

Framework for learning from home Week 2 (3/5-7/5)

Hassall Grove Public School Early Stage 1

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

	Monday 4/5	Tuesday 5/5	Wednesday 6/5	Thursday 7/5	Friday 8/5
Task	Could you help make lunch today?	Could you organise your toys today?	Could you water the garden/plants today?	Can you help hang out the washing today?	Play a game of 'Simon Says' with a member of your family
Morning	<p>English</p> <p>Focus Letter</p> <p>Sunshine Online</p> <p>Letter 'i'</p> <p>Complete one Lettergetter activity and worksheet</p> <p>Sight Words</p> <p>Revise set 1 and 2 sight words.</p> <p>Reading and Writing</p> <p>Sunshine Online- Water Fun</p> <p>Complete 1 activity</p>	<p>English</p> <p>Focus Letter</p> <p>Sunshine Online</p> <p>Letter 'n'</p> <p>Complete one Lettergetter activity and worksheet</p> <p>Sight Words</p> <p>Revise set 1 and 2 sight words.</p> <p>Reading and Writing</p> <p>Sunshine Online- We Like Things on Earth</p> <p>Complete 1 activity</p>	<p>English</p> <p>Focus Letter</p> <p>Sunshine Online</p> <p>Letter 'm'</p> <p>Complete one Lettergetter activity and worksheet</p> <p>Sight Words</p> <p>Revise set 1 and 2 sight words.</p> <p>Reading and Writing</p> <p>Sunshine Online- We See Letters</p> <p>Complete 1 activity</p>	<p>English</p> <p>Focus Letter</p> <p>Sunshine Online</p> <p>Letter 'd'</p> <p>Complete one Lettergetter activity and worksheet</p> <p>Sight Words</p> <p>Revise set 1 and 2 sight words.</p> <p>Reading and Writing</p> <p>Sunshine Online- Zolar and Zina</p> <p>Complete 1 activity</p>	<p>English</p> <p>Focus Letter</p> <p>Sunshine Online</p> <p>Letter 'g'</p> <p>Complete one Lettergetter activity and worksheet</p> <p>Sight Words</p> <p>Revise set 1 and 2 sight words.</p> <p>Reading and Writing</p> <p>Sunshine Online Come and see the garden</p> <p>Complete 1 activity</p>

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Break	Break	Break	Break	Break	Break
Mindfulness	<p>Minecraft – Cosmic Kids Yoga</p> <p>Let's go on a mindful adventure through the world of Minecraft! Let's survive the world of Minecraft through Yoga.</p> <p>https://www.youtube.com/watch?v=02E1468SdHg</p>	<p>A guided breathing meditation to help you slow down and make more space in your mind, body and soul.</p> <p>https://www.youtube.com/watch?v=KhXt7cpCPPs</p>	<p>On the Farm – Cosmic Kids Yoga</p> <p>Enjoy the journey on the farm through yoga and nursey rhymes!</p> <p>https://www.youtube.com/watch?v=YKmRB2Z3g2s</p>	<p>This exercise will teach you to turn high, stressful energy off so you can do what you need to do to be your best self.</p> <p>https://www.youtube.com/watch?v=1ZP-TMr984s</p>	<p>Super Yoga – Underwater Fun</p> <p>A 5 minute fast-paced yoga-based workout for kids. Get the wiggles out and build your knowledge of all the kids yoga poses - for home, the classroom and parties!</p> <p>https://www.youtube.com/watch?v=0hvwLdk5D5g</p>
Middle	<p>Mathematics</p> <p>Count to 10 using your fingers, then count to 20 using your fingers and your toes. Use play dough to roll 15 balls and practise counting them. Practise writing the numbers from 1-10 on a piece of paper.</p>	<p>Mathematics</p> <p>Fold a whole piece of paper or a slice of bread in half. Look at the two sides you just made. Notice how they are both equal parts, that means they are exactly the same on both sides. See if you can find some other objects around the</p>	<p>Mathematics</p> <p>Roll 10 balls of play dough, give half to your mum or dad and keep half for yourself. Notice how you both have an equal amount; you both have the same number of play dough balls. Roll 12 balls of play dough and give</p>	<p>Mathematics</p> <p>Help your mum or dad make a sandwich for lunch. Cut the sandwich in half; remember that both sides have to be exactly the same. Draw a picture or take a photo of you sharing your lunch with your mum or</p>	<p>Mathematics</p> <p>Listen to the story 'Give Me Half!' and then retell the story using words such as 'half', 'whole' and 'share'. What happens when you share one whole pizza with another person? Draw a picture of a pizza, a cookie and a cupcake and then either</p>

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		house that you can fold in half.	half to your mum or dad. How many balls do you each have? Do you both have the same amount? Roll 7 balls of play dough. Try and share them equally between you and your mum or dad. Explain what happens when you try to share the 7 balls equally.	dad. Try and write a sentence about what you just did (I cut my sandwich in half. I shared my sandwich with my mum.)	cut them in half or draw lines through them to show how you would cut each item in half. https://www.youtube.com/watch?v=hVaxiJB6FlS
Break	Break	Break	Break	Break	Break
Afternoon	<p>TEN</p> <p>Cross out:</p> <p>Write the numbers 1 – 6 on a piece of paper. Using a virtual dice, roll the dice and count the dots on the dice. Whatever number you have on the dice, cross the number out on your scrap piece of paper until all numbers are</p>	<p>TEN</p> <p>Cross out:</p> <p>Write the numbers 1 – 6 on a piece of paper. Using a virtual dice, roll the dice and count the dots on the dice. Whatever number you have on the dice, cross the number out on your scrap piece of paper until all numbers are crossed off!</p>	<p>TEN</p> <p>Cross out:</p> <p>Write the numbers 1 – 6 on a piece of paper. Using a virtual dice, roll the dice and count the dots on the dice. Whatever number you have on the dice, cross the number out on your scrap piece of paper until all numbers are</p>	<p>TEN</p> <p>Cross out:</p> <p>Write the numbers 1 – 6 on a piece of paper. Using a virtual dice, roll the dice and count the dots on the dice. Whatever number you have on the dice, cross the number out on your scrap piece of paper until all numbers are</p>	<p>TEN</p> <p>Cross out:</p> <p>Write the numbers 1 – 6 on a piece of paper. Using a virtual dice, roll the dice and count the dots on the dice. Whatever number you have on the dice, cross the number out on your scrap piece of paper until all numbers are crossed off!</p>

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	<p>crossed off!</p> <p><i>Hint: Towards the end of the week, if you are finding 1 dice too easy, write down the numbers 2 – 12 and use two virtual dice!</i></p> <p>Virtual dice - https://dice.virtuworld.net/</p>	<p><i>Hint: Towards the end of the week, if you are finding 1 dice too easy, write down the numbers 2 – 12 and use two virtual dice!</i></p> <p>Virtual dice - https://dice.virtuworld.net/</p>	<p>crossed off!</p> <p><i>Hint: Towards the end of the week, if you are finding 1 dice too easy, write down the numbers 2 – 12 and use two virtual dice!</i></p> <p>Virtual dice - https://dice.virtuworld.net/</p>	<p>crossed off!</p> <p><i>Hint: Towards the end of the week, if you are finding 1 dice too easy, write down the numbers 2 – 12 and use two virtual dice!</i></p> <p>Virtual dice - https://dice.virtuworld.net/</p>	<p><i>Hint: Towards the end of the week, if you are finding 1 dice too easy, write down the numbers 2 – 12 and use two virtual dice!</i></p> <p>Virtual dice - https://dice.virtuworld.net/</p>
	<p>History</p> <p>Find a few photos of your family (some recent and some from a long time ago). Talk about who are in these photos and their relationships to each other.</p> <p>Look at the photos provided and discuss how they are different to your family's photos.</p>	<p>Second Step</p> <p>Today we are learning about how we can manage our feelings. When strong feelings are under control we are able to think clearly and pay attention. With help from an adult/sibling create a stop signal that you can use when you are feeling a feeling that is uncomfortable, upsetting or angry.</p> <p>Your task: To create a</p>	<p>Library</p> <p>Cyber Safety</p> <p>Students will learn how to become safe and responsible digital citizens by only sharing personal information with people they trust and keeping their computers safe. They will also learn about the importance of seeking guidance from a trusted adult when they feel unsafe</p>	<p>Science and technology</p> <p><u>On the hunt for things that move</u></p> <p>Today we are going to think about things that move at school, at home and outside. On a piece of paper, write down all the things you can think of that can move. For eg: a fan, a helicopter, a dog.</p>	<p>PDHPE</p> <p><u>Static Balance – Continued</u></p> <p>Today we will continue with learning static balance. We will continue practicing our skill and playing different games and activities using static balance. We will begin by warming up with a game of beans.</p> <p>At the end of the lesson you will use your skills</p>

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		<p>poster that you can use to help you to cope when you start to have strong feelings. Make sure you include:</p> <ul style="list-style-type: none"> • Your STOP signal; and • A drawing of your calm down strategy. 	<p>or uneasy online or if they experience cyberbullying.</p> <p>https://www.esafety.gov.au/educators/classroom-resources/hectors-world</p>	<p>Choose one thing from your list that moves and draw a picture to illustrate your writing.</p>	<p>learnt from last lesson and today to have a balance off with a partner or your family. Who will win the balance off?</p>
	<p>Virtual Excursion</p> <p>Peter Pan (Disneyland)</p> <p>Come on a magical journey, flying over London with Peter Pan aboard an enchanted ship to Neverland.</p> <p>https://www.youtube.com/watch?v=U6NpFZerEAk&feature=embed_title</p>	<p>CAPA</p> <p>Tuesday (Craft):</p> <p>Mother's Day is coming up this weekend! Let's make a card to spoil our Mum or special person!</p> <p>https://www.youtube.com/watch?v=2z-TSjMLqfY</p>	<p>Virtual Excursion</p> <p>Seal Cam (Taronga TV)</p> <p>Look underwater and take a journey into the life of the Seals at Taronga Zoo!</p> <p>https://www.youtube.com/watch?v=z1bbtk6cVkl&feature=embed_title</p>	<p>CAPA</p> <p>Thursday (Song):</p> <p>We're going on a bear hunt</p> <p>Sing a-long and complete the actions to the song! Maybe you could go on a bear hunt in your backyard?</p> <p>https://www.youtube.com/watch?v=5_ShP3fiEhU</p>	<p>Virtual Excursion</p> <p>Deep Sea Diving</p> <p>Ever wondered what animals live below the surface? Well now you can! It's time to go deep sea diving and discover what creatures live below the deep, blue sea!</p> <p>https://neal.fun/deep-sea/</p>