



# Reception Home Learning

## Time to get active!

### Let's warm up first! Can you do?

- 5 star jumps
- 5 press ups
- 5 sit ups

Now, time for today's Friday physical challenge! Today it's time to develop those gross motor skills and **build an obstacle course**. You can do this indoors or outdoors whichever you prefer or depending on the weather.

You could use cushions, boxes, play tunnels, any garden toys or just tape as a guide (like the picture on the right).

ENJOY!

## Friday project

Fridays usually consist of child led activities.

What will you choose to do today?  
Will you  
Write/draw  
Roleplay  
Create ?

The choice is yours!

## Friday





## Reception Home Learning

### Topic

It's fun day Friday so let's have a bit of choice today!

If you have enjoyed our story "The Magic Sky" this week and have particularly loved learning about the Northern Lights and their beautiful array of colours; why not have a go at mixing colours to see what results you get? You could mix paint, you could use food colouring and water to carefully mix colours together. Have some fun and experiment with colour!

If there is any ice or snow around today (or using ice cubes from the freezer) you could use the colours you have mixed to paint the ice/snow! We would love to see your colourful creations!

You could simply wrap up warm and go out into the fresh air for a lovely Winter's walk!

Or, snuggle on the sofa and learn more about these Arctic animals...

<https://www.bbc.co.uk/programmes/p011mrxm>

<https://www.bbc.co.uk/programmes/p07yjb1n> All about the Arctic Fox

If you have BBC iplayer you can watch

<https://www.bbc.co.uk/iplayer/episode/m000ct6y/snow-animals>



### Day 5 And finally...

We'd love to see what you've done today. Upload some pictures to your child's school 360 journal. Don't forget to email if you have any questions or concerns.