

APT Home Learning Grid I



Please use this grid if you are absent from school and well enough to complete some work. 😊

Reading



Listen to your adult read one of your favourite story books.
Watch a story on a screen.
Look at your favourite story book

Writing



Practice Mark Making using different materials

- Sand
- Foam
- Pencils, pens or crayons
- Chalk
- Paint

Play Based Learning Challenge

Exercise your finger muscles by threading some buttons on to spaghetti!



Numeracy



We have been practising counting to 20 in class. Listen to these counting songs on YouTube and join in!
<https://www.youtube.com/watch?v=DOAjq682yrA>
https://www.youtube.com/watch?v=_MVzXKfr6e8

Now show your adult how we count in class with our special counting monkey. See if you can use one of your toys to count along.

Outdoor Learning

Take some craft materials (ribbon, wool and Sellotape) outdoors.
Find a stick out and use your craft materials to create a magic wand!



Health and Wellbeing

Try out some of these animal workout moves!

How many can you do?

You could try timing yourself to see how long you can do each exercise for!

7 MINUTE HIIT WORKOUT FOR KIDS
SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST

- FROG JUMP**
Hop, hop hup! up and down like a Frog
- BEAR WALK**
With your hands & feet on the floor, hips high, walk left & right
- GORILLA SHUFFLE**
In a low, crouching position, use your hands to balance and shuffle around the room
- STARFISH JUMPS**
Jump up and down spreading your arms and legs wide (jumping jacks)
- CHEETAH RUN**
Run in place as fast as you can, just like the fastest animal in the Sahara
- CRAB WALK**
Sitting down, place your palms on the ground behind you. Lift your hips and crawl on your hands and feet.
- ELEPHANT STOMPS**
March in place, stomping your feet as hard as you can