



CVPS Learning From Home Framework – Early Stage 1

You will not need access to a digital device to complete the following activities. You will need help from a parent/carer.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|--|--|--|--|
| Task | Can you set the table for dinner tonight? | Can you make your bed? | Can you help make lunch today? | Have you had breakfast? | Did you brushed your teeth? |
| Morning | <p>English</p> <p>Sound of the day: ‘p’ as in ‘pig’ Activity: Find, write or draw objects you can think of or find from around your home that has the sound ‘p’</p> <p>Write a sentence using one or more of these words. Remember capital letter, spacing and full stops.</p> <p><u>Rhyming time-</u> Cat- think of as many rhyming words that rhyme with cat. You can also write these down.</p> <p><u>Special memory</u> Share a special memory you have of school. What is something you have enjoyed this year?</p> | <p>English</p> <p>Make a word <u>You Will Need:</u> -Paper cut into squares -Black marker/pencil <u>How To:</u> Cut the paper into small squares (you need 26 pieces). Write one letter of the alphabet on each piece. Use the letters to create simple words such as cat, hat, cap, tea etc.</p> <p><u>When I grow.</u> Discuss with a family member about what you would like to be when you grow up. Draw picture of what would like to be. Write a sentence about it. Does your sentence have a capital letter,</p> | <p>English</p> <p>Create the word “have” using pegs or pasta.</p> <p>Find, draw and label objects from around your home that start with or contain the diagraph ‘ng’ like in strong.</p> <p>Draw a picture of yourself. Label your picture. Write a sentence about yourself e.g. I have long hair. Does your sentence have a capital letter, finger spaces, neat writing and a full stop?</p> | <p>English</p> <p>Play a game of memory. Cut ten small pieces of paper to use as cards. Get an adult to tell you a word. Write the word down. Use these words <i>she, boy, have, not, girl</i></p> <p>Practise writing the lower and upper case “Qq”. You could do this by using a paintbrush and water on a path OR rainbow coloured pencils on paper OR a stick in dirt.</p> <p><u>My Pet.</u> Make a poster about your pet (if you don’t have a pet then you can choose any animal). What does your pet look like? Where does your pet</p> | <p>English</p> <p>Create the diagraph “ai” using lego or buttons. Can you make a word that has “ai” like “pain”.</p> <p>Word Hunt: find 4 letter words around the home. Write them in rainbow colours. How many words did you find?</p> <p>Read a book with a family member. Tell your parent/carer what the story is about. Describe one of the characters in the story. Finish the sentence below about your favourite character.</p> <p><i>My favourite character is _____ because _____.</i></p> |

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| | Draw a picture of this. | finger spaces, neat writing and a full stop? | | live? What does your pet eat? Fun fact about your pet. | |
| Break | Break | Break | Break | Break | Break |
| Middle | <p>Mathematics</p> <p><u>Challenge</u></p> <p>Every day practise counting forwards and backwards to 20. Time how fast can you count backwards and record your time. See if you get faster every day.</p> <p><u>Find and count</u></p> <p>Count how many lights, doors and windows you have in your house. Record the number for each one.</p> <p><u>Bingo</u></p> <p>Play Bingo as a family- get a piece of paper fold it 3 times to make 8 squares. Write your own numbers. This can go from 1-10, 10-30 or as high as you would like. One person is in charge to call out a number. You</p> | <p>Mathematics</p> <p><u>Jumping Bean</u></p> <p>Label pieces of construction paper from 1 to 20, and lay them in a maze on the ground. Jump between the papers in order.</p> <p><u>Throw snowballs to make 10</u></p>  <p>Make "snowballs" from paper, then place them in a bucket at one end of the room. Start out by having them toss snowballs into another bucket until they reach 10 (or any target number).</p> | <p>Mathematics</p> <p>Towers- using blocks make towers to represent numbers 1-20.</p> <p><u>Shapes</u></p> <p>Cloud watching. Watch the sky and clouds. Draw the different shapes you can see in the clouds.</p> <p>Draw your own sky using different shapes for clouds. What shapes did you use?</p> | <p>Mathematics</p> <p>Get an adult to call out different numbers. Make the number using fingers, counters, bears etc</p> <p><u>Heavy or Light</u></p> <p>Go on a scavenger hunt around your house to find objects that are heavy or light. e.g. an apple and a grape. Which one is heavier? Which one is lighter?</p> <p>Challenge: Place the objects you found in order from lightest heaviest to heaviest.</p> | <p>Mathematics</p> <p>Start counting from 1. What number can you count to?</p> <p>Practise writing your numbers. What number can you get up to?</p> <p><u>Time</u></p> <p>Think about your day. Talk to an adult about things you do in the morning, middle of the day, afternoon, night.</p> <p>Write/Draw things that happen in the morning, middle of the day, afternoon, night.</p> |

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| | <p>cross the number off your bingo card. The winner is the one that has no numbers left on the page.</p>  | <p><u>Card Flip</u></p> <p>Place cards into 2 piles. Flip 2 cards at the same time and place them side by side. Add the cards together. Who says the total the quickest gets the cards.</p> | | | |
| Break | Break | Break | Break | Break | Break |
| Afternoon | <p>PDHPE</p> <p>Create an obstacle course.</p> <p><u>Sense walk</u></p> <p>We have 5 senses</p> <ul style="list-style-type: none"> • See • Hear • Smell • Touch • Taste <p>In your home environment walk around and find something that matches each sense- eg Listen for sounds. Record what you find.</p> | <p>STEM</p> <p><u>Paper plane</u></p> <p>Make your own paper plane. Measure how far you threw it each time by counting how many steps it takes to reach it.</p> <p><u>Instructions</u></p> <ol style="list-style-type: none"> 1- Fold the paper in half. 2- Unfold and then fold the top two corners into the centre line. 3- Again, fold the paper in half. 4- Finally, fold the edges down to meet the bottom of the body | <p>Science and technology</p> <p>Design and build a vehicle to go on water, land or in space. Use blocks, boxes, Lego, sticks, anything you like.</p> | <p>Music</p> <p>Listen to the sounds in your environment. Try to recreate those sounds that you hear by using your voice, your body/body percussion(clapping, stomping, clicking your fingers), any objects or any musical instruments that you have.</p> | <p>PDHPE</p> <p><u>Whats the time Mr Wolf?</u></p> <p>Ask every one at home to play this one outside in your backyard.</p> <p>How to play: The players chant "What's the time Mr Wolf" and the wolf replies with a time. The players hop that number of spaces forwards. If Mr Wolf answers with "It's dinner time" the players try to run back to the beginning before they are caught by Mr Wolf.</p> |

