

# Framework for learning from home Week 1 (27/4-1/5)

## Hassall Grove Public School Early Stage 1

Please do what you can. You may need help from parent/carer.

	Monday 27/4	Tuesday 28/4	Wednesday 29/4	Thursday 30/4	Friday 1/5
Task			Can you help make lunch today?	How can you help a family member today?	Can you tidy your room?
Morning	Staff Development Day	Staff Development Day	<b>English</b> <b>Focus Letter</b> Sunshine Online Letter 's' Complete one Lettergetter activity and worksheet <b>Sight Words</b> Revise set 1 and 2 sight words. <b>Reading and Writing</b> Sunshine Online-Bumper Boats Complete 1 activity	<b>English</b> <b>Focus Letter</b> Sunshine Online Letter 't' Complete one Lettergetter activity and worksheet <b>Sight Words</b> Revise set 1 and 2 sight words. <b>Reading and Writing</b> Sunshine Online- Spottydoddils in Space Complete 1 activity	<b>English</b> <b>Focus Letter</b> Sunshine Online Letter 'p' Complete one Lettergetter activity and worksheet <b>Sight Words</b> Revise set 1 and 2 sight words. <b>Reading and Writing</b> Sunshine Online- The Party Complete 1 activity
Break			Break	Break	Break
Mindfulness			Sleeping Dragon – Peace Out Through the story we	Rainbow Breathe – Flow Learn how to raise your energy and face your day	Peter Cottontail and the Tickly Monkeys! A lovely kids yoga

Monday 27/4	Tuesday 28/4	Wednesday 29/4	Thursday 30/4	Friday 1/5
		<p>learn how Dina uses her powerful breath to cool off when she needs to be calm. Something we can all try!</p> <p><a href="https://www.youtube.com/watch?v=ELOads7rbxE">https://www.youtube.com/watch?v=ELOads7rbxE</a></p>	<p>with this exercise. Have fun with it!</p> <p><a href="https://www.youtube.com/watch?v=O29e4rRMrV4">https://www.youtube.com/watch?v=O29e4rRMrV4</a></p>	<p>adventure about sharing, featuring Peter Cottontail. We join Peter on an Easter egg hunt, and discover that the Tickly Monkeys have taken all the eggs!</p> <p><a href="https://www.youtube.com/watch?v=MEp9euhuu2E">https://www.youtube.com/watch?v=MEp9euhuu2E</a></p>
<b>Middle</b>		<p><b>Mathematics</b></p> <p>Find a pen or pencil at home. Go on a hunt around the house and see if you can find some objects that are shorter than the pen or pencil. Once you're done, start looking for objects that are longer than the pen or pencil. Draw your objects on a piece of paper, drawing all of the shorter objects on one side and the longer objects on the other side. This activity can be done again with a different object. Instead of a pen or pencil, you could find things longer and shorter than a pair of tongs, a spoon or a shoelace.</p>	<p><b>Mathematics</b></p> <p>Grab a piece of fruit, an apple or banana will work fine. Find some objects that are lighter than the piece of fruit. Then find some things that are heavier than the piece of fruit. Once you are done, think of some things that might be too heavy for you to carry. Write those things down or draw a picture of them.</p>	<p><b>Mathematics</b></p> <p>Sing and move along to the 'Count to 20 and Workout' YouTube video. Practice writing your numbers from 1-10 using a different colour for each number. Next, draw a picture of something that you would do during the day. Then draw something that you would do at night time.</p>

	Monday 27/4	Tuesday 28/4	Wednesday 29/4	Thursday 30/4	Friday 1/5
<b>Break</b>			Break	Break	Break
<b>Afternoon</b>			<p><b>TEN</b></p> <p>Buzz: The target number of the day is 14.</p> <p>Working in partners or small groups, you will begin by going around and counting, starting from 1 and counting on until we get to the target number. Instead of saying the number they will say “buzz,’ in place of the number.</p> <p>How fast can you count without making a mistake?</p>	<p><b>TEN</b></p> <p>Buzz: The target number of the day is 18.</p> <p>Working in partners or small groups, you will begin by going around and counting, starting from 1 and counting on until we get to the target number. Instead of saying the number they will say “buzz,’ in place of the number.</p> <p>How fast can you count without making a mistake?</p>	<p><b>TEN</b></p> <p>Buzz: The target number of the day is 20.</p> <p>Working in partners or small groups, you will begin by going around and counting, starting from 1 and counting on until we get to the target number. Instead of saying the number they will say “buzz,’ in place of the number.</p> <p>How fast can you count without making a mistake?</p>
			<p><b>Second Step</b> Identifying our feelings Some feelings are comfortable, and some are uncomfortable. All feelings are natural. Try these activities to help manage these feelings:</p> <p>1. <a href="#">Belly Breathing</a> 2. Slow Counting to 5 (smell the roses blow the</p>	<p><b>Science and Technology</b> Movers and Shakers Our bodies move in a variety of ways. Some movements are called “Voluntary Movements.” Other movements are “Involuntary”</p>	<p><b>PDHPE</b> <b>Static Balance</b> <i>Practising the skill</i> Students stand with one foot in front of the other, the heel of one foot touching the toe of the other.  Incorporate balance into activities such as “Simon says” or “Freeze” games,</p>

Monday 27/4	Tuesday 28/4	Wednesday 29/4	Thursday 30/4	Friday 1/5
		<p>candle out) 3.Think of the names of two or three people that you can reach out to for support.</p>		<p>as well as dance and gymnastics. Make the tasks more challenging by getting students to balance on different body parts</p> <p><a href="https://www.youtube.com/watch?v=UJf5pUz7jll">https://www.youtube.com/watch?v=UJf5pUz7jll</a>,</p>
		<p><b>CAPA</b></p> <p>Craft</p> <p>How to make a moving caterpillar</p> <p>Ever wanted to make a caterpillar with paper? Well now is your chance. Using only paper, you can make a moving caterpillar.</p> <p><a href="https://www.youtube.com/watch?v=3GJZ5PveIP4">https://www.youtube.com/watch?v=3GJZ5PveIP4</a></p>	<p><b>CAPA</b></p> <p>Drawing</p> <p>How to draw Bluey!</p> <p>Get ready to draw our favourite blue character!</p> <p><a href="https://www.youtube.com/watch?v=ISSYciuiKSA">https://www.youtube.com/watch?v=ISSYciuiKSA</a></p>	<p><b>Virtual Excursion</b></p> <p>Panda Cam (San Diego Zoo)</p> <p>Go on a virtual tour of San Diego Zoo! Meet the animals on the other side of the world.</p> <p><a href="https://kids.sandiegozoo.org/videos/livecam/panda-cam">https://kids.sandiegozoo.org/videos/livecam/panda-cam</a></p> <p>Other animals -</p> <p><a href="https://kids.sandiegozoo.org/videos">https://kids.sandiegozoo.org/videos</a></p>