



## Reception Core Tasks Weekly Overview wb: 29.06.20

### Communication and Language

#### What can you taste?

Taste test – with this activity the children will explore their sense of taste and of course what better way to experiment with healthy food. Prepare a healthy colourful plate and be sure to include a variety of snacks introducing many of the delightful flavours of food. Start by covering your child's eyes. Ask what food they think it is. The children can also use their sense of smell before they taste them and guess what it might be. Encourage your child to also identify which of the tastes (salty, sweet, sour or bitter) the food is.



### Physical Development

#### Fine motor:

As well as imagination and creativity, being engaged in puppet play and manipulating hand and finger puppets helps to develop fine motor skills. Finger puppets improve fine motor skill development because the children build the strength and dexterity in their hands as they need to move each finger at a time. Your task is to create your very own puppet. Here are some ideas:



**Gross motor:**

Throwing and catching a ball. What better opportunity to enjoy the outdoor environment and at the same time be active and running around.

Gross motor (physical) skills are those which require *whole* body movement and involve the large muscles of the body enabling the children to perform everyday functions, such as standing, walking, running, and sitting upright. It also includes eye-hand coordination skills such as ball skills (throwing, catching, kicking).



**Personal, Social and Emotional**

**Healthy eating:**

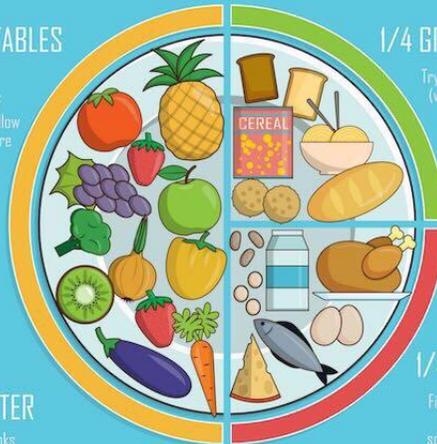
Healthy eating video: <https://www.youtube.com/watch?v=mMHVEFWNLMc>

Talk to the children about healthy eating to encourage healthy eating habits. Ask which foods they think are healthy. Mention a variety of foods and ask them to sort them into healthy or unhealthy groups. It is important to make them understand why it matters what food they put in their bodies and make the right choices. Explain that they should fill half their plate with fruits and vegetables that have nutrients which will help their bodies grow. *(refer to the below photo and begin a conversation about healthy diet)* The other half should be whole grains, protein that gives them energy to run, dance, and play. Remind them the story of “*The very hungry caterpillar*” and how each of the foods the caterpillar ate made him feel, Why do you think the caterpillar felt sick, which food helped him grow and why. This way they will understand why they should eat healthy too. Explain that it’s okay to eat chocolate but once in a while, not every day. When you’re cooking or grocery shopping show them different examples of these key food groups.

# HEALTHY PLATE

## 1/2 VEGETABLES & FRUIT

Choose variety of colors. Green, yellow, orange and red are the best choices



**WATER**  
Avoid sugary drinks

## 1/4 GRAIN FOOD

Try to avoid refined (white) grains and prefer whole (brown) grains

## 1/4 PROTEIN

Fish, poultry, nuts, dairy are ideal sources of protein

healthy-plates.com

## Healthy Lunchbox!

### Healthy things



Salad, lots of fruit, vegetable sticks, yoghurts, sandwiches and wraps, juice and water.

### Things to avoid



Biscuits, chocolate, cakes, fizzy drinks, salted nuts and crisps.



## Literacy (reading and writing)

**Daily Reading. Also read (watch) the book of the half term on YouTube**

Watch the book of the half term: <https://www.youtube.com/watch?v=oFRYjOkbxfE>

The very hungry caterpillar

### Writing:

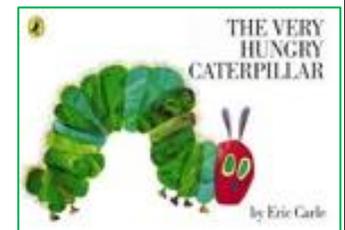
See knowledge and Understanding

Encourage the children to use their phonic knowledge to write the sentence and to remember to use capital letters, fingers spaces and full stops.

**Pictures will also be included so you can write 'I can see' sentences**

Use your phonics to write sentences about what you can see

The photos are attached at the end of this document



## Maths

### Money

This week's focus is money. Introduce your child to some coins - 1p, 2p and 5p and give them some time to get familiar with them. You can also mention what the 'p' represents - penny (1 penny, 2 pence, 5 pence)

	<p>Prepare a <i>snack shop</i> and label the products with price tags.          You can now offer the snacks to your child and they have to use the coins to buy them.          Encourage your child to role play a conversation and use the appropriate language in the selling/buying role          e.g.          “How much does the apple cost?”          “It costs 2p.”</p> <p>“I would like to buy 2 bananas, how much do they cost?”          “Each banana costs 1p. How much does 2 bananas cost altogether?”          Explain to your child that adding money is the same as when we add numbers.          If <math>1+1=2</math> then <math>1p+1p=2p</math></p>
<p><b>Understanding the World</b></p>	<p><b>Healthy Eating</b></p> <p>Relating to the tasting activity for Communication, as your child to draw a picture of their favourite fruit and write a sentence using “because”. (I like the.....because....)</p> <p>e.g. I like the watermelon because it is sweet and juicy.</p> 
<p><b>Expressive Arts and Design</b></p>	<p><b>Create a caterpillar finger puppet – related to Fine Motor activity</b></p> <p>For the caterpillar finger puppet you will need:</p> <ul style="list-style-type: none"> <li>• Card or thick paper</li> <li>• Scissors</li> <li>• Glue</li> </ul> <p><a href="https://readandcreate.co.uk/the-very-hungry-caterpillar-finger-puppets/">https://readandcreate.co.uk/the-very-hungry-caterpillar-finger-puppets/</a></p> 

I CAN SEE:

