







# Stage 1, Year 1 – Learning From Home - Week 10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b><u>Fitness</u></b> See '<b>Week 10 Fitness Activities</b>' page to complete today's <u>skill focus</u> and <u>daily workout</u> activity.</p> <p><b><u>English</u></b> </p> <p><b>Reading:</b> Log in to Reading Eggs and play for 10-15mins.</p> <p><b><u>Writing - Independent Task</u></b> Compose a text about a chosen place in Australia.</p> <p><b>Make sure to upload your best work and reread your writing!</b></p> <p><b>Brain Break/Crunch &amp; Sip</b> Get your fruit, grab your water </p>	<p><b><u>Fitness</u></b> See '<b>Week 10 Fitness Activities</b>' page to complete today's <u>skill focus</u> and <u>daily workout</u> activity.</p> <p><b><u>English</u></b> </p> <p><b>Reading:</b> Log in to Reading Eggs and play for 10-15mins.</p> <p><b>Spelling:</b> Watch the spelling instructional video <a href="https://youtu.be/s2_Par_xKEA">https://youtu.be/s2_Par_xKEA</a></p> 	<p><b>Device Down Day</b></p>	<p><b><u>Fitness</u></b> See '<b>Week 10 Fitness Activities</b>' page to complete today's <u>skill focus</u> and <u>daily workout</u> activity.</p> <p><b><u>English</u></b> </p> <p><b>Reading:</b> Log in to Reading Eggs and play for 10-15mins.</p> <p><b><u>Grammar</u></b> <b>Online grammar games:</b></p> <p><b>Journey to the past tense:</b> <a href="https://bit.ly/2V6jsBW">https://bit.ly/2V6jsBW</a></p> <p><b>Past tense – irregular past tense verbs:</b> <a href="https://bit.ly/3zuZwHS">https://bit.ly/3zuZwHS</a></p> <p><b>Prepositions:</b> <a href="https://bit.ly/3mNBioM">https://bit.ly/3mNBioM</a></p>	<p><b><u>Fitness</u></b> See '<b>Week 10 Fitness Activities</b>' page to complete today's <u>skill focus</u> and <u>daily workout</u> activity, including the <u>self-reflection task</u>.</p> <p><b><u>English</u></b></p> <p><b><u>Reading</u></b> Read a book of your choice and film it to upload to Seesaw (1 minute). Film yourself retelling what happened in the section that you've read today.</p> <p><b>Brain Break/Crunch &amp; Sip</b> Get your fruit, grab your water and have a break while listening to the story "Decibella and Her 6 Inch Voice" by Julia Cook  <a href="https://www.yout-ube.com/">https://www.yout-ube.com/</a></p>

and have a break while listening to the story “Too Much Glue” by Jason Lifebrve  
<https://www.yout-ube.com/watch?v=Je39PxnjveY>

You can create a postcard, letter, journal entry, information report, story or a speech.

Think about why you are writing. Are you writing to persuade, inform or entertain?

If you run out of space, you can continue on another sheet of paper. Don't forget to use your butterfly cards from Week 9.

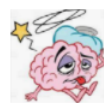
Parents can help you read the question, but try and complete it on your own to the best of your ability.

Refer to the marking criteria for more information.

Complete the spelling grid by breaking your spelling words into their sounds and identifying any tricky parts that you need to remember. **Watch the spelling video to see a demonstration!**

### Brain Break/Crunch & Sip

Get your fruit, grab your water and have a break while listening to the story “Creepy Pair of Underwear” by Aaron Reynolds  
<https://www.yout-ube.com/watch?v=eAbEhukrIOs>



### Speaking

Practise reciting the poem ‘I Have A Little Frog’

Things to remember:

- speak clearly
- speak with good volume (how loud you are)
- expression (don't sound like a robot)
- maintain eye contact

### Comprehension (PDH)

Complete the Seesaw Activity independently:



‘Week 10: PDH’

Watch the instructional video before completing the task.

### Brain Break/Crunch & Sip

Get your fruit, grab your water and have a break while listening to the story “Caterpillar Shoes” presented by The Old Branch  
<https://www.yout-ube.com/watch?v=tYa6OLQHrEc>



### Spelling:

Pick an activity from your spelling grid and complete your look, say, cover, write, check in a workbook or on a piece of paper.

### Handwriting:

Digraph focus: ‘oa’ making the sound ‘O’ as in **boat**. Watch the following videos.

[watch?v=MWI5MfjhGuE](https://www.yout-ube.com/watch?v=MWI5MfjhGuE)

### Assembly

Zoom link will be sent by your class teacher.

### Footsteps Disco

### **Day and time to Be confirmed**

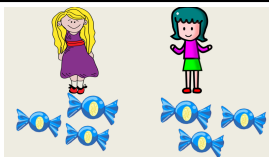
Please use the link sent by your class teacher. (Optional)

### Spelling:

Pick an activity from your spelling grid and complete your look, say, cover, write, check in a workbook or on a piece of paper.

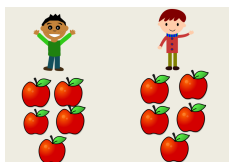
**Optional:** Ask a family member to test you on your spelling words.

	<p><u>Information you must include:</u> Name of location or place, include which state it is: How do you travel to this place? What activities do you do there? Why do people visit this place? What features can you see? Why is this place important?</p>	<p>Practise reciting your poem to your family everyday.</p> <p>Use the feedback from your family to help you improve your presentation.</p> <p>Record and upload it to Seesaw on <b>FRIDAY</b>.</p>		<p><a href="https://youtu.be/DJV_uQcbUxk">https://youtu.be/DJV_uQcbUxk</a> <a href="https://youtu.be/7YuVE2EydIw">https://youtu.be/7YuVE2EydIw</a> <a href="https://youtu.be/Vj-lwQnjmek">https://youtu.be/Vj-lwQnjmek</a> Complete the handwriting worksheet. Remember to carefully trace over the correct letter formation and then rewrite them on the lines underneath.</p>									
Break	Break	Break	Break	Break	Break								
Middle	<p><b><u>Mathematics</u></b></p> <p><b>TEN: Speed - Snap</b> Students are asked to identify the numeral on each card.</p> <p><b>Number: Division/Sharing Equally</b> Sharing equally is a kind of division. When something is shared equally between people, you are working out how much each person gets and how big each share is. <b>Example:</b> We have 6 lollies and we need to share them equally among 2 children. How many lollies each child will get?</p>	<p><b><u>Mathematics</u></b></p> <p><b>TEN: Before and After</b> Students are shown a card and asked the number before and after.</p> <p><b>Number: Sharing/ Problem Solving</b> When you are solving a problem make sure you follow these steps: <b>Read the problem 2 times.</b> <b>Underline the question.</b> <b>Say it out loud.</b> <b>Circle the key numbers.</b> <b>Draw a picture.</b> <b>Write a number sentence.</b></p>	Device Down Day	<p><b><u>Mathematics</u></b></p> <p><b>TEN: Speed - Flip</b> Cards are placed in two piles and students take turns to flip the two top cards in each pile and add the numbers.</p> <p><b>Measurement &amp; Geometry: Volume &amp; Capacity</b></p> <p>Watch the <i>Introducing Volume</i> video on YouTube. <a href="https://www.youtube.com/watch?v=jgpwhYLM6uo&amp;t=8s">https://www.youtube.com/watch?v=jgpwhYLM6uo&amp;t=8s</a></p>	<p><b><u>Mathematics</u></b></p> <p><b>TEN: Speed - Top Speed</b> 2 players are needed. Students are given 4 cards to hold and other cards are arranged as shown below.</p> <table><tr><td colspan="2">Player 1</td><td colspan="2">Player 2</td></tr><tr><td>Face Down</td><td>1 card face up</td><td>1 card face up</td><td>Face Down</td></tr></table> <p>Students place cards on the middle pile according to strategy. Strategies may include: doubles, friends of ten, count by 2s, 5s, etc. The winner is the first</p>	Player 1		Player 2		Face Down	1 card face up	1 card face up	Face Down
Player 1		Player 2											
Face Down	1 card face up	1 card face up	Face Down										



Each child will get 3 lollies.  
To show this using a number sentence we can write like this:  $6 \div 2 = 3$

10 apples shared equally between 2 boys. How many will each boy get?



Each boy will get 5 apples.  
Number Sentence:  
 $10 \div 2 = 5$

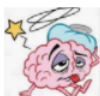
**Worksheet:** Complete Monday worksheet

**Seesaw Activity:**



Go to SeeSaw Activities and complete "Sharing and Division"

**Brain Break**  
Would You Rather?



**Worksheet:** Complete Tuesday worksheet.

**Seesaw Activity:**

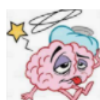


Go to SeeSaw Activities and complete "Number Sentences"

**Brain Break**

The Learning Station - Hip Hop Fast  
[https://www.youtube.com/watch?v=20O8\\_XXiWfY](https://www.youtube.com/watch?v=20O8_XXiWfY)

**Mangahigh:** Login to [www.mangahigh.com](http://www.mangahigh.com)  
Complete the assigned activity: "Divide by 2"



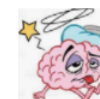
Complete the **Measuring Volume Activity** assigned to you on Seesaw.

**Seesaw Activity:**



**Brain Break**

Go Noodle: Can't Stop the Feeling  
<https://www.youtube.com/watch?v=KhfkYzUwYFk>



to finish the cards.

**Measurement & Geometry: Volume & Capacity**

Watch **Measuring Volume by Counting Unit Cubes** video on YouTube.

<https://www.youtube.com/watch?v=YECQ5JGNKlc&t=1s>

1. What is volume?
2. How can it be measured?
3. Find an object in your house. How would you measure its volume?
4. Discuss some of the possible options and consider the advantages and disadvantages.


Upload your answers to Seesaw.

**Brain Break**

The Learning Station - Move & Freeze  
<https://www.youtube.com/>





	<p>Energizer Game 1  <a href="https://www.youtube.com/watch?v=FOgcrNrtpo">https://www.youtube.com/watch?v=FOgcrNrtpo</a></p> <p><b>Mangahigh:</b> Login to  <a href="http://www.mangahigh.com">www.mangahigh.com</a>          Complete the assigned activity: "Introduce division"</p>				<a href="https://www.youtube.com/watch?v=388Q44ReOWE">watch?v=388Q44ReOWE</a>
<b>Break</b>	Break	Break	Break		
<b>Afternoon</b>	<p><b><u>Science and Technology</u></b>  <b>STEAM Task Part 2</b></p> <p>Due Date:  <b><i>Friday, 17 September</i></b></p> <p>Last week you created a 3D model of an animal and described its external features. This week you need to:</p> <ol style="list-style-type: none"> <li>1. Research the features of the habitat that your animal lives in. A habitat is an animal's natural home or environment. Some things you could research are: what does your animal use for shelter; what does it eat; where does it get water from; does it have any predators; or any other interesting facts.</li> <li>2. Use your research</li> </ol>	<p><b><u>Creative Arts</u></b></p> <p>Refer to the Dance worksheet and complete the task independently.</p>	<p><b>Device Down Day</b></p>	<p><b><u>Geography</u></b></p> <p>Read the eBook using the link or QR code: <u>One World - Two Hemispheres</u>  <a href="https://bit.ly/3kYiINF">https://bit.ly/3kYiINF</a></p>  <p><b>Complete</b> the Geography-Land Down Under <b>worksheet</b> and record any questions you may have.</p>	<p><b>Catch up session for all incomplete tasks</b></p>

findings to create a diorama (3D model) of your animal's habitat. Again, you must only use things that you *already have at home* to make the habitat so get creative!

3. Record a video which shows your diorama and explain in the video the features of the habitat that you have included and how they relate to your animal. For example, "The tall, shady tree provides shelter to the bird and it digs around in the moist soil with its strong beak to find brown, slimy worms to eat".





# WEEK 10 FITNESS ACTIVITIES

All activities must be completed **daily** – including skill practice AND workout (either digital OR non-digital).

## Skill focus: Overarm Throw



Video demonstration: <https://youtu.be/1mdyMVezRGc>

### Instructions/Components of overarm throw:



1



2



3



4



5

6

1. Eyes focused on target area throughout the throw.
2. Stands side-on to target area.
3. Throwing arm moves in a downward and backward arc.
4. Steps towards target area with foot opposite throwing arm.
5. Hips then shoulders rotate forward.
6. Throwing arm follows through, down and across the body.

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> Practice skill by throwing object into the distance. See how far you can get it.	<input type="checkbox"/> Practice skill by throwing object into a hoop.	DEVICE DOWN DAY	<input type="checkbox"/> Practice skill by throwing object to knock over a bottle.	<input type="checkbox"/> <u>FILM</u> and <u>UPLOAD</u> to Seesaw a video of yourself demonstrating the overarm throw in your backyard (or inside) from a distance. Show 5 overarm throws.  <input type="checkbox"/> Complete self-reflection sheet.

### Daily workout – digital:

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Click here</a> 	<a href="#">Click here</a> 	DEVICE DOWN DAY	<a href="#">Click here</a> 	<a href="#">Click here</a> 

### Daily workout – non-digital:

Try to do each of these activities for 20 seconds without stopping. Take a 10 second break, then repeat this twice more.

#### Activity 1: Plank toe taps

Start in a plank position with your hands beneath your shoulders and straight legs. Keep your hands stuck to the ground. Move one foot to the side and tap your toes on the ground. Bring your foot back in and repeat on the other side.

#### Activity 2: Knee drive with taps

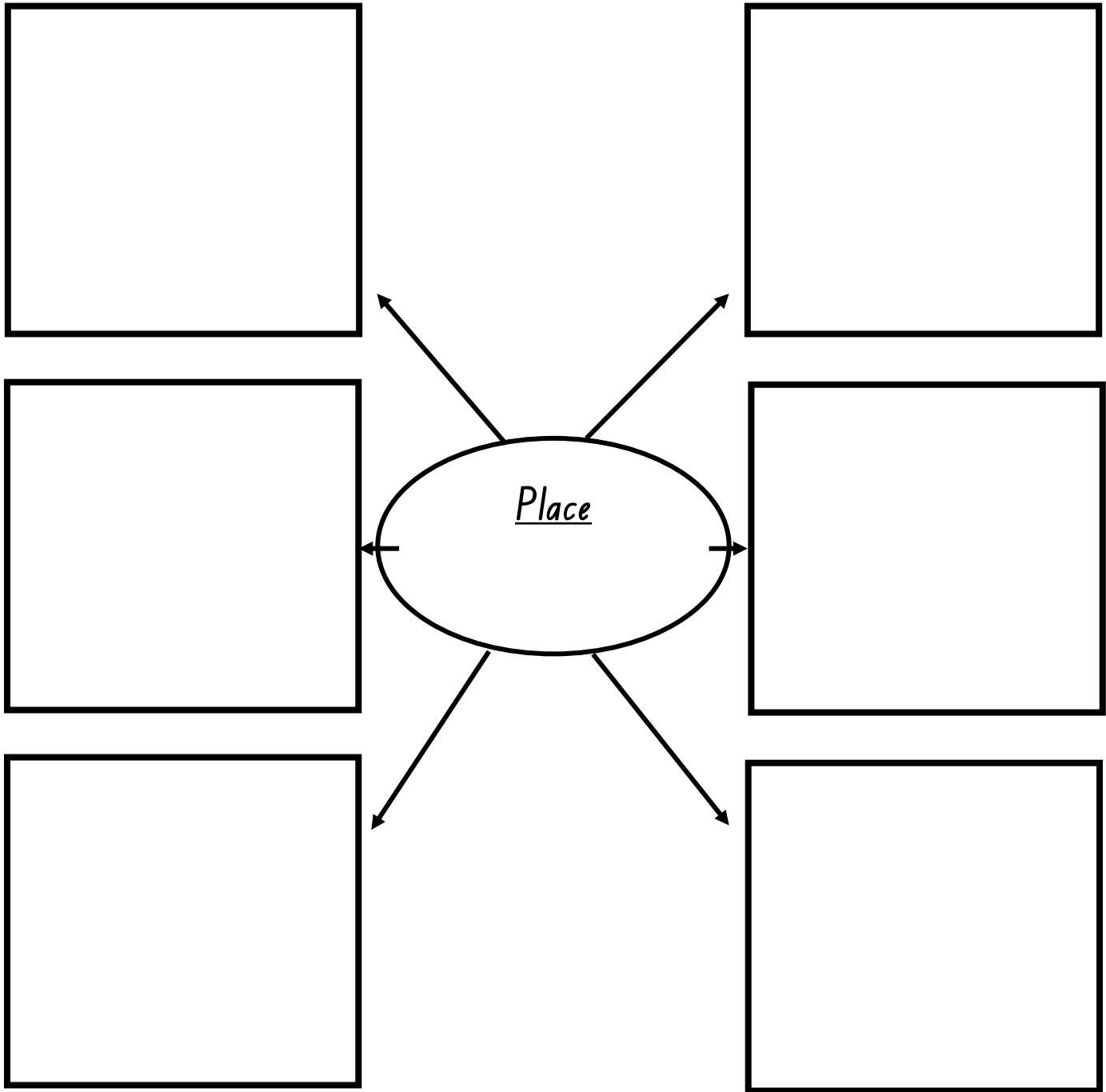
Stand tall with your shoulders back and hands together above your head. Lift one knee to your chest and tap your knee with your hands. Go back to your starting position, and repeat with the other knee. Repeat this.

#### Activity 3: Boat to canoe

Sitting in a tuck position, arms straight out in front and in line with your shoulders, lift your feet off the ground to balance on your bottom (boat). Try to straighten your legs (canoe). Move from your boat to canoe without putting your hands or feet on the ground.

<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
---------------------------------	----------------------------------	------------------------------------	-----------------------------------	---------------------------------

# Planning Space



## Did you include?

- ☐ Name of location or place, include which state it is:
- ☐ How do you travel to this place?
- ☐ What activities do you do there?
- ☐ Why do people visit this place?
- ☐ What features can you see?
- ☐ Why is this place important?

What is your *Author's Purpose*? \_\_\_\_\_

Marking Criteria

Secretarial

- ☐ Capital letters
- ☐ Full stops
- ☐ Finger Spaces
- ☐ Writing on the line

Authorial

- ☐ Identifies purpose of writing
- ☐ 3-4 sentences to make connections
- ☐ Uses quality vocab
- ☐ Transfer vocab from other texts
- ☐ Transfers some ideas from planning
- ☐ Variety of sentence starters
- ☐ Conjunctions
- ☐ Some structure evident that matches type of text

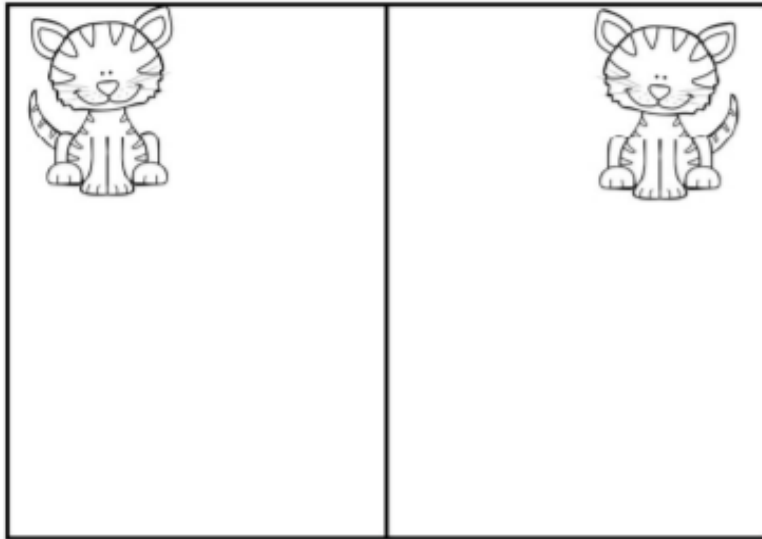




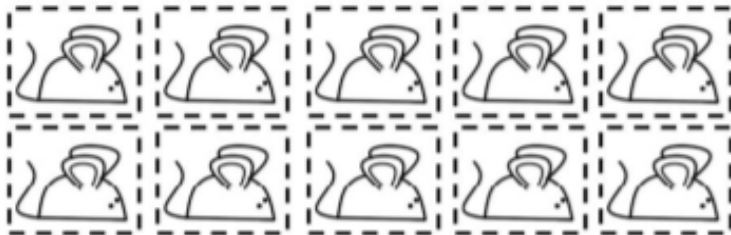
Monday

# Sharing Between Two

Color and cut out the mice toys and share them equally between the two cats.

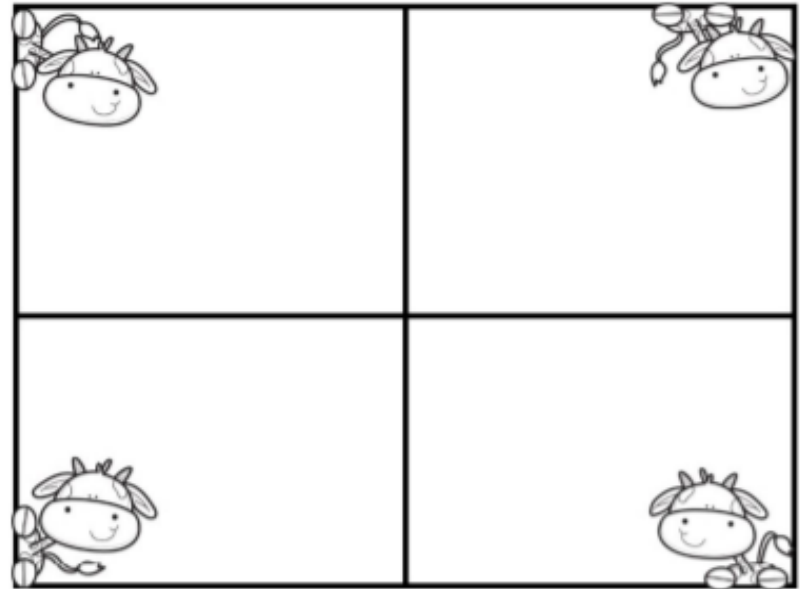


Olivia Walker Worksheets © 2018

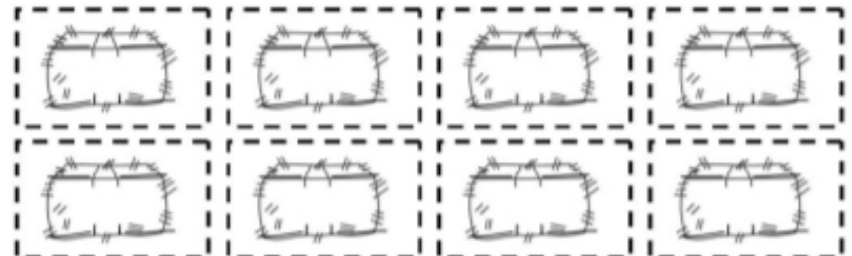


# Sharing Between Four

Color and cut out the hay and share them equally between the four cows.



Olivia Walker Worksheets © 2018



# Spelling - Week 10

**Learning Intention:** We are learning to understand words and phonemes

Success Criteria:	
	I can identify words.
	I can identify phonemes.
	I can analyse words.
	I can apply my knowledge to write words.

Write, say, sound, count, write.

1. Write the word
2. Say the word
3. Sound it out
4. Count the sounds
5. Write the letters, then write the tricky part again

[illegible]

# Year 1 Spelling Words - Week 10

- Complete one activity every day from Tuesday to Friday

Spelling Words - The digraph /oa/ making the sound 'O' as in boat.

1. look	7. soapy	13. coaching	19. direction
2. me	8. throat	14. soaking	20. continent
3. school	9. groan	15. coastal	
4. boat	10. state	16. roasting	
5. road	11. country	17. encroach	
6. coat	12. suburb	18. address	

Spelling Activities - Select one activity to complete per day.

These can be done in any order.

<input type="checkbox"/> <u>Typing</u>  Type out your words. Print them out if possible and display them around your home.	<input type="checkbox"/> <u>Sensory Words</u>  Write your words in piles of flour, rice or shaving cream.	<input type="checkbox"/> <u>Sounds and Colours</u>  Write your words out using coloured pencils or markers. Change colours for every sound. e.g. <b>ch</b> <b>o</b> <b>p</b>	<input type="checkbox"/> <u>Sentences</u>  Write sentences using at least 5 spelling words. Can you include more than one spelling word in a sentence.
<input type="checkbox"/> <u>Word Search</u>  Try and find your spelling words in your reading books.	<input type="checkbox"/> <u>Make a Word</u>  Using newspaper or magazines, cut out letters to make your spelling words.	<input type="checkbox"/> <u>Find a Vowel</u>  Write your spelling words using blue for consonants and red for vowels (a, e, i, o, u).	<input type="checkbox"/> <u>Fancy Writing</u>  Write your words out in fancy writing or using coloured pencils or pens.
<input type="checkbox"/> <u>Find the Spelling Pattern</u>  Write out your words in a list. Using a highlighter or coloured pencil, highlight the spelling pattern that is the same in your words. Can you think of any other words with the same spelling pattern? Write them down.	<input type="checkbox"/> <u>Pictures</u>  Draw a picture for your spelling words	<input type="checkbox"/> <u>Painting</u>  Paint your spelling words.	

## Speaking

Practise reciting the poem '**I Have A Little Frog**'.

Things to remember:

- speak clearly
- speak with good volume (how loud you are)
- expression (don't sound like a robot)
- maintain eye contact

Practise reciting your poem to your family everyday.

Use the feedback from your family to help you improve your presentation.

Record and upload it to Seesaw on **FRIDAY**.

### I Have A Little Frog

I have a little frog,  
His name is Tiny Tim.  
I put him in the bathtub,  
To see if he could swim.



He drank up all the water.  
He gobbled up the soap.  
And when he tried to talk,  
He had a bubble in his throat.

# Read, Draw, Solve

Read the question, draw the pictures to help you solve the problem.



Mike, Jim and Jack find 12 pieces of gold. Share it equally between them.

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$



The waiter shares 9 jugs of water equally between three tables. How many jugs does each table get?

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

# Read, Draw, Solve

Read the question, draw the pictures to help you solve the problem.



Tim places 15 fish equally between in three buckets. How many fish are in each bucket?

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$



Sophia is training 18 life guards. She splits them into three even groups. How many in each group?

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$



# Dance: Milkshake

1. Watch 'Milkshake' by Koo Koo Kanga and complete the reflection.

<https://youtu.be/Y9LLfv7yauM>



2. Have a turn at performing the song.
3. Compose your own movement to accompany each part of the song.
  - **Movement 1:** Compose one movement that accompanies 'milkshake'
  - **Movement 2:** Compose one movement that accompanies 'a sticky waffle'
  - **Movement 3:** Compose one movement that accompanies 'a mozzarella pizza'
  - **Movement 4:** Compose one movement that accompanies 'all the eggs are broken'
  - **Movement 5:** Compose one movement that accompanies 'that was really nothing'
  - **Movement 6:** Compose one movement that accompanies 'we can do it...'
4. Practice your new composed movements till the end of the week.
5. On Friday, upload your performance of the newly composed dance to 'Milkshake'.
6. Complete your self-reflection.

## Milkshake

1. What body part did you use for the dance?

---



---

2. What levels did this dance have?      Low      Middle      High

3. What speed was this dance?      Slow      Medium      Fast

## Self-Reflection

I can perform a dance using different body parts, levels and directional changes.



I can create a dance sequence that aligns with the steps of the song.



I can identify the dance elements used in my performance.



Two things I think I did well:




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---

One thing I think I need to improve:




---

Trace over the letters then rewrite.

oa oa oa oa oa oa oa oa

boat road coat soapy

throat groan coaching soaking

coastal roasting encroach

Draw a picture of a boat.



# Geography- Land Down Under

Write the words in the correct spaces.

South

North

December

January

February

June

July

August

water

land

## Northern Hemisphere

The Northern Hemisphere is \_\_\_\_\_ of the Equator.

Summer months are \_\_\_\_\_ .

The Northern Hemisphere has most of the \_\_\_\_\_ .

## Southern Hemisphere

The Southern Hemisphere is \_\_\_\_\_ of the Equator.

Summer months are \_\_\_\_\_ .

The Southern Hemisphere has most of the \_\_\_\_\_ .

Think about the information in the eBook *One World – Two Hemispheres*.  
Write or draw four things you learnt about the hemispheres.

### Southern Hemisphere

### Northern Hemisphere


































### Southern Hemisphere

### Northern Hemisphere

Record any questions you may have about what you have read or learnt.



# Week 10 - Overarm throw Self-Reflection

I can:	
• Keep my eyes focused on target area.	  
• Stand side-on to target area.	  
• Check that my throwing arm moves in a downward and backward arc.	  
• Step towards target area with my foot opposite throwing arm.	  
• Rotate my hips then shoulders in a forward direction.	  
• Throwing arm follows through, down and across the body.	  
My overarm throw looks right.	  
I did my best.	  
I can teach someone how to do an overarm throw.	  
I know the difference between overarm throw and underarm throw.	  
I can hit a target using overarm throw.	  

Why is it important to learn how to do an overarm throw?

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How can you improve your overarm throw?

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What I enjoyed the most during fitness this week:

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