

10.1 HUMAN CALENDAR

Objective: Recognise and use language relating to the days of the week

Instructions

1. Choose a favourite way of jumping on the spot. If you have a trampoline, you could jump up and down on that
2. While you are jumping you need to call out the names of the days of the week in order, starting with Monday
3. Then you need to call out the months of the year, in order, starting with January
4. Can you answer questions while you are jumping up and down? Your helper can ask questions like “What day two days after Tuesday?”, “What month is it?” or “What month comes before October?” etc.

Challenge

While still jumping, can you recite the days of the week backwards, starting at Sunday? What about the months of the year, starting at December?

