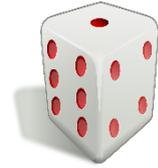




## Daily tips for Playful Learning at Home

### Let's Move



Children love to be busy and moving. Here is a simple way to get the family moving, have some fun as well as develop some simple numeracy skills.

#### What do I need?

- Two pieces of paper cut into six squares or one piece of paper and a dice.
- A bit of space to move inside or out.
- Suitable clothing to move in.

#### What will your child learn from this play?

- Gross motor skills.
- An awareness numbers and counting skills.
- An awareness of how exercise affects our bodies.

#### What do we do?

Decide with your child on six easy movements such as jumps, hops, star jumps, claps, kicks, stomps, kick a ball, bounce a ball, throw and catch a ball.

- Write the numbers 1 – 6 on one set of bits of paper and draw dots underneath to help your child if they aren't sure of the numerals. (you can use a dice if you have one)
- Write the actions on the other bits of paper.
- Put the numbers and actions in two piles upside down.
- Take turns to pick a number (or roll the dice) and an action then everyone has to do the action that number of times
- Count along as you do the actions to help your child with the number words
- If your child just does random numbers that's fine – they will be learning by watching you (you could try with just 1 and 2, and build up as they can follow)

#### How can you take it further?

Introduce bigger numbers or use two dice/pick two numbers and add the dots together.

Or instead of repeating actions a number of times use a watch or phone and set a timer for 10, 15, 20 seconds and count how many times you can do the selected action in that time.

Encourage your child to notice the changes in their bodies by thinking about what happens when you do actions lots of times? (you get hot, out of breath, your heart beats faster, you feel tired)