

# Keeping Active

## Home Learning Pack



### Included in this pack:

- Keeping active die
- Daily activity journal
- Scavenger hunt checklists
- Reading practice – tongue twisters
- The Human Body – labelling sheet
- Keeping Healthy task

This home learning pack is designed for children in years 1 and 2 (ages 5–7) to complete, with some adult support where possible, over a week. It contains fun, engaging opportunities to develop and practise reading and writing skills that can be completed within a child's home environment, based around the topic of 'Keeping Active'. Activity sheets are provided – but if you do not have access to a printer, all activities could be completed using any paper or writing books that you have at home.

For teachers' reference, the pack covers these key curricular skills:

### Reading

- to apply phonic knowledge and skills to read words;
- read accurately blending sounds in words;
- to become familiar with a wider range of rhymes and poems, reciting some of these

### Writing

- year 1, to write simple sentences;
- year 2, to write for different purposes (persuasive poster, writing instructions)

### Science

- to identify, name and label the basic parts of the human body;
- to describe the importance of exercise for humans

### PE

- To master basic movement such as running, jumping, throwing and catching
- develop balance, agility and coordination

A week's worth of activities are described on the next page, with helpful information for adults explaining how to use these resources with your child. They are designed to be as fun, practical and creative as possible – nurturing children's natural curiosity, developing their literacy skills and keeping learning lively!

# Activities

## Keeping Active Die

Use the **keeping active die** to keep your children active. Cut out the net and use glue or sticky tape to make a cube. Your child can then roll the die, and hold the pose shown on the uppermost face for a set amount of time (30 seconds or one minute).

This could be completed outside or indoors.

There is also a blank template so that you could create your own activities – can your child think of some to add?

## Tongue Twisters Reading Practice

Enjoy reading the three **tongue twisters** with your child. Can they read them out loud? Can you?

Encourage your child to practise reading the tongue twisters, thinking about how they use their voice.

They could perform them, and teach them, to other members of the family!

## Scavenger Hunts

There are three **scavenger hunts** for you to try – including one where all the items can be found indoors. Ask your child to hunt for all the items on the list and tick them off once found.

There is a blank version, so that you can have fun creating your own scavenger hunt!

## The Human Body

Use the **Human Body worksheet** to talk about parts of the body. Children can cut out the word cards included in the pack and stick them around the human body outlines, with lines to show where each part of the body can be found. Alternatively, they could write the words themselves.

There is a male and female version of the body outlines for you to choose from.

Once labelling has been completed, children might like to add facial features and clothes to the body outline, and colour it in.

## Keeping Healthy Activity Sheet

In year 2, children need to learn how to keep themselves healthy. Use the **worksheet** to look at this with your child, identifying things in the pictures that they should do to keep themselves healthy (e.g. exercising, brushing their teeth and eating fruits and vegetables). They could sort the pictures to show which are healthy and unhealthy and then use this information to create a poster to share what they have learnt with other people.

## Daily Activity Journal

Encourage your child to keep a **daily journal** showing how they have kept themselves active. Have they: gone for a walk; played in the garden; played with the 'keeping active' die; danced to their favourite songs; played in the garden?

Keep a record of these to encourage your child to stay active and use their writing skills to record them.

# Other activities:

- Can the children make a den, inside or out?
- Can you do some extreme reading? Find an unusual place to read. It could be under a table, in a den, in a garden, on the windowsill or anywhere else – as long as it is safe! Take photos to share with your friends and family.
- Make your own scavenger hunts for your family to complete!
- Go for a walk outside if you can.
- Using a large piece of paper, or outside using chalk, draw around the outside of your child's body. Can they add labels showing the different parts of the body? They could find out about internal organs, such as the heart, lungs or brain. Can they draw where they think these are in their body?