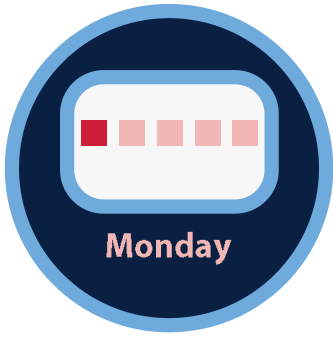















This booklet belongs to



Things you need

Activity	You will need
Most activities	 Workbook, paper,  pencil, coloured pencil
English activities	 Workbook,  pencil, paper, coloured pencil
English-phonics	 Find the counter game sheet,  scissors  10 counters or buttons.
Maths – match my collection	 A collection of 10 things,  like dried pasta or  blocks.
Creative arts	 Paper or cardboard,  paint, paintbrush or  something to stamp with.

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During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and connect – Keepy uppy

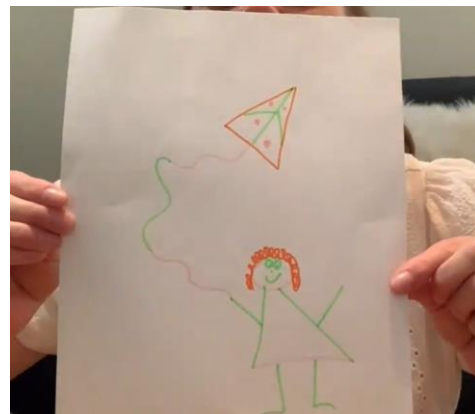
All you need is a pair of socks. Throw your socks up in the air. Keep the socks up in the air by hitting it with your hands. Don't let the socks fall to the ground. Count how many times you hit the socks. If the socks touches the ground, stop counting.



"socks" by Congerdesign is licensed under CC BY 4.0

Brain break – squiggle drawings

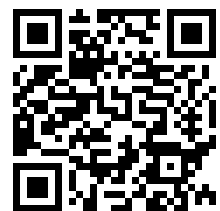
Ask someone to draw some random lines and shapes on a piece of paper. See if you can turn those squiggles into a picture.



Physical activity

Scan the QR code to watch the video if you can.

Find a tennis racquet and ball or something similar, like a thong and a pair of socks. Practice hitting the ball or socks gently up into the air. How many times can you hit it without it falling to the ground.



Try hitting with an open hand. This is where your palm is facing up.

Try hitting with a closed hand. This is where the palm of your hand is facing down to the ground.

English- Activity 1- Vocabulary: Quilt



- What do you think the word quilt means?
- I will put quilt into a sentence, 'The quilt on my bed was purple and pink'.
- Draw what you think quilt means. Are there other words that mean the same or are similar to quilt?

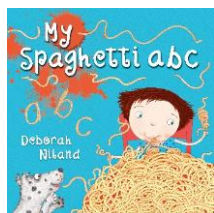
Too hard: What do you think the word blanket means?

Too easy: Write a sentence using the word quilt.

English – Activity 2 – Reading and viewing:



My spaghetti ABC



'My Spaghetti abc' by Deborah Niland © 2021. Used with kind permission from Penguin Random Publishing Australia



Listen to the story 'My spaghetti ABC' by Deborah Niland. There were lots of things in the story made from spaghetti.



In your workbook, draw and label things made from spaghetti. What else could you make with spaghetti? Draw these things.

Too hard: Listen and draw the things made from spaghetti

Too easy: Write a list of other objects that could be made with spaghetti. Write down 3 reasons why spaghetti is good for making things.

English –Activity 3 – Phonics: h b f ff – lesson 1



Scan the QR code to watch the phonic lesson 1.

In this lesson you are going to learn the phonemes (sounds) e u r.

You are also going to learn how to blend the graphemes (letters) to write and read words.

Hint: Phonemes are the smallest sounds we can hear in words, for example c/a/t or b/oa/t. You use only your ears to hear phonemes.

Graphemes are the letters on the page and they represent the phonemes. We use our eyes to recognise graphemes.



You are going to learn to say the phonemes (sounds) h,b,f,ff and learn to write the graphemes (letters) h,b,f,ff .



You will practice writing the graphemes in your workbook or in the box.

English –Optional – Phonics: h b f ff



You can play a 'Find the counter' activity.

You will need: grapheme cards (Appendix 1) cut into squares and 10 coloured counters or buttons.



To play in pairs, 10 counters are hidden under the grapheme cards. Take turns picking a card, say the phoneme and check if a counter is underneath. You keep the counter if you can say the phoneme on the card. Whoever has the most counters is the winner.

Find the counter activity: Phoneme-grapheme correspondence		
<i>b</i>	<i>ff</i>	<i>h</i>
<i>f</i>	<i>h</i>	<i>b</i>
<i>ff</i>	<i>h</i>	<i>f</i>
<i>b</i>	<i>h</i>	<i>ff</i>

Math – Activity 1 – Subitising - match my collection



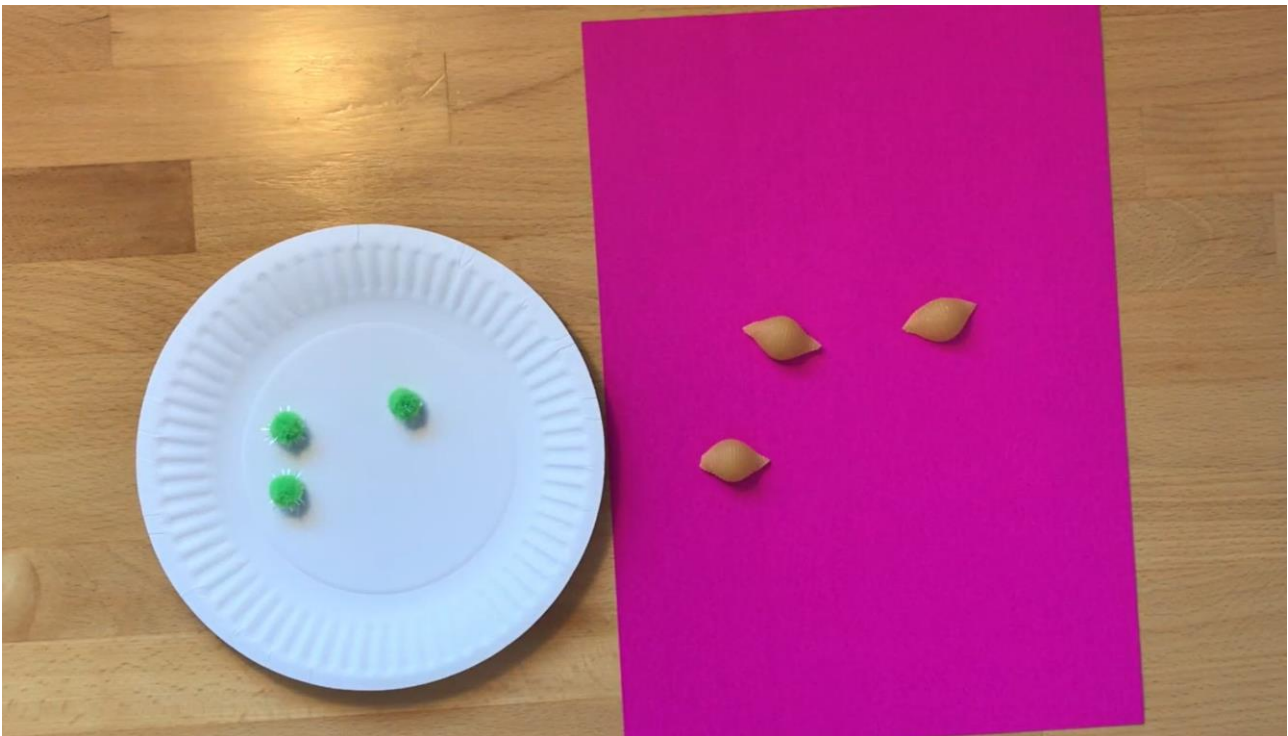
Scan the QR code to watch the video and join in the activity.



You will need: a collection of 10 things, like dried pasta or blocks, and some space on the floor or table.

As the video plays, you will need to match the number pattern shown on the plate with your collection.


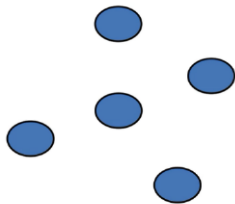
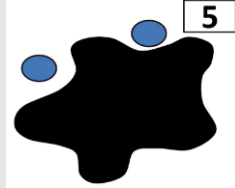
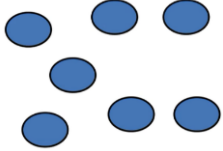
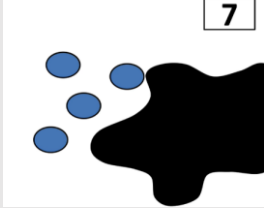
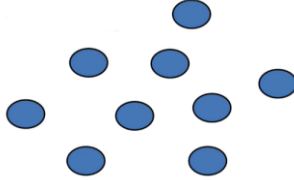
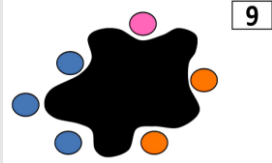
See the example below, where the 3 dots on the plate match the pasta?



Math – Activity 2 –Splat! Subitising



- Scan the QR code to watch this activity. You will need a partner.
- Fold the last column over to cover the dots.
- Quickly look at one set of dots. Try to draw the dots. Can you think of other ways to represent that number?
- Hold the number in your head- SPLAT! How many are covered?

	Dots- SPLAT!	Fold this over to hide the dots
		
		
		
		
		
		

Creative arts – Option 1 – Sheepish Behaviour Part 1



["sheep black animal black sheep"](#) by [Hans](#) is licensed under [CC BY 4.0](#)

Move around the room like a sheep. Sing 'Baa Baa Black Sheep'. Sing it again in a sheep voice like a baby lamb. Make the noises and movements to match.

Next, try being a teenager sheep, and then a grown-up sheep. Change the sound of your voice, as well as the highs and lows and the volume of your voice to match each type of sheep.

Can you sing any other songs that follow the same pattern as the beginning of 'Baa Baa Black Sheep' where it jumps from a low note to a high note?

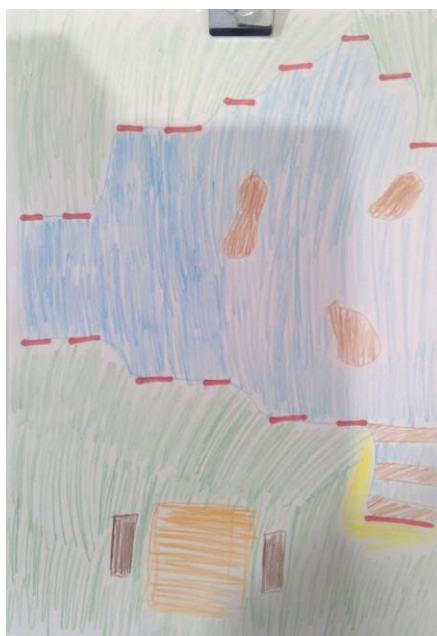
Creative arts – Option 2 – Sheepish

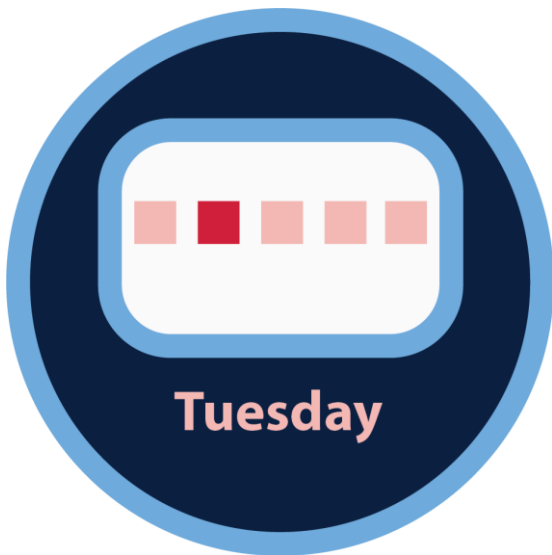
Behaviour Part 2

Show how the melody of 'Baa Baa Black Sheep' jumps around by 'drawing' with your finger in the air. You might like to use a puppet or a toy to move around following the melody as well.













Draw the melody on a piece of paper as lines. You might also like to print these lines using some cardboard and paint. Trace your lines with your finger while you sing the song.

Turn your lines into a picture of something real or imaginary.





Things you need

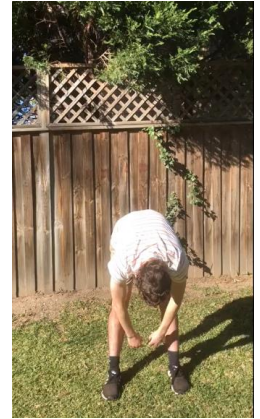
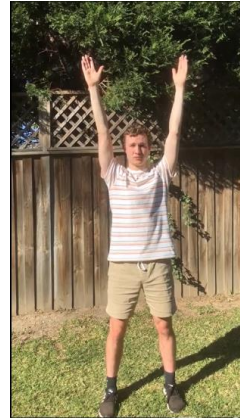
Activity	You will need
Most activities	 Workbook  lead pencil, coloured pencils,
English activities	 Workbook  lead pencil and coloured pencils,  scissors
Maths	 Small paper square such as  post it note  die  Lego blocks
HSIE	 Workbook or  paper,  lead pencil and coloured pencils, family photograph

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and connect – Stretching

Stand with your feet slightly apart. Your arms should be by your side. Breathe in as you slowly bring your hands. Stand like a mountain. Then as you fall like a ragdoll, breathe out. Stay like this for 5 seconds. Then do it again.



Brain break – Balancing

Try to make towers by balancing objects on top of each other. Maybe you could make a tower of playing cards or rocks or pillows. What else could you balance?



"Stone tower" by [milivigerova](#) is licensed under [CC BY 4.0](#)



"card tower" by [erecto](#) is licensed under [CC BY 4.0](#)

English- Activity 1-Listening



Scan the QR code and listen to the first story on KidsNews (ABC) about skateboarding.



If possible, tell somebody something you learnt from this story.

What was the most interesting part of this story?



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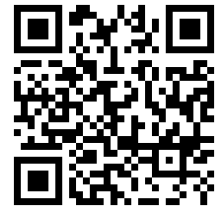
Too hard:

- Listen to the story on skateboarding
- Tell somebody a good reason to go skateboarding

Too easy:

- Listen to all five stories on KidsNews
- Write down an interesting fact from each story

English –Activity 3 – Phonics: h b f ff – lesson 2



Scan the QR code to watch the phonic lesson 2.

In this lesson you are going to learn the phonemes (sounds) e u r. You are also going to learn how to blend the graphemes (letters) to write and read words.



Hint: Phonemes are the smallest sounds we can hear in words, for example c/a/t or b/oa/t. You use only your ears to hear phonemes. Graphemes are the letters on the page and they represent the phonemes. We use our eyes to recognise graphemes.



You are going to learn to say the phonemes (sounds) h, b, f, ff and learn to write the graphemes (letters) h, b, f, ff .



You will practice writing the graphemes in your workbook or in the box.

 say the phoneme	 write the grapheme
h	
b	
f	
ff	

English- optional activity- Phoneme memory



You can play memory with the phonemes, h, b, f, ff.

Cut out the card, and with another person, play memory. Turn 2 cards over to find a match, remember to say the phoneme. The winner has the most pairs.

Appendix 2

Phoneme memory game activity: Phoneme-grapheme correspondence			
<i>h</i>	<i>b</i>	<i>f</i>	<i>ff</i>
<i>h</i>	<i>b</i>	<i>f</i>	<i>ff</i>
<i>h</i>	<i>b</i>	<i>f</i>	<i>ff</i>

Math – Activity 1 – Subitising 6- one less than



Watch the video and join in the activity. You will need a partner for this activity.








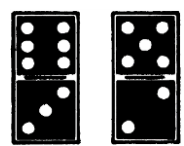
Where can you find examples of 'one less than' around your house?

For example, do you have one less spoon in the kitchen compared to how many forks there are?

Do you have one less pair of socks than someone else in your house?

Is there one less cow in the top paddock compared to the bottom paddock?

Draw 'one less' in the box next to the picture.

 count	 draw 'one less'
 <small>This Photo by Unknown Author is licensed under CC BY</small>	
 <small>This Photo by Unknown Author is licensed under CC BY-SA</small>	
 <small>This Photo by Unknown Author is licensed under CC BY-SA</small>	
 <small>This Photo by Unknown Author is licensed under CC BY-SA</small>	

Math – Activity 2 – Building Towers



Watch the video and join in the activity.

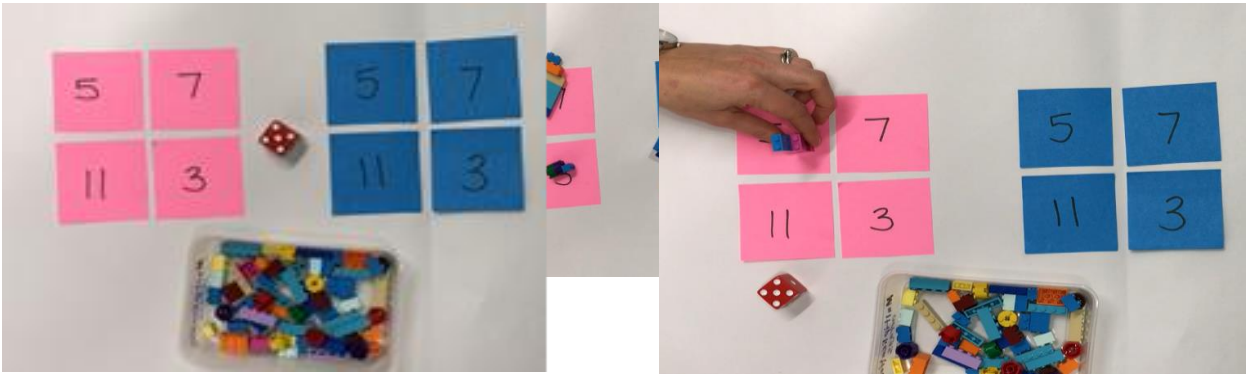
To play this game you will need:

- small paper squares or post it notes
- Lego blocks
- a die.



Roll the die, count out the same number of blocks. Place them on the square to make tower that has the same number of blocks as the number on the card.

Keep rolling and building until you have made all your towers.



Draw a picture in your mathematics workbook or below, that shows the towers you built in order of shortest to tallest.

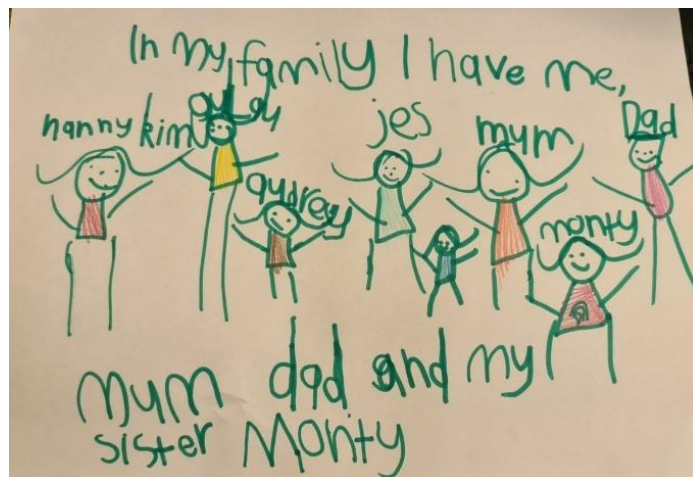


Play again using different numbers.

HSIE – Option 1 – My family

What does the word 'family' mean to you?

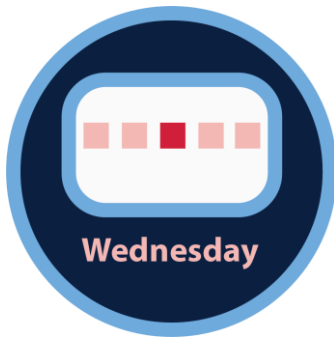
Who is in your family? Create a drawing of your family and label each member. You could write a sentence to go with it if you like.
















HSIE – Option 2 – Family photograph narrative

Have a look at a family photo. Pretend you are someone in the photo. Tell the story of what is happening, who is there and how they're part of your family.

You could write your story down or record yourself saying it.



Things you need

Activity	You will need
Most activities	 Workbook  lead pencil, coloured pencils,
English activities	 Workbook  paper  lead pencil and coloured pencils,
Maths	 Workbook  lead pencil, coloured pencils  dice  24 counters, pasta shapes.
PDHPE	 Paper,  lead pencil and coloured pencils,  Soft objects to throw, such as socks, a small bean bag or soft toy.  Objects to make a target, such as an empty bucket or a target drawn on paper.

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Stay Hydrated



Grab a glass or bottle of water and try to drink it all before you finish your lesson.

"Water glass and bottle" by ALes is licensed under CC BY 4.0

Brain Break – Flamingo Stylin’

Stand on one leg.

How long can you stand on one leg for?

Can you last longer on one leg than the other?

What can you do with the leg you’re not standing on?

English- Activity 1- Speaking and Vocabulary: Sandcastle



Scan the QR code to hear the instructions.



"Image" by Fabian Zepeda , Pixabay is licensed under [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/)



Look at the picture of the sandcastle. Next time you speak to your teacher or speak to someone in your home, describe the sandcastle.



Think about what you can see: the colours, shapes and size. Would the sandcastle be fragile or strong?

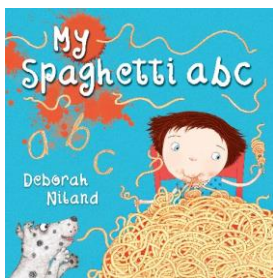
Too hard:

- Describe how big you think the sandcastle is.
- Describe something in your house that you can see and touch.

Too easy:

- Describe the sandcastle to someone and see if they can draw it based on your description.

English – Activity 2 – Reading and writing: describing the spaghetti



Listen to the story 'My spaghetti ABC' by Deborah Niland.



Look at the picture of the sandcastle.



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'My Spaghetti abc' by Deborah Niland © 2021. Used with kind permission from Penguin Random Publishing Australia



Think about what you can see, how it would smell, what you could hear and how the sand would feel.

Scan the QR code to hear the instructions.



Complete the sentences describing the sandcastle.

I can see _____

I can smell _____

I can hear _____

I can feel _____

Too hard:

- Draw what you could hear at the beach.
- Draw what you might see at the beach.

Too easy:

- Think about a farm. Write some sentence about what would you smell, hear and feel?

English – Activity 3 – Sight Words – with, where, saw.



Scan the QR code to watch the lesson. If you don't have a digital device, ask someone to say one of the sight words.



Listen,



say the word,



look for the word, then



circle the word.

| NSW Department of Education

Early Stage 1 – High Frequency Sight Words


High Frequency Sight Words: with, where, saw			
<i>with</i>	<i>where</i>	<i>saw</i>	<i>with</i>
<i>where</i>	<i>saw</i>	<i>with</i>	<i>where</i>
<i>saw</i>	<i>with</i>	<i>where</i>	<i>saw</i>





Practice writing the sight words in your workbook.


Maths – Activity 1 – Sorting



 Scan the QR code to watch the video to see some examples of sorting.

 Look at the photo.  Think about the ways you can sort these items.



 You can draw the ways to sort these items.

Math – Activity 2 – Dotty six



Scan the QR code to watch the video and join in the activity.



To play you will need:



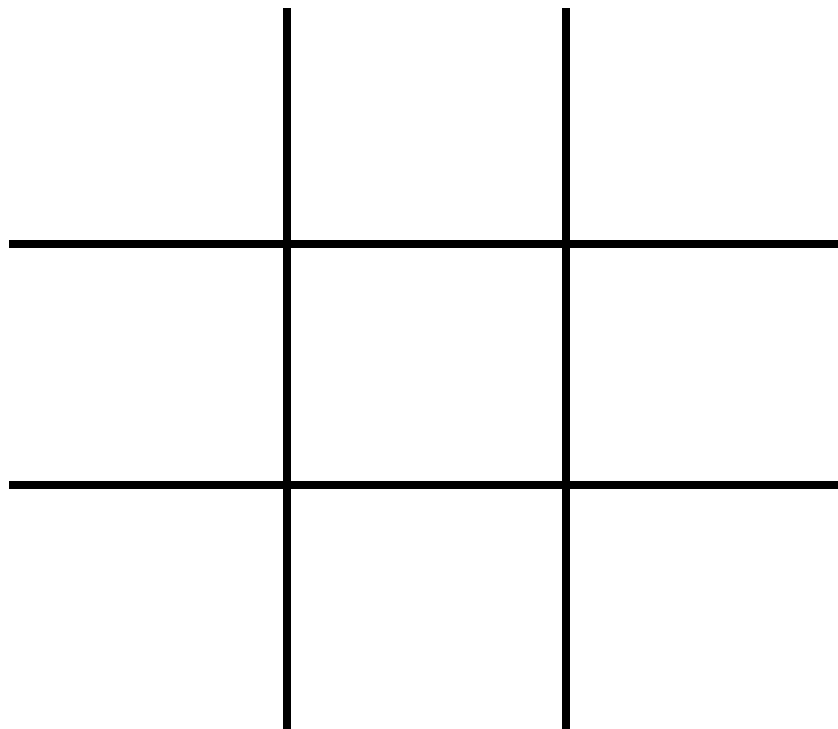
A dice

and 2 different



coloured pencils.

Roll the dice, draw the dots into a box. You have to put all the dots in a box. You cannot have more than 6 dots in each box. You win if you fill 3 boxes on a row. Two players can play, taking turns.



PDHPE – Option 1 – Being active

If you can, watch the video about being active.

What does the word active mean? Being active means moving your body. You can be active both inside and outside your home.

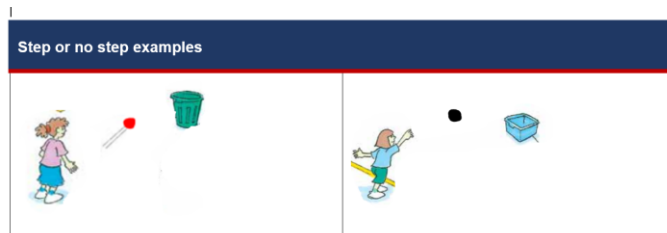
What are some ways we can we be active?

Draw a picture of the different ways you like to be active. You might also like to write some words about the ways you like to be active.

PDHPE – Option 2 – Step or no step



Create a target that you can safely throw a soft object at. Choose a starting point where you will throw the object from. Throw the object using an overarm throw towards the target. Pick up the object from where it landed and throw it again until you hit the target.



Repeat the underarm throw and a two-handed underarm throw.










challenge using an

Now try doing it again, but this time take a step before you throw. Record how many throws it takes in the table below. Which throwing style worked best?

Step or no step	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Stand and throw					
Step and throw					



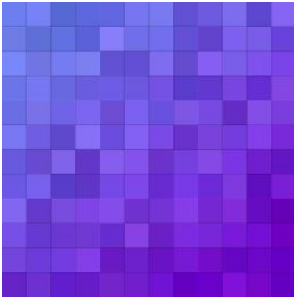
Things you need

Activity	You will need
Most activities	 Workbook  lead pencil, coloured pencils,
English activities	 Workbook  lead pencil and coloured pencils,
English- Listening	Objects from the home,
Maths- 10 or bust	 2 groups of 10 items  die or  scissors to cut our number cards.
Science and technology	 Worksheets,  lead pencil and coloured pencils.

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and Connect – square breathing



Sit quietly in your chair or on the floor. Think about the shape of a square. Imagine drawing the top line of the square in your head. As you do this, breathe in. Now draw the line down one side of the square. As you do this, breathe out. Then draw the bottom line of the square and breathe in. Now draw the other side of the square and breathe out. Did all your lines join together to make a square?

"square" by DavidZydd is licensed under CC BY 4.0

Brain Break

Throw a ball or a pair of socks in the air and catch it.

Try clapping in between throwing and catching it.

How many times can you clap before you catch the ball?



"catching ball" by OpenClipart-Vectors is licensed under [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/)

Physical Activity

Scan the QR code to watch the video if you can.

Set up a washing basket or bucket as a target. Hold a pair of socks in one hand. Hit the socks with the other hand to try and land them in the target.



How many times can you land the socks in the target in 30 seconds?



English- Activity 1- Vocabulary: word hunt.



- What do you think the word strong means?
- Strong can mean something that is not easy to break.
- Thinking about the word 'strong', go on a word hunt around your house. Find some strong objects in your house.
- What do you think the word weak means?
- Weak can mean something that breaks easy.
- Thinking about the word 'weak', go on a word hunt around your house. Find some weak objects in your house.

 Draw a strong object	 Draw a weak object

Too hard: Use the words 'big' or 'small' for your word hunt

Too easy: Draw your objects and write a sentence about each object and why they are strong or weak.

English – Activity 2 – Reading and modelled writing: Part 1



Scan the QR Code to listen to the story 'Let's get a pup' by Bob Graham



In your workbook or on paper, complete the modelled writing activity with the teacher on the video.

If you can't listen to the story, here is a picture from the book 'Let's get a pup'. A pup is a young dog. The pup's name in this book is Dave. What kind of pup is Dave?

Write a sentence about Dave. Don't forget a capital letter at the start of the sentence, spaces between words and a full stop at the end of the sentence.



'Let's get a pup' by Bob Graham © 2007. Published by Walker Books Australia and New Zealand

English – Activity 3 – Phonics Lesson 3: h, b, f, ff.



You will need to scan the QR code to watch and complete the lesson below.



Blending activity: Blending phonemes-graphemes to read words	
<i>bat</i>	
<i>puff</i>	
<i>bed</i>	
<i>cuff</i>	

fig



fist



huff



sniff



bag



Math – Activity 1 – Paddlepop sticks 1



Scan the QR code to watch this video to explore counting.



Math – Activity 2 – The counting game



You will need: 24 items (e.g. pegs, pencils, pasta), pencils, your workbook.

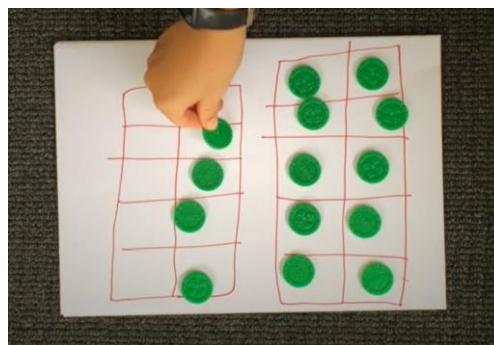
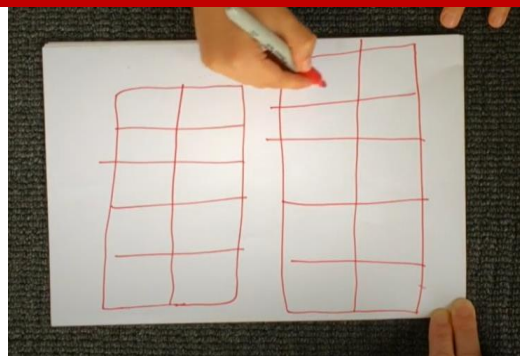


Watch the video and join in the activity or follow these instructions.

Pictures



Draw 2 ten frames



Take turns with a partner placing counters into the ten frame, until you have counted to 24.



Reflection

- What would happen if I had said....instead of ...? (identify a point in time, when playing the game, to ask this question)
- How could we change the game to make it more/less challenging?
- What did you notice about playing the game by counting backwards? Did it make your brain work harder or was it less difficult?
- Did you work out a way to play this game so that you didn't lose? What was your strategy? Did it work?
- Share your reflections with your teacher.

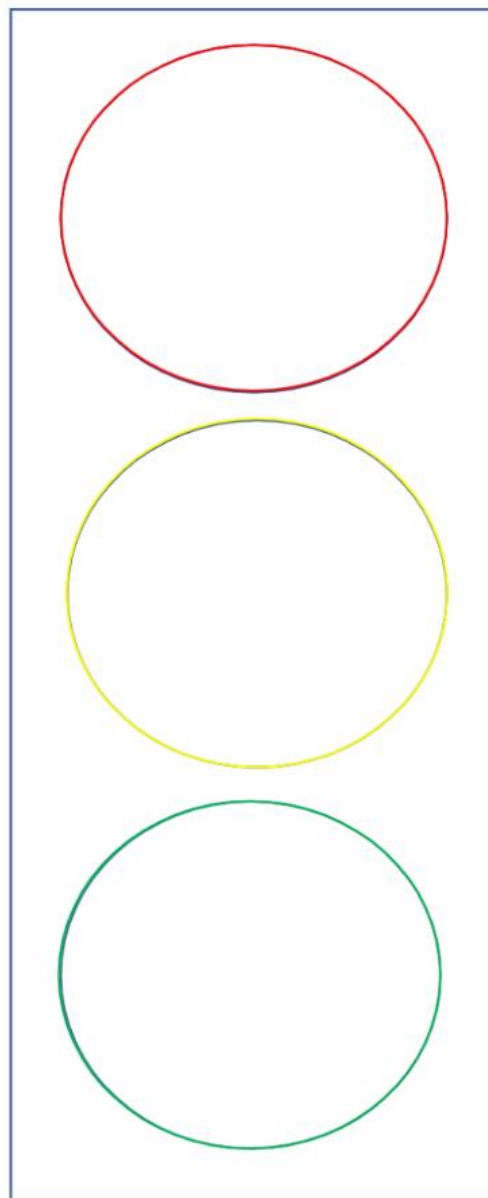
Science and Technology – Option 1 – Traffic lights

Scan the QR code to watch the video.



Traffic lights help to keep us safe. They tell drivers when to stop and go. They also tell us when it is safe to cross the road.

Complete the traffic lights worksheet at the end of this pack. Colour the traffic lights in the correct order. Trace around the words to show what the different coloured lights mean.



Stop

Wait

Go

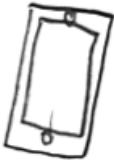
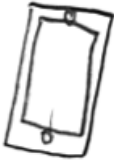
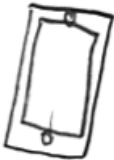




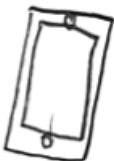




Science and Technology – Option 2 – Digital devices in my home

Scan the QR code to watch the video.

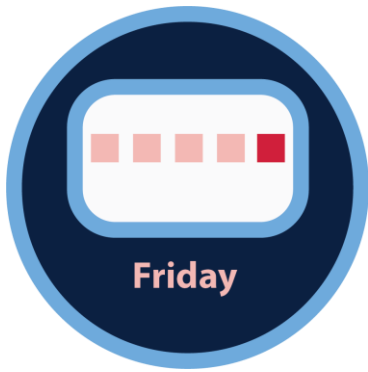


What digital devices do you have in your home? A digital device is an electrical device like a mobile phone, printer or digital camera.












How many digital devices do you have at your home? Count how many digital devices you have around your house.

Digital devices					
5					
4					
3					
2					
1					
					

Mobile phone	Laptop or computer	Camera	Printer	Washing machine
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Things you need

Activity	You will need
Most activities	 Workbook  lead pencil, coloured pencils,
English activities	 Workbook  lead pencil and coloured pencils,
Maths	 workbook  coloured pencils  paper
STEM	 Paper,  2 stacks of books,  weights (such as bolts, pebbles, or coins),  ruler.

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and Connect – Mindful listening

Sit or lie down somewhere comfortable and close your eyes. Carefully listen for the sounds around you. What sounds can you hear around you?

Brain Break – Stick Puzzle

Find a stick about the size of a pencil. Break the stick into 3 pieces. Mix up the pieces, and then see if you can put the stick back together.



You could also do this with a biscuit. What else can you find to make a puzzle out of?

For an extra challenge, break it into more pieces.

1"stick" by Clker free vector images is licensed under CC BY 4.0

English- Activity 1- Vocabulary: opposites



What does the word 'small' mean? What is the opposite of small?



Draw or write words that are the opposite of small.



What does the word 'cold' mean? What is the opposite of cold?



Draw or write words that are the opposite of cold.

English – Activity 2 – Reading and writing lesson 2



Scan the QR Code to listen to the story 'Let's get a pup'.

In your workbook or on paper, complete the modelled writing activity with the teacher on the video.

If you can't listen to the story. Do you remember this picture from the story 'Let's get a pup' by Bob Graham?

Today you are going to write another sentence about Dave. Don't forget a capital letter at the start of the sentence, spaces between words and a full stop at the end of the sentence.

Now read both sentences together. Does the sentences make sense?



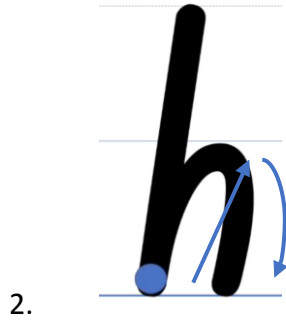
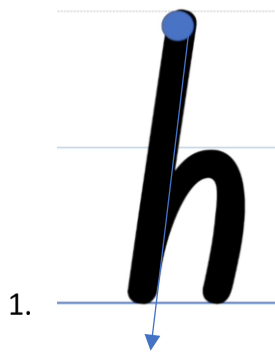
'Let's get a pup' by Bob Graham © 2007. Published by Walker Books Australia and New Zealand

English – Activity-3 Handwriting: h



Scan the QR code to watch the video if you can.

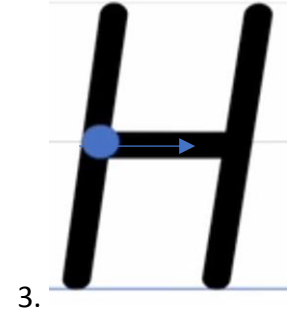
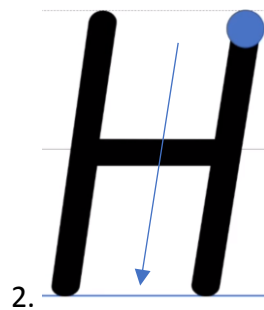
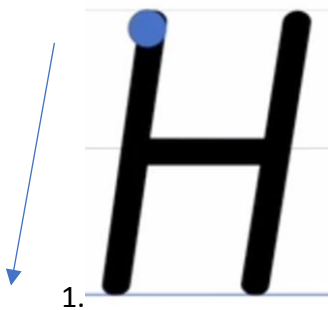
To write the letter h start at the top, go straight down, then up, out and down.



Can you try with you finger? Remember to keep your finger on the h.



To write a capital H, start at the top, go down, then lift off, next to the first line make a 2nd line going down, lift off. Now draw a small line across to join the tall lines.



Can you try with you finger?



You can practice writing h in your work book or on the worksheet.

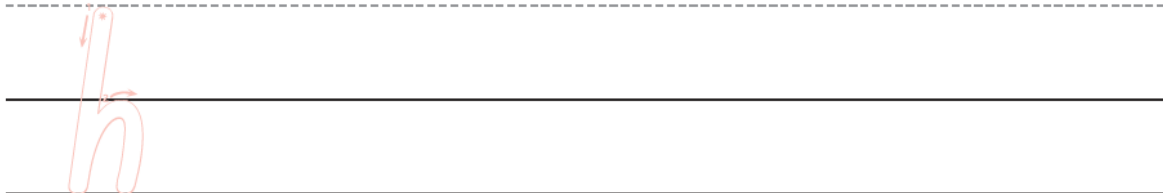
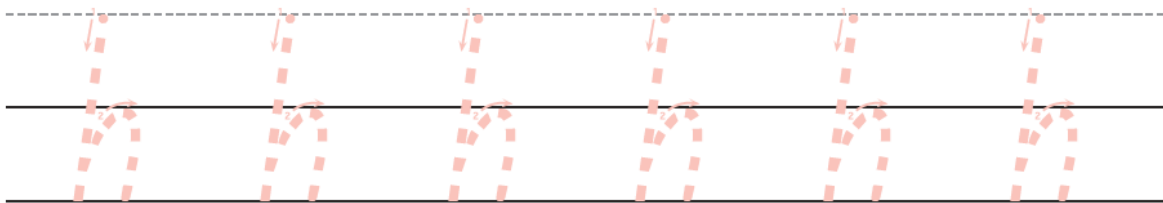
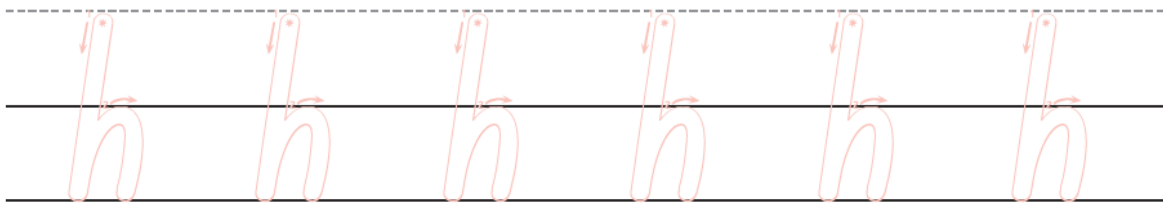
Lower case h

Hh

The lower case 'h' is a tall letter.
We make the letter 'h' with one movement. We start at the top and make a straight line heading downwards. We leave our pencil on the page and head back up the same line. When we get halfway up the line, we leave a wedge and make a curve then move straight down again.



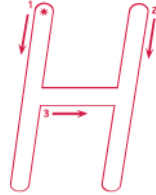
Example mnemonic: Down, out, down!



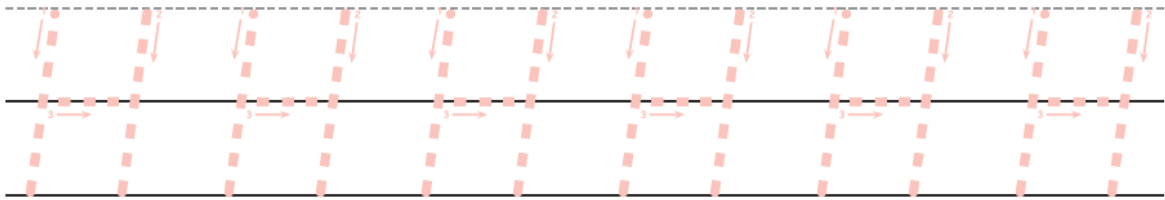
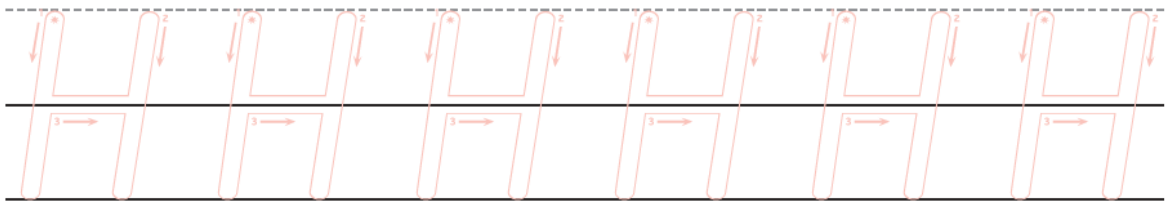
Upper case H

Hh

The upper case 'H' is a tall letter.
We make the letter 'H' with three movements.
We make one straight line from the dotted line to the bottom solid line. We make another line by starting at the top and making a tall line downwards. We then make a small line on the top solid line which joins the two tall lines.



Example mnemonic: Down, down, across!



Math – Activity 1 – About how many rectangles? – Part 1



Scan the QR code to watch the video and join in the activity.



You will need:

coloured pencils or markers



paper.

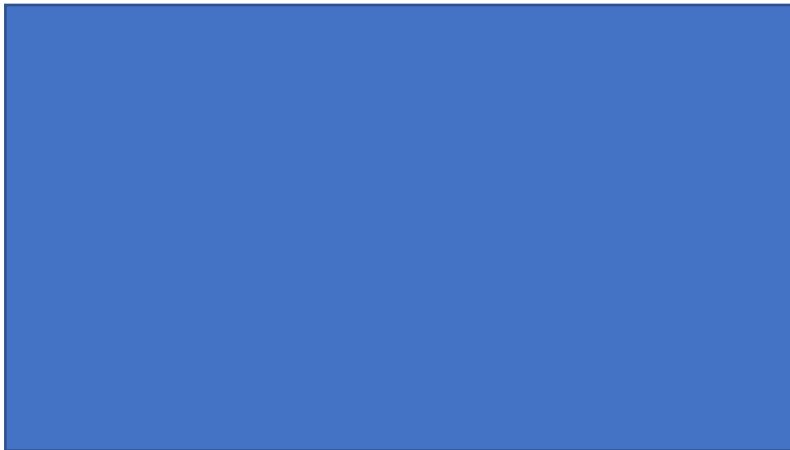


About how many of the smaller orange rectangles are needed to fill the area of the large dark blue rectangle?



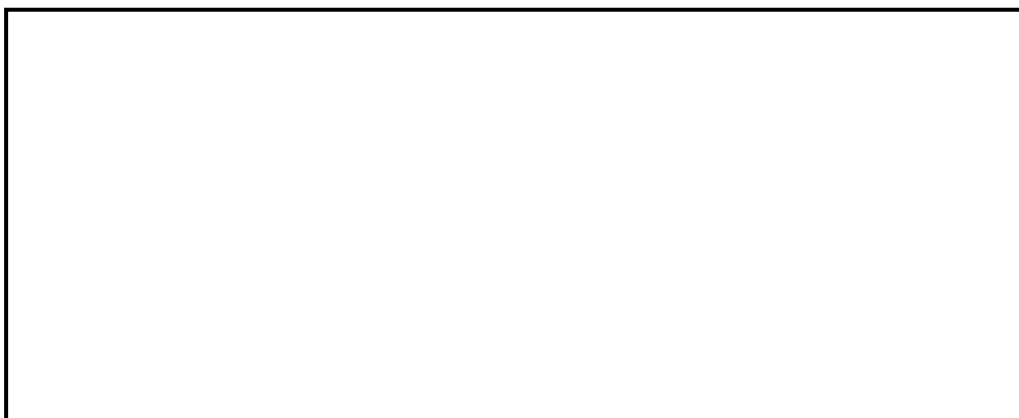
Draw a picture in your student workbook to show your thinking.

Share your thinking with your teacher.



Draw a picture in your student workbook to show your thinking.

Share your thinking with your teacher.



Math – Activity 2 – About how many rectangles? – Part 2



Scan the QR code to watch the video and join in the activity.



You will need:

coloured pencils or markers



paper.



Discuss with someone else what you discovered about how many orange rectangles are needed to cover the larger blue rectangle.

Did you notice similar things? Draw or write what you noticed in the box below.

STEM – Build a Bridge Challenge



Scan the QR code to watch the video if you can.

Challenge

Design and build the strongest bridge you can from only 2 sheets of A4 paper. The bridge must span (go across) a gap of 15 centimetres.

Rules

- The bridge must span (go across) a gap between 2 stacks of books
- The gap must be at least 15 cm
- The bridge must be able to hold weights (start small and see how much your bridge can hold)
- Paper can be folded or twisted
- The ruler cannot be used in the bridge structure.

