



Hello Everyone,

We want to give you a little bit more of an insight into how our children learn when they are at school. At Broad Oak, we value **PLAY** - playing indoors and outdoors is crucial in helping your child to learn and develop. Playing allows children to find out about things, try out and practice ideas and skills, take risks, explore their feelings, learn from mistakes, be in control and think imaginatively.

In order to help you with some ideas, we are going to share some play based activities each day based on one area of learning. Below, you will find the 7 areas of learning and development and how they are broken down into sub areas.

Prime Areas of Learning & Development

Communication and Language	Physical Development	Personal, Social and Emotional
<ul style="list-style-type: none">• Listening and attention• Understanding• Speaking	<ul style="list-style-type: none">• Moving and Handling• Health and self-care	<ul style="list-style-type: none">• Self-confidence and Self-awareness• Managing feelings and behaviours• Making Relationships

Specific Areas of Learning & Development

Literacy	Mathematics	Understanding the World	Expressive Arts and Design
<ul style="list-style-type: none">• Reading• Writing	<ul style="list-style-type: none">• Numbers• Shape, space and measure	<ul style="list-style-type: none">• People and Communities• The World	<ul style="list-style-type: none">• Exploring and using media and materials

Figure 1: EYFS Areas of learning & Development¹



Communication and Language

Here are some ideas about how you can support your child's communication and language development whilst you are at home together.

- Follow interests - Talk about what your children are interested in. They will be more motivated to speak.
- TV Time - When your child is watching TV, watch it with them (as much as possible). This can spark conversation and provide new vocabulary.
- Quiet times - It's really important to remember that children need quiet time where you turn off background noise and have time to focus on play.
- Use technology - Keep in touch with relatives or friends they are separated from at this time e.g. e-mail, send photos, video chat. Use it as an opportunity to ask your child what they might want to say.
- Explore photos - can your child remember the story behind the photo? See if you can find a similar photo of when you were young. Talk about the differences and similarities - this exercise is great for sharing real stories.
- Turn technology off - model putting your own devices to one side. Communication technology is part of our daily lives, but face-to-face conversations are rewarding and vital for developing speaking and listening skills.
- Using these tips - alongside the activities in this booklet will promote communication and language.

Physical Development

Exercise is essential to maintaining mental and physical health. Whilst challenging with minimal outdoor time being allowed at the present time, it is important to be inventive and find ways for children to partake in physical activity wherever possible in your garden and/or indoors dependent on the space available.

Activity	How adults can support	Learning ¹²
Animal Moves	<ul style="list-style-type: none"> Discuss how different animals move to encourage your child to move in different ways e.g. jumping, running, hopping, skipping, galloping, sliding, crawl 	<ul style="list-style-type: none"> Move freely and with pleasure and confidence in a range of ways
Balance & Control	<ul style="list-style-type: none"> Provide ways to promote your child's balance. This can be as simple as providing a line of tape on the carpet/ plank on the ground in the garden. You can increase the challenge by suggesting they try backwards, sideways, tip toes, hoping etc Controlling movement especially stopping and starting when moving fast is hard when you are young. Play games like musical statues/ bumps to support this Balancing on one leg. N.B. Children are likely to have a favoured side so use both. You can time using stopwatches and try to improve personal best 	<ul style="list-style-type: none"> Gain increasing control and co-ordination of large movements Moves with increasing confidence in a range of ways appropriate to their age Learn to safely negotiating space.
Dancing	<ul style="list-style-type: none"> Encourage children to use their imagination when moving to a variety of music genres e.g. turning, twisting, freezing, stretching, curling, landing and pivoting 	<ul style="list-style-type: none"> Travels with increasing confidence and skill Improves negotiation of space
Long & High jump	<ul style="list-style-type: none"> Make this a competition against siblings or you as the adult and/ or encourage them to improve their personal best Measure the length they jump using standard and non-standard measures (see mathematics section) High jump can be from two feet together and a leap frog jump 	<ul style="list-style-type: none"> Gain increasing control and co-ordination of large movements
Skipping rope games NEVER LEAVE CHILD UNATTENDED	<ul style="list-style-type: none"> Jumping a wiggling rope – adult to wiggle one end and tie the other end to an object. Make up songs/ guessing games while you play Learn to skip with a rope (older children) Find more games here¹³ https://www.todayparent.com/family/activities/6-fun-ways-to-jump-rope/ 	<ul style="list-style-type: none"> Moves with increasing confidence in a range of ways appropriate to their age

Activity	How adults can support	Learning ¹²
Assault and obstacle courses	<ul style="list-style-type: none"> Create these inside or out. Consider what you can use to encourage your children to move in different ways and challenge their capabilities Allow children to create their own courses 	<ul style="list-style-type: none"> Travels with increasing confidence and skill around, under, over and through balancing and climbing equipment
Using tools and equipment NEVER LEAVE CHILD UNATTENDED	<ul style="list-style-type: none"> See ideas under the Literacy (Writing) and Expressive Arts and Design (Exploring and using media and resources) sections Woodwork is great and children are so careful with real tools! Cooking 	<ul style="list-style-type: none"> Develop the capability to handle equipment and tools effectively
10 Minute Shake Up games	<ul style="list-style-type: none"> Disney & Change4Life have joined forces to offer Disney clips that accompany 10-minute bursts of energy¹³ https://www.nhs.uk/10-minute-shake-up/shake-ups 	<ul style="list-style-type: none"> Travels with increasing confidence and skill

Table 1: Activities to Promote Gross and Fine Motor Skills

Activity	How adults can support	Learning ¹²
Recipes, Menus & Cooking	<ul style="list-style-type: none"> As appropriate to the age allow children to make choices about snacks from a range of healthy options and explain in appropriate terms what healthy foods are and why Create a menu for the week and model/discuss having a balance of food type 	<ul style="list-style-type: none"> Eats a healthy range of foodstuffs and understands need for variety in food
Workout	<ul style="list-style-type: none"> Try the 'Joe Wickes PE Lesson' online¹⁴ https://www.youtube.com/watch?v=qGKGNzNbWjU 	<ul style="list-style-type: none"> Shows some understanding that good practices with regard to exercise
Yoga	<ul style="list-style-type: none"> Try Cosmic Kids Yoga Online Cosmic Kids Yoga¹⁵ https://www.youtube.com/user/CosmicKidsYoga 	<ul style="list-style-type: none"> Shows some understanding that exercise can contribute to good health
Change for Life	<ul style="list-style-type: none"> Explore this NHS page for tips and ideas about food facts, recipes, activities and your child's weight¹⁶ https://www.nhs.uk/change4life Select ideas to share with and motivate your family 	<ul style="list-style-type: none"> Eats a healthy range of foodstuffs and understands need for variety in food
Time to let them try	<ul style="list-style-type: none"> Use this time with your child to slow the pace and nurture their independence and improve their social skills e.g. dressing and feeding themselves, managing small responsibilities like watering plants or setting the table Allow them to think for themselves by making choices and decisions Value your child's input, encourage them to voice their thoughts, opinions and ideas 	<ul style="list-style-type: none"> Manage their own basic hygiene and personal needs with growing success
Toilet Training	<ul style="list-style-type: none"> See 'ERIC's guide to potty training' by the Children's Bowel & Bladder charity¹⁷ https://www.eric.org.uk/Handlers/Download.ashx?IDMF=cad20060-c174-4566-afcd-25f0087614a4 	<ul style="list-style-type: none"> Become dry and clean during the day and then the night
Handwashing	<ul style="list-style-type: none"> There is a designated page related to this, later in the booklet 	<ul style="list-style-type: none"> Talk about ways to keep healthy and safe

Activity	How adults can support	Learning ¹²
Personal safety	<ul style="list-style-type: none"> • Talk to child through daily activities about how to keep safe: <ul style="list-style-type: none"> • Managing tools and equipment safely • Stranger danger • Road safety • Sun safety • Safe relationships and the underwear rule¹⁸ https://parentinfo.org/article/start-talking-pants 	<ul style="list-style-type: none"> • Shows a developing understanding of the need for safety when tackling new challenges, and considers and manages some risks • Shows understanding of how to transport and store equipment safely with increasing competence • Talk about ways to keep healthy and safe

Table 2: Activities to Promote Health & Self-Care

Personal, Social and Emotional Development

"Personal, social and emotional development involves helping children to develop a positive sense of themselves, and others; to form positive relationships and develop respect for others; to develop social skills and learn how to manage their feelings; to understand appropriate behaviour in groups; and to have confidence in their own abilities"

Puppets, dolls and soft toys	<ul style="list-style-type: none"> • Use puppets and soft toys to model conversations and to encourage your child to talk (it is often easier for them to talk 'through' something else) • Use these to address sensitive issues as they arise • Use the puppet to model responding to others' feelings 	<ul style="list-style-type: none"> • Development of empathy • Develop an understanding that own actions can affect other people • Talk about how they and others show feelings
Routines	<ul style="list-style-type: none"> • Try to provide a routine • Within the routine allow for calm, quieter times • Within the routine ensure children have opportunities to explore sharing • Allow children to help where appropriate e.g. making beds 	<ul style="list-style-type: none"> • Feel safe and secure • Time to reflect • Can take turns and share resources
Use stories, mirrors and photos	<ul style="list-style-type: none"> • Stories often have a moral or a journey of emotion within them • Discuss the feelings and why the characters may have those feelings • Pull faces in the mirror together that reflect emotions and talk about these • For young children identify feelings from faces 	<ul style="list-style-type: none"> • Talk about how they and others show feelings
Pretend Play	<ul style="list-style-type: none"> • Provide opportunities to dress up and act out scenarios so that children have the opportunity to explore feelings and experiences and feel safe to do so 	<ul style="list-style-type: none"> • Talk about how they and others show feelings



Sharing opportunities	<ul style="list-style-type: none"> Whether this is sharing raisins at snack time or playing a simple board game these can be fun learning experiences 	<ul style="list-style-type: none"> Fairness Turn take and share Co-operate
Books, puppets, photos	<ul style="list-style-type: none"> Talk about your own family Explore families and discuss different kinds of families 	<ul style="list-style-type: none"> Sensitivity towards others Make sense of their world and see the world from other's point of view
Pretend Play	<ul style="list-style-type: none"> Allow the child to act out their lives and others 	<ul style="list-style-type: none"> Make sense of their world and see the world from other's point of view
Video chat	<ul style="list-style-type: none"> Use technology to reach out to friends and family that your child may not be able to see face to face 	<ul style="list-style-type: none"> Form positive relationships with others

Activity	How adults can support	Learning ¹²
The Language of Emotion	<ul style="list-style-type: none"> Model the language of emotions to discuss how you feel and comment on how they and others may be feeling Encourage your child to talk about how they feel Use visual prompts e.g. simple emoticons, drawing faces, stories to aid understanding 	<ul style="list-style-type: none"> First to express feelings, then identify them, then manage feelings and finally empathise with how others may feel