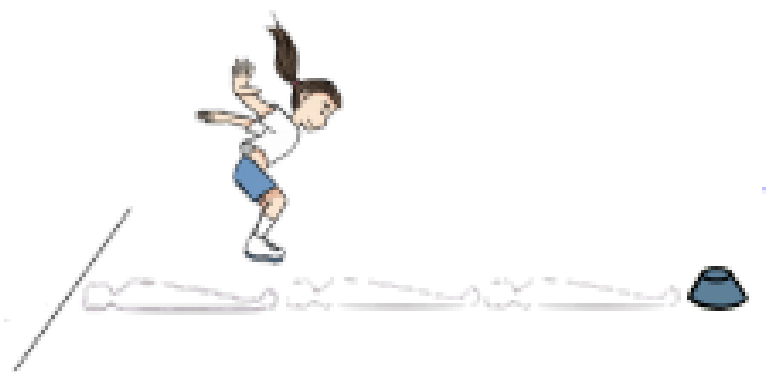
### KS1

Measure four times your height.



### KS2

Measure five times your height.



## The Rainbow Games Values

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Accountability



The Rainbow Games



Get Set: 4 P.E.

# Mighty memory

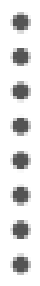
What you need: 7 - 15 random items.

## How to play:

- Place the number of items listed below out on a table or on the floor.
- Allow the player to look at the items for 1 minute.
- Players then turn their back to the items.
- They guess one item at a time that they have seen.
- In between each guess they must complete a number of star jumps.
- Players can only guess incorrectly three times, after which they record the number of items they guessed correctly.

### EYFS

Use 7 items and  
complete  
5 star jumps in  
between guesses.



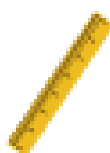
### KS1

Use 10 items and  
complete  
7 star jumps in  
between guesses.



### KS2

Use 15 items  
and complete 10 star  
jumps in between  
guesses.



Keys?

## The Rainbow Games Values

Determination  
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Accountability



The Rainbow Games



Get Set 4 P.E.

# Flying high

What you need: 10 items, 2 pillows or base stations (clouds), a start line and someone to time.

## How to play:

- Place the items a set distance from the start line.\*See distance listed below.
- The player begins at the start line.
- They can collect one item at a time using only the clouds (pillows or base stations), to cross the sky to the items.
- How many items can they retrieve in a set time?

### EYFS

Place the items 3m away. How many can they retrieve in 3 minutes?



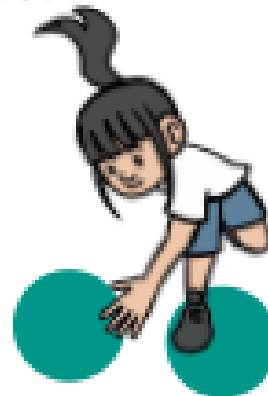
### KS1

Place the items 5m away. How many can they retrieve in 3 minutes?



### KS2

Place the items 7m away. How many can they retrieve in 4 minutes?



## The Rainbow Games Values

Determination  
Honesty  
Accountability



The Rainbow Games



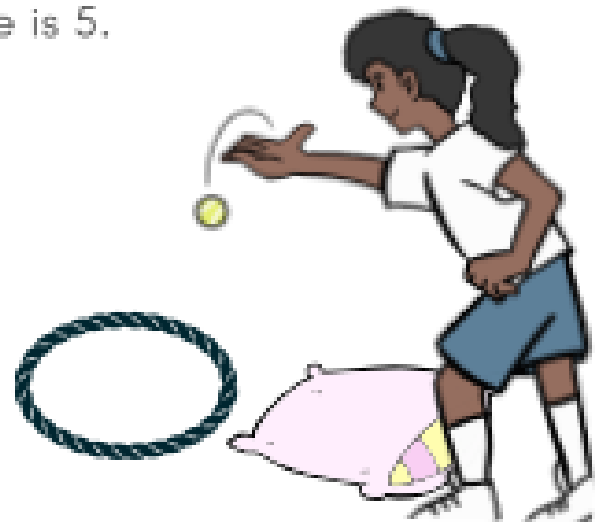
Get Set 4 P.E.

# Pot of gold

**What you need:** 1 x pair of rolled up socks or a small ball, one dressing gown tie or hoop. 1 x pillow.

## How to play:

- Create a circle out of the dressing gown tie or use the hoop.
- Place the pillow next to the hoop and stand this distance away.
- Throw the socks or ball into the hoop.
- For every successful throw, players add another pillows distance and attempt to throw from here.
- Players have a maximum of three attempts from each spot and record their furthest pillow distance e.g. I moved my pillow back 5 times so my score is 5.



## The Rainbow Games Values

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The Rainbow Games





## Baking soda volcano

You will need: baking soda, vinegar, a plastic bottle and a cloth (just in case!)

### What to do:

1. Place some baking soda into your container
2. Pour in some of the vinegar
3. Ta da! Watch and enjoy the giggles as your volcano erupts.



<https://youtu.be/pxvGeUzQAD0>

<https://youtu.be/UXGoqi2HG>

## Magic milk

You will need: a small plate, milk, liquid food dye and washing up liquid

### What to do:

1. Pour a shallow layer of milk into the plate
2. Let the milk settle
3. Put a few drops of food colouring into the milk
4. Put a drop of washing up liquid onto your child's finger and pop it in the middle of the plate
5. Enjoy the show!



Phonics we will continue to revise tricky words as well as the diagraphs 'ow' and 'oi'.

You can also find short videos on BBC Bitesize.

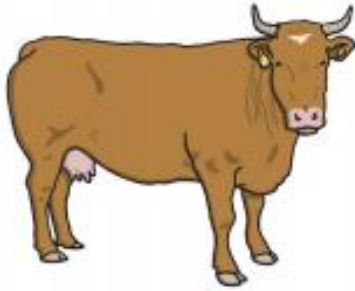
You can still use Phonics Play website as all the resources are free.

**Username:** March20

**Password:** home .

# Ow and Oi Words

Can you match the words to the pictures? Write the answers in the boxes below.



cow

soil

coin

towel

owl

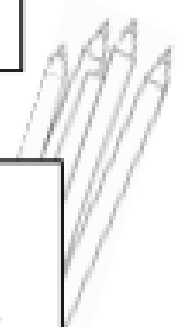
tinfoil

# Phase 3 Real and Nonsense Words - ow

Can you spot which words are real and which are nonsense below?

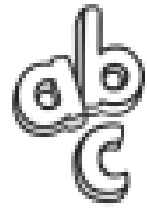
Fill in your key with a different colour for real words and nonsense words and then colour in the correct boxes below.

Real Words <input type="checkbox"/>	Nonsense Words <input type="checkbox"/>
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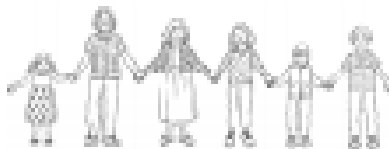
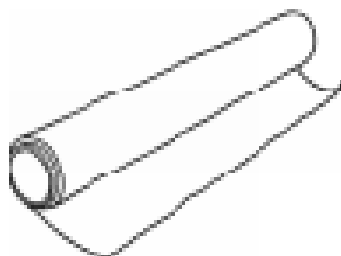
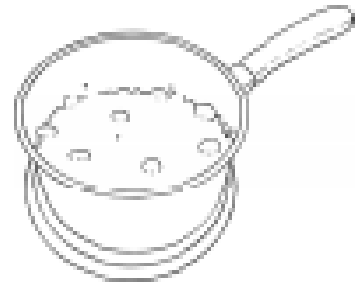
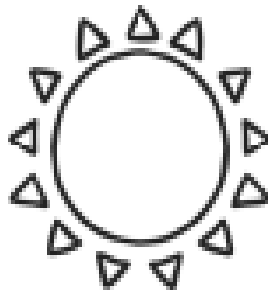
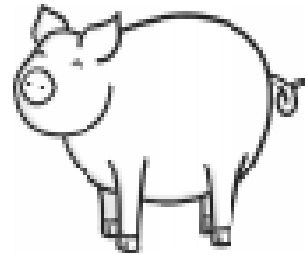
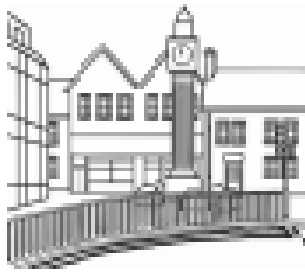


now	how	cow	gown
quow	chown	bowm	zowf
down	zown	cowb	wow
fowd	powx	tows	lowp
owl	row	bow	town

# Find and Write the 'oi' Words



Write the words and then colour the ones with an 'oi' sound in them.



## Phase 3 Tricky Words

h j t m r l h w j h c o  
y h v x x w y t y a u i  
y h s g z c o h g r s b  
o e b a l l n e b e k o  
u r f s o r t y l m p i  
y t l h l e k h w e r f  
d n a e q h e v c l f c  
j u y j c f m y f b f k  
z p z c n o t w w m g b  
s k w d l e x e a i q d  
i r b d s k n r s n k n  
v h e z y d g h d e t x

he  
she  
we  
me

be  
you  
are  
her

was  
all  
they  
my

## Check out the latest stories on our school website

'Hey, water!' read by Mrs Gould



<https://www.boxgrove.greenwich.sch.uk/parents/at-home-work/storytime/>

Try this Taichi and smile.

Tai chi for children

<https://youtu.be/aICP5R3EFxA>

This qigong video explains what it is and you can follow the routine in the second one.

<https://youtu.be/7dp9D4w1rDA>

<https://youtu.be/eAQzFqdc7Hs>

Use this be the Pond Mindfulness for children

<https://youtu.be/wf5K3pP2IUQ>

Have a great week and hopefully see you soon.

Mrs Montanari and MissWatts