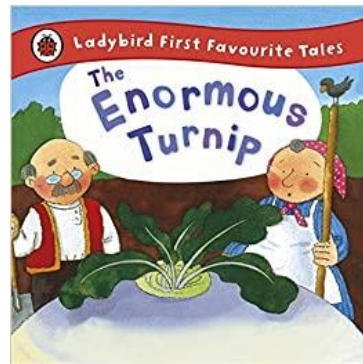


The story provides lots of repetition by repeating the events of the story, which provides the opportunities for joining in. Children can learn people, family and pet vocabulary and talk about food and growing things. The story can lead to healthy eating questions such as what else grows in the ground. How do other fruits and vegetables grow?

<https://www.youtube.com/watch?v=mGw5yTOPTSQ>



### Literacy

1. Can you create a healthy shopping list? This worksheet template could help you plan out your list [Our Healthy Year: Reception classroom activity sheets PHE School Zone](#)
2. Have a go at matching the letters to the fruits and vegetables. [Phonics activity cards.pdf](#) Alternatively pick a letter sound e.g. 'p' and draw all the fruits and vegetables you can think of beginning with 'p'.
3. How can we keep fit? Can you create a list of a fitness routine? E.g. 2 hops, 5 star jumps.

**Expressive Arts & Design** Can you draw a healthy dinner? What colours would you need to use? Can you help do some cooking? Can you create a healthy packed lunch from the worksheet below?

[https://content.twinkl.co.uk/resource/ca/02/IT-2399-Healthy-Eating-Lunch-Activity\\_ver\\_1.pdf?\\_token\\_\\_=exp=1612430518-acl=%2Fresource%2Fca%2F02%2FIT-2399-Healthy-Eating-Lunch-Activity\\_ver\\_1.pdf%2A-hmac=533341555b8781986a0cd060cad4b9b7a9c5da2045a7270e14a85fc9ba22e79f](https://content.twinkl.co.uk/resource/ca/02/IT-2399-Healthy-Eating-Lunch-Activity_ver_1.pdf?_token__=exp=1612430518-acl=%2Fresource%2Fca%2F02%2FIT-2399-Healthy-Eating-Lunch-Activity_ver_1.pdf%2A-hmac=533341555b8781986a0cd060cad4b9b7a9c5da2045a7270e14a85fc9ba22e79f)

This week we are focusing on how we can keep healthy. Being Healthy includes keeping fit, eating healthy food from a balanced diet and keeping a healthy mindset and wellbeing.

We will also be exploring Chinese New Year which takes place on Friday 12<sup>th</sup> February. Here is an episode explaining Chinese New Year on 'let's celebrate - Cbeebies' [https://youtu.be/c8ssHXZ9\\_qU](https://youtu.be/c8ssHXZ9_qU)

### Early Years

Spring Term  
Week 6

Home Learning  
Activities



### Maths

- Activity 1: Play a "Simon Says" counting game – e.g. Simon says clap seven times, Simon says hop four times.
- Activity 2: Follow the banana banana meatball dance pattern. Can you create a pattern of your own using movement? E.g. jump, hop, hop, jump, hop, hop, jump. <https://www.youtube.com/watch?v=BQ9q4U2P3ig>
- Activity 3: I have attached a shape dragon template. Can you use your cutting skills to cut out the shapes and arrange them to make a dragon? (see PDF attached).

### More Ideas...

Fruit and vegetable bingo. [Fruit and veg bingo cards.pdf](#)  
Can you create a paper lantern for the Chinese New Year? Here is a template (see PDF attached).