

Home Learning in Early Years Foundation Stage

Learning Through Play

The main emphasis of the curriculum that we work towards in Nursery and Reception, is underpinned by the notion of 'school readiness'. By the time children start Year 1 they should be healthy, happy, communicative, sociable, curious, active, ready and equipped for the next phase of life and learning. This means that as well as adult directed teaching children are also encouraged to learn through play and quality adult interaction.

Below are some of the ways that you can support your child at home.

Communication and Language

- Read and share stories and books with your child every day.
- You can create a free parent account on www.oxfordowl.co.uk. On this site you can access many Oxford Reading Tree e-books and activities.
- Log on to Espresso using your child's login. Here you will find a variety of stories and activities linked to them.
- Sing nursery rhymes and songs. This helps to develop memory, an understanding of rhyming words and develops vocabulary.
- Use every opportunity to talk to your child and introduce new vocabulary.
- Get your child to follow instructions.

Physical Development

To develop gross motor skills and keep healthy, it is essential that your child does some physical activity every day.

- Play in the garden, go for walks, ride bikes and scooters, play ball games. Inside, try kids workout videos such as www.gonoodle.com or 'Just dance' and 'Cosmic Kids' yoga activities on Youtube.

To develop fine motor skills for writing:

- Use a pincer grip to hold a pencil to draw pictures and mark make. Copy patterns such as circles and lines.
- Learn to form letters including letters of your child's name. Watch letter formation videos on Espresso-foundation-literacy-handwriting. You can also print off letter formation sheets here.
- Thread beads, pasta, Cheerios onto string. Hole punch card and thread string through.
- Use scissors to develop finger muscles. Cut straws, dough, paper.
- Do activities that require small finger movements such as building with small lego, fastening buttons, sorting small beads, sewing, tearing paper to make pictures. Look on www.theimaginationtree.com for ideas.

Health and Self Care

- Learn about ways to keep fit and healthy through daily exercise and learning about healthy diet by helping with cooking and preparing meals.
- Learn to set the table and use a knife and fork correctly.
- Dress and undress independently fastening own buttons and coat zips and putting on own shoes.
- Learn about personal hygiene by going to the toilet independently, washing own hands and brushing own hair.

Personal, Social and Emotional Development

- Play turn taking games and board games.
- Share toys and other items.
- Encourage and praise good behaviour and kindness to others.
- Talk about feelings.
- Help with tasks around the house.
- Follow structured rules and routines.

Literacy

- Develop an awareness of writing and begin to pretend to write. Ask your child to help with shopping lists, writing cards and invitations, making labels for models, writing name. Write simple sentences and stories.
- Listen to and join in with stories, poems and songs, use toys, puppets, musical instruments.
- Use Espresso to learn letter sounds and play phonics games. Espresso-foundation-phonics.
- Play games like I-spy using real objects on a tray.

Maths (the focus should be on basic counting up to 20)

- Count to 20 and back again when playing games like hide and seek.
- Count toys and other items accurately.
- Recognise read and write numbers by going on number hunts, playing simple board, card and dice games and playing shops.
- Solve maths problems involving simple addition and subtraction.
- Learn the names of flat and 3D shapes by playing games, shape hunts, making models and pictures.
- Look at the maths games and activities on Espresso.

Knowledge and understanding of the World

- Find out about animals, plants and different environments by planting seeds, caring for pets, and learning about different places. Learn to use technology such as remote controls, tablets, phones, computers.
- Find out about the world and different cultures and celebrations.

There are lots of interesting ideas on Espresso-foundation-understanding the world.

Expressive Art and Design

- Draw and paint. Learn to mix colours, choose correct colours for specific things. Make pictures of people, places and objects.
- Make models with construction materials such as Lego or recycled junk.
- Make dens and play scenes such as train tracks, farms, jungles, shops, fairy gardens. Use these to make up stories.
- Dance and sing songs. Make up shows.

We are sure that you already do many of these activities at home as part of everyday life, but this sheet is aimed at providing a reminder of the endless learning opportunities available as part of normal life. We will keep in touch via the school website and Tapestry. We would love to see photos and videos of some of these activities on Tapestry soon.