

Home- school guidance 30 March 20 – 8 April 20

Dear parent,

I hope you are all keeping well and staying safe at home.

Please remember that this is a challenging time for us all including your children, it will take time to settle into this new routine with its many challenges.

Routine is very important for children so try and keep up a routine at home – e.g breakfast and lunch at the same time each day, getting up and going to bed – try and keep the same hours as school days – this is not a holiday. Perhaps you could sit together and make out a simple time table together – include sos/break time. Don't forget about physical activity/exercise and try and limit screen time although this is difficult!

Exercise/physical activity- Go Noodle youtube – lots of various enjoyable activities to get your child moving

P.E with Jo Wicks – P.E sessions every morning on youtube

Dance/movement – A wonderful series as Gaeilge – English subtitles Déan Damhsa Liom

<https://digitalfilmarchive.net/collection/dean-damhsa-liom-65>

Walk/run/cycle/hopping/skipping/jumping are all important activities to help develop for your child's gross motor skills.

Free P.E. Classes With T.J. Reid on Facebook Live. Keep the children entertained on Tuesday and Thursday mornings with free P.E. classes with T.J. Reid at 12 noon on Facebook Live! It's suitable for kids of all ages and combines basic G.A.A. skills and basic exercises!! TJ Reid Health & Fitness Facebook P.E and skills. This may be too advanced for our children but perhaps if there are any older siblings in the house they could try and participate.

Get active with **Sustrans**

Sustrans will be producing a weekly resource to support families' home schooling with activities designed to engage children in fun, active and educational ways.

Have a go and enjoy some physical activity during the day.

<https://youtu.be/yDkd9WRisxY> - see School Website- News, 31 March for activity

Art activities – you don't have to buy expensive resources for art – use what you have at home – boxes/cartons/old paper – wall paper, fabrics –old curtains, any type of material, old magazines, use these for junk art activities - sticking, cutting, gluing together, colouring in with crayons, paint, chalk.

<https://www.firstdiscoverers.co.uk/early-years-painting-activities-ideas/>– 21 early years painting activities and ideas.

The topic growing/spring lends itself to lots of art activities – making/drawing painting flowers you have seen while out walking.

Play is a very important part in your child's development – through play children develop many of their skills required throughout life – how to interact and communicate with others, relationships with others and the world around them.

It is through play that children develop many skills which they will require later in their learning such as investigation and problem solving. A child is naturally curious and it is important to direct and nurture this through play.

Subjects such as numeracy and art cannot be separated; young children learn in an integrated way and not in neat, tidy compartments.

What children can do (rather than what they cannot do) is the starting point of a child's education.

Children learn best when they are given appropriate responsibility, allowed to make errors, decisions and choices.

Develop fine and gross motor skills through play

What are fine motor skills?

Fine motor skills involve the use of small muscles in our hands, wrists, fingers, feet and toes. Fine motor skills involve the movements of small muscles that require your child's brain to coordinate between the action and what they are seeing. Fine motor skills can impact things like holding a fork to eat or using a pencil to write.

How can I develop these skills?

Help develop these skills by– e.g making and playing with play doh, sewing or threading with beads/old buttons, cutting, opening lunch boxes, and tying shoelaces. Zipping up their coat, closing buttons

Create a game for your child using a small pair of kitchen tongs or tweezers to pick up some small objects like sultanas, grapes, pasta, or buttons, coins into a bowl. – this helps develop pincer grip (finger and thumb) – who picks out the most, count how many, what is the difference between the two etc?

Jig saws - Picking up and moving puzzle pieces into place helps develop pincer grasp and concentration.

Using scissors is a great way to strengthen fine motor skills as well as improve hand-eye coordination and concentration. You can draw shapes for your child to cut around. Use what you have in the house - inside of kitchen rolls. Old magazines, create cards for Granny/Granda etc.

Build with blocks and Lego

Stack, connect and build things together with blocks and Lego. These activities encourage fine pushing and pulling movements. Lego is also great for fostering creativity. Building with Lego/blocks is an effective way to work and develop your child's fine motor skills. They will build stronger muscles in their hands and improve co-ordination, this will help them to improve with other skills, such as learning to hold a pencil and learning to write.

Other skills children can learn from playing with Lego include persistence, a sense of accomplishment and an improved ability to solve puzzles.

Bake with your child – measuring/stirring/mixing all develop their fine motor skills and they are learning much more – language and numeracy.

What are gross motor skills

Gross motor (physical) skills are those which require whole body movement and which involve the large (core stabilising) muscles of the body to perform everyday functions, such as standing and walking, running and jumping, and sitting upright at the table. They also include eye-hand coordination skills such as ball skills (throwing, catching, kicking) as well as riding a bike or a scooter and swimming.

How can I develop these skills?

Hopscotch. Draw a game of Hopscotch in your back garden. Hopping and jumping require strong **gross motor skills**, balance and coordination. It will also develop their ability to count forward and back in a fun way.

Bottle Bowling

Recycle your juice or milk cartons to create a bowling game for your ball. You can make it fancy by decorating the bottles or keep it simple.

Box Bowling

Recycle a large box to create a game of Box Bowling. Simply cut out a half circle larger than the ball and then challenge your child to roll the ball into the opening. You could use a laundry basket! Player that gets the most balls inside the box wins!

You can have your child decorate the box based on their interests from animals to rockets.

Over the Line

Throw and catch

Two players throw a ball to each other over a skipping rope (laying on the ground) or drawing a line with chalk. Score a point for every time your opponent drops the ball.

For a more difficult version of the game - The challenge is to bounce the ball once on your side and then once on the other side – if you miss the ball the opponent scores a point!

There are lots of Throw and catch ball games – Piggy in the middle etc.

Our topic **Growing/Spring** gives us lots of opportunities for play/exploration outside – digging the soil, planting seeds, watering the flowers etc. Lots of opportunities for messy play! Enjoy.

Don't forget board games– a chance to sit together as a family and have some fun.

Read daily to your child – some quiet down time for both of you!

RTE – Home – School Hub

<https://www.rte.ie/tv/programmes/1127275-rte-home-school-hub/> children will be able to watch, download and engage with curriculum-based content, project work, and fun activities that will keep them entertained and learning. From **Monday 30 March, each morning from 11am to 12 noon** on RTÉ Home School Hub on RTÉ2, each of their bilingual teachers will present three short class segments aimed at 1st and 2nd class, 3rd and 4th class and 5th and 6th class.