Reception Home Learning Guide for Parents

Simple activities to support learning and development at home



Happy Children
Brighter Futures

Gross Motor Skills

Activities that help build balance, coordination, strength and confidence through movement.

- Set up an obstacle course at home – can your child carefully negotiate the space and move around it successfully?
- Set up empty bottles or containers as bowling pins and let your child use a soft ball to bowl.
- Blow bubbles and encourage your child to chase and pop them.
- Invent some silly walks – jump like a bunny, run like a cheetah, flap like a bird or waddle like a penguin.
- Practise aiming, throwing, catching and bouncing a ball (different sizes).
- Jump up and down steps safely.





Parent Tip:
Keep activities short, fun and positive.
Regular practice is more effective than long sessions.

Fine Motor Skills

Activities that strengthen the small muscles needed for writing and self-care.

- Complete a jigsaw puzzle and slot all the pieces together.
- Assemble construction materials such as Duplo and building blocks.
- Do up different sized buttons or have a go at tying shoe laces.
- Use scissors to cut along different lines.
- Stack objects so that they don't fall.
- Pick up and sort small items – paper clips, buttons, chopped vegetables, coloured counters.
- Use cutlery correctly during mealtimes (also supports coordination).
- Thread buttons, cotton reels or beads onto string.
- Manipulate play dough to make different shapes.
- Pour water or sand between containers.







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Reading

Support phonics, word recognition and early reading confidence every day.

- Practise the sounds each evening.
- Have races to see how many they can do in 20 seconds.
- Show the child the sound and see if they can name it.
- Lay sounds on the floor and encourage them to jump on the one you have said.
- Play hide and seek sounds.
- Encourage the child to say the initial sound of a word.
- Allow the child time to look carefully at the whole word.
- Encourage them to sound each letter.
- Clearly, build the sounds together and then say them a little faster so that the whole word can be heard.
- Place letters or words at the side of the stairs for recognition and word reading.







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Writing

Encourage meaningful writing through real-life activities and lots of praise.

- Encourage the child to write as much as possible.
- They can help with the shopping list.
- Lablel items in the cupboard.
- Write the sounds on paper to play hide and seek.
- Allow the child to use different writing equipment such as pens, pencils, crayons, felt tips, chalk etc.
- Always praise the child for having a go even if they have done it wrong.
- You could start with them copying their name correctly before writing it themselves.







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Maths

Develop number confidence through everyday experiences and play.

- Count cars when walking home.
- Count cutlery when setting the table.
- Ask your child to tidy up 10 toys.
- Collect 20 leaves/ stones.
- Jump in 3 puddles.
- Hide teddy bears – can they find 6?
- Look at numbers when out and about (car number plates/ house numbers/signs).
- Make a number with shells/ stones.
- Jump on to numbers like hop scotch.
- Use magnetic numbers on the fridge.
- Look at prices when shopping.
- Make play dough numbers.
- Chalk on the ground outside.
- Use water bottles to squirt the number.
- Use crayons in the bath.
- Trace over numbers.
- Write the number in sand/mud.
- Paint numbers.
- Use water and a paint brush on a fence or on the ground.
- Use a brush in shaving foam.







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