

Practical Activities

We have had many questions over the last couple of weeks about different online activities and the difficulties some of you are facing with either printing things off or not having enough technology at home for you all to use. With that in mind we wanted to provide you with some useful bits to help engage your children at home in a fun and familiar way as well as the learning grids you receive each week.

Working at home is a completely different way of learning in normal terms for your child and we don't want you to feel like all learning has to be done at the table on worksheets... we have worked hard in Year 1 to give your child a rich and varied way of learning since September last year and we would love for them to continue using a wide range of activities and experiences to really help understand key concepts.

We have produced these guides to help you in a practical way. These activities are all practical tasks that will reinforce the study undertaken at school with us so far. You can make these as easy or as hard as you wish depending on your own child and their level of confidence.

We have concentrated on three main areas...Maths, Phonics/Reading and Fine Motor Skills to help develop handwriting skills.

Choose one task from each area each week and get your child to spend a short amount of time each day on this activity. This will enable them to build up confidence and really master the skill set that they are working on.

We would love to see some pictures on Seesaw or Dojo of your child having a go at some of these activities.

There is no expectation to complete all of these - these are simple, at home activities that you could complete with your child if you feel that you can or would like some additional practical based work.

We hope you enjoy them.

From

Mrs Marrow & Miss Argent

Fine Motor Skills

Fine motor skills refer to the coordination between small muscles, like those of the hands and fingers, with the eyes. **Fine motor skills** involve the small muscles of the body that enable such functions as writing, grasping small objects and fastening clothing.

Have a go at some of these activities to encourage excellent fine motor skills.

You can use ready-made paints or play dough to do different activities but the process of actually making the resources is also excellent to promote these essential skills.



MOTHERCOULD FIZZY BLOCKS

YOU'LL NEED:

- 1 cup baking soda
- 1tsp clear gelatin
- 1/4 cup water
- Food coloring
- Ice cube tray
- Vinegar

INSTRUCTIONS:

- 1.Mix together the baking soda and gelatin.
2. Add a few drops of food coloring to the water and pour into the baking soda mixture. Mix well.
3. Separate the mixture evenly into the ice cube tray.
4. Freeze overnight.
5. Remove the cubes from the tray and pour some vinegar on top. Watch it fizz.



MOTHERCOULD PLAY DOUGH

YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

- 1.In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.



MOTHERCOULD PUFFY PAINT

YOU'LL NEED:

- Glue
- Shaving cream
- Food coloring
- Ziploc bag
- Scissors

INSTRUCTIONS:

- 1.Add equal parts glue and shaving cream in a bowl.
 2. Add food coloring and mix well.
- ☐If you want to use the paint in a DIY piping bag:
- 1.Add the paint to a ziplock bag.
 - 2.Close the bag and cut a small piece of corner off.
 - 3.Squeeze the paint through the opening



MOTHERCOULD TASTE SAFE PAINT

YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

INSTRUCTIONS:

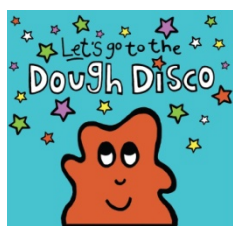
- 1.Mix the flour and salt in a bowl.
2. Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
3. Whip well until and the clumps dissolve.

*You can add more or less water depending on the consistency you desire.

**Store in the refrigerator

PIC•COLLAGE

Dough Disco



Let's go to the dough disco... follow video supervision from the Spread the Happiness website let your children take part in the dough disco - we would recommend this daily for no more than 5 minutes each session. The children Love to have a go at this. [https://www.spreadthehappiness.co.uk/free-tv-happy-](https://www.spreadthehappiness.co.uk/free-tv-happy-links/)



[links/](#)

Finger Gym - Keep little fingers busy. All of these activities strengthen the muscles in the hands and improve hand-eye co-ordination which in turn will improve handwriting skills generally.



Weaving, threading is fantastic for little fingers. Use kitchen accessories, cooker/oven shelves/racks with any types of fabrics you have at home - old towels/flannels, pillowcases are great to use in strips for weaving!



Cereal and play dough! Use a ball of play dough to stabilise some long spaghetti strips, Cheerios (or similar) can be used to thread on to the pasta to aide hand-eye co-ordination.

Another nice activity is to put rubber bands or bobbles over different objects such as tins or tubes.



Cutting and using scissors...

Using scissors can be really tricky to do properly. Draw some shapes onto some paper or different types of lines for them to follow and cut along - even better if they copy your lines first!



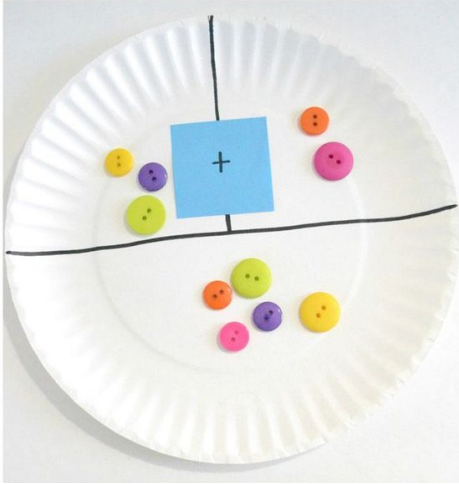
Top Tip! Draw a smiley face on your child's cutting hand like in the picture... remind them that the smiley face always needs to be facing upwards whilst they are cutting out! ☺ Don't stop with paper either... use anything that you have to hand in the home - magazines, old rolls of wallpaper, toilet roll tubes, old birthday cards, different types of foods... spaghetti is perfect!



Pegs! Pegs are amazing for strengthening muscle groups in the hands...make a mini washing line and let your child use pegs to hang out their washing!



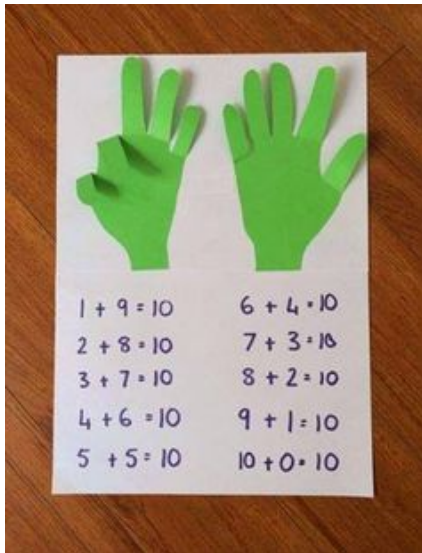
Practical Maths



Paper Plate Addition-

Split the plate into 3 - you can use this for addition/subtraction. You can use buttons, sweets, pasta, lego, bricks - whatever you have to hand. Encourage your child to write the number sentences to go with their addition plates e.g.

$$3+2=5 \text{ or } 2+3=5$$



Number Bonds to 10...

A really good trick for number bonds to 10 facts - draw around your hand/your child draws around their hand and cut them out. Move the fingers up/down to make the different number bond facts. You can always fill up a pair of gloves with sand/flour/cous-cous/rice if you have any of these items to make some real life hands to use!



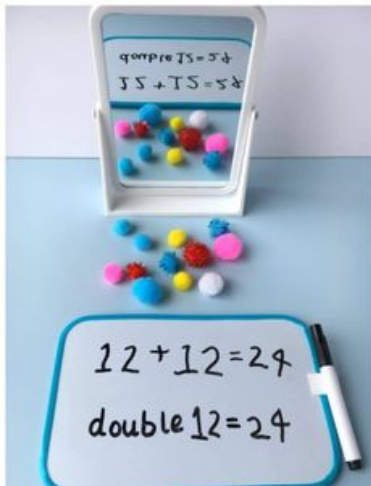
2D and 3D shapes

Make some shapes! You can make 2D or really impress us and make some 3D shapes using toothpicks/skewers with play dough to hold them together. If you don't have play dough - mini marshmallows or midget gem sweets will also work.



Place Value... This works on stones or even things you may have in your kitchen cupboards! I have used dried butter/broad beans before.

Use numbers that your child is comfortable with to begin with - add more numbers the more confident they become. Let them be involved writing the numbers on the stones/ beans. 1-5; 1-10; 1-20; 1-50; 1-100.



Double it...

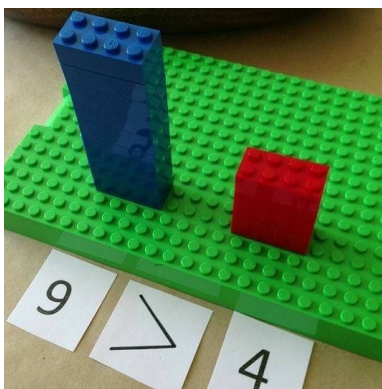
We love this activity! Using a small mirror place any items - pom-poms, sweets, lego, pasta etc... in front of the mirror. Get your child to count the total number from the real life items and those displayed in the mirror.

Practise number formation whilst writing the number sentences like shown below.

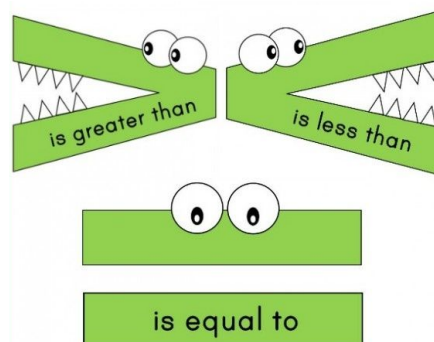


More or less...

Using Lego towers - investigate taller/shorter - more/less. By building towers of two different heights the children can compare these in different ways. Place the towers next to each other - can they tell you the difference between the two towers?



You can introduce greater than/less than symbols as your child becomes more confident.



Practical Phonics ideas

Phase 2 Sounds

s 	a 	t 	p 	i 	n 	m 	d 
g 	o 	c 	k 	ck 	e 	u 	r 
h 	b 	f 	ff 	l 	ll 	ss 	



Sorting objects by initial sounds

Children can sort the objects from around the house into groups according to their initial sound.

You could start with SATPIN like in the pictures and then move onto the other sounds from phase 2.



Hit the sound/splat

Use a nerf gun/water pistol/fly swatter. Write the sound on the ground with chalk or scatter paper sounds on the floor.

Grownup says, "hit the sound k", "hit the sound ___" and child to find the sound as quickly as they can. You could make it a competition between siblings or between the child and their grownup.

Musical sounds

Play musical statues/bumps but every time the grownup stops the music show a sound for the child/children to say. Repeat this as many times as you can.

Play musical chairs but instead of chairs lay the sounds on the floor. Every time the grownup stops the music, they say a sound and the child/children need to find it/sit on it.



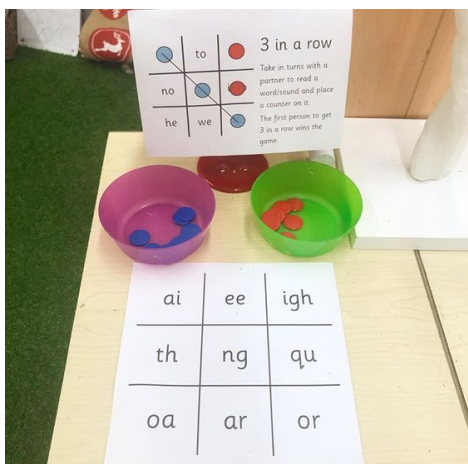
Stomp and read

Children to practice blending. Make cvc (consonant-vowel-consonant) words like cat, pin and dog (using big letter sounds like stepping stones). Children to jump/hop/stomp on each sound and saying them out loud. Children to hear the sounds and try to blend the word. Children could draw a picture for each word they have read.



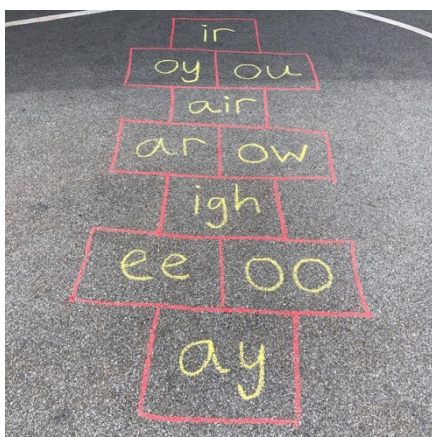
Egg-cellent phonics blending

Twist the egg to form different cvc words. The children are to sound out the words and blends. The children might enjoy making these with their grownup.



3 in a row

Make a simple grid with phase 2 sounds or cvc words like cat, dog, sip. Take turns with a partner to read a sound/word and place a counter on it. The first person to get 3 in a row wins the game.



Phonics hopscotch

Write the phase 2 sounds in the squares of the hopscotch. Throw a stone and say the sound that the stone hits.

See below a selection of worksheets and activities.

Name: _____

Directions: Color or dab the missing vowel.

What's in the Middle?



a
o
i

m_p



o
a
u

b_g



o
e
a

h_n



e
a
i

d_g



a
o
i

h_p



a
e
o

n_p



o
e
i

w_t



i
e
a

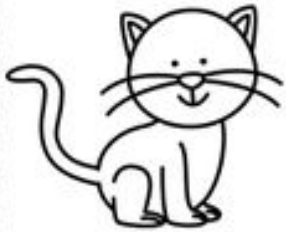
h_t



a
i
o

d_g

FIND A WORD



cat



van



jam



pan

j	s	a	d	p
v	a	l	r	a
a	p	a	z	n
n	e	b	a	g
t	m	s	c	o
b	f	c	a	t
a	q	i	s	n
t	g	d	a	h
k	j	a	m	l
c	a	p	y	b



bag



cap



sad



bat





Name: _____

Name _____



Beginning Sounds

Directions: Look at the picture. Write the letter for each beginning sound.

 _ am	 _ ab	 _ ag
 _ at	 _ an	 _ am
 _ ap	 _ ap	 _ an
 _ an	 _ at	 _ at

Name: _____

CVC Pictures

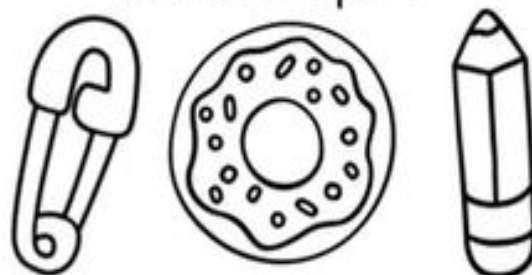


Read the sentence and color the matching picture.

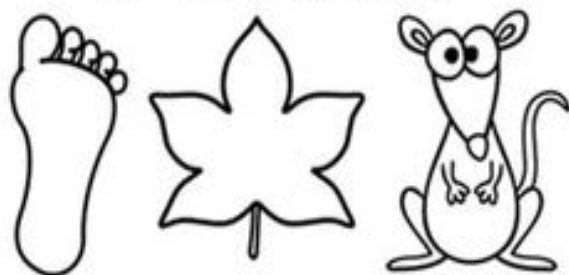
I see a cup.



I see a pin.



I see a rat.



I see a jet.



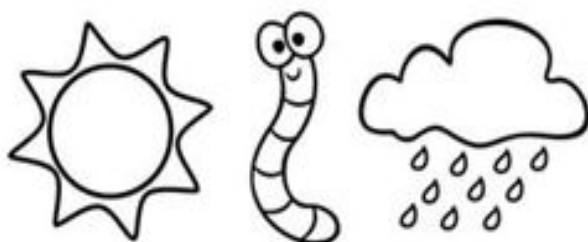
I see a mop.



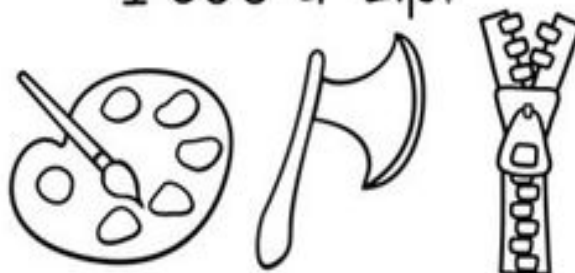
I see a cap.



I see a sun.



I see a zip.




Name: _____




Egg Word Families


Color the words that match the word family.

 -at


mat cat pot rat

 -in

tin pin fan bin

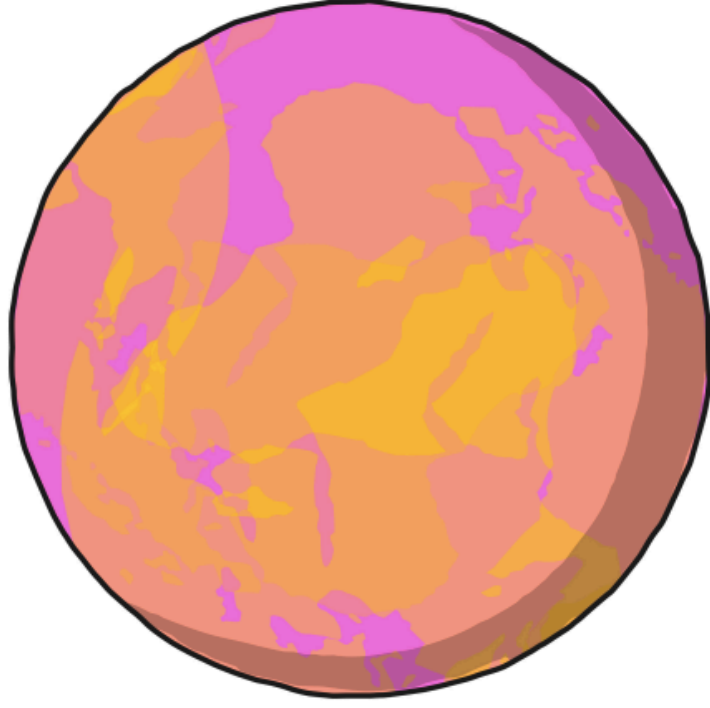
 -og

dog tag hog jog

 -un

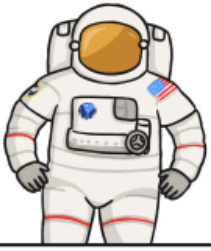
sun run pan bun

Planet Nonsense

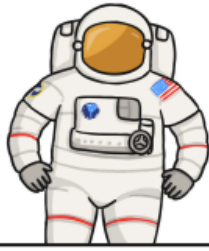


Planet Real

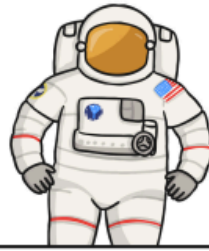




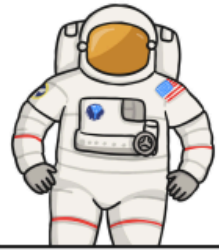
mat



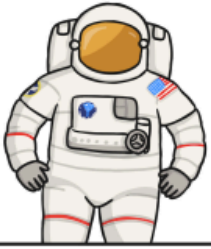
pin



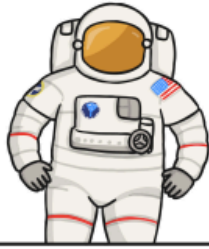
pop



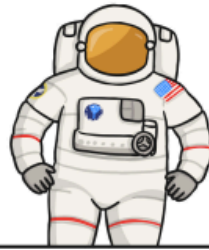
cup



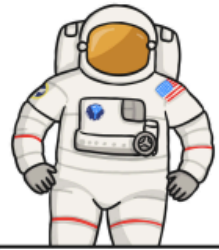
pan



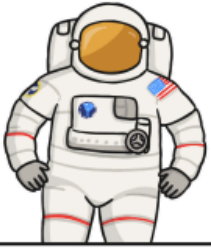
pet



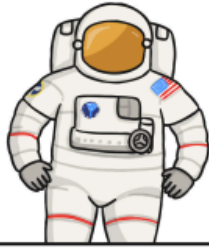
ob



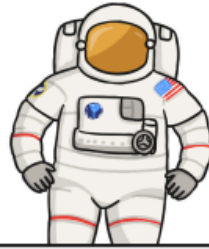
ab



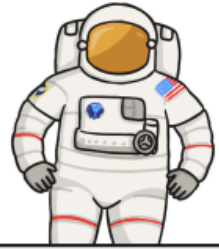
sat



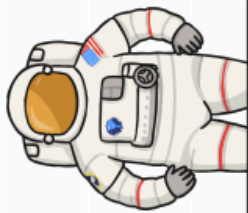
tip



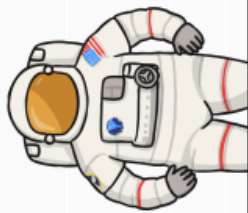
liss



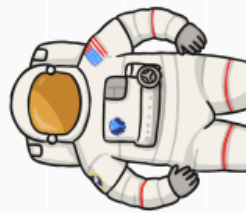
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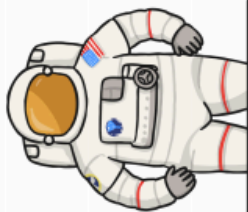
cag



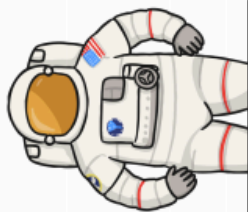
nud



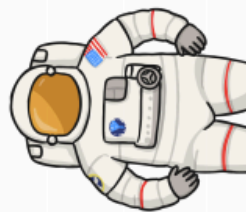
hin



keb

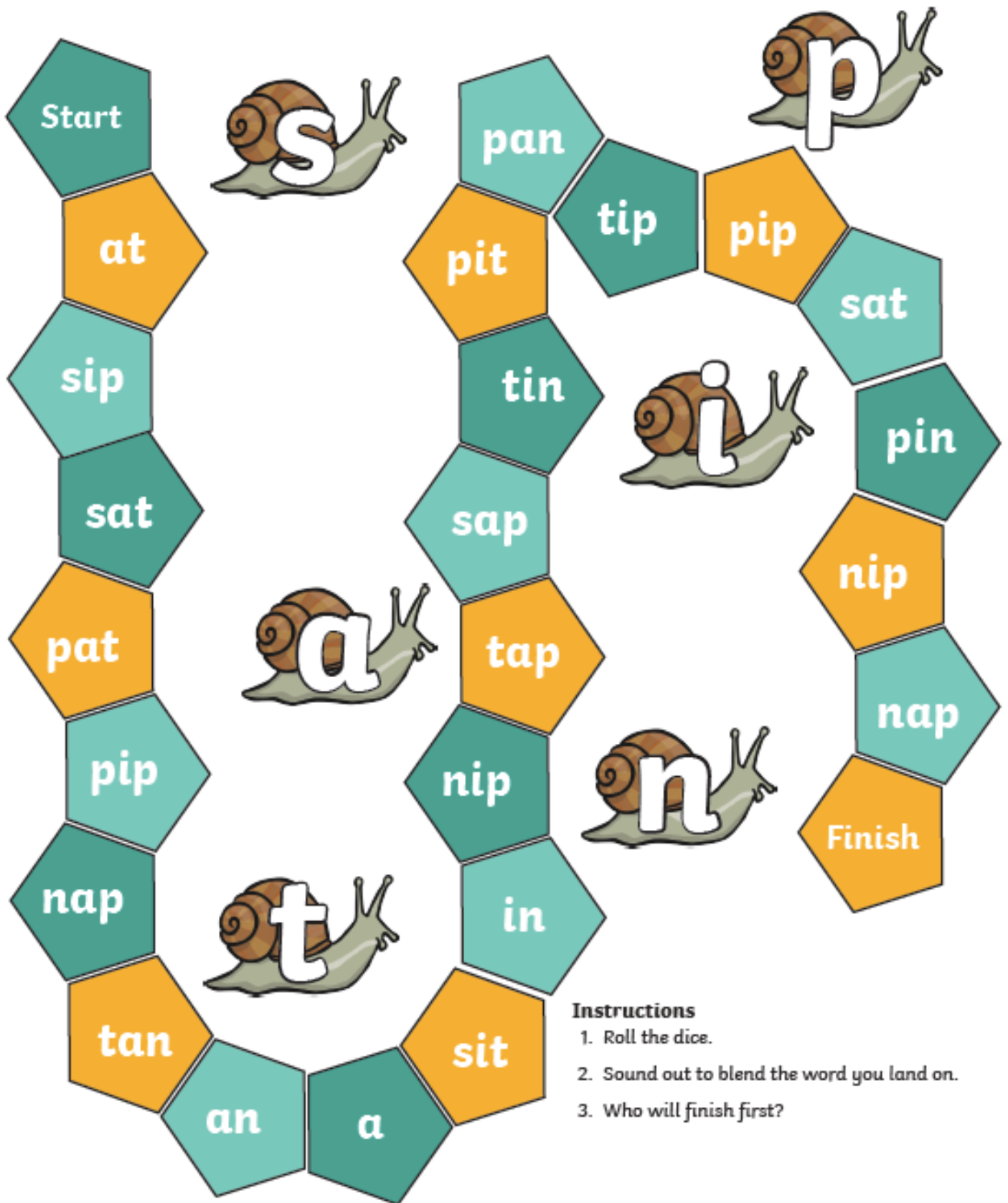


reb



meck

s,a,t,p,i,n Read and Race



Instructions

1. Roll the dice.
2. Sound out to blend the word you land on.
3. Who will finish first?

qu,ch,sh,th,ng Read and Race

Start

qu

this

quiz

shock

with

thick

quit

fish

path

quick

ch

th

quack

shell

song

liquid

shop

wing

chop

shed

rung

chin

ship

Finish

ch

sh

ng

check

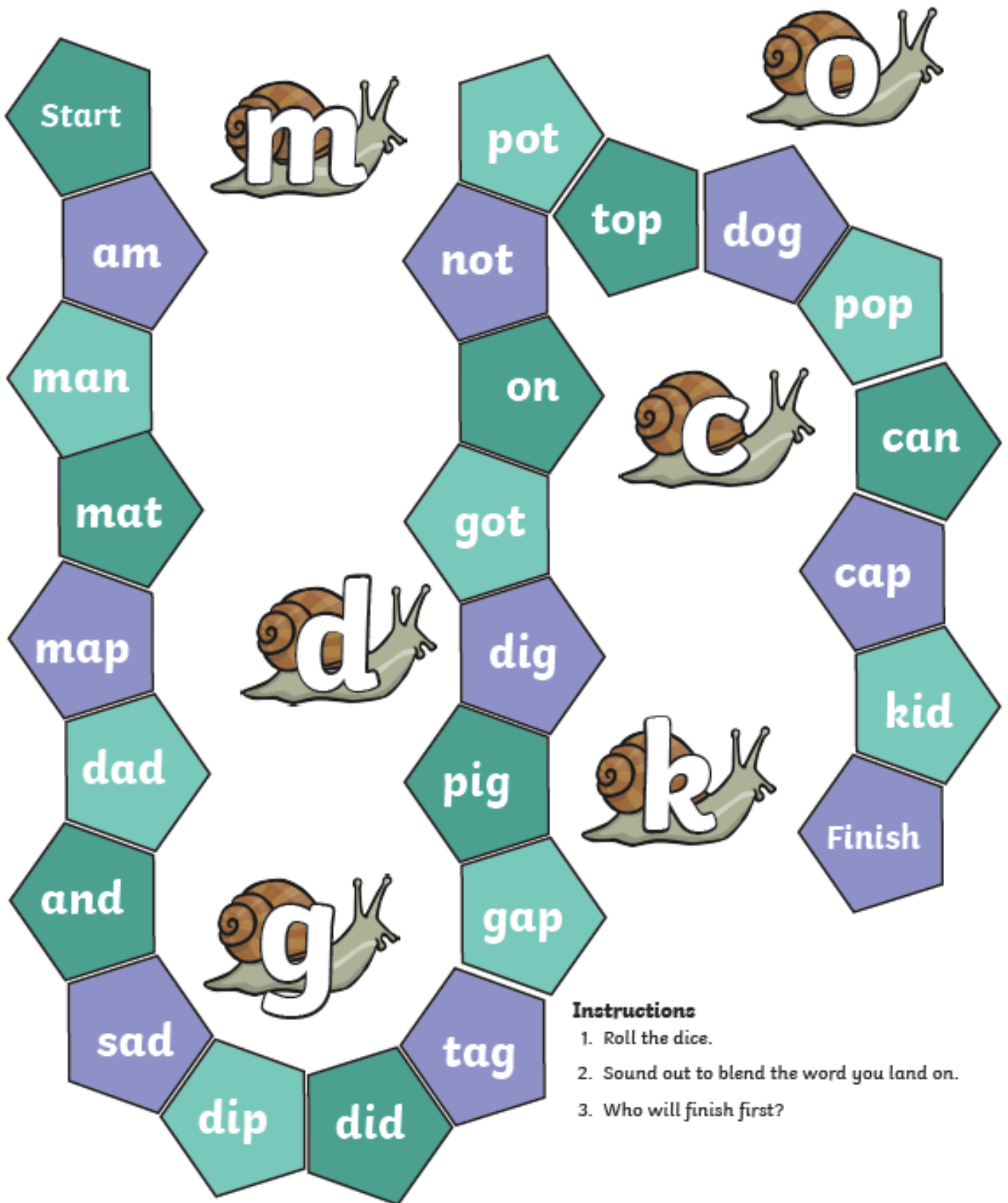
much

rich

Instructions

1. Roll the dice.
2. Sound out to blend the word you land on.
3. Who will finish first?

m,d,g,o,c,k Read and Race



Instructions

1. Roll the dice.
2. Sound out to blend the word you land on.
3. Who will finish first?

j,v,w,x,y,z,zz Read and Race

The board game path consists of the following words in order: Start, jam, jet, jog, van, vet, will, win, wag, web, wax, mix, box, fix, six, yap, yell, zip, buzz, fizz, velvet, zigzag, cobweb, Finish.

Snails with letters are placed on the path as follows:

- Snail with 'j' is on the path between 'Start' and 'jam'.
- Snail with 'v' is on the path between 'jet' and 'jog'.
- Snail with 'w' is on the path between 'van' and 'vet'.
- Snail with 'x' is on the path between 'will' and 'win'.
- Snail with 'y' is on the path between 'yell' and 'zip'.
- Snail with 'z' is on the path between 'yap' and 'six'.
- Snail with 'zz' is on the path between 'box' and 'fix'.

Instructions

1. Roll the dice.
2. Sound out to blend the word you land on.
3. Who will finish first?

f,ff,l,ll,ss Read and Race

Start

of

if

fit

fun

huff

fan

off

leg

lap

lot

bell

doll

tell

sell

dull

less

hiss

mess

boss

pass

kiss

laptop

fusspot

Finish

f

ff

l

ll

ss

Instructions

1. Roll the dice.
2. Sound out to blend the word you land on.
3. Who will finish first?

ck,e,u,r,h,b Read and Race

Start

kick

sock

sack

pick

pack

get

ten

pen

net

men

neck

mum

run

cup

sun

rat

rug

had

him

hop

back

big

bus

Finish

ck

r

h

u

Instructions

1. Roll the dice.
2. Sound out to blend the word you land on.
3. Who will finish first?