

# Let's Get Active

## Week 7

### 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](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.

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|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Draw a picture on someone's back using your finger!<br>Can they guess what you have drawn? | How high can you throw an object (e.g. a ball) in the air?             | Have a go at cutting up your dinner all by yourself.                                                                            |
| Join in with P.E. with Joe on YouTube!                                                     | How many paper clips can you join together to make a paper clip chain? | How long can you balance on one leg? Can you balance longer using your other leg? Does holding your arms out make a difference? |