

Ready Steady Grow

In the Ready Steady Grow project your child will take part in practical activities to explore where food comes from. They will learn what seeds and plants need to grow and have a go at growing a variety of plants. They will explore what constitutes a healthy lifestyle, including eating fruit and vegetables, exercise and teeth brushing. They will find out about life on a farm and about baby animals. They will go on a walk of our school spotting the signs of spring and watch as the plants and flowers begin to grow. During Drawing Club, your child will be extending our words into simple sentences and continuing to use correct letter and number formation in their writing.



Areas of Learning	Early Learning Goals
Communication and Language	Listening, attention and understanding; Speaking
Personal, Social and Emotional Development	Building Relationships; Self-Regulation; Managing Self
Physical Development	Gross Motor Skills; Fine Motor Skills
Literacy	Comprehension; Word Reading; Writing
Mathematics	Numbers; Numerical Patterns
Understanding the World	Past and Present; People, Culture and Communities; The Natural World
Expressive arts and design	Creating with Materials; Being imaginative and Expressive

**Supporting your child at home**

- Visit your local library and find books about farms to share.
- Make a shopping list together and go to the shops to buy the food.
- Grow some quick growing plants or make a cress head.
- Talk about healthy foods and the importance of brushing your teeth.
- Read the did you know and key vocaburlary documents below

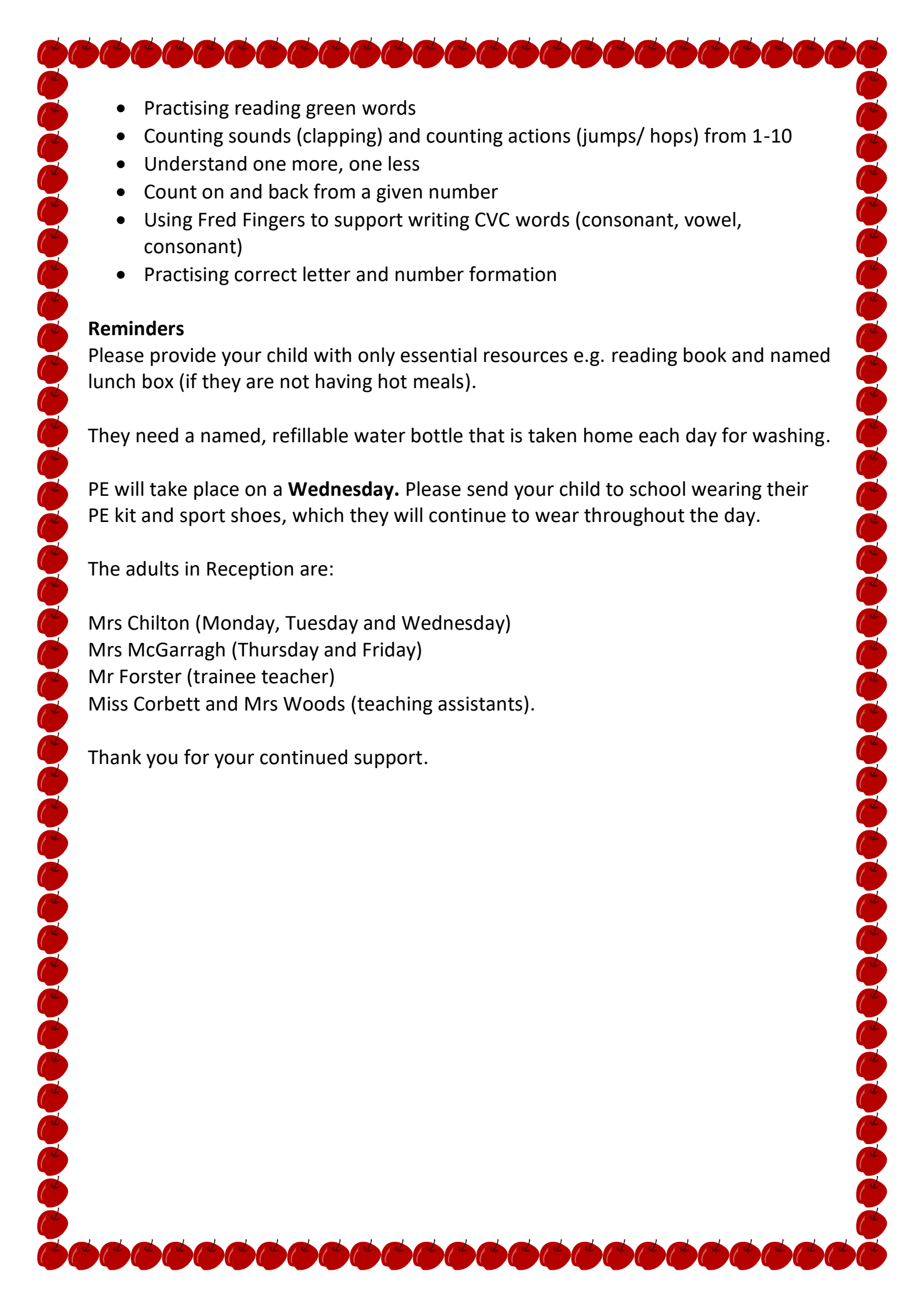
**Core text**

This is not my hat – Jon Klassen

**Homework**

Reading with your child at least 5 times a week (please write daily in the yellow reading record book). Please return yellow books and reading books **every Monday** for a new weekly book, ditty sheet or set of green words. We will visit the school library and bring a book home on **Monday**.

Spring term

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- Practising reading green words
  - Counting sounds (clapping) and counting actions (jumps/ hops) from 1-10
  - Understand one more, one less
  - Count on and back from a given number
  - Using Fred Fingers to support writing CVC words (consonant, vowel, consonant)
  - Practising correct letter and number formation

### Reminders

Please provide your child with only essential resources e.g. reading book and named lunch box (if they are not having hot meals).

They need a named, refillable water bottle that is taken home each day for washing.

PE will take place on a **Wednesday**. Please send your child to school wearing their PE kit and sport shoes, which they will continue to wear throughout the day.

The adults in Reception are:

Mrs Chilton (Monday, Tuesday and Wednesday)

Mrs McGarragh (Thursday and Friday)

Mr Forster (trainee teacher)

Miss Corbett and Mrs Woods (teaching assistants).

Thank you for your continued support.

## Did you know?



Read these interesting facts about food and farming with a parent, carer or teacher.



A shop is a place where people go to buy food, drink and other things with money.



A farm is an area of land and its buildings used for growing plants and rearing animals. Farms make lots of the foods that we eat.



Food can be from plants or animals. Fruit and vegetables are from plants. Meat, milk and eggs are from animals.



Many plants grow from seeds. Plants need water, sunlight, air and warmth to grow.



Many animal babies are known by different names than the adult animal, such as cow and calf or sheep and lamb.



To stay healthy, we should eat at least five portions of fruit and vegetables a day, and exercise.

## Key vocabulary



Explore these words together. Talk with an adult about what each word means and use the words in a sentence or as you play.



air



animal



calf



cow



drink



eat



exercise



farm



food



grow



healthy



lamb



money



plant



seed



sheep



shop



sunlight



warmth



water