

Powys Foundation Phase

1 - April 2020

Thank you for all your hard work during the recent weeks, well done all!

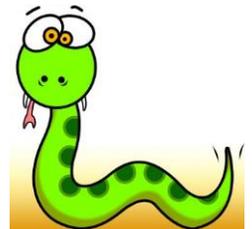
The foundation phase team will share ideas on a regular basis for you to use or personalise to meet the needs of your pupils. Keep an eye on Cyfnod Sylfaen Powys Foundation Phase on Facebook and Twitter too

Please reassure parents that it is not possible to replicate school and practical, fun activities are as good if not better than a formal task.

Gardening **Cooking** **Games** *Painting & drawing* Household jobs
Stories Singing Walks **Playing**

Personal, Social, Well-being & Cultural Diversity

- Happiness jar
Think about a time when you felt happy, where were you? Who was with you? What were you doing?
Draw or write down on a piece of paper, fold and keep in a jar or a box
Find a diary or calendar and work out when you can do these? No more than 1 a week!
How much will it cost? Which is the furthest away from home?
- Fun and active breathing exercises will help them control their emotions and calm themselves down. Daily breathing sessions, even when calm, increases a person's feeling of well-being and control
Snake breathing
-Sit up tall. Take a deep breathe in, filling up their whole body
-Pause. Breathe out slowly and smoothly, making a hissing sound for as long as they can
-Repeat for 3-5 rounds, letting them slow down and become calmer
-How does your body feel? What do you notice about your breathing?
For more ideas go to <https://educationvoice.wordpress>



Language, Literacy & Communication Skills

Stories

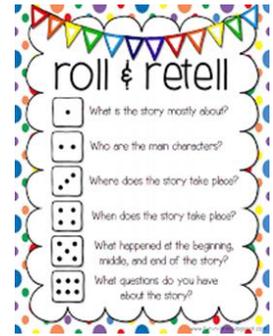
David Walliams is sharing audio stories every day at 11am

<https://bit.ly/AudioElevenses>

Pori Drwy Stori for lots of rhymes and stories in English & Welsh

<https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/poridrwystori/families/>

- Roll and retell game-a fun way to build reading comprehension skills
<http://appleforheteach.blogspot.com/2014/03/roll-and-retell-building-summarizing.html>



Phonics

- The website www.phonicsplay.co.uk is currently free. Children are able to access the online games at home without their parents needing to subscribe. To login details are:

Username: **march20** Password: **home**

Writing

- Keep a diary, write a letter or card for a friend or relative

Mathematical Development



- Household jobs sorting, matching, counting, shapes!
For more ideas go to <https://abcdoes.com/home-learning/>
- Carol Vorderman's maths school is free for children aged 4-11.
There are course topics, games & fun and a parents zone
<https://www.themathsfactor.com/>

Welsh Language Development

- For stories, alphabet and folk songs, download Canu Selog 1 and Canu Selog 2. Symud Selog is also available which includes nature vocabulary and nursery rhymes
Other useful apps are;
Canu Cŵl 1 a 2
Guto Nyth Bran
Cyw a'r yddor



Physical Development

- Peg out washing - Manipulating and pinching the pegs are great for working those fine motor skills and eye/hand coordination
- Busy Feet-free online active sessions from Vicky Bowen starting on 13 April.
<http://www.healthmatterseducation.co.uk/>
Facebook-Busy Feet Twitter- Busy Feet@vickyHMEL
- Lego challenge - challenge children to engineer themselves a name-tag using LEGOs
For more ideas go to <http://www.educatingyoungengineers.com/lego-club-activity-ideas>



Knowledge & Understanding of the World

- Take a photo
Take 3 photos of your favourite things in your house, why do you like them?
- Ready, steady, cook!
Cooking is such an important life skill for every person. "Anyone Can Cook!"
Find a recipe in a recipe book or find one at
https://www.bbc.co.uk/food/collections/10_easy_recipes_for_kids and lets getting cooking!
<https://frugalfun4boys.com/kitchen-skills-to-teach-your-kids/>

Creative Development

- Find a favorite piece of music and dance in your own front room or have a look at Dance 'n Beats Lab on youtube <http://www.youtube.com/watch?v=hUbYq93cYdE>
- Outdoor Art
Can you create a picture that includes
A maximum of 12 leaves
2 twigs
A O
A pattern of your choice
For more ideas like this go to <https://naturalresourceswales.gov.uk/guidance-and-advice/business-sectors/education-learning-and-skills/looking-for-learning-resources/learning-resources-search-by-topic/mathematics-and-numeracy-outdoors/?lang=en>



Remember to offer a range of independent tasks as well as tasks to complete with an adult