Suggested Discovery Activities

Week commencing 30/03/20

Please share what your child is getting up to via Tapestry.

* Continue to make time for some physical activity. We have loved seeing the photos of your children enjoying P.E. with Joe over the last week. You could carry on doing this or why not try some of the suggestions below:

*Cosmic Kids Yoga* on YouTube (<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.facebook.com/SarahDuFeuTheBalletCoach/> )

*The Ballet Coach*’s live ballet lessons on Facebook (<https://www.facebook.com/SarahDuFeuTheBalletCoach/>)

*Andy’s Wild Workout* on Cbeebies iPlayer (<https://www.bbc.co.uk/iplayer/episode/p06tmn51/andys-wild-workouts-series-1-1-under-the-sea>)

* Enjoy playing a family board game.

You could use any board games you have at home, play simple paper based games e.g. Noughts and crosses, card games or perhaps even design your own! Games use so many skills – turn taking, managing disappointment, sportsmanship, many involve elements of counting and reading too!

* Build a marble/ball run

Perhaps you have a marble run set at home but if not why not make your own using other toys such as Lego, tubes and boxes/tubes from the recycling box. This could be a great STEM (Science, Technology, Engineering and Mathematics) opportunity plus helping to develop those fine motor skills too.

* Draw a story map of your favourite book.

This could be as simple or as detailed as you’d like. Try to include the main characters and settings and why not try to add some labels too?

* Help out with a household chore. Can you pair socks? Make your own bed? Help do some vacuuming/sweeping?

Have a great week and we look forward to seeing your photos and videos