

Let's Get Active

Week 10

Letter Formation

We have now looked at all of our letter families. This week you can look at all of the videos, focussing on letters that you may find challenging. You will need a pencil and paper. Doing this daily will really help you with your letter formation!

The videos can be found at:

https://www.elystjohns.cambs.sch.uk/website/letter_formation_videos/482131

Or on the school website, click on 'Year Groups', 'Foundation Stage' and then click on 'Letter Formation Videos'.

Do a fine motor or gross motor skills activity every day!

Choose from the ideas below or repeat a favourite from previous weeks.

Remember that you can do each of them more than once.

<p>Sing an action song: The wheels on the bus go round and round. Move round the room as you sing- you don't need to be sitting down to sing!</p>	<p>Can you make a domino track? Line them up and push the first one over. You can use lego bricks if you don't have any dominoes. How long is your track?</p>	<p>Just go for a run..... Can you feel your heart beating fast? Can you run slowly and then see how fast you can go?</p>
<p>Use scissors to cut up strips of paper or different shapes. Can you put your bits of paper in an envelope?</p>	<p>Find a water bottle, squirty bottle or a water pistol. Fill them up with water and make patterns on an outside wall or the ground.</p>	<p>Play with playdough, rolling it and squeezing it. Can you make a snake? Can you make a ball?</p>