

Dear Nursery,

I hope you all enjoyed my little video message. Its always great to have a dance. I hope you all take the time to move and dance to some of your favourite songs. Perhaps you could copy the routine from my message. I would love to see!!

Your learning grid is now on the website - please take your time with the activities. I love seeing the photos. However, please do not feel it is an expectation. Your photos are inspiring to each other and I know some of you are enjoying seeing what your friends are doing.



There is also a special Birches home celebration grid to help us all learn, share and celebrate the VE day 75th year anniversary.

Choose the activities that interest you the most but please note it is not an expectation to complete them all. I would not want any of you to begin to feel overwhelmed.

If you would like more ideas on extending activities or perhaps to have information about other aspects of learning through play, I will happily support you through email.

Mondays Challenge Below

Monday Challenge PE

Warm up to Kids Zumba

https://www.youtube.com/watch?v=ln_aYUOYZ1o

what's fit activity for kids your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

I hope you find this one lots of fun.

Mrs Mosey