

# Grade R Home Programme



**Week 10**  
**8–12 June 2020**

## Grade R Home Programme

### Programme

Doing schoolwork at home can be challenging in terms of getting into a routine. Below is an **idea** of a daily schedule that can be used while your children are at home.

<b>Time</b>	<b>Activity</b>	<b>Details</b>
Before 9am	Wake Up	Eat breakfast, make your bed, get dressed, put PJs in laundry.
09h00 – 10h00	Morning Walk	Family walk with dog, stretching if it's raining.
10h00 – 11h00	Academic Time	Home programme from school.
11h00 – 12h00	Creative Time	Lego, magnatiles, drawing, crafting, play music, cook or bake with an adult.
12h00	Lunch	
12h30	Chore Time	A. Wipe kitchen table and chairs B. Wipe door handles, light switches, and desk tops. C. Wipe bathroom sinks and toilets.
13h00 – 14h30	Quiet Time	Reading, puzzles and nap.
14h30 – 16h00	Academic Time	Home programme from school.
16h00 – 17h00	Afternoon Fresh Air	Bikes, walks, playing outside.
17h00 – 18h00	Dinner	
18h00 – 20h00	Free TV Time	Shower or bath.
20h00	Bedtime	

## Academic Home Programme:

**Monday 8<sup>th</sup> June 2020**

### **Maths**

**Morning Ring** (Must be done daily with the kids.)

What day is today? What is the date today?

How many days are there in a week? If today is Monday, what was yesterday? What day will tomorrow be?

Months of the year. How many months are there in a year?

What month are we in now? What was last month? What will next month be? Which month is your birthday? (Please help the children along with the correct answers if they don't know it and give them praise when they get it right.)

The children to sing their days of the week and months of the year songs. **(Daily please)**

How many seasons are there? Which season are we in now? Which season will come next? What happens to the trees during this season?

**Counting:** The children should be able to count everyday objects up to 7 and count backwards from 7. Let the children show you 7 on their fingers. Sing 7 little monkeys jumping on the bed, all the way to 0. Ask the children to stand on their left leg and count to 7 and the same with the right leg.

Fun activity: Use about a cup or two of uncooked macaroni and about half a cup of dry beans and put them in a bowl together. Tell your child that the beans are the coronavirus and the macaroni is their family. They need to save their family from the virus by removing the beans from the macaroni using their pointer finger and thumb only. As they remove the remove the 'virus' from the macaroni they must count how many they caught. Below is an example of the beans and macaroni.



Ask the children to draw a picture of their weekend news. Encourage them to add lots of detail. Ask them what their news is about and write a sentence/ caption for them beneath their picture. They must draw themselves in the picture.

### English

Go through the letters we have done thus far and ask your child if they know what sound the letter makes. After every letter ask them to tell you a word that begins with that sound. Remember we are only doing letter sounds and not alphabet names e.g.: A B C. We want them to know the sounds the letters makes.

Ask your child if they remember what our senses are. How many senses do we have? Which body parts do we use for which senses? How does having our senses help us?

### Life Skills



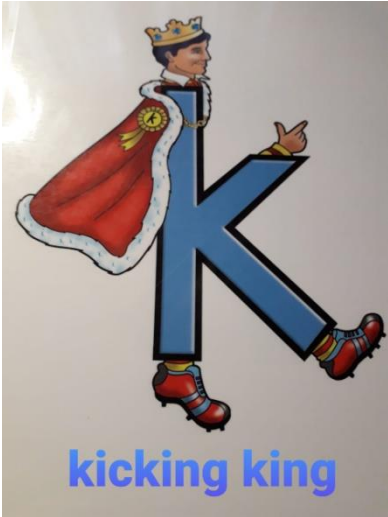
Let's do a fun activity with our sense of smell.

**Containers filled with different scents.**

- Take a minimum of four bottles or containers and put four things that have different smells in them.
- Allow your child to see what you are putting in the bottles or containers.
- Let them label the bottles by drawing a picture of each smell.
- Now take a blindfold and cover your child's eyes.
- Allow your child to smell what's inside of each bottle.
- Now using the pictures they drew, you will place the picture based on their answer in front of the bottle they just smelled.
- Let the children see which ones they got right or wrong.



**Tuesday 9<sup>th</sup> June 2020**

<p><b>Maths</b></p>	<p><b>Morning ring:</b> Day, date, weather. Please do all the songs with them as well.</p> <p><b>Counting:</b> The children count on their number charts and count as far as they can, pointing to the number with their finger. Let them watch and sing along to the counting super-hero video.</p> <p>Do a few word sums with the children with number 7. Eg: If I have 4 apples and John brings 4 apples to school, how many apples do we have altogether? / If I have 7 cupcakes and I eat 1 how many will I have left? (Let the children use their fingers or bottle caps to count. Also give them time to think about the answer, be patient.)</p>
<p><b>English</b></p>	<p>Learn the kicking king song.</p>  <p>Kicking king likes a football trick Flick the ball back with a special kick If it's a goal then the crowd give a king size roar And his kangaroo Keeps the score!</p>
<p><b>Life Skills</b></p>	<p>Read the story When Butterflies Fly and ask the following questions.</p> <ul style="list-style-type: none"><li>• What is a butterfly before it becomes a butterfly?</li><li>• What was the tiny bug in the air shaped like a ball with spikes?</li></ul>

- Why did they have to stay at home?
- What did Lina and her friends and family have to do to make sure they don't get sick?
- What should we do if we do get sick?



**Wednesday 10<sup>th</sup> June 2020**

**Morning ring:** Day, date, weather. Please do all the songs with them as well.

Do daily counting.

Use bottle caps or beans to do the following activity.

- Count out six beans. If I add one more, how many beans will there be?
- How many beans is one more than 3?
- If I had 7 beans and I lost 2, How many beans would I have left?
- Count out a group of 7 beans and a group of 5 beans. Which group has the most beans?
- Can you make 2 groups of 3 beans? How many beans are there altogether?

**Maths**

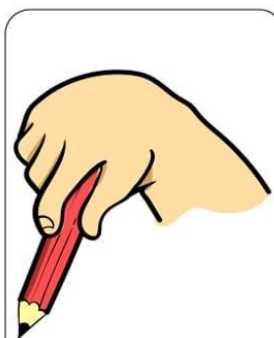
Use the **Introduction to Numbers** workbook. Complete the activity on page 3.

Do the finger exercises below and ensure your child has the correct pencil grip.

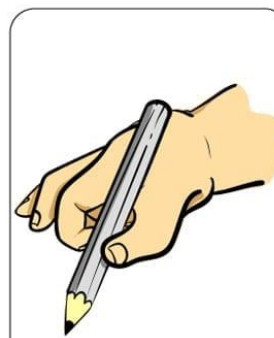
**English**



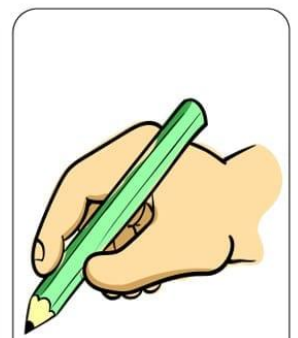
[1-1½ years]  
Cylindrical  
Grasp



[2-3 years]  
Digital  
Grasp



[3½ - 4 years]  
Modified  
Tripod Grasp



[4½ - 7 years]  
Tripod  
Grasp





# PENCIL WARM-UPS



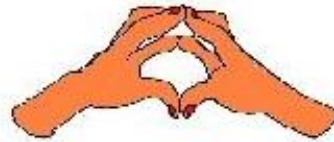
## 1. Dots

Use the thumb and forefinger of left hand and apply pressure to each finger joint of right hand and then in the middle of the palm. Repeat on left hand, using right hand to apply pressure



## 2. Spider Push-Ups

Place corresponding fingers and thumb of each hand together. Do push-ups with fingers.



## 3. Finger Taps

Tap the thumb of each hand to each finger of the same hand in sequence and back again 5 times. (Thumb to index, middle, ring, pinkie, ring, middle, index)



## 4. Pencil Twirls

Weave the pencil between fingers like a baton.




## 5. Pencil Crawl

With fingers in a tripod position starting at the top of the pencil, inch fingers from top to tip of pencil.



## 6. Pencil Flip

Place pencil on table with pair facing body. Pinch pencil near using thumb and index finger. Use left hand to flip pencil back into writing position. Position middle finger in pencil to create tripod position.




Make sure your child is holding the pencil correctly and get them to complete the patterns on pages 2 and 3 in the **Introduction to Writing** workbook.

### Life Skills

Remember the story about Lina the caterpillar who turned into a beautiful butterfly? What do you think Lina looked like when she became a butterfly? Can you draw a beautiful picture of Lina?

**Thursday 11<sup>th</sup> June 2020**

<p><b>Maths</b></p>	<p><b>Morning ring:</b> Day, date, weather. Please do all the songs with them as well.</p> <p>Do daily counting. Ask your child some questions about numbers. E.g.: which, number comes after 4? Which number comes before 7? Which number comes between 5 and 7?</p> <p>Do the matching activity on page 30 in the blue government books Term 2.</p>
<p><b>English</b></p>	<p>Ask your child where they would like to go when the lockdown is lifted and why they want to go there.</p> <p>As you listen to your child talking to you, continue asking open ended questions to get them to continue speaking. Very gently correct their grammar and pronunciation, also make sure that they are using correct time references, e.g.: 'yesterday I will go play with my friends', does not make sense, help them speak correctly.</p>
<p><b>Life Skills</b></p>	<p>Have fun making your own finger paints at home!</p>  <p><b>homemade finger paints</b></p> <p>3 tbs sugar 1/2 tsp salt 1/2 cup corn starch 2 cups water</p> <p>combine ingredients in small saucepan. warm until mixture thickens. cool &amp; pour in containers. add food coloring to create desired colors. enjoy!</p> <p>easie peasie</p>

## Friday 12<sup>th</sup> June 2020

**Morning ring:** Day, date, weather. Please do all the songs with them as well.

Do counting. Ask your child some word sums.

Let the children stand on their left leg and hop 10 times, they must do the same on their right leg.

See if they can count to 10 and clap on every second number. They will clap on 2, 4, 6, 8, 10. They can also hop and count backwards from 7.

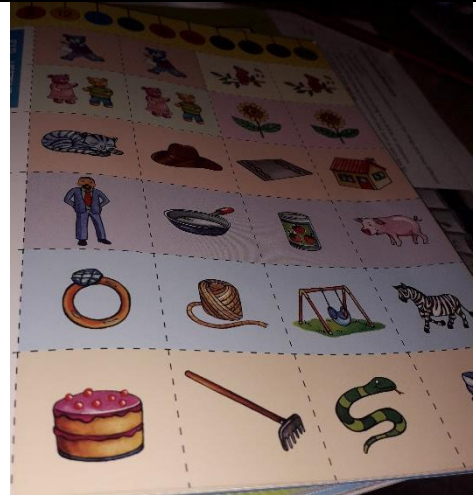
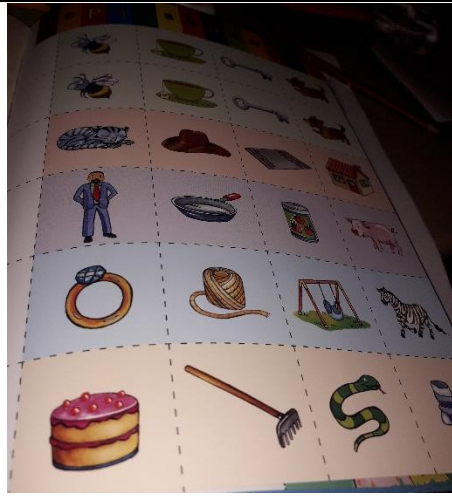
### Maths



Give your child a big piece of paper and write a few numbers (1 to 7) and then let them go over the numbers with their finger paints.

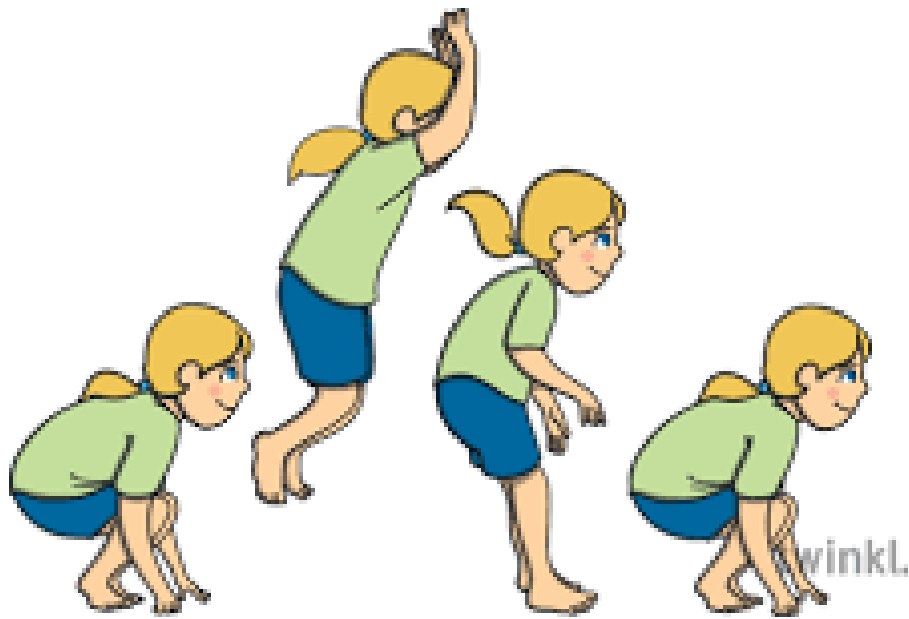
### English

Find the pages below in the Term 2 blue government books. They are connected to each other. Tear them out and let your child carefully cut out the pictures. Once they are all cut out nicely, turn all the cards face down and enjoy a lovely game of memory with your child. Let brothers or sisters who are old enough join in the fun. The person who manages to collect the most cards wins the round. Remember, to play Memory, each person gets a chance to turn over 2 cards, if they are the same they keep the cards and get another turn, if they don't match then the next person gets a turn to play. The object of the game is to remember where the cards that match are.



**Life Skills**

**Frog leaps**



Can you leap like a frog? Find a space with no furniture or go outside in the yard. Try to leap like a frog and count how many leaps you can take.

Please read to your child daily! 😊

For a child, the **more time spent with a parent reading** aloud increases his or her level of attachment, enhances a sense of security, and imparts the knowledge that their parent feels they are worthwhile people with whom to spend time.

*(How to Raise a Reader)*

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