

Foundation Phase

During these difficult times, you may feel pressure as a parent to be completing focused teaching with your child. This will be helpful and your child's school may have set tasks for children to complete. There is also a wealth of material online. However, young children learn best through experiences and hands on activity. Learning is not necessarily always worksheet based.

Although you may not be able to get out and about, there is a wealth of things that you can do at home both indoors and out. A few examples are listed below but I am sure you will think of many more. Most of all have fun, and your children won't even realise they are learning!

Talking

- Remember just talking with your child is important. Turn off electronic devices including the television. Taking time to really listen and chat with them helps them feel that their opinions matter. This is also a time when you can help them expand their vocabulary and sentence structures in an informal and relaxed way. Enjoy just chilling and chatting!
- Make paper puppets and make a puppet show.
- Tell each other made up stories using a basket of materials and objects.

Listening

In the noise filled, very visual world we live in, children often find listening very difficult. Play listening games where children have to listen for a sound/command.

- Children run around when they hear a certain noise they stop/ start.
- Listen for sounds around the home, in the garden – what can they hear.
- Find objects around the house. Can the children guess what they are just from the sound?
- Tell a familiar story, for example Goldilocks. When you say the word 'bears' the child has to shout sausages

Reading and writing

You can never read enough stories to your child. Although libraries are closed, there are free resources on line which you can use.

- Alternatively, make your own books together about things that you have done, places you have been, and make up stories. You may write some parts and your child may write other parts. Illustrate them.
- Draw pictures of the key parts of a story on separate cards. Help them to sequence the pictures and encourage them to retell the story. Act out the different roles of the characters from the story.
- Draw pictures or write stories/letters and send to elderly relatives or local care homes

Resources

Book Trust Cymru

Books in both English and Welsh (Cy/E)

<https://www.booktrust.org.uk/what-we-do/booktrust-cymru/>

Stori Tic Toc (Cy)

<https://www.bbc.co.uk/sounds/series/b054b8f3?page=1>

Cyfres o straeon i blant bychain.

Scholastics (E) is offering a range of digital texts/books for use at home

www.scholastic.com/learnathome

Phonics play (E)

<https://www.phonicsplay.co.uk/>

Interactive resources for children to practise their phonic skills.

<https://www.phonicsplaycomics.co.uk/>

'PhonicsPlay' comics are decodable comics with short, simple stories so that children can practise their phonic skills.

Love my books (E)

Ideas for activities to do with children around reading

<http://www.lovemybooks.co.uk/>

BBC Sounds App (E)

Offer bedtime Stories

<https://www.bbc.co.uk/programmes/p02tkm27>

Play

- Join in your child's role play but let them lead. Set up a shop, a doctor's surgery, a ticket office at the bus station office, a post office. You do not need to have the exact materials. Your children will use their imagination, gather objects from around the house, if you do not have real money to use, use paper and design your own, or use Monopoly money. Help them to set up real scenarios and conversations that may occur in these situations.
- Play board games, among other skills, help them to understand turn taking and how to lose gracefully!
- Children can make their own board game and write instructions to go with it so everyone in the family can play it.
- Set up a 'car wash' using toy cars , tooth brushes and cloths
- Recycle materials in a different way – make models from junk.
- Fill a bowl/trough with water and add food colouring and/or washing up liquid.
- If it is dry outside, 'paint' on the patio using water and a brush or a stick.

If you have an Instagram account you can follow '**Play Hooray**' where there are lots of ideas for play. Also this site hosts a live 'play along' at 10am on each week day.

Resources

Playful Childhood Wales (Cy/E)

Gives top tips and ideas for play.

<https://www.playfulchildhoods.wales/>

Gardening for Children (E)

List of websites about gardening with children as well as stories about gardening

https://www.youtube.com/results?search_query=gardening+for+children

Go noodle (E)

Exercises and games

<https://www.gonoodle.com/>

Crayola (E)

Videos to support craft ideas

<https://www.crayola.com/crafts/>

Hungry Little Minds (E)

Simple, fun activities for under 5's

<https://hungrylittleminds.campaign.gov.uk/>

Woodland Trust (E)

10 nature activities developing a range of skills

<https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>

The Imagination Tree (E)

Creative play and learning for early years. Covers various areas of learning including, literacy, numeracy, creativity, PSE and physical.

<https://theimaginationtree.com/>

PE with the Body Coach (E)

Joe Wicks is offering exercise sessions for children on his YouTube channel at 9am daily

Cosmic Kids Yoga (E)

Yoga, mindfulness and relaxation designed specifically for children aged 3+

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

Daily routines

- During daily routines around the house; count, add, take away items, if you are laying the table for 4 how many plates, knives, forks will we need altogether (4x3) make up stories about objects, describe objects using a variety of adjectives eg size, colour, texture.
- When making sandwiches, baking biscuits/cakes weighing out the flour, talk about the instructions and the process needed using imperative verbs. Some examples are: **Spread** the butter on the bread, **put** two eggs in the bowl, **mix** the flour and eggs together. Children could then write a set of instructions for someone else to follow.
- When making the beds, use prepositions such as over, under, on top, behind

Resources

Singing and rhymes

Sing songs and rhymes with your child – make up actions.

BookTrust Cymru (Cy/E)

BookTrust Cymru have a wealth of rhymes, activities and books for you to use in both English and Welsh. Especially if you are not sure of the words to rhymes.

<https://www.booktrust.org.uk/what-we-do/booktrust-cymru/>

<https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/poridrwystori/autumn-term-resources/the-rhyme-challenge/watch-or-listen-to-the-rhymes/>

CBeebies (Cy/E)

Watch and sing

<https://www.bbc.co.uk/cbeebies/watch>

Cânsing.org.uk (Cy/E)

Songs for foundation phase pupils in both Welsh and English with sing-along lyrics

<http://www.cansing.org.uk/caneuon/rhestr.php?cat=8>

Mathematics

- Wrap up objects using wrapping paper or old newspaper. Support children in working out how much paper they need for each object. Weigh each object and sort lightest to heaviest.
- Sort objects around the house or in the garden. How many different ways can you sort them?
- Have a treasure hunt. Make clues that are appropriate for the age of the child to find the hidden treasure. Can they follow directions to find objects/treasure eg turn left at the TV, turn right at the table, or make it harder for older children turn 90 degrees etc.
- When tidying up, sort Lego into colours/shapes
- Make a tally chart of the different types of vehicles that pass the house, or the different bugs you find in the garden. You could then turn this into a graph.

Oxford Owl School Closure Resources (E)

Provides ideas for activities in Literacy, numeracy and other areas of learning

<https://home.oxfordowl.co.uk/school-closure-resources/>

BBC Teach (E)

Curriculum-mapped videos, arranged by age-group and subject

<https://www.bbc.co.uk/teach>

BBC Bite Size (E) has a wealth of hands on activities for all age ranges covering different areas of learning

www.bbc.co.uk/bitesize

Nrich (E)

Puzzles, challenges and activities

<https://nrich.maths.org/>

NB: Please remember that children need supervising when undertaking activities, particularly around water and heat.

Please don't feel under pressure to replicate the school day/timetable. Children also need downtime, time to chill and play whatever they want to. You do too! It's important to consider both your child's and your wellbeing when planning activities. These activities are just suggestions that you can enjoy together in the weeks ahead.

We will continue to develop and build up this list of activities in the coming weeks, so please check back for more ideas of fun, practical and engaging home learning activities for your children.

Keeping safe online

It is important for both you and your child to keep safe on line. The website below has some ideas to help you talk about keeping safe with your child.

Childnet (E)

A range of games, books and information about staying safe online. Filters allow you to select the appropriate age.

<https://www.childnet.com/resources>

Other:

Here are some other websites that you may find useful. Some provide worksheet activities, other ideas for interactive activities. Please note, if they are English sites they are often linked to the English Curriculum but the activities for key stage 1 will still be relevant

Cymraeg – Cyfnod Sylfaen

Ysgol Cyw (Cy)

<http://www.s4c.cymru/cy/ysgol-cyw/>

Casgliad o ddeunyddiau addysgiadol ar gyfer plant oed meithrin a chyfnod sylfaen er mwyn sicrhau bod y dysgu yn parhau tra bod yr ysgolion ar gau gan gynnwys cyfresi teledu yn ogystal â deunydd digidol ac apiau.

Cbeebies Cymraeg

<https://www.bbc.co.uk/cbeebies/shows/cymraeg> (Cy/E)

O'r Teletubbies i'r Go Jetties, mwynhewch jig-sos, gemau a phosau yng nghwmni rhai o'ch hoff gymeriadau ar wefan CBeebies. (Gemau ar gael ar gyfrifiadur yn unig.)

Ap Tric a Chlic (Cy)

<https://hwb.gov.wales/repository/resource/a847d3a3-ae3b-4f38-aa48-ddc11a801f37/cy>

Atgyfnerthu sain a ffurfiad llythrennau gyda chaneuon i'ch arwain o lythyren i lythyren.

Education.Com (E)

Free printable worksheets on many science themes. (although American there is lots of relevance to the curriculum in Wales).

<https://www.education.com/worksheets/kindergarten/science/>

<https://www.education.com/worksheets/first-grade/science/>

Topmarks (E)

Offers activities covering a range of subject areas. Click on the 'parents resources' tab at the top of the page and choose the area you want to focus on.

<https://www.topmarks.co.uk/Search.aspx?Subject=37>

Topmarks Science (E)

A series of drag and drop science activities where children need to pair vocabulary cards with images. Audio is provided for all the words. Topics include: The Senses, Parts of the Body, Young Animals, Animal Sounds and Animals with Wings.

<https://stormedapps.co.uk/pairing/pairing.html>

Educational Quizzes (E)

Quizzes covering a variety of areas of learning. Choose the age range and then choose the subject you want

<https://www.educationquizzes.com/ks1/>