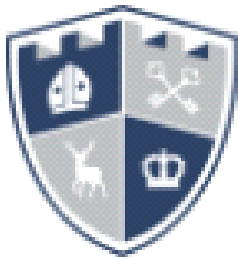




Flying start CACHE

L3 Award, Technical Certificate and Technical diploma in Childcare and Education



TRC

THOMAS ROTHERHAM COLLEGE

PART OF INSPIRE TRUST

Planner

The following plan is meant as a guide to help you structure the activities in this flying start pack between June and August.

However, if you would like to complete this at a different pace and/or spend less or more time on each activity this is entirely your choice.

| <u>Week and activity number</u> | <u>Page number</u> | <u>Time allocation</u> | <u>Complete?</u> |
|---------------------------------|--------------------|------------------------|------------------|
| Week 1 – Task 1 | 3 | 60 /90 mins | |
| Week 2 – Task 2 | 3 | 60 mins | |
| Week 3 – Task 3 | 3 & 4 | 60 mins | |
| Week 4 – Task 4 | 4 | 45 mins | |
| Week 5 – Task 5 | 4 | 45 mins | |
| Week 6 – Task 6 | 4 | 45 mins | |
| Week 7 - Task 7 | 4 & 5 | 45/60 mins | |
| Week 8 - Task 8 | 5 | 60mins | |
| Week 9 – Task 9 | 5 | 90 mins | |
| Week 10 - Task 10 | 6 | 30/45 mins | |
| Week 11 – Task 11 | 6 | 45 mins | |
| Week 12 – Task 12 | Competition time | 60/90 mins | |

Completing the following tasks will give you a taste of things to come and to help get you off to a Flying start.

Task 1

This task may require some independent research.

The following websites may help you along...

www.nhs.uk

<https://www.nurseryworld.co.uk>

Also have a look at the Statutory Framework for the Early Years Foundation Stage.

Write a clear definition of the following developmental terms.

- Physical development
- Cognitive development
- Social and emotional development
- Speech, language and communication development.

Research to discover one theorist which relates to the areas of development.

What is meant by the term 'developmental norm'?

What is holistic development?

Task 2

At the start of the course we will begin by looking at development from conception to birth and then through to 7 years of age. The following link will show you the development stages from conception to birth.

<https://www.nhs.uk/start4life/pregnancy/week-by-week/>

From researching the stages, create an information pack to explain the stages of pregnancy from conception to birth, be as creative as you like, include pictures, any information to make it interesting.

Task 3

Now you are aware of the stages of conception and pregnancy you need to understand what factors can impact upon the baby.

This needs to cover pre-conception, pregnancy and the first year of life. Ensure you research and include about the impact of lifestyles, health and well-being.

The following links will help you, but you can carry out further research as well.

<https://www.nhs.uk/start4life/pregnancy/>

Task 4

1. Make a list of all the things a new-born baby is able to do.

2. What is the name given to movements which are automatic and inborn?

Describe six such movements and explain their importance in the study of child development.

Task 5

Watch the following clip and list down all the different development areas that you can see and then see if you can link it back into the EYFS. You may want to watch it a couple of times as I am sure you will miss a few at during your first watch.

<https://www.sirenfilm.co.uk/library/introduction-to-the-importance-of-the-outdoors/>

Task 6

Placements are a very important part of your course. Developing professional practice is very important and being aware of and reflecting on your own development will help you succeed.

List all the qualities and skills which you feel you need to be a good Early Years worker.

Now use 2 columns to list the qualities you feel you already have and those you may need to develop.

Task 7

Think about the following common situations which you will observe in a childcare setting:

- Reading a book
 - Playing in the home corner
 - Playing in the sand tray with other children
1. Consider which cognitive (intellectual) concepts the children could develop within each of these situations.
 2. Which areas of development would each of the situations encourage?
 3. What would your role be to encourage the children within each of these situations?

Task 8

Research Task

- What is a balanced diet?
- What are the main food groups?
- Can you explain the nutritional value of the main food groups?

As an early years practitioner you will need to be able to provide for children's individual dietary requirements.

- Can you think of at least 3 things you would need to take into consideration to do this?
- Think of 4 different ways you could encourage children to eat healthily.

Task 9

Make a chart that could be displayed in a childcare setting with the contact details of all the following services, and a summary of their services, either nationally or, if relevant, in your area, for children and young people and their families:

- Local social services
- Childline
- Children in need
- Local children's trust
- Local children centre
- Local area child protection committee
- Local contact for the National Society for the Protection of Cruelty to Children (NSPCC)
- Regional Commission for Racial Equality
- Local Citizens Advice Bureau
- Any local refugee support agencies
- Local childcare information service
- Any specialist support group for any individual needs of children you work with (e.g Asthma Campaign, Autistic Society, Deaf Children's Society)

Task 10

Find Out!

- What might be the effect on a baby if the mother has suffered from malnutrition during the last 3 months of pregnancy?
- Why is fibre important in a child's diet?
- What is meant by a deficiency disorder? Give three examples.
- What is an E number? What category of E numbers is linked to behaviour problems in children?
- What is obesity and why is it on the increase among children in the UK?

Task 11

Transitions in relation to childcare, simply means change.

Children will experience lots of transitions throughout their life, these will be planned transitions and unplanned transitions, we will investigate these throughout the course. Watch the following video clip which shows Adam arriving at nursery.

<https://www.sirenfilms.co.uk/library/adam-transitions/>

Consider the following while you watch it,

What did the nursery staff do to help Adam and his mother?

What type of transition is this?

List as many other transitions you can think of?

Task 12

Research Activity

Go to www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips
watch the video-when-should-we-start-potty-training-18-to-30-months

Create a leaflet that provides tips for parents and carers on potty training. This can be presented in any format you choose. You can be as creative and as colourful as you want.

Bring this along on your first day at College, **A prize will be given for the most informative leaflet.**

Good luck!

Andrea, Emma and Rachael
(the CACHE Team)