

Achieve With Me

LANGUAGE & ARTS

- Read and discuss the stories
- Reinforce of Phonic sounds of voiced and unvoiced th, qu, ou
- Reading words and sentences with phonic sounds voiced and unvoiced th, qu, ou
- Revision of all family words
- Reading words of all family words
- Show and tell activity
- Sight word: there
- Build and read a sentence : there



Easy Exercise

K1 – Web – Easy Exercise

PHYSICAL ACTIVITIES

- Jogging
- Stretching exercise
- Yoga
- Aerobics



ART & CRAFT

- Mirror art
- Healthy & Unhealthy art



CONCEPT / COGNITIVE SKILLS

- What is health?
- Body Hygiene
- Healthy and unhealthy food
- Healthy routine for good health
- Importance of exercise
- Healthy bag game
- Reinforce all colours & shapes
- Introduction to front & back.
- Introduction of conservation of numbers
- Reinforcement of addition upto 5
- Reinforcement of subtraction using manipulative (1-5)
- Number name: twenty



Easy Exercise



WRITING ACTIVITIES

Literacy:

- Sound voiced and unvoiced th, qu, ou, oi, ue, er, ar
- Family word: all family words done till now

Numeracy:

- Tracing number names – one to twenty
- Writing numbers (1-50)
- Write missing numbers
- Before, after and in between number (1-50)
- Count, add and write the number (1-5)
- Subtraction (1-5)



SENSORY SKILLS AND SCIENCE ACTIVITIES

- Sorting healthy and unhealthy food items
- Objects used for cleanliness of the body.
- Healthy routine for good health
- Exploring different exercises
- Importance of exercising



DRAMATIC PLAY/COOKING EXPERIENCE

- Dramatic play - At the Hospital



ICT / VIDEOS / PPTS

- Yuvi Story
- Video – At the Gym.
- The importance of healthy food
- Personal hygiene
- Story- I will not ever never eat a tomato
- Eat healthy stay wealthy



MUSIC & MOVEMENT/SONGS AND RHYMES

- Jump
- I can do it
- I can run
- This is the way



HINDI

- Reinforce Vyanjan
- Reinforce numbers (१ to १०)

