
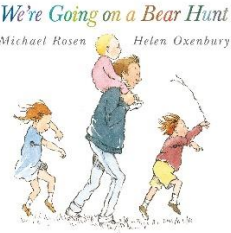






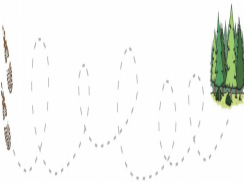
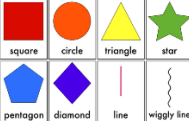

















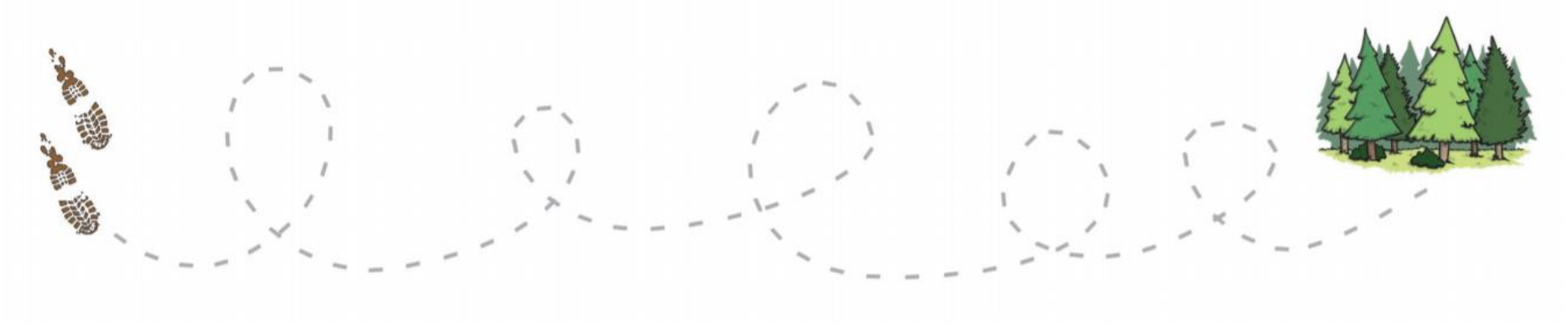


	Personal, Social and Emotional Development	Physical Development	Communication and Language	Literacy	Mathematics	Understanding the World	Expressive Arts and Design
Monday	https://central.espresso.co.uk/espresso/primary_uk/subject/module/video/item1183760/grade/module1182719/index.html?source=search-all-F-all-Videos&source-keywords=bear Have a look at the video. Did you ever lose something important to you, like a teddy or your favourite car? How did you feel? Did you manage to find it? How did you feel when you've found it?	https://www.youtube.com/watch?v=KAT5NiWHFIU "We're Going on a Bear Hunt" Yoga today! Stretch those muscles, you sleepy bears! 	The bear in the story is described as "One shiny wet nose! Two big furry ears! Two big goggly eyes!" What other animals could be hiding in the cave? How would you describe them?	https://www.youtube.com/watch?v=0gyI6ykDwds Listen to the amazing Michael Rosen reading "We're Going on a Bear Hunt". 	https://classroom.thenational.academy/lessons/using-mathematical-language-to-describe-position-accurately-cth30c?activity=video&step=1 The last video about positional language to reinforce the learning from last week. 	 <p>What other animals live in caves? Can you think of some examples?</p> 	Create your own instruments to make the sounds from the lovely "We're Going On A Bear Hunt" story: swishy swashy – going through the pages of a book; splash splosh – use a half full bottle and shake it; squelch squerch – a plunger on some tiles; stumble trip – snap some twigs and sticks, hooo wooo- blow into an empty bottle. Or you can use spoons and pots and bang in different ways.
Tuesday	https://www.youtube.com/watch?v=FGMNjItSncVI Do you have a favourite toy? Why is it your favourite? How do you play with your toy? How does your favourite toy makes you feel? 	Create your own 'Going on a Bear Hunt' obstacle course. Set areas where your little one can march, hop, jump, crawl, climb over some pillow or the couch, roll, run or balance over an imaginary plank on the floor. Time them or ask them to go backwards to get home safely. 	https://eclecticrecipes.com/apple-bear-muffins/ Would you like to try some baking today? 	Use a tray with sand, salt, shaving foam or flour to make patterns to show the bear hunt adventure. I have added examples at the bottom of the page. 	https://www.youtube.com/watch?v=PqDxLCXRPyw We will be learning about shapes this week. Can you try and draw some? 	https://www.youtube.com/watch?v=8OsPkftcdZo Listen to the song and see if you have mentioned some of these animals. 	Divide a piece of paper into 6 equal parts, each representing one of the settings in the story. You can use some cotton wool for the snow, or glue and salt, pieces of blue felt or paper for the river, real grass for the grass etc. Be as creative as you can!! 

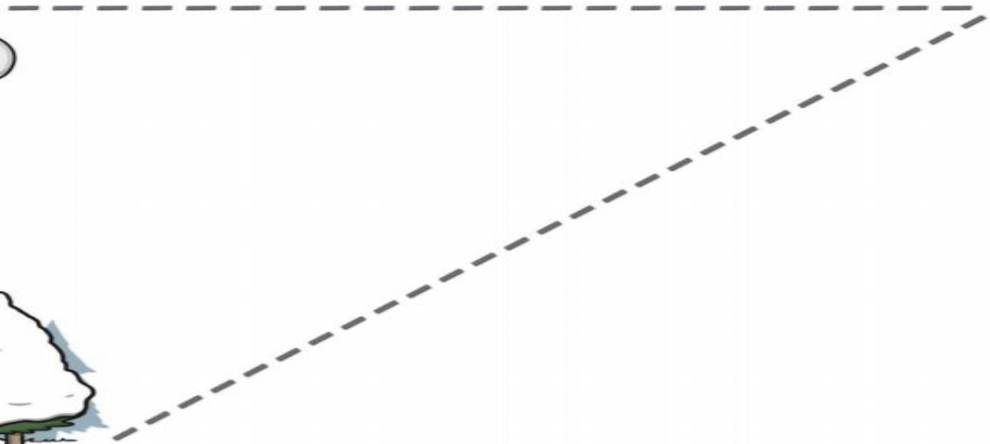
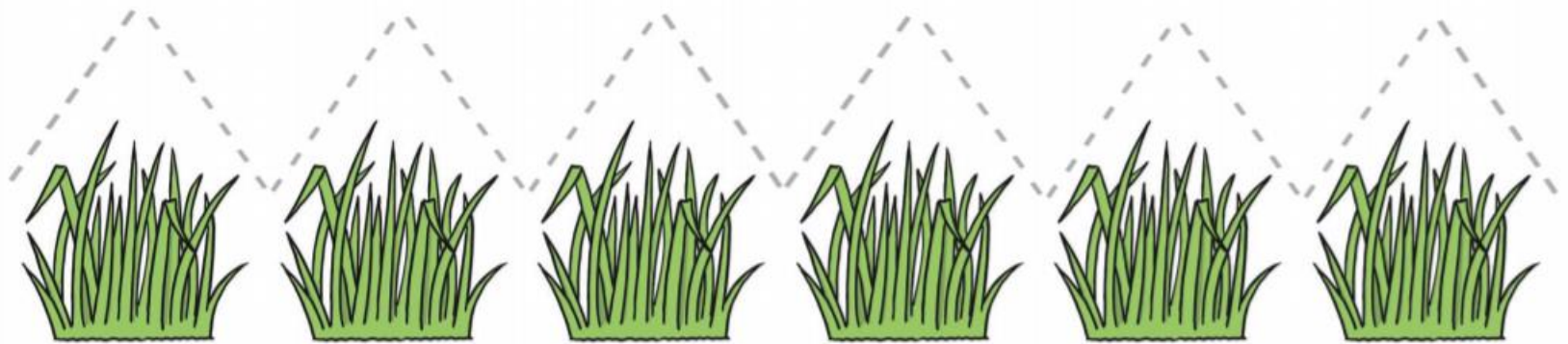
Wednesday	<p>https://www.youtube.com/watch?v=61ovb4x00Aw The little girl has lost her bear. How was she feeling? Did she managed to make herself feel better?</p> 	<p>Let's get ready to go on a bear hunt today. Let's see if you can put your jacket and your wellies on all by yourself today!</p> <p>Look how much fun these children had when going on a pretend bear hunt!</p> <p>https://www.youtube.com/watch?v=DPaKE9aRfuc</p> 	<p>Discuss with your grown up in what type of adventure would you like to go and why. Would you like to go on the sea as a pirate? Or in the jungle, like an explorer? Or maybe as a pirate lost in the jungle?</p>	<p>https://www.youtube.com/watch?v=zJsilXhh5RE The caves are such mysterious places. Listen to this wonderful story. What other words would you use to describe the cave? Were the children in a real cave? Can you make yourself a cave?</p> 	<p>Can you go on a shape hunt around the house?</p> <p>https://classroom.thenational.academy/lessons/sorting-2d-shapes-cdh3et?activity=video&step=1</p> 	<p>Learn more about caves</p> <p>https://www.youtube.com/watch?v=puA0YC-hSPM</p> 	<p>https://www.youtube.com/watch?v=76wc4xdgzGk</p> <p>Sing and dance with this lovely and simple song!</p>  <p>If you have got a paper plate, you can have a go at making the mask from the bottom of the page. Or you can use a fork and some brown paint to make a scary bear!</p>
Thursday	<p>https://www.youtube.com/watch?v=ntXvVxOlG04 Listen to 'Pete The Cat' story about celebrating Valentine's Day. How do you feel when someone gives you something nice?</p> <p>Can you make a lovely Valentine's Day card for someone special? Or you can do like Pete and make cards for all your friends and family.</p>	<p>https://www.youtube.com/watch?v=6erW0wzHsgI Valentine's Day exercise today! Give yourself some hugs and then go and hug your family! That is some great stretching!</p> 	<p>https://www.youtube.com/watch?v=-NaX5x-YeoY</p> <p>Have a look at how Valentine's Day is celebrated. What would you like to receive? What would you like to give to someone you love?</p>	<p>https://www.youtube.com/watch?v=ug1pl-Ephns</p> <p>We will be celebrating Valentine's Day on Sunday. Can you learn the song and sing it to someone you love?</p> 	<p>https://classroom.thenational.academy/lessons/creating-patterns-with-shapes-ctj3gc?activity=video&step=1 Let's discover how well you can make patterns using shapes. Can you tell the name of the shapes as you complete the pattern?. You can cut the shapes out of paper or you can draw them. I am attaching some examples of patterns at the bottom of the page.</p>	<p>https://www.youtube.com/watch?v=5fmy1MX42b8</p> <p>Have a look at the history of Valentine's day. Can you observe the local community? What can you see that is specific for Valentine's Day?</p> 	<p>https://www.youtube.com/watch?v=n5noNWgcAAE A lovely song about Valentine's Day. Can you learn it and sing it to someone you love?</p> <p>https://www.youtube.com/watch?v=mLdfVgWJ_yk</p> <p>The silliest song so far, but it is fun! I bet you will be singing it all day!</p> 

Friday	https://www.youtube.com/watch?v=1cRMRp9-Z08 We are celebrating Chinese New Year this Friday! Have a look at all the preparations!	https://www.youtube.com/watch?v=oyl3qukcTil We're going on a dragon hunt! 	https://www.youtube.com/watch?v=Mzg9jRFUjRA Discuss how Chinese New Year is celebrated. What food is prepared?	https://www.youtube.com/watch?v=XPmmSTfLuEI What a lovely story! Would you like to catch a dragon? I have added a recipe at the bottom of the page. Have a go at cooking some delicious noodles. 	https://www.youtube.com/watch?v=w6eTDfkvPmo I hope you remember the lovely song about shapes we used to sing in nursery! 	Locate China on a map. Discuss where in the world it is. Locate England (UK) on a map. Is China near us? Or is it far away? 	Can you try and make a paper lantern? I have put a template at the bottom at the page. 
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This week we are focussing on “We’re Going on a Bear Hunt” by Michael Rosen. The activities above are suggestions to get you started in supporting your child’s learning. Please, feel free to adapt them to your child’s level and include their interests as well. Children learn best through play, so make sure you are encouraging curiosity and let them use and develop their imagination. Work your way through the activities at a pace that works for you and your child. Try to turn off any distractions (e.g. the TV) and create a space where you can learn together. Keep it fun and keep each session short – maybe half an hour. The most important thing you can do is to carry on speaking with your child, to support their language development and to listen to their concerns at this time. If you require any support with your child’s Home Learning, please do not hesitate to email admin@st-marys.lewisham.sch.uk or ring 0208 6902613.







Can you continue the patterns below?

1.



2.



3.



4.



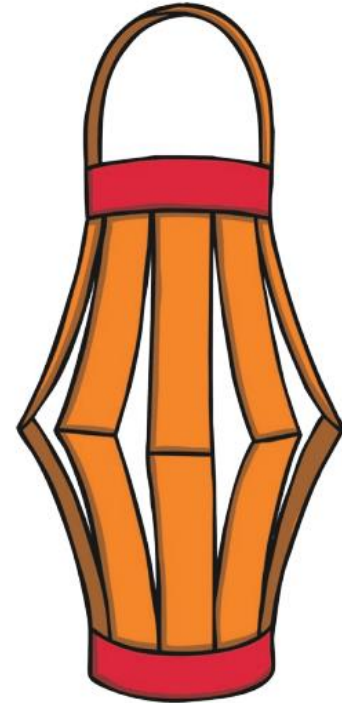
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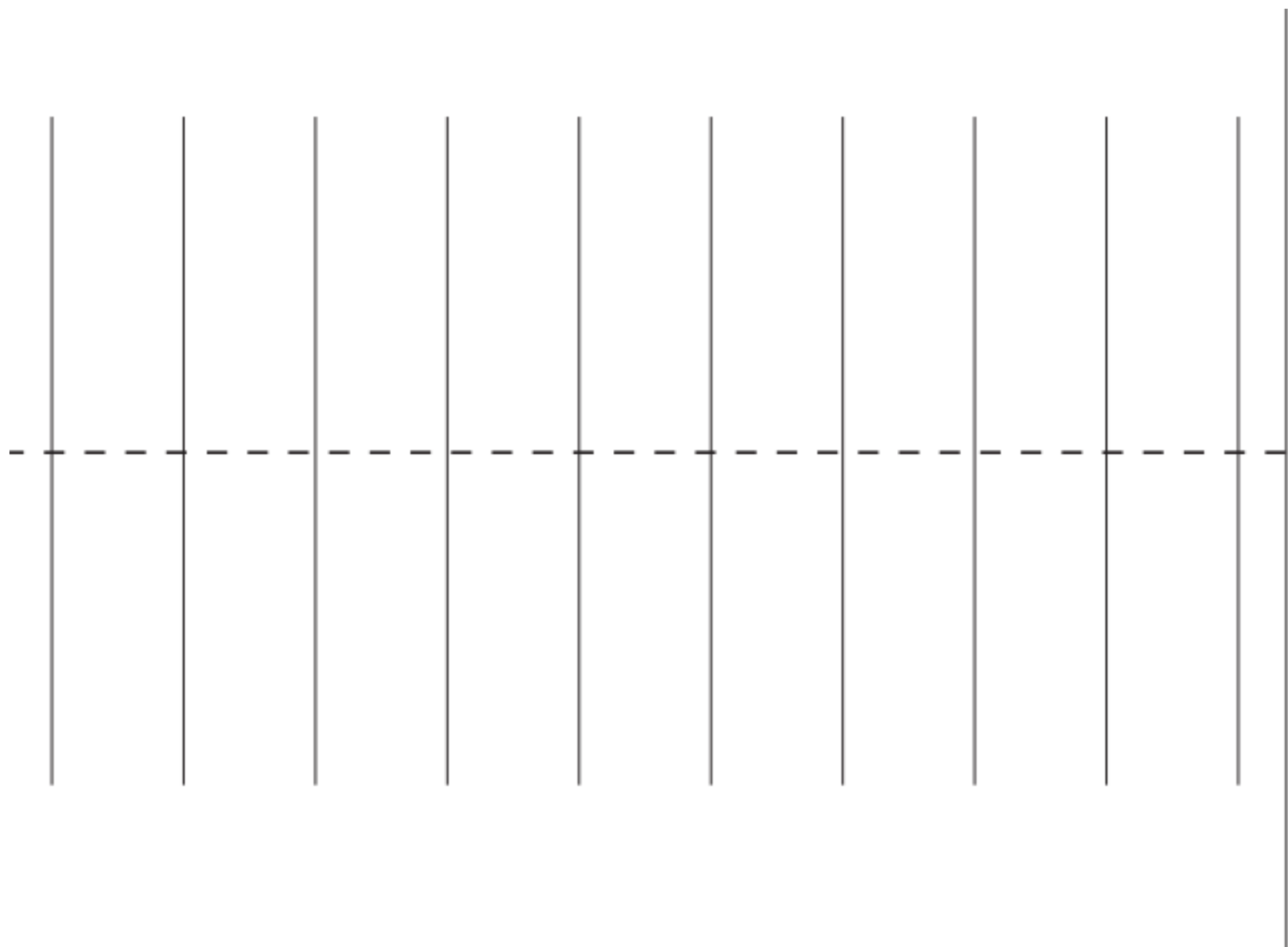


How to make a paper lantern:

1. Cut off one end of the paper. Set aside to use as the handle.
2. Decorate the sheet using coloured pens, paint or glitter.
3. Fold your paper in half lengthwise along the dashed line.
4. Cut the marked lines along the sheet. (Do not cut to the edge of the paper).
5. Unfold the paper.
6. Match the long edges together on the lantern and use tape to hold it in place.
7. Staple the handle to the top of the lantern.

Why not try printing the template onto coloured paper?





Beef and Broccoli Stir Fry

This beef and broccoli stir fry is a perfect speedy scrummy dinner!

You will need...

Ingredients

1 tablespoon of soy sauce
2 teaspoons of ground ginger
A quarter of a teaspoon of sugar
2 teaspoons of corn flour
3 cloves of garlic
1 head of broccoli
1 beef steak
Olive oil

Equipment

Hob
Two Small bowls
Garlic press
Frying pan
Wooden spoon
Chopping board
Sharp knife



Method

1. Cut your beef steak into bite sized strips.
2. Heat a tablespoon of olive oil in the pan and fry off the beef until it has browned. Remove the beef and set aside in one of the bowls.
3. Mix together the soy sauce, ground ginger, sugar, corn flour in the other bowl. Press the 3 garlic cloves in the garlic press and add these to the sauce mix too.
4. Cut the broccoli florets from the broccoli head.
5. In the same pan that you cooked the beef, add another tablespoon of oil. Add the broccoli florets and cook for around 3 minutes. You want the broccoli to keep some of its crunch!

Method

6. After 3 minutes, add the beef back into the pan along with the sauce mixture. Cook everything through for around 3 minutes, stirring continuously. Once the sauce has thickened and coated the beef and broccoli nicely take the pan off the heat.
7. Serve your nutritious yummy stir fry with rice or noodles! Why not have a go at eating your stir fry with chopsticks?