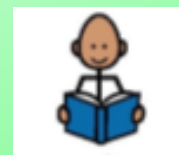


Ideas to support children in Key Stage 1

These are a few suggestions and ideas that might be useful at this difficult time for children and families. They are not things you must do, just some nice ideas.

Reading

- Reading (either them reading, reading to them or via a audiobook)
- There are also useful free websites for reading:



<https://www.oxfordowl.co.uk/>

<https://www.vooks.com/parent-resources>

<https://www.phonicsplay.co.uk/>

<https://www.worldofdavidwalliams.com/elevenses/> A free audio story will be realised for the next 30 days for free.

- Test Practice - Reading Comprehension

Examples of past papers to print here

<https://www.gov.uk/government/publications/key-stage-1-tests-2019-english-reading-test-materials>

Writing

Write a story or create a comic. Create a PowerPoint or make a book about something you are interested in.



Grow a cress head or beans and keep a diary.

Maths

Practical maths ideas:

Set up a pretend shop and practice using money

Baking /cooking activities involving measuring and weighing



Play games—<https://www.topmarks.co.uk/maths-games/5-7-years/counting>

Test Practice - Maths Papers

Examples of past papers <https://www.gov.uk/government/publications/key-stage-1-tests-2019-mathematics-test-materials>

Science

<https://www.bbc.co.uk/bitesize/subjects/z6svr82>

Make cress heads and watch them grow. <https://www.bbc.co.uk/cbeebies/makes/mr-blooms-nursery-cressheads>



P.E.

Try and keep fit and active by exercising every day for at least 30 minutes. Search YouTube 'Joe Wicks workouts for children'

Fine Motor Skills

Lego, drawing/colouring, using scissors, playdough

<https://childhood101.com/lego-learning-activities/>



Sensory Ideas

Sensory Regulating Activities

Jump on a trampoline, running and jumping games, play in sand pit and with wet sand, bounce on a space hopper, skipping, jumping onto a crash mat, bouncing on an exercise ball, go for a run, star jumps, step ups - use bottom step on stairs



Sensory Organising Activities

Crab walking, press ups, rolling on tummy on exercise ball, wheel barrow walk, play catch with a heavy ball, ride a bike

Sensory Calming Activities

Provide small box/tent with blankets or cushions for the child to squeeze into to calm and quiet, roll tightly in a towel or blanket, bear hugs, firm towel rub after bathing, weighted blanket, fidget toys - have a selection in a box. Chewy tubes, chewing gum, gummy bears. Blowing bubbles, roll on an exercise ball back and forwards in a rhythmic pattern to calm

Sensory Processing and Exercise Ideas

Jump on a trampoline, climbing activities, ride a scooter or bike, running/jumping games, dance along to a 'just dance' video on YouTube
Cosmic Kids Yoga www.cosmickidsyoga.com



Visual timetables

Visual Timetables can help children to understand what they are doing over a period of time. They give structure to the day and can reduce anxiety levels. Symbols are used to represent the tasks, activities or lessons and these are taught to the child.

A selection of symbols have been provided below.

Social Stories

Coronavirus story to try and help explain Coronavirus to children.

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

For further support contact RANS Helpline:

9am-4pm, Monday- Friday

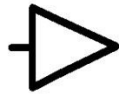
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_____ 's schedule for today



now



next

