

Nursery Home Learning

Topic

This half term, we will be thinking about our bodies. We will be learning how to look after our bodies by eating healthy foods and doing some exercise. Get a family member or friend to time you doing exercise for a minimum of 30 seconds. You can either go for a walk, run in the garden or park, jump, hop or skip in your living room. What does your body feel like after your exercise? Can you see any changes? Which parts of your body feel different?

Create 'n Make

Have you ever been to the beach? If so where was it? What did you do on the beach? Did you go in the sea? Can you name some creatures that live in the sea? What's your favourite sea creature? Can you paint or draw a picture of the creatures you might find under the sea, or what it might look like under the sea. You could try making a shoe box mobile to show what it looks like.



Physical Development

We have started growing vegetables in our new Nursery garden, and we have been learning the importance of fruit and vegetables for our bodies. Why do you think we need to eat healthy foods? What foods do you know that are healthy? Ask a family member or friend if you can try a new vegetable or fruit. Which one did you choose? Can you describe what it tastes like? Let your Nursery teachers know if you try a new fruit or vegetable. Can you make a healthy menu for our café?



Let's talk...

We will all be starting Reception in September, which can bring out different feelings and emotions. Have a chat with a friend or family member about how you feel about moving to Reception. Is there anything you would like to know about Reception? What would you like to ask your new teacher?