

# Aim High Summer Holiday Programme

## Foundation Stage 2 moving to Year 1





Dear Parents,

In our continued endeavor to engage and enrich our students' learning we have developed the Aim High Summer Programme for your child to work on over the summer vacation. The aim of this programme is to keep students in '**learning mode**' so that they continue to make progress without any summer learning loss.

Our Aim High Summer Programme is designed to help students develop values like sustainability, tolerance, morals, values and character through an integrated curriculum and community partnerships.

This programme involves **Project Based Learning (PBL)** which is an approach to education that emphasizes hands on learning with real life implications and independent research skills to find a solution and present in different ways using variety of tools.

As your child is moving from FS 2 to Year 1, you can look at the Family Learning Newsletters for Year 1 and learn, in advance, about the learning modules, which will be covered in the coming academic year.

Please find the below links for Family Learning Newsletter:

<https://www.thewinchesterschool.com/for-parents/family-learning-newsletters/>

These are also very useful for new parents. For example, if your child has completed FS2 in another school, you can look over the Family Learning Newsletter for FS2 and map your child's existing learning to what has been completed at The Winchester School, Jebel Ali, thus avoiding any gaps.

We hope you will be able to use all these valuable learning resources to support and enrich your child in reaching their full potential. The Winchester School deeply values '**Parents as Partners in Learning.**'

Wish you all a very happy and blessed holidays. Enjoy with family and friends. The school will re-open for NEW students on Monday, 26th August 2024 and for all existing students from Tuesday, 27th August 2024.

Yours sincerely,

Jaya Paliwal  
Head of Primary

## Aim High Summer Holiday Programme

In the **Aim High Summer Holiday Programme**, we have included experiential activities that add an artistic or creative element to the learning. These activities will promote research, enquire and analytical thinking during the process of design, thinking and problem solving. STREAM learning will happen naturally and students will develop **High Performance Learning Skills** everyday as they do the designed activities; engage in discussions with friends and family members; establish links or connections with real life; check outcomes; make corrections or modification; research; play, explore and try new things.

**Due Date of Submission: 10<sup>th</sup> September 2024**

Children will learn about being healthy and how to take care of their well-being through differentiated activities which is linked with the SDG 3. Through, these activities will enhance their numeracy skills (Maths) by creating block graph, and growth chart. They will also improve their language skills in (English) and in (Science) they will learn importance on healthy eating habits through description-based tasks.











### Science

**Learning Objective: To explore different ways to be healthy and look after your wellbeing.**

### **Activity 1: Brain Gym: Create puzzles on eating healthy food. Complete your sudoku puzzle.**

#### **Rules:**

1. Look for an empty square on the grid.
2. Think about which Food item could fit in that square. Look at the other foods in the row, column, and little square to help you decide.
3. Draw the food you picked in the square.
4. Keep doing steps 1 to 3 until all the squares have a number.



## Activity 2: Rhythm and Movement

Roll the dice – every time you land on an even number, follow the given exercise

For an example: If you land on number 2, then do 5 jumping jacks



If you land on number 4, then do your favourite dance move.



If you land on number 6, Stand on your toes for 10 seconds.

Sorting food healthy and unhealthy food



Make your own rules now!

### Activity 3: Food Hunt

Making a fridge magnet of healthy and unhealthy food.

Look in your fridge. Find foods that are healthy and unhealthy.

And make a fridge magnet as a reminder for you to eat healthy food.



### Activity 4: Sort the given pictures into healthy and unhealthy food.



#### Healthy Foods

I should eat these foods

#### Unhealthy Foods


I should only eat these foods occasionally

**Learning Objective:** To understand and use the basic mathematical skills to explore about personal health and health of the community.

For dinner, Beth eats 2 carrots and Ned eats 1 carrot.

How many carrots do they eat altogether?



Answer: 



4 take away 2 is 2.

$4 - 2 = \square$



5 take away 2 is 3.

$5 - 2 = \square$

**Arrange the plate by doubling the healthy food.**



Can you double the apples on the other plate? Think what is double of 2.



Can you double the blueberries on the other plate? Think what is double of 3.

Design a tasty treat odd and even word mat by choosing any of your healthy food of your choice.



**Activity 1:** Draw and create a list of healthy items available in your fridge.

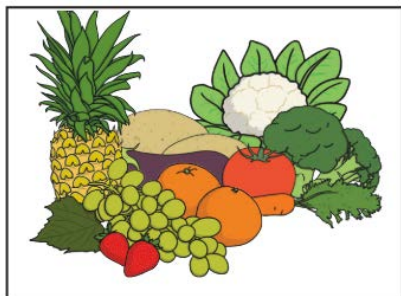
Draw and create a list of healthy items available in your fridge.



The image shows two identical spiral-bound notebooks side-by-side. Each notebook has a black cover and a silver spiral binding on the left. The pages are white. On the left side of each page, there are six empty square boxes with green borders, arranged vertically. To the right of each box is a horizontal line for writing. The notebooks are intended for a child to draw and list healthy items found in their refrigerator.



**Activity 2:** Write captions/phrases for the pictures.



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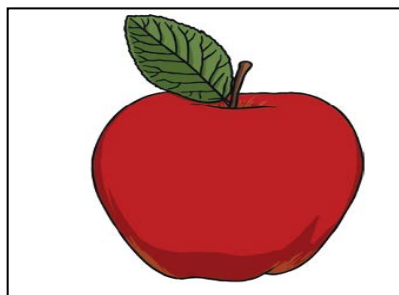
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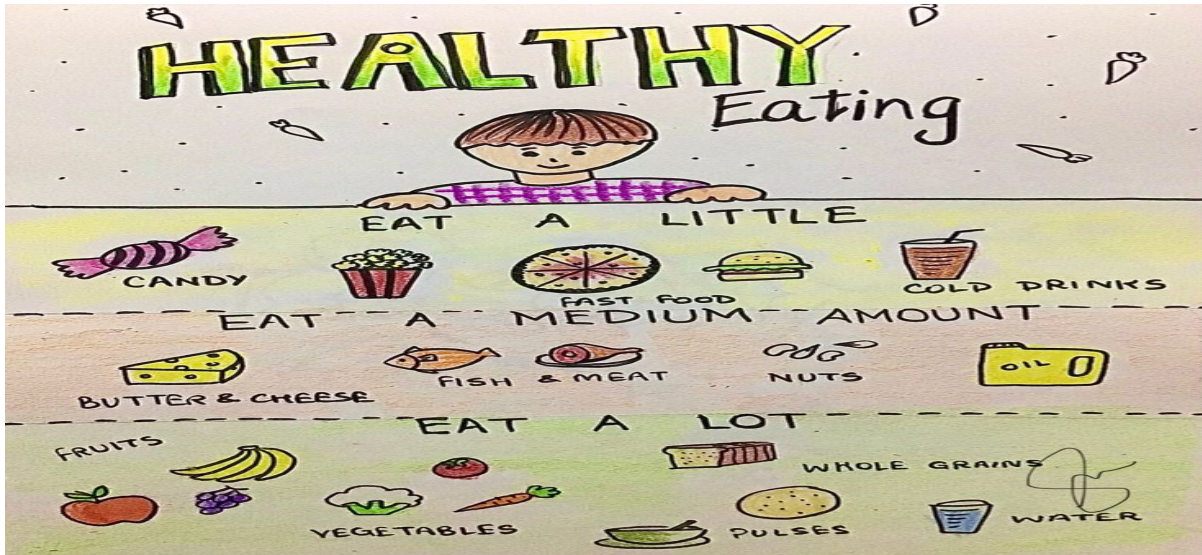


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**Activity 3:** Design a poster for healthy eating habits.



**Activity 4:** Write short instructions on how to wash the hands.

### How to Wash Your Hands

Write a set of instructions explaining how to wash your hands.  
Use the pictures to help you.



1

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2

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3

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4

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5

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6

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First
Next
After that

Then
Finally

## Instruction Text - Writing reference

# How to Wash Your Hands

Write a set of instructions explaining how to wash your hands.  
Use the pictures to help you.



1

First you turn on the tap and wet your hands.



2

Then you pour some handwash on your palms.



3

After that you scrub your hands well for 20 seconds.



4

Then you turn on the tap again and rinse off the soap from your hands.



5

Later, you wipe your hands dry with a tissue paper.



6

Finally, throw the tissue paper in the dustbin. Your hands are all

Your hands are all clean now.

First

Next

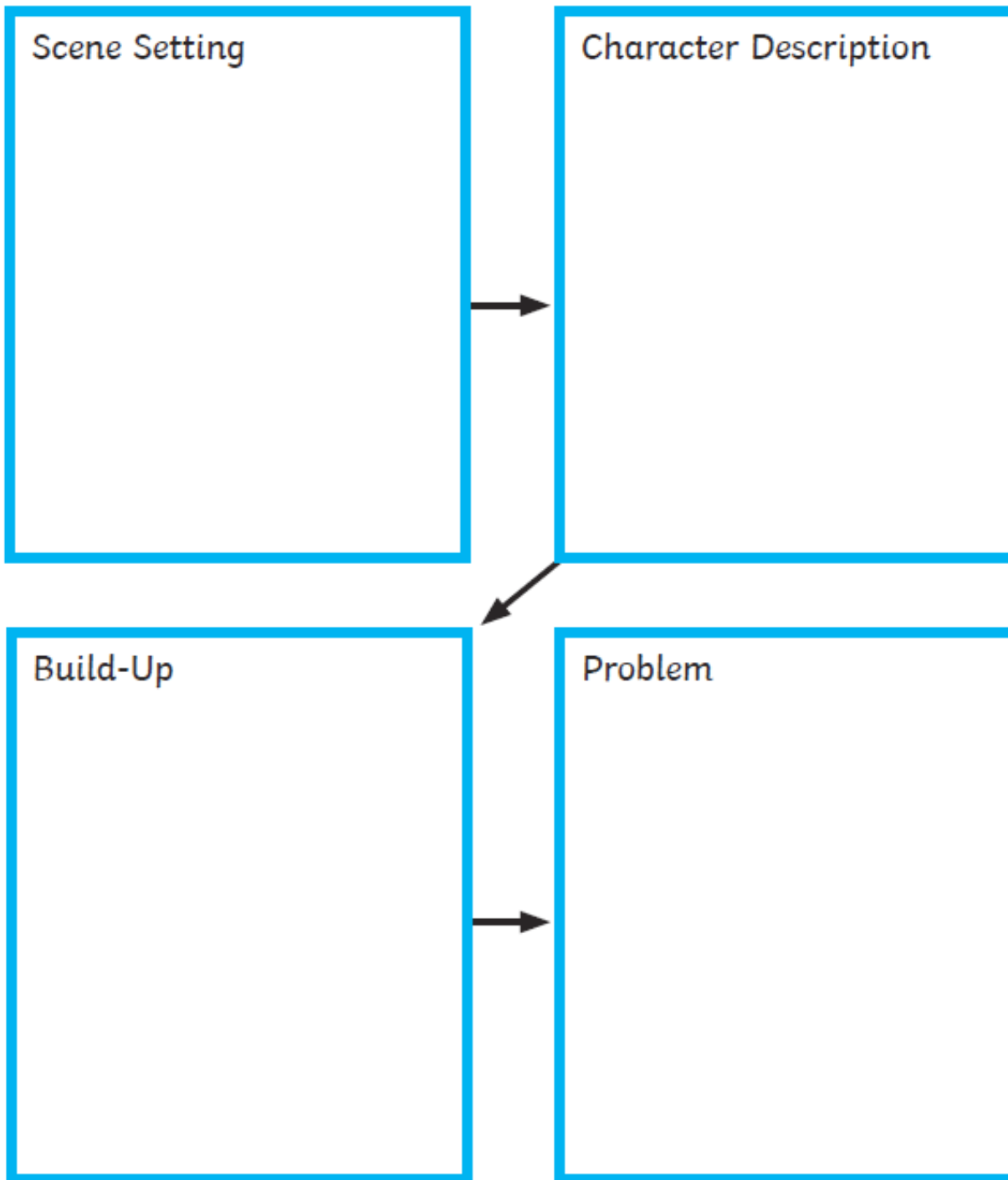
After that

Then

Finally

**Activity 5: Plan your favourite animal story.**

**Draw the main events of your story here:**





## Summer Reading

Learning Objective: Read aloud simple sentences and books that are consistent with their phonic knowledge, including some common exception words.

### Read and Spell

Below is a list of words mark along with your child the words that he/she can read and spell. Ensure that your child is able to spell maximum words.

quick	with	where	which	could	because
fight	made	house	into	said	their
across	birds	every	each	first	next
then	finally	before	like	night	water
many	place	through	think	much	only
stopped	suddenly	away	around	along	again
better	animals	plants	going	friends	coming
queen	mother	brother	father	sister	laughed

### Online Reading for Fun:

Since you have a long holiday, you can pack in some online reading time, so that you can learn **new vocabulary** and **varied sentence structures**. Just click on the link given below and dive into the world of stories.

<http://www.magickeys.com/books/> <https://www.storyjumper.com/book/search>

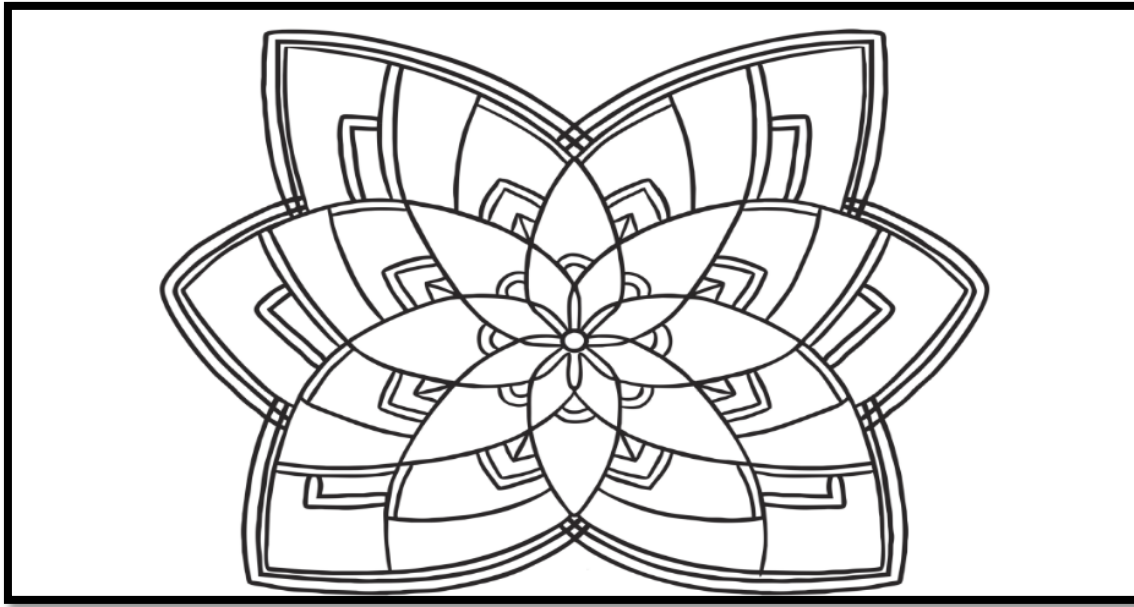
**Traditional stories:** Below is a list of some reading that you can do over the Summer Break.

- Enormous Turnip
- Town Mouse and the Country Mouse
- Goldilocks and the Three Bears

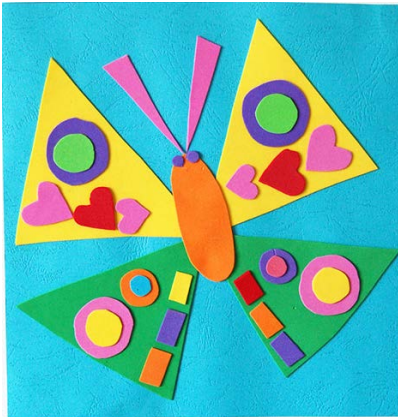
## Art and Craft:

**Learning Objective:** To explore their inner creativity by focusing on intricate patterns, shapes and colours.

**Activity 1:** Colour the mandala to promote sense of calmness.



**Activity 2:** Create pattern using different shapes and write one positive affirmation for yourself.



*I am brave!!*

## Useful Web-links

Kindly monitor as your child uses the links mentioned below and please keep the device time limited to just 30 minutes in a day.

### English:

- Let's play some adjectives/wow word games:

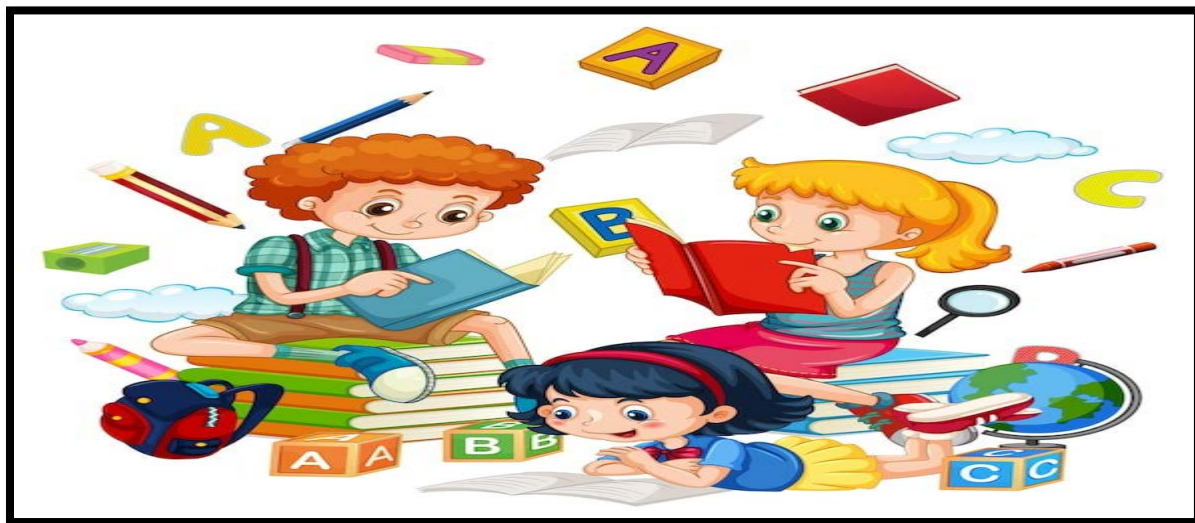
<https://learnenglishkids.britishcouncil.org/en/grammar-practice/adjectives>

### Mathematics:

- Let's add some block:
- [http://www.mathplayground.com/addition\\_blocks.html](http://www.mathplayground.com/addition_blocks.html)
- Fun with subtraction:  
<https://wordwall.net/resource/29828206/math/touch-point-subtraction-basic>

### Science:

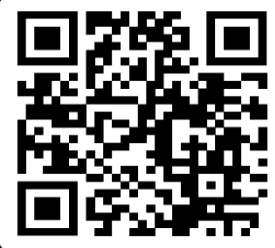
<https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/z9j4g7h>





## Arabic 2024

Listen to this video and learn:



SCAN ME



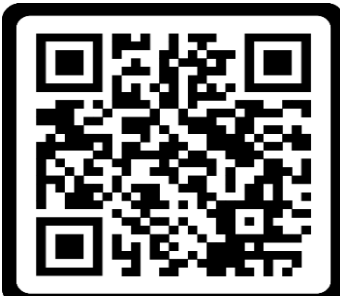
SCAN ME



SCAN ME



SCAN ME



SCAN ME



SCAN ME



SCAN ME



Please attempt any one task every day of the week. Click pictures of all the activities done with your child and compile them to maintain a summer workbook.

Kindly send this Summer Workbook to your Year 1 teacher by 10<sup>th</sup> September 2024.