

Here is a time guide for a week of learning

- English activities from various strands (usually 6-8 hours per week)
- Mathematics /number activity (usually 3-4 hours per week)
- Fitness (usually 1-2 hours per week)
- Measurement or Space activity (usually 1-2 hours per week)
- History (usually 1.5 - 2.5 hours per week)
- Science and Technology activity (usually 1.5 - 2.5 hours per week)
- Personal Development/ Health/PE (usually 1.5 - 2.5 hours per week)
- Creative Arts (Music, Visual Arts, Dance, Drama) (usually 1.5 - 2.5 hours per week)

Activities that are highlighted are to be shared with the class teacher via Seesaw, either as a video or photo. The required days are indicated. You may also post **one other** completed activity of your choice during the week.

Below is a selection of activities for the week:

English	Speaking and Listening	<ul style="list-style-type: none"> • Interview a parent or grandparent about the ways jobs and family roles have changed over time. • Explain to the family member what 'life cycle' means. Tell them about the life cycle of at least 2 animals.
	Reading	<ul style="list-style-type: none"> ○ Read three times a day for at least 20 minutes each ○ Listen to a story. Retell the story in a summarised version (beginning, middle and end). (Activity link in Seesaw- Retelling a favourite book) Tuesday ○ Look at the front cover of a book you have at home. PREDICT what you think the book might be about. Use the title and pictures to help you. Read the book. Describe the setting in your book. Including time and place.
	Writing	<ul style="list-style-type: none"> ○ Write a letter to your teacher. <i>Include activities you have been doing at home, what you love most about school, your favourite healthy foods and 2 new things you have learnt this week.</i> (Optional: Activity link in Seesaw-Read and record your letter on Seesaw) ○ Write in sentences, a detailed description of a grasshopper or a spider. ○ Draw and label flowchart outlining the life stages of a human.
	Handwriting	<ul style="list-style-type: none"> ○ Practise one letter a day (Capital, lower case, words, sentence, pattern) This week focus on c, e, n, w, x
	Grammar, Punctuation, Vocabulary	<ul style="list-style-type: none"> ○ Homophones are words that sound the same but have different meaning and spelling. How many homophones can you find? Rewrite the following sentences using the correct homophone: <ul style="list-style-type: none"> ○ The wind (blew/blue) the tent over. ○ Last week I (road/rode) a horse for the first time. ○ I (one/won) the tennis match. ○ My mum will (sew/so) me a dress. ○ Write and record a list of words that can be used instead of the word 'said'. (Eg. The wombat <u>said, whispered, cried, answered...</u>) Monday

	Spelling	<ul style="list-style-type: none"> ○ Read and write your tricky words - February, were, friend. Friday ○ Focus Sounds: igh/y (right/try), ue/ew (blue/new) Write a list of words using these focus sounds. Write some of these words into sentences.
	Online activities	<ul style="list-style-type: none"> ○ Reading Eggs https://readingeggs.com.au/ ○ Soundwaves online: http://www.soundwaveskids.com.au (Code: into730) ○ https://www.abc.net.au/abckids/ ○ Practise one letter a day (Capital, lower case, words, sentence, pattern) https://www.youtube.com/playlist?list=PLnOzSJYwjDbLo0QD EX-F1oYm9-ljX_xj&app=desktop
Mathematics	Number	<ul style="list-style-type: none"> ○ Maths Mentals textbook - one unit per week ○ Maths Stars booklets ○ Use a hundreds chart and choose a secret number. Give clues so a family member can guess the number. <ul style="list-style-type: none"> ▪ "The secret number is two more than three" ▪ "The secret number is more than twelve but less than nineteen" ▪ "The secret number is an odd number between 10 and 20" ○ Use a dice to roll a 3 digit number. First roll hundreds, second roll tens and third roll ones. Write down this number in numbers, words and expanded form. ○ How many three digit numbers can you make with a '3' in the tens column. Write a list. ○ Skip count from 0 forwards and backwards by 2s, 3s, 5s, and 10s ○ Write down a range of two and three digit numbers. Use the < and > symbol to identify numbers that are less than or greater than.
	Measurement & Geometry	<ul style="list-style-type: none"> ● Use a calendar for March and April 2020. Check it off each day. Keep a weather chart of each day. ● Compare the duration of two events using everyday language, e.g. 'It takes me longer to eat my lunch than it does to clean my teeth'. ● Play a piece of music and turn it off again when you estimate a minute has passed. Have mum or dad time you to see how close you are. ● Complete an activity e.g. model making/ cooking that lasts exactly one hour.
	Online activities	<ul style="list-style-type: none"> ○ Mathletics https://www.mathletics.com/au/ ○ Number of the day https://mathsstarters.net/numoftheday
History	Personal and Family Histories	<ul style="list-style-type: none"> ● Discuss and draw on a piece of paper the different jobs that happen around your house. Label who does these jobs. eg who takes the rubbish out. Thursday
	Online activities	<ul style="list-style-type: none"> ○ Log on to <i>Inquisitive</i> and complete set tasks http://inq.co/class/cfg Code: 3971 ○ Seesaw activity: Complete a venn diagram showing the roles each person in a family had in the past and now. What jobs did mum and dad do? What jobs did children do? ○ A few weeks ago we read <i>Mulga Bill's Bicycle</i> by A. B. Patterson. We identified that a penny farthing was an old fashioned bike invented in the 1800's.

		<p>Watch the following video to learn about other types of bicycle inventions and answer the following questions. https://www.youtube.com/watch?v=rNbUS6R64Fk</p> <p>Discuss the following questions with your family Do you ride a bike? How do you ride your bike differently to some of the other bikes from the past? Why do people ride bikes? If you own a bike, have someone take a photo of you riding your bike and upload to Seesaw.</p>
Science	Living Things	<ul style="list-style-type: none"> ○ Plant a seed. Water it each day and give it some natural light. ○ Research about the life cycle of a plant. Draw, label and explain each stage. Wednesday ○ Outdoor Scavenger Hunt <ul style="list-style-type: none"> - 5 leaves that look different - A stick that is longer than your hand - 10 Blades of grass - Something that needs sunlight to live
	Online activities	<ul style="list-style-type: none"> ○ Epic reading - https://www.getepic.com/ (Class log in code: crh9680 for 2O, qun7760 for 1/2S) Read one book from the collection assigned to you on Living Things. ○ Seesaw activity: Life Cycle of a Grasshopper
PDHPE	Personal Development	<p>Mindfulness - Sense down</p> <p>Sit or stand straight and still. Close your eyes. Take three deep breaths in. Take a few moments to notice your surroundings. Open your eyes.</p> <p>What do you see? What can you feel? What can you hear? What can you smell? What can you taste?</p> <ul style="list-style-type: none"> ● (Optional: Activity link in Seesaw- Mindfulness Sense down)
	Health	<ul style="list-style-type: none"> ○ Cut out the cards in the back of your Healthy Harold workbook and play the Big Race game with another person. Can you make your own question cards for the game? (If you do not have it yet, your Healthy Harold book is waiting for you in the office at school.)
	Physical Education	<p>Fitness</p> <ul style="list-style-type: none"> ○ Each day complete a workout spelling out the names of all the people in your family. (Optional: record a snippet of your workout and share it on Seesaw)

		<div><p><u>SPELL YOUR NAME WORKOUT</u></p><table><tr><td>A: 10 star Jumps</td><td>J: 15 sit ups</td><td>S: 8 burpees</td></tr><tr><td>B: 10 sit ups</td><td>K: 5 push ups</td><td>T: 15 squats</td></tr><tr><td>C: 20 squats</td><td>L: 30 second wall sit</td><td>U: 20 second arm circles</td></tr><tr><td>D: 5 push ups</td><td>M: 5 burpees</td><td>V: 1 minute wall sit</td></tr><tr><td>E: 30 second wall sit</td><td>N: 30 star jumps</td><td>W: 20 Burpees</td></tr><tr><td>F: 3 burpees</td><td>O: 5 burpees</td><td>X: 30 star jumps</td></tr><tr><td>G: 20 second arm circles</td><td>P: 15 arm circles</td><td>Y: 10 sit ups</td></tr><tr><td>H: 20 Squats</td><td>Q: 15 sit ups</td><td>Z: 20 push ups</td></tr><tr><td>I: 20 star Jumps:</td><td>R: 15 push ups</td><td></td></tr></table></div>	A: 10 star Jumps	J: 15 sit ups	S: 8 burpees	B: 10 sit ups	K: 5 push ups	T: 15 squats	C: 20 squats	L: 30 second wall sit	U: 20 second arm circles	D: 5 push ups	M: 5 burpees	V: 1 minute wall sit	E: 30 second wall sit	N: 30 star jumps	W: 20 Burpees	F: 3 burpees	O: 5 burpees	X: 30 star jumps	G: 20 second arm circles	P: 15 arm circles	Y: 10 sit ups	H: 20 Squats	Q: 15 sit ups	Z: 20 push ups	I: 20 star Jumps:	R: 15 push ups	
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	Online activities	<ul style="list-style-type: none">○ Complete a Kids Cosmic Yoga Adventure https://www.cosmickids.com/○ Visit the Healthy Harold website to continue your learning https://www.lifeeducation.org.au/parents/ready-steady-go Click on Benefits of Physical Activity poster. Complete one of the suggested activities.																											
Creative Arts	Drama	<ul style="list-style-type: none">○ Play Character walk with your family: Move around a room. One person calls stop. They then ask you to move in a particular way. Here are some examples.<ul style="list-style-type: none">▪ Walk like a lion looking for food▪ Walk like an elephant▪ Move like a thunderstorm▪ Walk like a clown in a circus▪ Move like a butterfly																											
	Dance	<ul style="list-style-type: none">○ Create a sequence of dance steps while dancing with a light book on your head. Try not to let the book fall off.																											
	Music	<ul style="list-style-type: none">○ Listen to 3 different songs Tap your foot to find the beat. Was the beat the same in each song?																											
	Visual Arts	<ul style="list-style-type: none">○ Draw a continuous line drawing of your face while looking in the mirror. If you are on-line, here is an example of how to do it. https://www.youtube.com/watch?v=q9aTKCpKi0○ Using items you have found outside or around the house, make a picture collage.																											
	Online Activities	<ul style="list-style-type: none">○ Online option: Just dance https://www.youtube.com/watch?v=M7CF5iCJWQI○ Online option: Explore Chrome music lab. https://musiclab.chromeexperiments.com/																											

Home Learning - Reading (If you do not have a book of our own)

Monday 30th March

Have your child read the following text to you. Encourage your child to sound out any tricky words by breaking the word into smaller parts or blending sounds together. After reading, complete the activities at the bottom of the page.

Quack!

It was 2 o'clock on a hot day. Dad was in his hammock and Mum was on the deck.

Pam was playing cricket with Tom. *SMACK!* went the bat on the ball.

The ball went into the rocks. Off to the rocks went Tom.

"Quack, quack," went a rock.

"Pam! Quick! Come here!"

"QUACK! QUACK!", went the rock and out crept...a little black duck! Pam bent down to pick it up. The timid little duck took off like a rocket!

QUACK! It landed on Dad's lap!

QUACK! It flitted onto the deck.

QUACK! It hid in a bucket.

"Mum! Dad! A black duck! Can we keep it?" asked Pam and Tom. "No. It must be lost," said mum.

Brmm, brmm! Along came a big red truck. It was Mrs Mack.

"Hello," said Mrs Mack. "Have you seen Flapjack?"

"Flapjack?" asked Pam.

"My little black duck," said Mrs Mack.

"It's in my bucket!" said Pam.

"Fantastic! I am in luck!" said Mrs Mack. She put Flapjack in a soft jacket and got back in the truck.

"I live up the track," she said. "You can visit my ducks any time."

"We will!" said Pam and Tom as the truck took off.

The next day, Dad was in his hammock and Mum was on the deck. Pam and Tom were playing cricket.

SMACK! went the bat. The ball went into the rocks. Off to the rocks went Tom.

Quack! Quack! went the rock.

"Oh no! Flapjack is Back!"

Questions to talk about after reading

1. What were Mum and Dad doing on such a hot day?
2. Why did Tom run off to the rocks?
3. What was the name of the little black duck?
4. Find the word in the story that means the same as 'shy'.
5. Why do you think Flapjack came back to Pam and Tom's?
6. Pam and Tom were playing cricket. What would you be doing at home on a hot sunny day?

Activities

- Find all the 'ck' words in the story. If printed, colour or highlight the words on the page.
- Draw a picture of your favourite part of the story.
- Print, or write on a piece of paper, 2 copies of all the 'ck' words from the story. Cut them out and play a matching game.

quack	deck	rock
luck	Mack	black
duck	pick	smack
truck	track	cricket
jacket	hammock	rocket
bucket	deck	Flapjack