

Nursery

Week 10 Physical

Activity 1

Letter formation.

Use the [letter formation resource](#) to practice your writing.

Follow the arrows and create the shapes that make each of the letters. Some are lines, some are circles, some are zig zags and some are combinations of two shapes.

When you have practised, can you write the letters independently?



Activity 2

Follow the links and practise your yoga. This week we are taking a yoga journey through different types of transport.

<https://www.youtube.com/watch?v=lppLh0FI3iw&feature=youtu.be>

https://www.youtube.com/watch?v=T_OP5grVoyg&feature=youtu.be

<https://www.youtube.com/watch?v=dtQ72qRpVVE&feature=youtu.be>



Activity 3

Follow the links to get active!

Do these two warm ups first.

<https://www.youtube.com/watch?v=MugzDjGDYjo>

<https://www.youtube.com/watch?v=h4eueDYPTlg>

Now follow the links to get your body more active. Join in with the actions.

<https://www.youtube.com/watch?v=MVzXKfr6e8>

https://www.youtube.com/watch?v=JoF_d5sgGgc

<https://www.youtube.com/watch?v=69f9sCwhwYk>

<https://www.youtube.com/watch?v=hfZ-438DrIs>

<https://www.youtube.com/watch?v=cZeM18fPbvl>

<https://www.youtube.com/watch?v=w6YbSxMhsQ0>

<https://www.youtube.com/watch?v=388Q44ReOWE>

Activity 4

Finger Gym.

Use the **activity 4 resource**.

You will also need: Tweezers and small objects that can be picked up with the tweezers.

The train needs to be loaded with cargo. Using the tweezers, can you put the correct amount of cargo into each of the train's carriages?

What numbers are on the carriages?

Activity 4 resource.

Cut out the carriages. Can your child identify the numbers?

Using tweezers, can your child put the correct amount of cargo into each of the carriages?





