

## **Reception Class Learning Blog – Spring Term – Week 11**

*Friday 24<sup>th</sup> March 2023*

This week saw us celebrating another enrichment week, this time, with a PE focus – We are Active. The children were put into their Houses and were given an 'Active Passport', in which they spent the week diligently collecting their stamps to show the wonderful effort they had made and the resilience they showed to have a go at a range of activities and skills development opportunities.

The week started off with the Family Fun Run. It was wonderful to see so many parents being able to join us for this, and what a fine start to the day! Later on, the children took part in a skipping workshop, where they learnt to hop and skip forwards and backwards. The day culminated with a special assembly, enabling the children to showcase their new-found skills and skipping prowess.

We were very fortunate to have an assembly hosted by a Paralympic athlete – Chris, from Aylesbury, who trains at the stadium in Stoke Mandeville. We learnt that Chris lost his leg and became very ill. He talked about all the different sports he was able to do in a wheelchair, such as basketball and football. He spoke to us about the importance of resilience in the face of adversity and how this had helped him overcome the obstacles which his disability presented to become a successful athlete. Chris was such an inspiration to us all.

We were also visited by Ben Smith. Ben explained that he had raised money for charity by running 401 consecutive marathons. Ben very kindly taught us some running skills and encouraged us to take part in a run or a walk around the field. Everyone in Reception took part and it was quite a challenge to ask them to stop!

We also took part in the House Cross Country, where we followed a course specifically set up for us.

We took part in a wonderfully relaxing yoga session, led by Jo. We learnt that as well as exercising our bodies to keep fit, we also needed to relax our minds to keep mentally fit and healthy. Jo encouraged us to place the lavender eye mask and blanket over us to help us relax. We are becoming quite adept at yoga in Reception. This session gave us the opportunity to learn new skills such as, the downward dog. We also practised our listening skills, where we were encouraged to put up our hands when we could no longer hear the resonance of the singing bowl. We will work to incorporate into our daily sessions.

The week culminated with a Fitness and Healthy Eating workshop, hosted by Mr Adam's. During this session, we learnt how to warm up and cool down, as well as practising our listening and ball skills. We also had the chance to take part in a range of interactive activities, where we learnt about the human body, healthy eating choices and how to brush our teeth. Alongside this, we have been reading Oliver's Vegetables and identified ingredients we would like to put into our vegetable soup. We learnt about the importance of eating seasonally, to both support our health and also our economic wellbeing. We wrote our own recipes and will display these proudly outside our classroom. We will look to make our soup in the Summer Term, as we focus on planting our own vegetables.

Birthday salutations go to:

Alizah and Jenson, who both celebrated their 5<sup>th</sup> birthdays in March.

We hope that you had a wonderful time with family and friends and made some very special memories.

Happy Birthday from all your friends in Reception!

We look forward to hearing about the interesting items brought in by Woodpecker group on Monday afternoon during Show and Tell. These will be housed in the Show & Tell box to keep them safe throughout the day.

Congratulations to our Star of the Week certificate recipients:

- ❖ Sebastian, for honouring his responsibilities when tidying up outdoors.
- ❖ Nico, for excellent listening skills during phonics sessions.

Our Writer of the Week certificate goes to:

- ❖ Teddy, for spending the whole afternoon writing a book about his family.

This is our penultimate week before the end of another busy and happy term. Do spend the weekend relaxing and enjoying each other's company, and maybe practising those new found active skills!

Well done Reception Class! Have a lovely weekend everybody.

With every best wish,  
Mrs Dowling & Miss Ingleby