



Learning Together



This week we are Moving Together and Building!

Moving Together and Building is about bringing those gross and fine motor skills together to support your child's physical development. Encourage as much outdoor time as you can, plan activities that include your child's natural surroundings!

Monday
Moving to
Nursery
Rhymes
and songs
Together!



Wednesday
Building
with Sticks
and Leaves



Friday
Drawing
tracks and
Building
Obstacles
Together



Is your child starting school in September?
Look out for our 'Starting School Together Challenges' throughout the week!



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Moving Together and Building

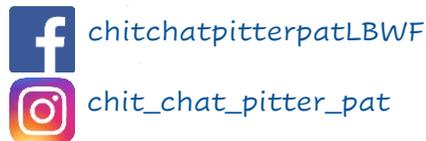
Let's Learn Some Nursery Rhymes!

Let's build our knowledge of nursery rhymes and sing together. We could watch some on YouTube.

Let's add actions to the songs we learn as it will help me to remember the words! Check out nursery rhymes on:
<https://www.bbc.co.uk/tiny-happy-people>

Starting School Together Challenge

Can you sing one or more nursery rhyme off by heart? Can you make up some actions to go with it?



Did you know?

Nursery rhymes and repetitive songs support literacy development! Children are able to learn words, sentences, rhythm, rhyme, and repetition, all of which they'll find later in the books they read.



How you can help me...
Learn the words to nursery rhymes with me and have fun dancing along. Help me to notice the rhyming words like star & are, high & sky...

What I like to do...

I like to sing in a loud voice and then in a quiet voice. I like to make up my own songs and dance around.



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Moving Together and Building Building with Sticks & Leaves!

Let's make little houses out of sticks and leaves. They could be for fairies or other tiny creatures to live in!

Let's make dinosaurs out of sticks. We could look up the names of different dinosaurs on your phone and stomp around like them!

Starting School Together Challenge

Can you stand on one leg without wobbling? Can you balance walking along a line or along a log?

Did you know?
Open-ended activities allow children to grow and develop to their full potential. Even by encouraging children to choose which sticks to pick up encourages problem solving and thinking skills.



How you can help me...
Encourage me with 'what if?' questions – this will help me to challenge myself. For example, What if I added a stick here will it make my house fall down or will it make it stronger?

What I like to do...
I like to pretend to be different creatures. Get me to stomp around like a dinosaur or flutter like a fairy...



Waltham Forest



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Moving Together and Building Let's Draw Tracks and Build Obstacles!

Let's create tracks and landmarks on paper or on the ground with chalks.

Let's use toy cars or my scooter to travel along the different tracks. We could build bridges and obstacles to go around.

Starting School Together Challenge

Can you draw a circle in the air with your finger? Can you do it on somebody's back or on the floor? (Encourage anti clockwise movements ready for learning their letter formation)

Did you know?

Children need to pass through various physical milestones such as gross motor movements, pincer grip, fine motor skills, holding tools, tripod grasp and the understanding that their movements have an impact to be able to form letters and write.



How you can help me...
Help me to create a big track to follow. Ask me about the things I would like to add like houses, trees and different landmarks...

What I like to do...
I like to run fast, go under and over obstacles and balance along the lines. I like to pretend to be vehicles making noises and moving along the tracks!

