



HOME LEARNING – W/B 1/2/21

WE'RE GOING ON A BEAR HUNT – AGAIN!!

The activities listed below are to be used over the course of a week. Try something different every day, but there is no expectation that you complete all of them. Sing or say the rhymes every day. Have storytime every day. Try to fit in the exercise routine every day – a la Joe Wickes!!!

NURSERY RHYME –

ON A BEAR HUNT TODAY

(Sing to the tune of 'Happy Birthday')

On a bear hunt today,
Through the long grass, hooray!
Swish swash, swish swash,
On a bear hunt today.

On a bear hunt today,
Through the forest, hooray!
Stumble trippy, Stumble trippy,
On a bear hunt today.

On a bear hunt today,
Through the river, hooray!
Splashy sploshy, splashy sploshy,
On a bear hunt today.

On a bear hunt today,
Through the snowstorm, hooray!
Hooey wooley, hooey wooley,
On a bear hunt today.

On a bear hunt today,
Through the wet mud, hooray!
Squelchy squerchy, squelchy squerchy,
On a bear hunt today.

On a bear hunt today,
Through the dark cave, hooray!
Oh no! There's a bear!
No more bear hunt today!

OUTDOORS – Complete the Winter Hunt Checklist (attached), either in the garden or when you go on your daily walk. Take some photos of what you find.

CREATIVE – Some bears sleep in caves during the winter. Do you think you could build a cave? Ask a grown-up if you can use some chairs and cover them with sheets and blankets to create your own little cave. Now you can pretend to be a bear. Pretend to sleep in your cave and then, when you get hungry you need to go and find some food.

LISTENING AND ATTENTION ACTIVITY – Play 'Going on a Bear Hunt'. Use a sound maker – an instrument or 2 wooden blocks. Read or watch the Bear Hunt story. Every time you hear the repeated phrases eg, 'we can't go under it', play your instrument to the rhythm of the words. Then stop when the story continues. At the end, when the family run home, play your instrument all the time!

HEALTHY MOVERS – Put on some music and have a go at the routine below!

Beautiful Balance	Get down onto the floor with arms and legs straight. Lift up one arm straight in front of you and balance. Repeat 10 times. Repeat on the other side. Can you do it with both your legs? Can you do it with 1 arm and the opposite leg?
Crazy Core	Sit on the floor with legs extended. Use arms to support the body. Lift your bottom off the floor and down again. Repeat 10 times.
Cross the Midline	ELBOWS – Bend your arms. Touch your elbow with the opposite hand. Start with one arm and repeat. Then try the other arm and repeat. Finally try one arm then the other. Can you do it in time to the music?
Strong Body	BEAR CRAWL – Get down onto the floor with arms and legs straight. Move around the room – forwards, backwards, sideways.
Great Games	RACES – (You might want to do this outdoors). Set up a marker. Take it in turns to walk, run, march, stomp, jog, jump to the marker and back. Time yourself. Which can you do the fastest. How many laps can you do in 1 minute? Use the sheet below to record.
Cool Down	Put on some quiet music. Lie down on your back and stretch out your whole body.

At the moment we are working with the Youth Sports Trust to develop physical skills in our children. Flo our tutor who delivers all our Healthy Movers project work is now delivering a live Healthy Movers at Home YouTube session every Tuesday and Thursday morning at 10.30am.

Here is the link and all sessions can be viewed either live or recorded. The sessions are based either on or around the cards that the settings have.

<https://www.youtube.com/user/YouthSportTrust>

NUMBER RHYME

1, 2, 3, 4, 5

1, 2, 3, 4, 5, once I caught a fish alive,
6, 7, 8, 9, 10, then I let him go again.

Why did you let him go?
Because he bit my finger so.
Which finger did he bite?
This little finger on my right!

Watch the rhyme at https://www.youtube.com/watch?v=9ir_I7qTiZ4

STORYTIME – Watch ‘We’re Going On A Bear Hunt’ by Michael Rosen at :-
<https://www.youtube.com/watch?v=0gyl6ykDwds>

CHALLENGE - Go on a shape hunt in the garden or around the house. Set up a tick sheet and every time you see a shape, make a mark. Count how many circles, squares, triangles and rectangles you can find. Which shape do you have the most ticks for/ Which has the fewest?

For those of you without internet access, there are lots of interesting programmes on CBeebies to watch with your child that will help to develop their knowledge of the world around them. Try:- Show Me, Show Me, Our Family, Grace’s Amazing Machines, Number blocks, Alphablocks. If you enjoy exercising, try Jack Hartman - ‘Have Fun and Freeze’ at

<https://www.youtube.com/watch?v=KZOANcDDLZs&feature=youtu.be>

Also look at our website for films and further home learning

<https://www.bedworthheathnurseryschool.com/> parent tab – Spring 2021 Remote Learning

Please take photos of your child doing the activities and email them to admin1002@welearn365.com. Add any comments that your child has made whilst doing the activities. Thank you.

Brown bears like to catch fish to eat. Can you draw a picture of a bear that has caught 5 fish? When you have drawn the fish, try counting them carefully, by pointing to each one as you count



Use this page to record your PE challenge results.

ACTION	TIME FOR 1 LAP	NAME	MUMMY	DADDY	SIBLING
Walk					
Run					
March					
Stomp					
Jog					
Jump					

ACTION	HOW MANY LAPS IN 1 MINUTE?	NAME	MUMMY	DADDY	SIBLING
Walk					
Run					
March					
Stomp					
Jog					
Jump					