



Stafford State School

Independent Public School

Term 2

Week 2

Prep Home Learning

Learning Areas:

- English
- Mathematics
- HASS
- Science
- Health/PE
- Music



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|---------------------------------------|--|
| Wellbeing Task | Can you help make your bed? |
| English | <p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Read or watch online Goldilocks and the Three Bears with a parent/carer. Retell what happened in the beginning, middle and end of the story.</p> <p>Draw a picture to match each part of the story.</p> <p>Where is the story taking place? How do you know?</p> <p>Discuss this with your parent/carer.</p> <p>Explain how the story reminds you of something in real life.</p> <p>Worksheet 1</p> <p>Trace the patterns on Goldilocks.</p> |
| Break | |
| Middle Maths | <p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Write the numbers from 1 – 10.(You can go up to 20 if you can)</p> <p>Pick ten boxes or cans from your cupboard. Count the number of letters in each label i.e. Pumpkin soup =11</p> <p>Practice writing your numbers correctly.</p> <p>Pour a small amount of cereal in a bowl. Count out ten pieces. Put them back in and count them out again.</p> <p>Ask your adult/caregiver to help you find ten of the same item (rocks, buttons, cupcake papers, sultanas etc.). Divide them into 2 bowls and discuss which has more, less or same for various combinations.</p> |
| Break | |
| Afternoon Technology | <p>Use recycled materials in your house to build a house for your favourite toy.</p> <p>OR</p> <p>Make a cubby house and play a game inside it.</p> |



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| Wellbeing Task | Could you organise your toys today? |
| English | <p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Re read or watch Goldilocks and the Three Bears with a parent/carer.</p> <p>What interesting words can you find in the story? Identify all the characters in the story and talk about them with your parent/carer.</p> <p>Verbally describe one of the characters to your parent/carer. What do they look like? What do they do? What do they like/dislike?</p> <p>Worksheet 2</p> <p>Colour and cut out the pictures to make a scene from Goldilocks and the Three Bears.</p> |
| Break | |
| Middle Maths | <p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Hide your favourite toy and then give directions to your parent/carer to find it. Use positional language to describe where things are over, under, between, left, right etc.</p> <p>Draw where you hid your toy and ask someone to help you label it.</p> <p>Swap turns and have your parent/carer give you directions to find it.</p> <p>Draw another picture and label it</p> <p>Worksheet 5</p> <p>Complete the Positional Language worksheet.</p> |
| Break | |
| Afternoon History | In your scrapbook draw a picture of each person in your family doing their favourite thing i.e. gardening, shopping etc. |



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| Wellbeing Task | Can you help make lunch today? |
| English | <p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Practise writing your name in your book. If you can already write your first name, practise your last name as well.</p> <p>Worksheet 3 Complete the sentences. Colour your bear.</p> |
| Break | |
| Middle Maths | <p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Ask your parent/carer/giver to draw some wavy lines on a piece of paper from one side to another. Practise cutting along these lines.</p> <p>Choose some objects in your house. Order them from shortest to longest.</p> <p>Worksheet 6 Cut and paste the pictures from smallest to largest. Glue into your scrapbook.</p> |
| Break | |
| Afternoon Creative Arts | <p>Ask someone to share with you their favourite nurse rhyme or fairy tale.</p> <p>Make some puppets so you can put on a puppet show.</p> |



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| Wellbeing Task | How can you help a family member today? |
| English | <p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Re-tell Goldilocks and the Three Bears to a parent/carer.</p> <p>Work sheet 4</p> <p>Cut, sequence and glue the 6 pictures in your scrapbook.</p> |
| Break | |
| Middle Maths | <p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Ask your parent caregiver to draw a large square and a large circle on a piece of paper. Practice cutting these out along the lines.</p> <p>Go for a walk around your house and see how many things you can find that are these shapes. Draw the things you found.</p> <p>Ask your adult/carer to draw you three squares and four circles, all the same size. Practice cutting these out.</p> <p>Glue them into your book making a pattern.</p> <p>Draw a pattern of your own using only circles and squares. Try and make a different pattern and draw it as well.'</p> |
| Break | |
| Afternoon Science | <p>Ask your parent or caregiver to put some water in a large container for you to float or sink objects in.</p> <p>Find five things you think will float and five things you think will sink.</p> <p>Test the items in your bucket. Draw in your book the things that floated and the things that sank.</p> <p>Ask your adult/carer to help you label these in your book.</p> <p>As a challenge see if you can find two large things that float and two small things that sink.</p> <p>Draw these in your book and label them.</p> |



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| Wellbeing Task | Can you tidy your room? |
| English | <p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Read a book with a family member. On the front cover, point to the Title, Authors name and the spine.</p> <p>Draw your favourite book character. Can you write the title and author?</p> |
| Break | |
| Middle Maths | <p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Go on a rainbow food hunt. Make tallies for how many foods of different colours you find.</p> <p>Ask your adult/carer to write the numbers and words from one to ten on small pieces of paper (or higher to 20 if you can count that far).</p> <p>Put these labels on the floor or on a table and see if you can find objects around the house to match to the number. I.e. you could put 1 banana next to the number 1 and two spoons next to the number two etc.</p> |
| Break | |
| Afternoon Health and PE | <p>Identify three healthy foods you can eat that provide fuel for your body. Draw these into your book and colour them in.</p> <p>Practise throwing and catching a ball with a family member.</p> <p>Challenge someone in your family to a running race.</p> <p>Can you think of other funny races to have? A hopping race, a jumping race and crawling race etc.</p> <p>Try them out</p> |



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Music - Prep

Welcome to our music unit on responding to music!

Your task, if you choose to accept it, is to
share music with your family

Talk

Talk with a family member about music.

1. Why do people make music?
2. Where do people make music?

Draw

Where have you heard music?

Make

Choose a song to sing to your family.

Song title: _____

How did you go?

I used my singing voice, not my talking voice



Keep the Beat

Can you **sing and perform the beat** at the same time? Remember, the beat stays the same, but the rhythm changes with the words!

Try it!

Sing *The Incy Wincy Spider (Prep)* or *The Ning Nang Nong (Grade 1)* and keep the beat in different ways:

- Clap
- Tap your legs
- Step on the spot
- Walk on the beat
- Play the beat on an instrument
- Think of other ways to keep the beat on your body
- Use your toys to keep the beat – tap a teddy, tap two toys together, or use your own idea.

*The Incy Wincy spider went up
the water spout,
Down came the rain and washed
the spider out!
Out came the sunshine and dried
up all the rain,
So the Incy Wincy spider went up
the spout again.*

*On the Ning Nang Nong where the Cows go Bong! and the monkeys all say BOO!
There's the Nong Nang Ning where the trees go Ping! And the tea pots jibber
jabber joo.
Oh on the Nong Ning Nang where the mice go Clang! and you just can't catch 'em
when they do!
So its Ning Nang Nong, cows go Bong! Nong Nang Ning, the trees go ping! Nong
Ning Nang, the mice go Clang
What a noisy place to belong! Cause it's the Ning Nang Ning Nang Nong!*

Choose a piece of music.

Keep the beat somewhere on your body while you listen to it.

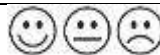
Circle how your performance went.

Discuss your performance with a family member.

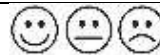
Did they agree or disagree with you?

Song title:

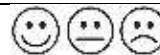
I tapped the beat somewhere on my body



I kept in time (I didn't go too fast or too slow)



I listened carefully to hear the beat in the music



**Now ask a family member to keep the beat while they listen to some music!
How did they go?**

Here are some other ways you and your family can enjoy music.

Choose some activities that you'd like to try. Colour in the box after you have done it. Can you get four in a row?

Have fun!

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| Play a freeze game (musical statues) with different styles of music. Try jazz, heavy metal, opera... | Teach a rhyme or song to someone in your family. | Learn a song from a family member. | Lip-sync along with your favourite song (use a brush for your microphone!) |
| Have a family disco! Ask everyone to dress up! | Popping is a kind of dance where people move like robots. Create your own popping sequence. | Make up new words to a song you already know. | Dance with some props. Use scarves, balls, hoops, ribbons, toys... |
| Make a drum kit from kitchen pots, pans and containers. | Draw what you hear. Put some music on and away you go! | Play "Guess that Tune". Hum a song for others to guess the title. | Move to the music - dance and prance to any music that has different tempos (fast/slow). |
| Set up and play "Pass the Parcel". <i>Challenge:</i> <i>Choose a piece of classical music for the game. Find out the composer's name.</i> | Make a maraca (shaker) or a few maracas that use different materials and make different sounds. | Lay down, relax and listen to some beautiful music. Tell someone what you thought about while it was playing. | Finger tutting is where people dance using only their fingers and hands. Make up your own sequence. |

Mr Dooner hopes you and your family have a wonderful time exploring music together!

This song will help you wash
your hands carefully:

[https://www.youtube.com/
watch?v=L89nN03pBzI](https://www.youtube.com/watch?v=L89nN03pBzI)



Health- Prep

This term, students explore how their bodies are growing and developing, and identify the actions that will keep them healthy such as diet, hygiene and physical activity.

Week 1 - Teddy Bear Picnic

Today you need to look after your teddy and take it on a picnic.

Draw 3 healthy foods you can take on a picnic with Teddy



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Draw 3 things you need to take on the picnic to keep Teddy Safe

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Draw 3 games you played with Teddy to keep Teddy active

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Week 2 – Growing and Changing

Collect three photos of yourself; One as a baby, one as a toddler and one now.

Play spot the difference with the photos. How have you grown and changed? What can you do now that you couldn't do before?



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PE – Prep to Year 3

This term, students participate in tagging games which incorporate the fundamental movement skills of dodging and running. They experiment with movement skills and test alternatives to solve movement challenges. They demonstrate positive ways to interact with others.

Week 1 and 2 Rotations

Complete each activity for 5minutes

Activity 1 – Running

Play tag games with a family member or run between two places. Try different movements in the game such as galloping, skipping, crawling, bear walking.

Activity 2 - Jumping

Stand behind a line and see how far you can jump. See if you can jump further when you use your arms.

Activity 3 – Throwing

Use a ball or scrunched up paper to throw into a target - a washing basket or bucket is ideal. Can you move further away and still get the ball in the basket?

Activity 4 – Skipping

Use a skipping rope (or pretend rope) to practise forward and backward skipping.

Activity 5 - Ball Games

Week 1 - Use a ball to play catching games like piggy in the middle.

Week 2 – Use a ball to play kicking games like soccer (shoot for a goal)

While learning at home, keep up as much physical activity as possible. Dancing, running, walking, scooting, riding, climbing, rolling, bowling, jumping, throwing, catching, kicking, bouncing, skipping. Make up your own games and create your own obstacle courses. Have fun with movement!

I can't wait to see you when you get back and to hear what you have been up to!

Miss B



Wellness/ Yoga

Complete one or more of the activities on the Health and Wellbeing Grid.

Health and Wellbeing Grid



| Online Tasks | Offline Tasks | | | |
|--|---|--|---|--|
| YouTube - Just Dance Uptown Funk High Hopes Waka Waka That Power | Create a health diary and list all the things you do each day to look after your body | Design your own yoga sequence – link poses you know and/or make up some of your own | Create a hop scotch with chalk or pieces of paper How many different ways can you play? | Draw pictures of 6 ways you should look after your body every day. You could turn it into a poster |
| Choreograph a dance to Dance Monkey or another favourite song | Write a list of 10 things you like about another family member | Write a list of 10 things you like about yourself | Blow up a balloon, learn to tie the balloon. See how long you can keep the balloon in the air. | Design a funny poster that would encourage people to exercise and eat healthy |
| Do a meditation with a family member – smiling mind is a great app | Go for a scoot, walk, run or bike ride – collect some objects from nature and make a collage | Try two new fruits or vegetables each week to boost your immune system | Build a cubby house Make sure you pack it away after play | Write a list of 10 things and opportunities you're grateful for |
| Learn how to draw on 'Art Hub for Kids' or how to type on Dance Mat Typing | Write 5 'I am ...' statements to describe yourself. | Design a new active game for indoors Write out the rules | Write a thankyou letter to a doctor or nurse who is exhausted treating patients | Create your own obstacle course. You could use chalk and objects from around the home |
| Find your favourite GoNoodle on YouTube | Design your own scavenger hunt and ask someone in the house to complete it | Create a line drawing in black texta/pen and colour in with colour leaving no white spaces | Play with a ball – hit, kick, throw, catch, roll, juggle, experiment | Scrunch up some paper into a ball and throw it at a target – create a points system |
| Follow a Cosmic Kids yoga story online or PE with Joe 5 minute moves | Move to the Music - play a range of music styles and move your body in funny ways to the beat | Create a beat with your body and objects and teach it to a family member | List 7 things you could tell a friend to do when they need; cheering up, calming down or help to relax. | Call an elderly family member and read them a story – maybe they will read one to you too? |

- Highlight the tasks when you have completed them

Meditation Online

- Rainbow breathing <https://www.youtube.com/watch?v=O29e4rRMv4>
- The Listening Game https://www.youtube.com/watch?v=uUIGKhG_Vq8

Brain Breaks Online

- Move and Freeze <https://www.youtube.com/watch?v=388Q44ReOWE>
- Exercise, Rhyme and Freeze <https://www.youtube.com/watch?v=cSPmGPlyyKU>

Yoga Online

- Strengthen Your Focus <https://www.youtube.com/watch?v=0vuaCHEAs-4>

Health and Wellbeing Grid



| Online Tasks | Offline Tasks | | | |
|---|--|---|--|---|
| <p>YouTube - Just Dance Uptown Funk High Hopes Waka Waka That Power</p> | <p>Create a health diary and list all the things you do each day to look after your body</p> | <p>Design your own yoga sequence – link poses you know and/or make up some of your own</p> | <p>Create a hop scotch with chalk or pieces of paper How many different ways can you play?</p> | <p>Draw pictures of 6 ways you should look after your body every day. You could turn it into a poster</p> |
| <p>Choreograph a dance to Dance Monkey or another favourite song</p> | <p>Write a list of 10 things you like about another family member</p> | <p>Write a list of 10 things you like about yourself</p> | <p>Blow up a balloon, learn to tie the balloon. See how long you can keep the balloon in the air.</p> | <p>Design a funny poster that would encourage people to exercise and eat healthy</p> |
| <p>Do a meditation with a family member – smiling mind is a great app</p> | <p>Go for a scoot, walk, run or bike ride – collect some objects from nature and make a collage</p> | <p>Try two new fruits or vegetables each week to boost your immune system</p> | <p>Build a cubby house Make sure you pack it away after play</p> | <p>Write a list of 10 things and opportunities you're grateful for</p> |
| <p>Learn how to draw on 'Art Hub for Kids' or how to type on Dance Mat Typing</p> | <p>Write 5 'I am ...' statements to describe yourself.</p> | <p>Design a new active game for indoors Write out the rules</p> | <p>Write a thankyou letter to a doctor or nurse who is exhausted treating patients</p> | <p>Create your own obstacle course. You could use chalk and objects from around the home</p> |
| <p>Find your favourite GoNoodle on YouTube</p> | <p>Design your own scavenger hunt and ask someone in the house to complete it</p> | <p>Create a line drawing in black texta/pen and colour in with colour leaving no white spaces</p> | <p>Play with a ball – hit, kick, throw, catch, roll, juggle, experiment</p> | <p>Scrunch up some paper into a ball and throw it at a target – create a points system</p> |
| <p>Follow a Cosmic Kids yoga story online or PE with Joe 5 minute moves</p> | <p>Move to the Music - play a range of music styles and move your body in funny ways to the beat</p> | <p>Create a beat with your body and objects and teach it to a family member</p> | <p>List 7 things you could tell a friend to do when they need; cheering up, calming down or help to relax.</p> | <p>Call an elderly family member and read them a story – maybe they will read one to you too?</p> |

- Highlight the tasks when you have completed them

BLUEY FAMILY FUN ACTIVITY GRID #2. THINGS TO DO AFTER WATCHING THESE EPISODES...



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| <p>THE POOL Draw or write a list of things you need when you go for a swim. What things can protect you from the sun? Make a list of all the different places you've had a swim. How many different places have you cooled off?</p> | <p>HAMMERBARN Write a list of ingredients you need to make a pizza. If mum or dad have the ingredients, you could help to make pizza for dinner. If not, you could draw or use paper to create a meal. You might make a burrito, a sandwich or a pizza out of paper or card.</p> | <p>BIKE Can you ride your bike? Do you remember learning to ride? Ask mum or dad to share their memories of you learning to ride your bike. How old were you? What do you want to learn how to do next? Maybe you could learn how to tie shoelaces or whistle a tune.</p>  | <p>STICKY GEEKO How long is 1 minute? What can you do in 1 minute? How many times can you hop on one foot? How many star jumps can you do? Find a push or pull toy in your house. If you don't have one, perhaps you could make your own out of recycled containers.</p> |
| <p>THE DUMP How does your family recycle? Are you collecting the 10c containers? How many 10c containers do you need to make \$1? Do you have some old art? Have you ever used your art to wrap a present?</p>  | <p>HIDE AND SEEK Count to 20 and get your family to hide. Before you begin, decide on some rules. Will it be an inside or outside game of hide and seek? Where was the best hiding spot? Who took the longest to be found?</p>  | <p>HORSEY RIDE Play make-believe! Gather your toys and create a wedding or a birthday party for the toys to celebrate! Draw your last birthday party. How many candles were on your cake?</p>  | <p>MAGIC XYLOPHONE Do you have any musical instruments in your home? Gather them together and make some music. If you don't have any, make your own. You can use cans or containers from your kitchen. Perform for your family. Everyone can have a turn! Pick an instrument and decide what magical feature it has.</p> |
| <p>CHARADES Play a game of Charades with your family. Remember to take turns and make sure everyone knows the rules before you begin. What's another card game you have at home? You may like to play snap, go fish or memory with your family.</p>  | <p>KEEPY UPPY Use a mini bean bag, ball or balloon and play a game of hot potato (keepy uppy). How many times can you pass the ball before it touches the ground? Play a throw and catch game with someone in your family. You might like to say the alphabet as you pass back and forth. You could also try and count to 10, 20 before someone drops the ball. What other ball games can you play?</p> | <p>FAIRIES Make a fairy ring. You might like to use rocks, flowers, leaves or sticks. Dance in the centre of the ring. Take turns and see who can make up the most creative dance. If you have a shady spot, maybe you could make a fairy garden. You could draw a picture or write a little note for a fairy to find overnight. If you have dominoes at home, create a domino ring or heart.</p> | <p>FEATHERWAND Move around your house like you are carrying a very heavy bag of bricks. Now move around like you are as light as a feather. How are your movements different? Choose two objects. Hold them in your hands and work out which one is heavier, and which one is lighter. This is called hefting. You could also arrange objects from heaviest to lightest!</p>  |