



Stafford State School

Independent Public School



Term 2

Week 3

Year 1 Home Learning

Learning Areas:

English

Mathematics

HASS

Science

Health/PE

Music

Digital Technology

Library



<p>Wellbeing Task</p>	<p>Belly Breathing – find a toy to place on your tummy. Lie on your back with the toy on your tummy. Look at your toy and take three long slow breaths in and out watching the toy move up and down with your breath. Count as you breathe in 1,2,3,4 and count as you breathe out 1,2,3,4. See if you can close your eyes and feel the toy move. Continue for up to 5 minutes. How do you feel?</p>
<p>Morning English</p>	<p><u>Reading</u></p> <ul style="list-style-type: none"> • Practice reading sight words, work on fluency • Choose a fiction book and read aloud to someone • After reading, answer these questions <ul style="list-style-type: none"> ○ Which part of the story was your favourite? Why? ○ If you could change something in the story, what would it be? Why? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> • Complete handwriting sheet Week 3 Monday – Months of the Year <p><u>Spelling</u></p> <ul style="list-style-type: none"> • Read your spelling words – Unit 13 Sound Waves textbook (page 30) • Write out your spelling words once <p><u>Daily Writing</u></p> <ul style="list-style-type: none"> • Write 2 -3 sentences about what you did on the weekend. Remember to start with a capital letter and finish with a full stop. Use the sentence starter On the weekend, I ... <p><u>English</u></p> <ul style="list-style-type: none"> • Complete Getting into Grammar #1 (Edited sentence should read I can jump over the big log.) • Complete Week 3 Monday Segmenting <ul style="list-style-type: none"> ○ Answers pram, drip, plug, bank, swim, brush, frog, crab, black, cross, flag, grass, skip, plum, nest, lamp
<p>Break</p>	
<p>Middle Maths</p>	<p><u>Mental Maths</u></p> <ul style="list-style-type: none"> • Complete Week 3 Monday <p><u>Time</u></p> <ul style="list-style-type: none"> • Practise the months of the year Macarena and days of the week songs • Refer to Week 3 Monday January Calendar <ul style="list-style-type: none"> ○ Become familiar with the month of January – dates and events happening in the month. ○ Answer questions on the calendar sheet
<p>Break</p>	
<p>Afternoon Science</p>	<p><u>Science</u></p> <ul style="list-style-type: none"> • View the Materials PowerPoint and discuss items you know of that are made of those materials <p><u>Reading</u></p> <ul style="list-style-type: none"> • Choose 2 -3 books (or a chapter book) • ask an adult to set a timer and read quietly for 15 minutes

Week 3 Monday Handwriting Months of the Year


Trace the words, then write them in the lines underneath

 January February




 March April May



 June July August



 September October



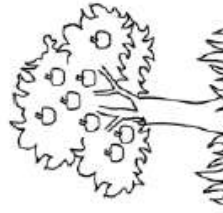
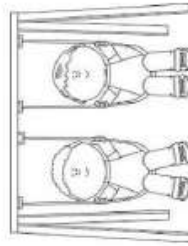
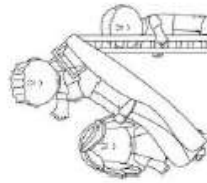
Getting into Grammar #1

Name _____ Date ___/___/___

Edit the sentence then rewrite it correctly below.

i can jump ova the dig log

List all of the nouns you can see in the picture below.



•	•
•	•
•	•
•	•
•	•

Write the past tense for these verbs. The first one has been done for you.

Verb	Past tense - yesterday I...
walk	walked
talk	
run	
jump	
swim	

Write the correct punctuation at the end of these sentences.

... ? or !

Watch out

How are you today

My shirt is green

What is your dog's name

I like red apples

Get out now

How many jelly beans do you have

Tomorrow is my birthday

Week 3 Monday January Calendar

January							2020
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1 New Year's Day	2	3	4	5	
6	7	8 Devonport Cup/ Parkes Elvis Festival starts	9	10	11	12 Parkes Elvis Festival ends	
13	14	15	16	17	18 Albion Park Show starts	19	
20 Albion Park Show ends/ Candelo Show/ Australian Tennis Open starts	21	22	23	24	25 Chinese New Year	26 Australia Day	
27	28	29	30	31			

January Calendar Questions

1. On which day of the week is New Year's Day?

2. How many Thursdays are there in the month of January?

3. How many days does the Parkes Elvis Festival last for?

4. On which day of the week is the Candelo Show?

5. How many Saturdays are there in the month of January?

6. On which day of the week is the 16th January?

7. Which lasts longer, the Albion Park Show or the Candelo Show?

8. On which day of the week is Chinese New Year?

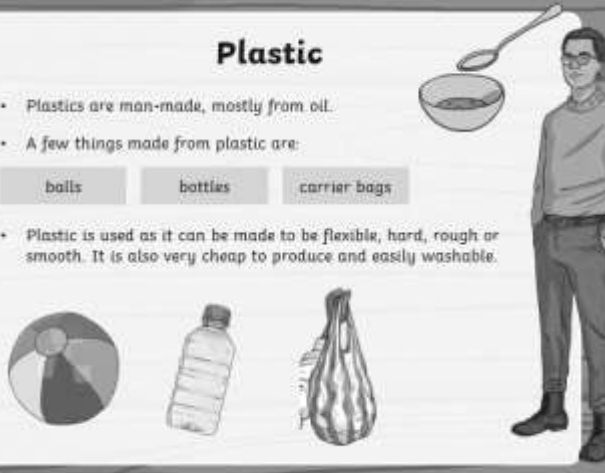
9. How many special events have been listed for January?

10. What event takes place on 8/1/20?

Materials PowerPoint Slides


Plastic

- Plastics are man-made, mostly from oil.
- A few things made from plastic are:
 - balls
 - bottles
 - carrier bags
- Plastic is used as it can be made to be flexible, hard, rough or smooth. It is also very cheap to produce and easily washable.



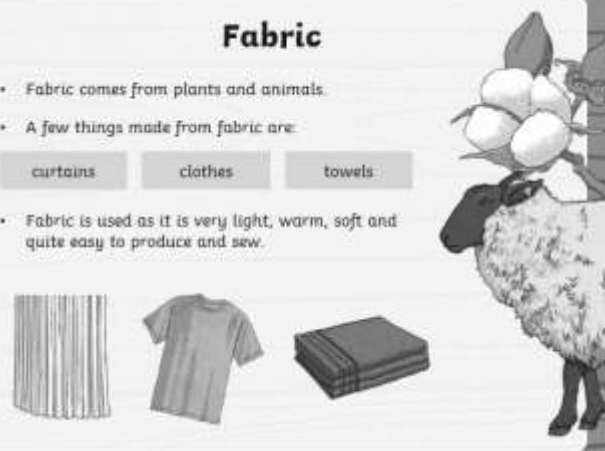
Glass

- Glass is made from very fine sand. It is heated until it melts.
- A few things made from glass are:
 - bottles
 - light bulbs
 - glasses
- Glass is used as it is strong, hard, smooth, easily washable and transparent.




Fabric

- Fabric comes from plants and animals.
- A few things made from fabric are:
 - curtains
 - clothes
 - towels
- Fabric is used as it is very light, warm, soft and quite easy to produce and sew.



Metal

- Metals are made from rocks. The rocks are dug up and taken to a factory where they are heated and processed into metal.
- A few things made from metal are:
 - jewellery
 - cutlery
 - cars
- Metal is used as it is strong, hard, smooth and easily washable.



Wood

- Wood is a natural material. It comes from trees.
- A few things made from wood are:
 - furniture
 - boats
 - instruments
 - paper
- Wood is used as it can be carved in to any shape, is strong and has a very nice appearance.





<p>Wellbeing Task</p>	<p>Use the Superhero Yoga sheet. Try to do each superhero pose and say the 'I am' statements out loud. Make up some other superhero poses and 'I am' statements. For example 'I am powerful', 'I am healthy'.</p>
<p>Morning English</p>	<p><u>Reading</u></p> <ul style="list-style-type: none"> • Practice reading sight words, work on fluency • Choose a fiction book and read aloud to someone • After reading, answer these questions <ul style="list-style-type: none"> ○ What happened at the beginning of the story? ○ What happened in the middle of the story? ○ What happened at the end of the story? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> • Complete handwriting sheet Week 3 Tuesday – Months and Colours <p><u>Daily Writing</u></p> <ul style="list-style-type: none"> • Write 2 -3 sentences using this sentence starter I was hiding in a tree when suddenly <p><u>English</u></p> <ul style="list-style-type: none"> • Complete Unit 13 in Sound Waves text book (pages 30 & 31). • Encourage correct letter formation when writing
<p>Break</p>	
<p>Middle Maths</p>	<p><u>Mental Maths</u></p> <ul style="list-style-type: none"> • Complete Week 3 Tuesday <p><u>Time</u></p> <ul style="list-style-type: none"> • Practise months of the year Macarena and days of the week songs <p><u>Number/Money</u></p> <ul style="list-style-type: none"> • Ask an adult for a collection of coins. Discuss the pictures on the coins, their value and their size • Complete Week 3 Tuesday Coins • As a challenge, see if you can add up the collection of coins to work out how much money you have altogether
<p>Break</p>	
<p>Afternoon Digital Technology</p>	<p><u>Digital Technology</u> Refer Week 3-5 Digital Technology</p> <p><u>Reading</u></p> <ul style="list-style-type: none"> • Choose 2 -3 books (or a chapter book) • ask an adult to set a timer and read quietly for 15 minutes

SUPERHERO YOGA



I am brave.

WARRIOR 1 POSE



I am strong.

WARRIOR 2 POSE



I am peaceful.

PEACFUL WARRIOR POSE



I am kind.

WARRIOR 3 POSE



I am a superhero!

HALF MOON POSE

Week 3 Tuesday Handwriting Months and Colours

Trace the words, then write them in the lines underneath

 November December




 white black red



 blue green purple



 orange pink aqua



Coin Detective

Help the coin detective by colouring the coins below.



Ordering Coins

Cut and paste the Australian coins below and arrange them from smallest value to largest value in the boxes.

--	--	--	--	--	--

Smallest value

Largest value





Stafford State School

Independent Public School

Digital Technology

Years Prep-2

Weeks 3, 4 and 5



Online Activities	Offline Activities			
Use the Scratch Junior app on iPad/tablet to create your own program.	Draw a picture of a robot. Add colour and labels.	Build a robot using cardboard boxes and other recycling and craft materials.	Build a robot out of LEGO.	Sort your LEGO (or coloured pens/pencils) into colours and sizes.
Watch Youtube *(Link below): 'Going on a Bear Hunt'. List the order of the places they visit. E.g. long wavy grass,	Pretend to be a BeeBot and program some directions for you (or a sibling) to follow.	Create a treasure hunt game.	Tell and retell a story *Think about the sequence.	Solve some puzzles
Watch Youtube *(Link below): Rosie's Walk. List the order of the places Rosie visits. E.g. Across the yard	Create and follow a maze.	Build with blocks. Think about the steps you did to make it and see if you can knock it down and rebuild it the same way.	Build some LEGO by following the instructions.	Create a maze using boxes and other recyclable materials. Take a toy through the maze.
Use a computer keyboard to practise finding letters and typing words. *Can also be done offline using a print out of a keyboard which can then be coloured. Try using one colour for vowels and other colours for the consonants.	Build and create with LEGO.	Do some beading and create different patterns.	Use just 4 LEGO blocks and build a duck. Can you make different ducks using the same 4 blocks?	Create your own puzzles by drawing a picture and then cutting it into different shapes and putting it back together.

Online resources


- Scratch Junior app on iPad
- Watch: YouTube *Going on a Bear Hunt:*
<https://www.youtube.com/watch?v=Waoa3iG3bZ4>
- Watch: YouTube: *Rosie's Walk*
<https://www.youtube.com/watch?v=R3kNUTwJhf8&t=15s>




<p>Wellbeing Task</p>	<p>Think about your house. What are your 3 favourite things about your house? Choose a favourite place in your house for you to do 2 minutes of slow, quiet breathing with your eyes closed.</p>
<p>Morning English</p>	<p><u>Reading</u></p> <ul style="list-style-type: none"> • Read the story Week 3 Wednesday Ben Goes Fishing • After reading, answer these questions <ul style="list-style-type: none"> ○ What did Ben and his dad take with them? ○ Who drove the boat? ○ What did Ben put on his hook? ○ What did Ben catch? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> • Complete handwriting sheet Week 3 Wednesday – Days of the Week <p><u>Spelling</u></p> <ul style="list-style-type: none"> • Read your spelling words – Unit 13 Sound Waves textbook (page 30) • Write out your spelling words – use a coloured pencil for the vowels <p><u>Writing</u></p> <ul style="list-style-type: none"> • Refer to Week 3 Wednesday Writing <ul style="list-style-type: none"> ○ Look at the picture, what can you see? ○ Discuss the wow words ○ Write 1 sentence using the picture as a prompt. Try to use some wow words to make your writing interesting <p><u>English</u></p> <ul style="list-style-type: none"> • Complete Week 3 Wednesday Syllables – Write the number of syllables in each word in the picture box
<p>Break</p>	
<p>Middle Maths</p>	<p><u>Mental Maths</u></p> <ul style="list-style-type: none"> • Complete Week 3 Wednesday <p><u>Time</u></p> <ul style="list-style-type: none"> • Practise months of the year Macarena and days of the week songs • Refer to Week 3 Wednesday Dominoes <ul style="list-style-type: none"> ○ Colour all of the hour times e.g. 8:00 one colour and all of the half-hour times e.g. 8:30 another colour ○ Cut out the dominoes and match the digital to analogue times. Rules for playing dominoes can be found here https://www.dominorules.com/the-basics
<p>Break</p>	
<p>Afternoon Writing</p>	<p><u>Music</u></p> <ul style="list-style-type: none"> • Refer to Music sheet <p><u>Reading</u></p> <ul style="list-style-type: none"> • Choose 2 -3 books (or a chapter book) • ask an adult to set a timer and read quietly for 15 minutes

Week 3 Wednesday Handwriting Days of the Week

Trace the words, then write them in the lines underneath


 Sunday Monday



 Tuesday Wednesday



 Thursday Friday



 Saturday Sunday



Ben Goes Fishing

Ben and his dad went fishing. Ben took the pole. His dad took some worms.

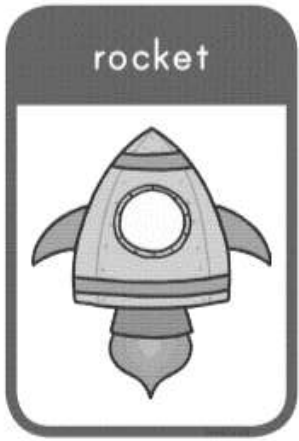
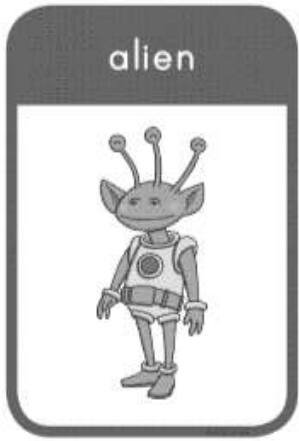
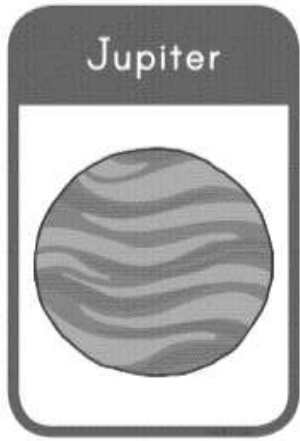
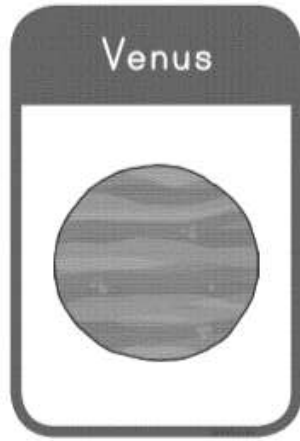
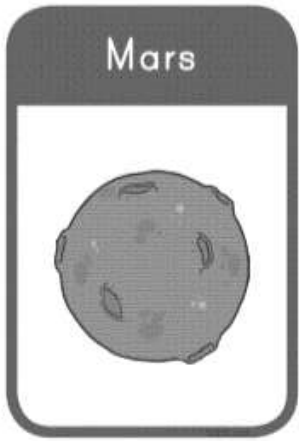
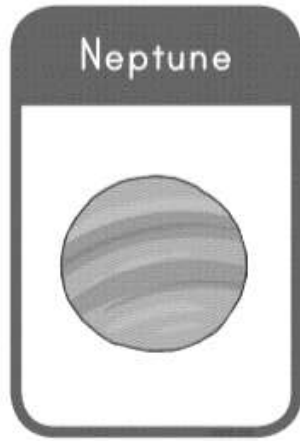
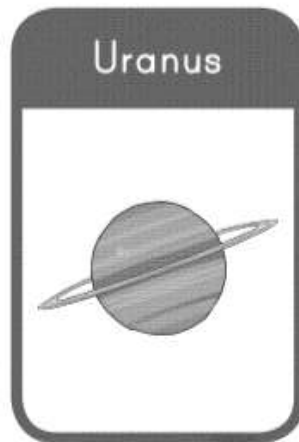
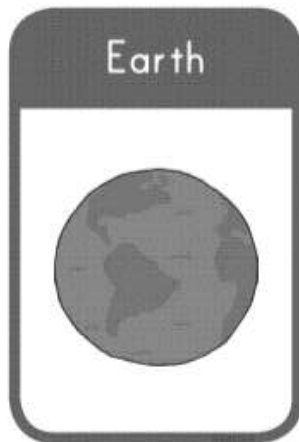
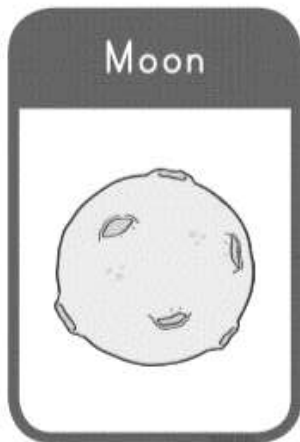
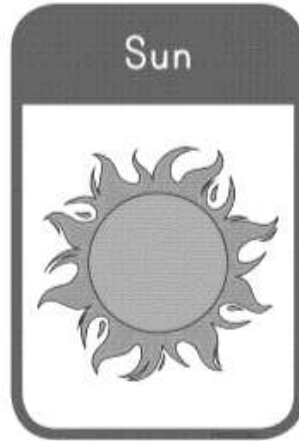
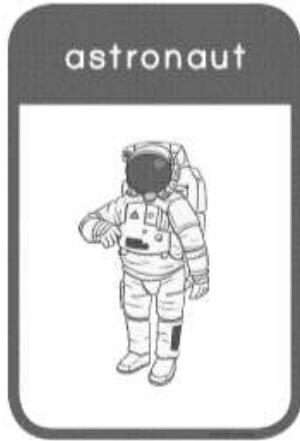


They got on a boat. The boat was in Pine Lake. Ben's dad drove the boat. He knows where to find the fish. Ben liked the boat ride.

Ben put a worm on the hook. He put his line in the water. He felt the pole pull. Was it a fish? He reeled it in. He did not get a fish. Ben got an old can.

Week 3 Wednesday Syllables

Count the number of syllables in each word and write this number in the picture box





Wow Words

Word	Meaning	Example
glistening	shiny, shimmery	The snow was glistening in the sun.
rapidly	quickly, fast	Jim skied rapidly down the slopes.
stunning	beautiful, lovely	The mountain view was stunning .

Week 3 Wednesday Dominoes

half past 7		2:00		half past 3		6:30	
half past 4		11:00		12 o'clock		3:00	
half past 1		9:30		half past 2		10:00	
6 o'clock		5:30		half past 8		11:30	

1:00	7:00	8:00	1:30
4 o'clock	5 o'clock	half past 10	half past 12




Wellbeing Task	Practise the skipping challenge. How many forward skips can you do in 30 seconds, how many backward skips can you do in 30 seconds and how many tricks can you do in 30 seconds. What new tricks can you learn this week?
Morning English	<p><u>Reading</u></p> <ul style="list-style-type: none"> • Practice reading sight words, work on fluency • Choose a fiction book and read aloud to someone • After reading, answer these questions <ul style="list-style-type: none"> ○ Who were the characters in the story? ○ What was your favourite part of the story? Why? ○ What would you do if you were in the story? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> • Complete Week 3 Thursday – Science Vocabulary <p><u>Spelling</u></p> <ul style="list-style-type: none"> • Complete the Week 3 Thursday Sound Waves Unit 13 word search. <p><u>Daily Writing</u></p> <ul style="list-style-type: none"> • Write 2 -3 sentences using this sentence starter I tripped over a mysterious object <p><u>English</u></p> <ul style="list-style-type: none"> • Listen to the story Willy and Hugh https://www.youtube.com/watch?v=WvRH4FQMiPP4 • Before watching the story, look at the front cover of the book. Discuss how the two characters (Willy and Hugh) look similar and/or different e.g. Hugh is a gorilla and Willy is a chimp, or both Willy and Hugh are wearing clothes like people • After listening to this story, discuss any other similarities and differences between Willy and Hugh
Break	
Middle Maths	<p><u>Mental Maths</u></p> <ul style="list-style-type: none"> • Complete Week 3 Thursday in your mental maths booklet <p><u>Time</u></p> <ul style="list-style-type: none"> • Practise the months of the year Macarena and the days of the week songs • Complete Week 3 Thursday Seasons Wheel
Break	
Afternoon HASS	<p><u>HASS</u></p> <ul style="list-style-type: none"> • Talk with an older member of your family (parent, grandparent, aunt, uncle). Discuss what life was like when they were the same age as you • Complete Week 3 Thursday Children in the Past and Now <p><u>Reading</u></p> <ul style="list-style-type: none"> • Choose 2 -3 books (or a chapter book) • ask an adult to set a timer and read quietly for 15 minutes

Week 3 Thursday Handwriting Science Vocabulary

Trace the words, then write them in the lines underneath




plastic glass wood




polystyrene straw



aluminium paper



ceramic rubber



Sound Waves Unit 13

O	U	G	R	E	A	T	H	L	W	D	R	E	R	T
E	H	C	R	A	I	N	O	A	O	A	Q	N	L	H
I	Y	T	O	D	A	Y	T	D	B	K	M	A	D	E
G	G	D	M	I	C	U	P	I	R	N	P	L	A	Y
H	O	S	P	A	C	E	A	E	E	A	K	Z	B	T
T	J	E	I	G	H	T	P	S	A	M	G	X	P	A
E	S	S	P	L	A	T	E	X	K	E	V	M	L	K
E	T	B	M	C	B	R	R	P	C	A	K	E	A	E
N	R	A	B	S	Y	G	A	M	E	P	G	Y	C	T
M	A	Y	M	H	L	T	J	B	T	W	G	H	E	E
S	N	B	P	M	S	A	W	A	F	R	A	I	D	S
A	G	A	N	A	A	B	E	F	Y	F	T	A	X	N
Y	E	B	O	K	M	L	D	A	N	G	E	R	T	A
R	Q	Y	C	E	E	E	H	X	C	M	D	A	Y	K
K	H	O	L	I	D	A	Y	L	Q	X	U	N	H	E

EIGHTEEN
AFRAID
TABLE
PLATE
BREAK
EIGHT
BABY
CAKE
MAKE
MAY

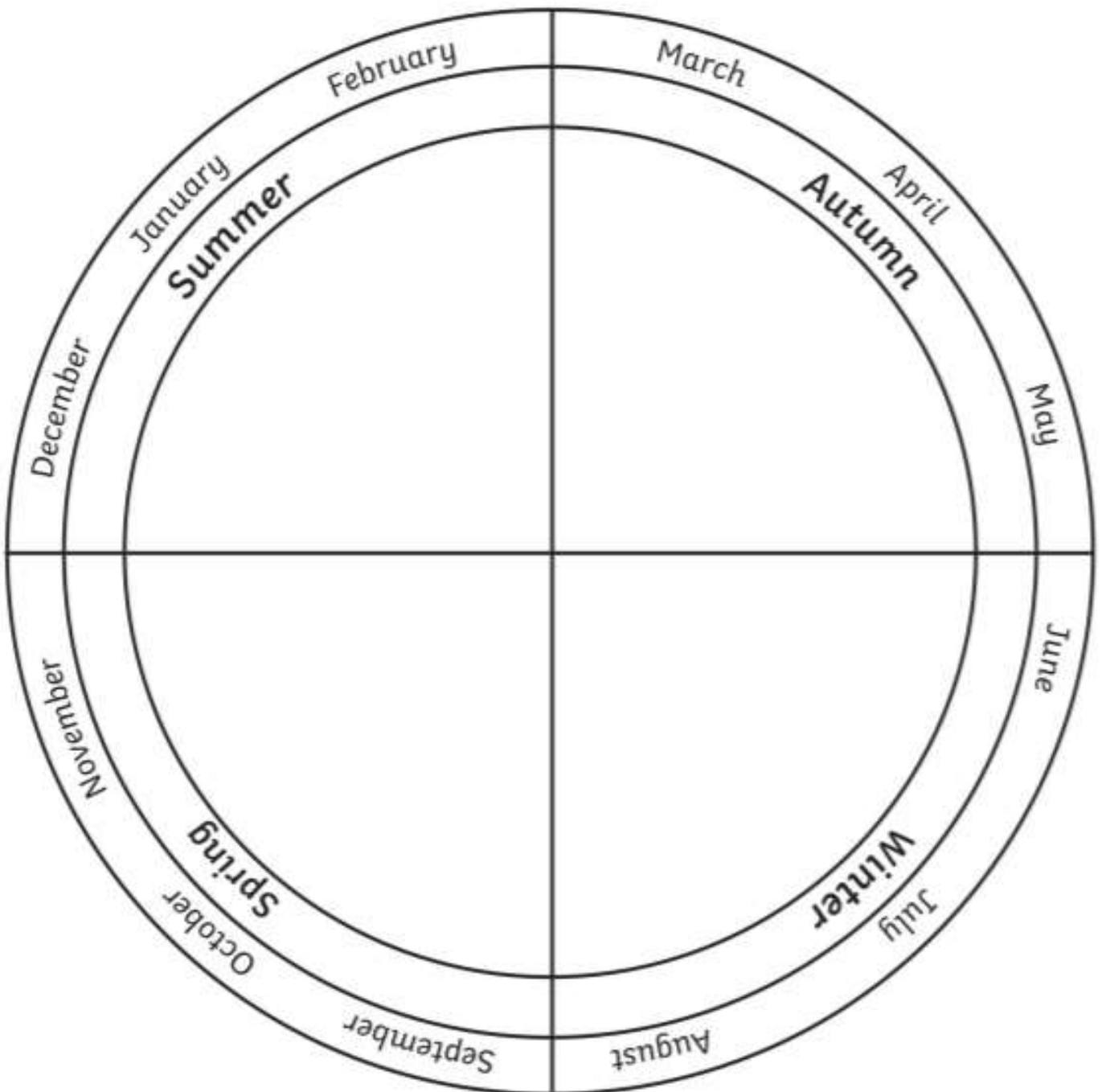
HOLIDAY
LADIES
SPACE
PAPER
TODAY
TAKE
PLAY
THEY
RAIN
SAY

STRANGE
DANGER
SNAKE
GREAT
PLACE
MADE
SAME
GAME
NAME
DAY

Seasons Wheel

Make your own Season Wheel by following the instructions:

1. For each season, draw a picture of the weather.
2. If you can, think of an event that happens in each season. It could be a celebration, a holiday or an important occasion, like a birthday. Add it to your wheel.
3. Add small arrows to your wheel to show which way the seasons go.
4. Carefully cut out your wheel.



Children in the past and today: T chart

1. Think about how your life today is similar to and different from the lives of children in the past. Write your ideas in the chart below.

How my life is similar to the lives of children in the past

How my life is different from the lives of children in the past

2. Tick a box on the line below to show how much you think new technologies have changed childhood.



no change at all

very little change

some change

a lot of change




<p>Wellbeing Task</p>	<p>Create a quiet space in your home for relaxation. Add some things that make you feel calm. Run or skip on the spot for 2 minutes so your body feels tired. Then take a moment to lie down in your calm corner. Close your eyes and your mouth and breathe in 1-2-3-4 and out 1-2-3-4. As you lie there think about things that make you feel happy. Lay still for up to 5 minutes. When you wake up draw a picture of something that makes you feel happy.</p>
<p>Morning English</p>	<p><u>Reading</u></p> <ul style="list-style-type: none"> • Practice reading sight words, work on fluency • Choose a fiction book and read aloud to someone • After reading, answer these questions <ul style="list-style-type: none"> ○ Who were the characters in the story? ○ What was your favourite part of the story? Why? ○ What would you do if you were in the story? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> • Complete Week 1 Friday Handwriting HASS Vocabulary <p><u>Spelling</u></p> <ul style="list-style-type: none"> • Read your spelling words – Unit 11 Sound Waves textbook (page 26) • Complete the Week 3 Friday Code Cracker <p><u>Daily Writing</u></p> <ul style="list-style-type: none"> • Write 2 -3 sentences using this sentence starter If I was invisible, I would <p><u>English</u></p> <ul style="list-style-type: none"> • Listen to the story Willy and Hugh https://www.youtube.com/watch?v=WvH4FQMIPP4 • After watching the story, answer discuss these questions <ul style="list-style-type: none"> ○ How did Willy and Hugh meet? ○ What things did Willy and Hugh do together? ○ How does Hugh help Willy with Buster Nose? • Can you think of any questions that you can ask about the characters in the story?
<p>Break</p>	
<p>Middle Maths</p>	<p><u>Mental Maths</u></p> <ul style="list-style-type: none"> • Complete Week 1 Friday <p><u>Time</u></p> <ul style="list-style-type: none"> • Practise the months of the year Macarena and the days of the week songs <p><u>Shape</u></p> <ul style="list-style-type: none"> • Complete Week 3 Friday 2D Shapes and 3D Shapes sheets
<p>Break</p>	
<p>Afternoon Physical Education</p>	<p><u>P.E</u></p> <ul style="list-style-type: none"> • Refer to PE sheet <p><u>Reading</u></p> <ul style="list-style-type: none"> • Choose 2 -3 books (or a chapter book) • ask an adult to set a timer and read quietly for 15 minutes

Week 3 Friday Handwriting HASS Vocabulary


Trace the words, then write them in the lines underneath

 *past present*



 *future family mother*



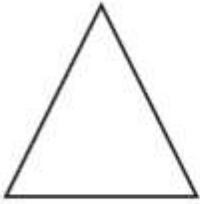
 *brother father sister*



 *uncle aunty parent*

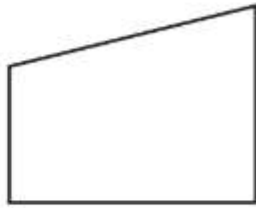


Name the 2D Shape



Number of sides _____

Name _____



Number of sides _____

Name _____



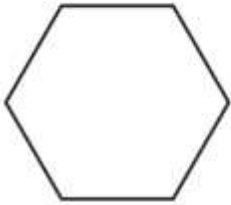
Number of sides _____

Name _____



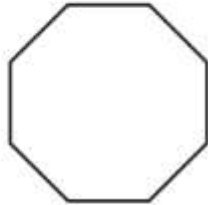
Number of sides _____

Name _____



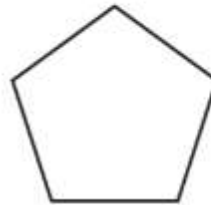
Number of sides _____

Name _____



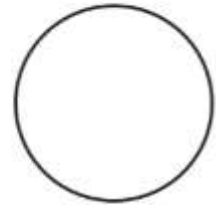
Number of sides _____

Name _____



Number of sides _____

Name _____



Number of curved sides _____

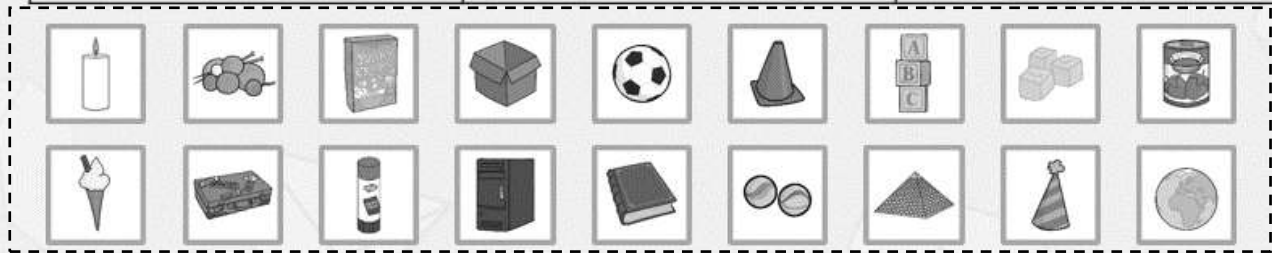
Name _____

Week 3 Friday 3D Shapes

Cut out the pictures and glue them in the correct shape boxes

Sort the Objects

cube	rectangular prism	sphere
cylinder	square-based pyramid	cone



Sort the Objects

cylinder	rectangular prism	cone	pyramid	cube





Stafford State School

Independent Public School



Music
P1, P2, 1A and 1B
Week 3, 4 and 5

Topic 2 – Where and why people make music?

Task 1

Look

- Have a look at the pictures on the following page.
- Where and why are these people making music?
- Can you answer any of the questions below?

Where are they?

What is around them?

Who is listening to the music?

What do you think the music is like?

Are they using instruments or their voices or both?

Why are they making the music?

Why are they in this place?

What does this music make you think about?
Why?



Which is your favourite picture?

Why? _____

Task 2

Music is for everyone! Music brings people together.

Sharing music is something wonderful you can do with your family.

Talk with your family members about music.

Colour in each box when you have discussed the question with someone.

What sorts of music do you like?	What is your favourite instrument? What instruments have you played?	What different sounds and instruments are used in music?
Where do people make music?	Why do people make music?	What does music make you think about? Why?
Is there music that is special to your family or culture?	What sorts of music does someone in your family like?	What do you like about music you listen to or make?

Draw

Draw somewhere where you hear music.

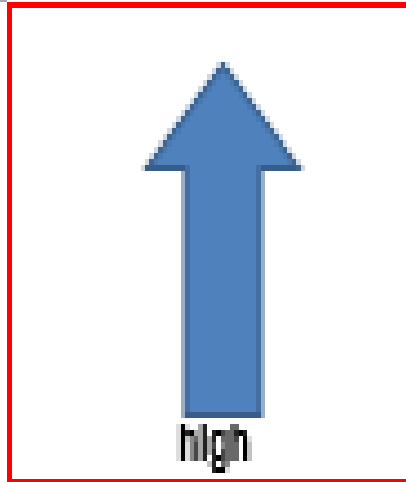
Draw your favourite instrument.

Draw yourself making music!

Task 3

Music is made when different sounds are used in different ways.

→ Comparative cards



Choose a song or a rhyme. Try singing it and saying it using different voices –
high, low, fast, slow, loud, soft

Sound like a robot, the Queen, a baby, a giant –
what other voices can you use make it sound different?

<p>Listen to a piece of your favourite music. Circle what you hear. Discuss what you heard with a family member. Did they agree or disagree with your findings?</p>	
one person singing	lots of people singing
talking	no singing or talking
high sounds	low sounds
fast sounds	slow sounds
loud sounds	soft sounds
the sound stopped during the music and started again	the sound stopped at the end of the music



Health

Year 1 and 2



that they understand their safety clues that can be used in situations and will explore the emotions they feel in response to safe and unsafe situations. Students consider different aspects of sun safety and how they can promote their health, safety and wellbeing.

Students explore safe and unsafe situations so responsibility in staying safe. They examine the

Week 3 – Staying Safe

Every day we do lots of things to keep our bodies safe. Healthy actions are a way of keeping our bodies safe.

Draw and label 6 healthy actions you do every day to keep your body safe and well. For example – clean your teeth, drink lots of water, wear a hat.

1.	2.	3.
4.	5.	6.

Do something that makes you happy every day!
I look forward to seeing you when you come back to school.

Miss B

PE – Prep to Year 2

Weeks 3, 4 and 5



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.

Please email me a photo or video of you completing the following activities.

EMAIL: nxsma0@eq.edu.au

Week 3 – Dodging and Obstacle Course

https://www.youtube.com/watch?v=v7V_uKNvxvk

Choose some objects from around the home or use chalk outside to design your own obstacle course. Your course needs to include some dodging. If you would like to be like a ninja warrior you could time yourself doing the course and then see if you can get faster. Remember it is your job to pack up the course after you have completed it.

Week 4 – Hopping and Skipping (step-hop, step-hop) – not with a rope

Practise hopping on each leg. Hop around some obstacles.

Skip over a distance (of at least 20m) – remember the pattern step-hop, step-hop. If this is difficult begin with one step and two hops on the right then one step and two hops on the left or watch this clip <https://www.youtube.com/watch?v=LWUsF32jdFg>

Week 5 – Overarm Throw and Dribbling a Ball (with your feet)

Throw - Using a large outdoor space practise throwing overarm. Make sure the foot that is not on the same side as your throwing arm is out in front. Use your whole body to throw not just your arm. https://www.youtube.com/watch?v=C0sl_YYBxuo watch these 5 stages.

Dribbling – using any ball you have at home kick the ball from one place, around some obstacles and then into a made up goal. Make sure you are kicking with the inside or outside of your foot (not your toe). <https://www.youtube.com/watch?v=fcHJJ1SnwSk>

Extension activities – send me a video of you bouncing a ball, skipping with a rope or playing catch.

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 see what you have been up to!

Miss B



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Health and Wellbeing Grid

Weeks 1-5

Prep - Year 6



Continue to highlight items off this grid as you complete. If you would like some more ideas check out the [65 Fun Things To Do Activities](https://www.teachstarter.com/au/teaching-resource/65-fun-things-to-do-with-kids-at-home/)

<https://www.teachstarter.com/au/teaching-resource/65-fun-things-to-do-with-kids-at-home/>








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	Create your own obstacle course. You could use chalk and objects from around the home
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 a thankyou letter to a doctor or nurse who is exhausted treating patients	Write a list of 10 things and opportunities you're grateful for
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?

65 FUN THINGS TO DO WITH KIDS AT HOME

teachstarter



<p>1</p> <p>Count all the light switches in your house. How many are on and how many are off?</p>	<p>2</p> <p>Learn a short passage from your favourite book off by heart. Perform it for the people in your house.</p>	<p>3</p> <p>Build a blanket cubbyhouse. Draw up a plan for your cubbyhouse and create a list of the items you will need.</p>	<p>4</p> <p>Write a letter to a friend or family member you haven't seen in a while.</p> 	<p>5</p> <p>Go on a nature scavenger hunt outside and sketch each item on paper.</p>
<p>6</p> <p>Build an outdoors obstacle course for your family. Draw up a plan and create a list of items you will need.</p>	<p>7</p> <p>Find different 3D objects around the house and draw them on paper.</p>	<p>8</p> <p>Play hide-and-seek as a family.</p>	<p>9</p> <p>Dress up and perform a play for your family.</p> 	<p>10</p> <p>Go on an alphabet scavenger hunt. Can you find an object that starts with every letter of the alphabet?</p>
<p>11</p> <p>Do some mindful colouring as a family.</p> 	<p>12</p> <p>Cut out letters from a magazine to make your name.</p>	<p>13</p> <p>Create a colour wheel by cutting out bits of coloured paper from a magazine.</p>	<p>14</p> <p>Using the food you have at home, create a dinner menu. Try to include descriptive language that will make your menu sound delicious!</p>	<p>15</p> <p>Use items found in your garden to make nature faces.</p>
<p>16</p> <p>Create a musical instrument from recycled items you find around the house.</p>	<p>17</p> <p>Draw a maze with a start and end point, and ask each family member to try to navigate it.</p>	<p>18</p> <p>Organise the books on your bookshelf into rainbow colours or alphabetical order.</p> 	<p>19</p> <p>Learn magic tricks and perform a magic show for your family.</p>	<p>20</p> <p>Teach your family how to create some origami.</p>
<p>21</p> <p>Start a gratitude journal. Every morning when you wake up, write about something you are grateful for.</p>	<p>22</p> <p>Interview members of your household, or your grandparents, other family, or friends on Skype and record what they are thinking.</p>	<p>23</p> <p>Play book bingo! Make a list of common words for each family member and see who can find them the fastest on the titles in your bookshelf.</p>	<p>24</p> <p>Create a Joy Jar. Each day, write a sentence on a piece of paper about what made you joyful that day.</p>	<p>25</p> <p>Start a squiggle on a piece of paper and place it on the fridge. During the day, family members take turns to add a little more squiggle to the picture.</p>
<p>26</p> <p>Paint the driveway, fence or deck with water – or with paint if you are allowed.</p> 	<p>27</p> <p>Design a piece of furniture built from paper straws, masking tape, cardboard and a hole punch.</p>	<p>28</p> <p>Use sidewalk chalk on the driveway to create a hopscotch pattern or to draw an obstacle course.</p>	<p>29</p> <p>Have some messy fun, using shaving cream and food colouring on a tray.</p>	<p>30</p> <p>Create a dinosaur city from sticks, dirt, rocks and whatever you can find outside.</p>

<p>31</p> <p>Learn Morse code and use it to communicate to your family members.</p>	<p>32</p> <p>Sit quietly and write about what you can hear, smell, see, touch and taste.</p>	<p>33</p> <p>Graffiti your fence with uplifting messages or bright artwork in chalk.</p>	<p>34</p> <p>Write a short story that includes a giraffe, a panda and a yoyo.</p>	<p>35</p> <p>Have a paper-plane flying competition!</p> 
<p>36</p> <p>Stick masking tape to the floor to create a racetrack around the house!</p>	<p>37</p> <p>Do some cloud-spotting! Write about or draw the different shapes you can see.</p>	<p>38</p> <p>Have an online playdate with a friend, using Skype, Zoom, Google Hangouts or Facetime.</p>	<p>39</p> <p>Transform an empty shoebox into a setting from one of your favourite storybooks.</p>	<p>40</p> <p>Draw a floor plan of your bedroom and show the outlines of all of your furniture.</p>
<p>41</p> <p>Design your 'dream house' floor plan, complete with measurements.</p>	<p>42</p> <p>Collect 10 different leaves on an afternoon walk and put them in order from darkest to lightest.</p>	<p>43</p> <p>Use bark or leaves to create a rub picture.</p> 	<p>44</p> <p>Choose a famous person to research.</p>	<p>45</p> <p>Play a board game.</p>
<p>46</p> <p>Sort your toys into groups. Get people to guess which sorting rule you used.</p>	<p>47</p> <p>Learn to say the alphabet backwards.</p> 	<p>48</p> <p>Play a game of charades with your family.</p>	<p>49</p> <p>Make up a dance routine to go with your favourite song.</p>	<p>50</p> <p>See who can build the largest structure using a deck of cards.</p>
<p>51</p> <p>Pick an exercise move for each number on a dice. Take turns rolling the dice for some movement fun!</p>	<p>52</p> <p>Paint some rocks and create a kindness garden in your backyard.</p>	<p>53</p> <p>List all the different colours you can see outside, and tally how many items you can see in each colour.</p>	<p>54</p> <p>Using recyclable items, design and create a boat that can float on water.</p>	<p>55</p> <p>Learn how to read a map.</p> 
<p>56</p> <p>Hide some 'treasure' and create a treasure map for someone in your family to follow.</p> 	<p>57</p> <p>Make your own pet rock.</p>	<p>58</p> <p>Play a game of I Spy.</p> 	<p>59</p> <p>Go on a bug scavenger hunt around the yard. Take photos of interesting bugs you see.</p>	<p>60</p> <p>Explore the world with Google Earth.</p>
<p>61</p> <p>Learn about a famous artist and use their art as inspiration for your own creation.</p>	<p>62</p> <p>Construct your own sundial.</p>	<p>63</p> <p>Learn the alphabet in sign language.</p> 	<p>64</p> <p>Learn how to say hello in 5 different languages.</p>	<p>65</p> <p>Make some homemade playdough.</p>



Stafford State School

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Digital Technology

Years Prep-2

Weeks 3, 4 and 5

Online Activities	Offline Activities			
Use the Scratch Junior app on iPad/tablet to create your own program.	Draw a picture of a robot. Add colour and labels.	Build a robot using cardboard boxes and other recycling and craft materials.	Build a robot out of LEGO.	Sort your LEGO (or coloured pens/pencils) into colours and sizes.
Watch Youtube *(Link below): 'Going on a Bear Hunt'. List the order of the places they visit. E.g. long wavy grass,	Pretend to be a BeeBot and program some directions for you (or a sibling) to follow.	Create a treasure hunt game.	Tell and retell a story *Think about the sequence.	Solve some puzzles
Watch Youtube *(Link below): Rosie's Walk. List the order of the places Rosie visits. E.g. Across the yard	Create and follow a maze.	Build with blocks. Think about the steps you did to make it and see if you can knock it down and rebuild it the same way.	Build some LEGO by following the instructions.	Create a maze using boxes and other recyclable materials. Take a toy through the maze.
Use a computer keyboard to practise finding letters and typing words. *Can also be done offline using a print out of a keyboard which can then be coloured. Try using one colour for vowels and other colours for the consonants.	Build and create with LEGO.	Do some beading and create different patterns.	Use just 4 LEGO blocks and build a duck. Can you make different ducks using the same 4 blocks?	Create your own puzzles by drawing a picture and then cutting it into different shapes and putting it back together.

Online resources

- Scratch Junior app on iPad
- Watch: YouTube *Going on a Bear Hunt:*
<https://www.youtube.com/watch?v=Waoa3iG3bZ4>
- Watch: YouTube: *Rosie's Walk*
<https://www.youtube.com/watch?v=R3kNUTwJhf8&t=15s>



Every Day is a Good Day to Read a Book! Read at home with someone or independently every day, just for fun. Try for at least 20 minutes but more is better. Remember you don't have to do this all at once. Five minutes here and there is also good. Read fiction, nonfiction and poetry. Just read! It is important.

The Brisbane Council Libraries are doing great story time activities for children. Check out their website. If you are not a member it is easy to join online so you have a membership number to log on. They are doing a great job.

Below are some activities to try around books and reading. Colour in the activities as you do them. You MUST have permission from your parents or caregivers before you go to one of the websites suggested below.

<p>An Old Favorite Design a bookmark or two. Be creative. Raid your craft box. Keep them to share later and use them when reading.</p>	<p>Scavenger Hunt Use the books you have at home and complete the Book Scavenger Hunt. Sheet supplied.</p>	<p>Book Talk Use the Talking about Books sheet and talk about the books you are reading with someone. Just a few questions.</p>	<p>Lego or Construction Create a scene or character from Lego or construction material. Make sure you tell someone at home about it.</p>
<p>Book End Pages Look at the end pages of the book. Create your own end pages for the book adding your own flair to the illustration.</p>	<p>Craft Activities for all year levels. It is great to relate a craft or drawing activity to a book. Try Pinterest for ideas or Arty Crafty Kids at www.artycraftykids.com Have fun.</p>	<p>Scratch for Juniors. If you have access to this coding site and create a simple story. Only have a maximum of 3 characters. Good luck.</p>	<p>Writing a Poem 1 Acrostics are easy. Write the name of a character, setting or topic vertically down the page. Write a word, phrase or sentence for each letter of the word. Read it to someone.</p>
<p>Writing a Poem 2 Another idea: Choose a photo or picture from a magazine and write a poem about it. It could be one verse or more. Or just write down some words that you think about when looking at the picture. Make a 'Wordle' for it.</p>	<p>Nonfiction Activity 1 Choose a nonfiction book or magazine article. Write down or tell someone 3 - 5 interesting facts that you have found out about the topic. Choose 1 fact and draw a picture about it. Write a caption.</p>	<p>Nonfiction Activity 2: Atlas With or without an atlas. A to Z of World Countries A to Z of World Capital Cities Younger students explore a map of Australia. Find all the states and capital cities.</p>	<p>Nonfiction 3 Websites Check out and explore the National Geographic Kids and NASA websites. www.natgeokids.com www.nasa.gov/kidsclub/index.html</p>

Talking About Books

Listed below are a range of questions you can use to explore the book you are reading with your child. You don't have to ask every question – just a couple. Also adapt to the age of your child.

Fiction

Before reading:

- Why did you pick this text?
- What makes you think this book is going to be interesting?
- What do you think the text is going to be about?
- Do you know of any other books this author has written?

During reading

- If the main character in this story lived next door, would you be friends? Why or why not?
- If you could ask the character something, what would it be?

- Where is the book set?
- What does the place look like in your head?
- Would you like to visit there?

- What do you think will happen next?
- What do you hope will happen next?

After reading

- Who was in the book?
- Who was your favourite character? Why?
- Describe one of the characters to me. Tell me what they look like and what their personality is like (are they kind, bossy, cheeky, talkative)
- Is there a character in the story that reminds you of someone you know? If so, who are they like, and how are they similar?

- If you tell a friend about this story, what will you say?
- Can you retell the story in sequence order (use your fingers and sequence words: first, second, then, next etc)
- What was the big problem or event in the story?
- How did the characters solve the problem?
- Did it end the way you thought it would? Would you have ended the story differently?

- Show or tell me some words you would like to know more about. Maybe we could use a dictionary to help.

Nonfiction

- What is something new you've learnt?
- How is this information book different to fiction/story books?
- Has this text challenged your thinking about something?
- Are you interested to learn more about this topic?
- Let's find the technical words in the text that are often bolded and check the glossary to find more about them.

Picture Book Scavenger Hunt



Look through your favourite picture books at home.

Find the items below. Show someone or tick each item when you have found it.

An animal with fur

The word together or happy

A picture of the moon

Someone sleeping

A cat

Someone running

A bicycle

Someone laughing

A picture of a book or someone reading

A picture of the countryside

A picture of someone eating or cooking

A book with a blue cover

A book with a tree on the front cover

A word starting with the first letter of your name

Make it harder and find a character whose name starts with the first letter of your name