

Physical Activity: *Practice fundamental movement skills*



Walk forwards and backwards between two items

Balance along a straight line

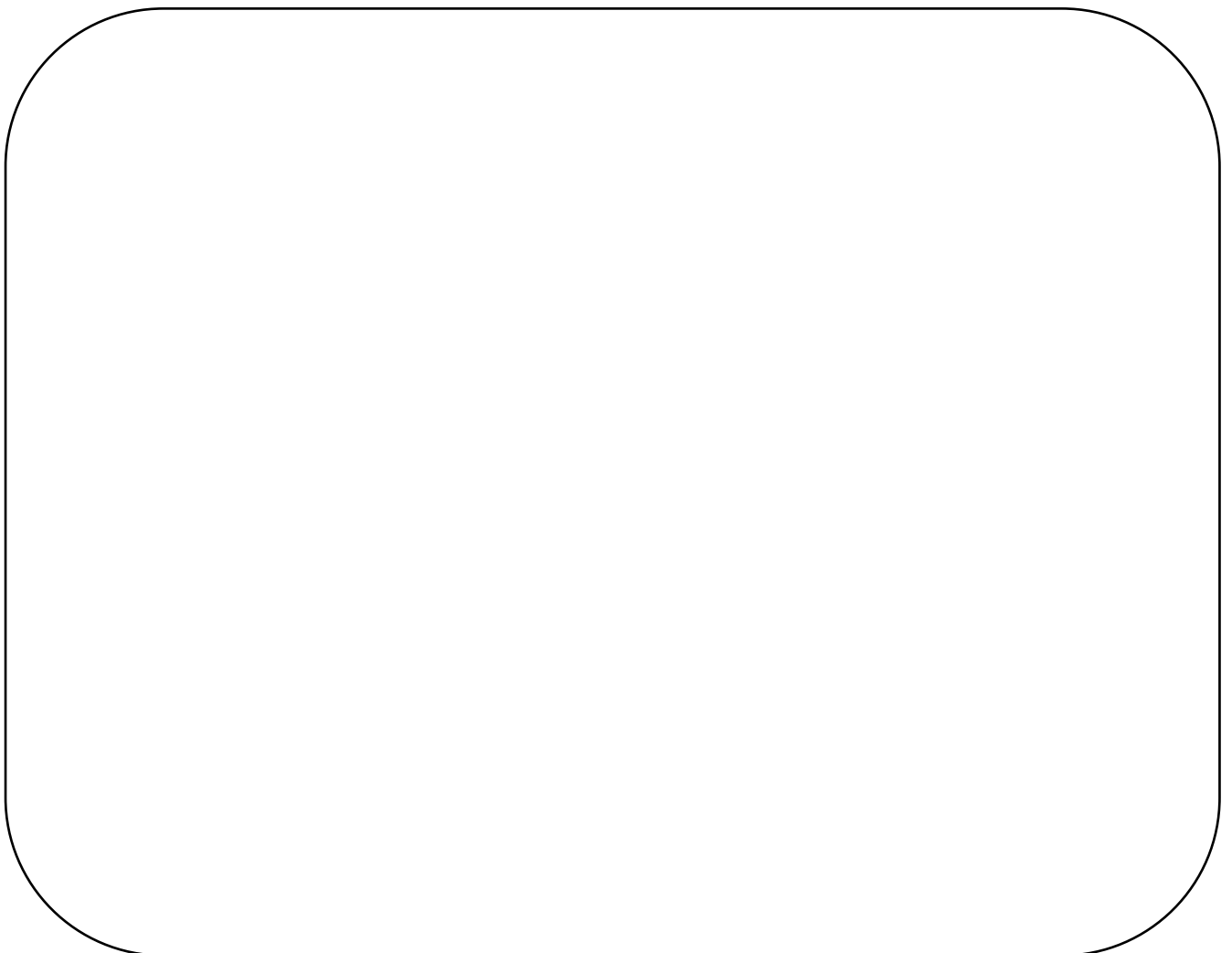


Reading: *Draw your favourite Character*

My Book: _____

My Favourite Character: _____

This was my Favourite Character Because: _____



Create and Play: Playdough

Please keep for next week activities.

Recipes For Hands... At The Play Dough Table

Cooked Play Dough

Ingredients:

- 2 cups plain flour
- 1 cup salt
- 2 tablespoons oil
- 4 teaspoons cream of tartar
- About 2 cups of water with colouring added

Method: Mix all the ingredients together in a non stick saucepan, adding a little water at a time. Cook over a low heat stirring constantly, until the mixture congeals and leaves the sides of the pan. Knead until smooth. Keeps in fridge.

Uncooked Play Dough

This dough may not last as long as cooked play dough but it is easy for children to make themselves.

Ingredients

- 3 cups plain flour
- 1 cup salt
- 1 tablespoon oil
- Water to mix (about a cup) with colouring added

Method: Mix the flour and salt together. Add the oil and water and knead the mixture to a soft dough. A sticky, stretchy dough can be made with self raising flour and water.

Salt Dough Recipe

Use this dough if you want to keep the product e.g. Christmas decorations to put on tree.

Ingredients

- 100g plain white flour
- 80mL water
- 50g salt
- 1 tsp cooking oil

Method: Mix together the salt, flour and cooking oil in a bowl. Add the water a little at a time and mix to a smooth paste that leaves the side of the bowl clean.

To Use: Place the dough onto a lightly floured board. Roll out with a lightly floured rolling pin, or make into desired shape. Once made, place onto a greased baking tray and bake in a pre heated oven at 120°C until firm. Remove from oven and cool. Decorate as desired.

Microwave Play Dough

Ingredients

- 3 cups plain flour
- ½ cup salt
- 3 tablespoons oil
- 6 teaspoons cream of tartar
- 3 cups water
- Food colouring

Method: Mix all the ingredients in a microwave dish. Cover and microwave on high for about seven minutes, stirring half way through. Knead when cool.

Edible Shortbread Dough

Ingredients

- 1 cup cornflour
- 1 cup icing sugar
- 2 cups plain flour
- 1½ cups butter or margarine
- ¼ teaspoon salt
- ½ teaspoon vanilla

Method: Cream butter and sugar. Mix all the dry ingredients then add to the butter, then add vanilla and blend well. Shape and imprint then place on an ungreased tray. Bake at 180°C for 15 minutes or golden on top. Biscuits can be painted with edible paint.

Edible Paint

Ingredients

- 1 egg yolk
- 1 teaspoon of water
- Food colouring

Method: Mix all together. This is enough for ½ a glass of edible paint.

Other alternatives include: DAS air dry clay and pastry.

Stretchy Gak

Ingredients

- 2 tablespoons white glue
- ¼ cup warm water
- 2 tablespoons borax powder

Method: Place glue in a paper cup. Dissolve borax in the ¼ cup of warm water and then add borax liquid to the glue. Stir and squeeze with your fingers until you have stretchy gook.

Roll the stretchy gook into a ball or snake. Pat it into a pancake, stretch it, snap it apart, squeeze it, bounce it, toss it in the air and catch it.