# Hinchinbrook Public School Year 1 Timetable (Week 1)

This timetable should be used to inform your child's learning at home. Times allocated are a rough guide for you to follow.

|                      | Monday   | Tuesday               | Wednesday                      | Thursday                  | Friday                      |  |
|----------------------|--|-----------------------|--------------------------------|---------------------------|-----------------------------|--|
| Before<br>9am        | Establish an at home routine which may consist of eating breakfast, brushing teeth, dressing for the day and organising learning area. |                       |                                |                           |                             |  |
| 9:00am-              | Staff Development day  | Staff Development day | English                        | English                   | English                     |  |
| 9:45am               |  |                       | Complete online Reading/       | Complete online Reading/  | Complete online Reading/    |  |
|                      |  |                       | Camera Word tasks set on       | Camera Word tasks set on  | Camera Word tasks set on    |  |
|                      |  |                       | Microsoft Teams or             | Microsoft Teams or        | Microsoft Teams or          |  |
|                      |  |                       | complete your Reading/         | complete your Reading/    | complete your Reading/      |  |
|                      |  |                       | Camera Word Home               | Camera Word Home          | Camera Word Home            |  |
|                      |  |                       | Learning Grid.                 | Learning Grid.            | Learning Grid.              |  |
| 9:50am-<br>10:35am   |  |                       | Virtual Classroom              | Virtual Classroom         | Virtual Classroom           |  |
| 10.000111            |  |                       | Log on to Microsoft Teams      | Log on to Microsoft Teams | Log on to Microsoft Teams   |  |
|                      |  |                       | for communication with         | for communication with    | for communication with      |  |
|                      |  |                       | your classroom teacher.        | your classroom teacher.   | your classroom teacher.     |  |
| 10:40am-             |  |                       | Break                          | •                         | •                           |  |
| 11:25am              |  | Munch                 | h n Crunch/ Recess/ Physical / | Activity                  |                             |  |
| 11:30am –<br>12:15pm |  |                       | Mathematics                    | Mathematics               | Mathematics                 |  |
| 12.10011             |  |                       | Complete online                | Complete online           | Complete online             |  |
|                      |  |                       | Mathematics tasks set on       | Mathematics tasks set on  | Mathematics tasks set on    |  |
|                      |  |                       | Microsoft Teams or             | Microsoft Teams or        | Microsoft Teams or          |  |
|                      |  |                       | complete your                  | complete your             | complete your               |  |
|                      |  |                       | Mathematics Home               | Mathematics Home          | Mathematics Home            |  |
|                      |  |                       | Learning Grid.                 | Learning Grid.            | Learning Grid.              |  |
| 12:20pm-<br>1:05pm   |  |                       | English                        | English                   | English                     |  |
|                      |  |                       | Writing Activity               | Writing Activity          | Writing Activity            |  |
| 1:10pm-<br>1:55pm    |  |                       | Break                          |                           |                             |  |
|                      |  |                       | Lunch/ Physical Activity       | 1                         | 1                           |  |
| 2:00pm-<br>2:45pm    |  |                       | HSIE                           | PDHPE                     | Creative Arts               |  |
| 2.100111             |  |                       | Complete online HSIE tasks     | Complete online Health    | Complete online Creative    |  |
|                      |  |                       | set on Microsoft Teams or      | tasks set on Microsoft    | Arts tasks set on Microsoft |  |
|                      |  |                       | complete your HSIE Home        | Teams or complete your    | Teams or complete your      |  |
|                      |  |                       | Learning Grid.                 | Health Home Learning      | Creative Arts Home          |  |
|                      |  |                       |                                | Grid.                     | Learning Grid.              |  |
|                      |  |                       |                                |                           | <u> </u>                    |  |

## Hinchinbrook Public School Year 1 Timetable (Week 2)

This timetable should be used to inform your child's learning at home. Times allocated are a rough guide for you to follow.

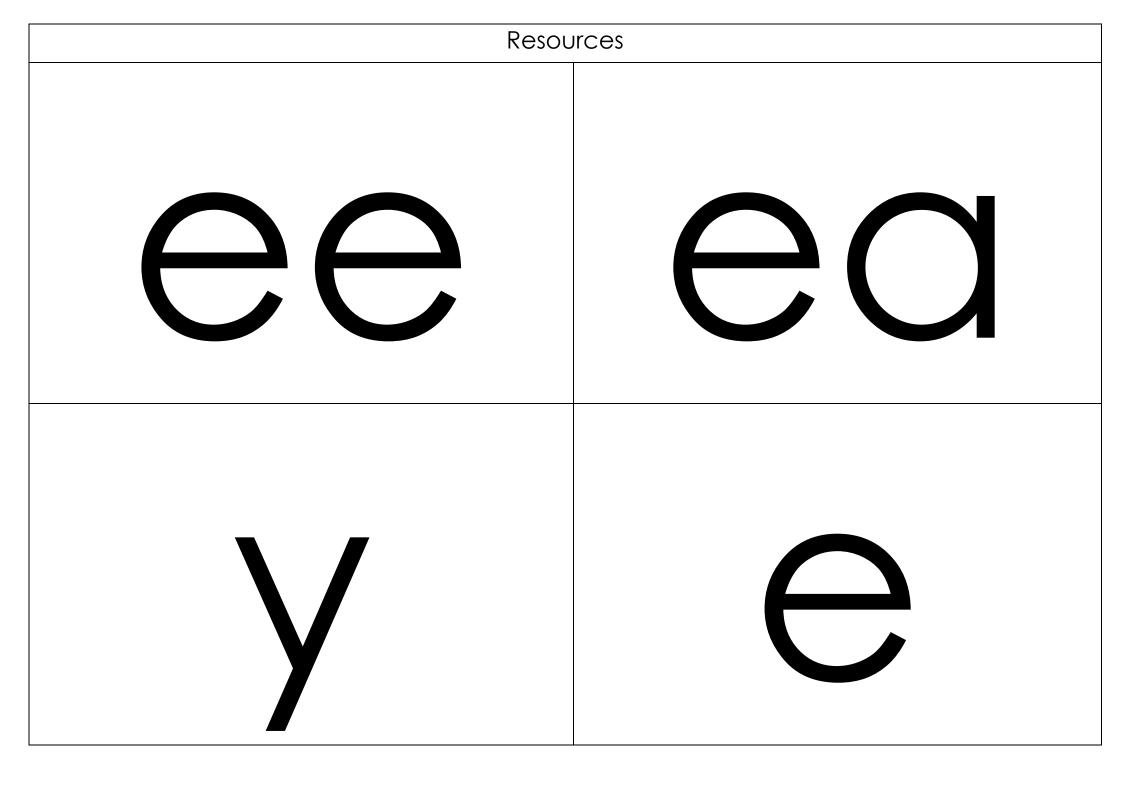
|                      | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |  |  |
|----------------------|--|--|--|--|---|--|--|
| Before<br>9am        | Establish an at home routine which may consist of eating breakfast, brushing teeth, dressing for the day and organising learning area. |  |  |  |   |  |  |
|                      | English  | English  | English  | English  | English   |  |  |
| 9:00am-<br>9:45am    | Complete online Reading/<br>Camera Word tasks set on<br>Microsoft Teams or   | Complete online Reading/<br>Camera Word tasks set on<br>Microsoft Teams or   | Complete online Reading/<br>Camera Word tasks set on<br>Microsoft Teams or   | Complete online Reading/<br>Camera Word tasks set on<br>Microsoft Teams or   | Complete online Reading/<br>Camera Word tasks set on<br>Microsoft Teams or  |  |  |
|                      | complete your Reading/<br>Camera Word Home<br>Learning Grid.   | complete your Reading/<br>Camera Word Home<br>Learning Grid.   | complete your Reading/<br>Camera Word Home<br>Learning Grid.   | complete your Reading/<br>Camera Word Home<br>Learning Grid.   | complete your Reading/<br>Camera Word Home<br>Learning Grid.  |  |  |
| 9:50am-<br>10:35am   | Virtual Classroom  | Virtual Classroom  | Virtual Classroom  | Virtual Classroom  | Virtual Classroom   |  |  |
| 10.550111            | Log on to Microsoft Teams<br>for communication with<br>your classroom teacher.   | Log on to Microsoft Teams<br>for communication with<br>your classroom teacher.   | Log on to Microsoft Teams<br>for communication with<br>your classroom teacher.   | Log on to Microsoft Teams<br>for communication with<br>your classroom teacher.   | Log on to Microsoft Teams<br>for communication with<br>your classroom teacher.  |  |  |
| 10:40am-<br>11:25am  |  | Muncł  | <b>Break</b><br>n n Crunch/ Recess/ Physical /   | Activity   |   |  |  |
| 11:30am –<br>12:15pm | Mathematics  | Mathematics  | Mathematics  | Mathematics  | Mathematics   |  |  |
| 12.13011             | Complete online<br>Mathematics tasks set on<br>Microsoft Teams or<br>complete your<br>Mathematics Home<br>Learning Grid.               | Complete online<br>Mathematics tasks set on<br>Microsoft Teams or<br>complete your<br>Mathematics Home<br>Learning Grid. | Complete online<br>Mathematics tasks set on<br>Microsoft Teams or<br>complete your<br>Mathematics Home<br>Learning Grid. | Complete online<br>Mathematics tasks set on<br>Microsoft Teams or<br>complete your<br>Mathematics Home<br>Learning Grid. | Complete online<br>Mathematics tasks set on<br>Microsoft Teams or<br>complete your<br>Mathematics Home<br>Learning Grid.  |  |  |
| 12:20pm-<br>1:05pm   | English  | English  | English  | English  | English   |  |  |
| 1.05pm               | Writing Activity   | Writing Activity   | Writing Activity   | Writing Activity   | Writing Activity  |  |  |
| 1:10pm-<br>1:55pm    | Break<br>Lunch/ Physical Activity  |  |  |  |   |  |  |
| 2:00pm-<br>2:45pm    | PDHPE  | Science  | HSIE   | PDHPE  | Creative Arts   |  |  |
| 2.400111             | Complete online Physical<br>Activity tasks set on<br>Microsoft Teams or<br>complete your Physical<br>Activity Home Learning<br>Grid.   | Complete online Science<br>tasks set on Microsoft<br>Teams or complete your<br>Science Home Learning<br>Grid.            | Complete online HSIE tasks<br>set on Microsoft Teams or<br>complete your HSIE Home<br>Learning Grid.                     | Complete online Health<br>tasks set on Microsoft<br>Teams or complete your<br>Health Home Learning<br>Grid.              | Complete online Creative<br>Arts tasks set on Microsoft<br>Teams or complete your<br>Creative Arts Home<br>Learning Grid. |  |  |

|   | Stage 1 Reading Grid Term 2<br>Week 1 & 2 Monday-Friday                              |   |   |   |  |  |  |  |
|---|--|---|---|---|--|--|--|--|
|   |  | Everyday-   |   |   |  |  |  |  |
| Monday  | Read for at least 20 minutes <b>each day</b> and complete the activity listed below. |   |   |   |  |  |  |  |
| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |  |  |  |  |
| * Staff development day   | * Staff development day  | * Read your set reader<br>(found in your Teams<br>channel) or your home<br>reader | * Read your set reader<br>(found in your Teams<br>channel) or your home<br>reader | * Read your set reader<br>(found in your Teams<br>channel) or your home<br>reader |  |  |  |  |
|   |  | * Look for as many camera<br>words as you can from your                           | * Draw a picture of your character.   | * Retell the story to someone in your family.                                     |  |  |  |  |
|   |  | book and write them in your workbook.   | * What is your character's name?  | Beginning   |  |  |  |  |
|   |  |   | * Write three words to describe your character's                                  | Middle  |  |  |  |  |
|   |  |   | appearance.   | End   |  |  |  |  |
| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |  |  |  |  |
| * Read your set reader<br>(found in your Teams<br>channel) or your home<br>reader | * Read your set reader<br>(found in your Teams<br>channel) or your home<br>reader    | * Read your set reader<br>(found in your Teams<br>channel) or your home<br>reader | * Read your set reader<br>(found in your Teams<br>channel) or your home<br>reader | * Read your set reader<br>(found in your Teams<br>channel) or your home<br>reader |  |  |  |  |
| * I just read   | * Choose 3 characters from your book.  | * What does an event in this<br>book remind you of? Draw or                       | * Build new words from words<br>you find in your book.                            | * Design and create a new front cover for the book,                               |  |  |  |  |
| By  | * Draw a picture of each character   | write about it.   | For example: frown- frowned, frowns, frowning.                                    | including a new title that you think matches the story.                           |  |  |  |  |
| I didn't like   | * Write a word for their appearance, their   |   |   |   |  |  |  |  |
| Draw a picture  | behaviour, their feelings and<br>what they are like.                                 |   |   |   |  |  |  |  |

## Year 1 Phonics Grid

### Week 1 Wednesday – Friday

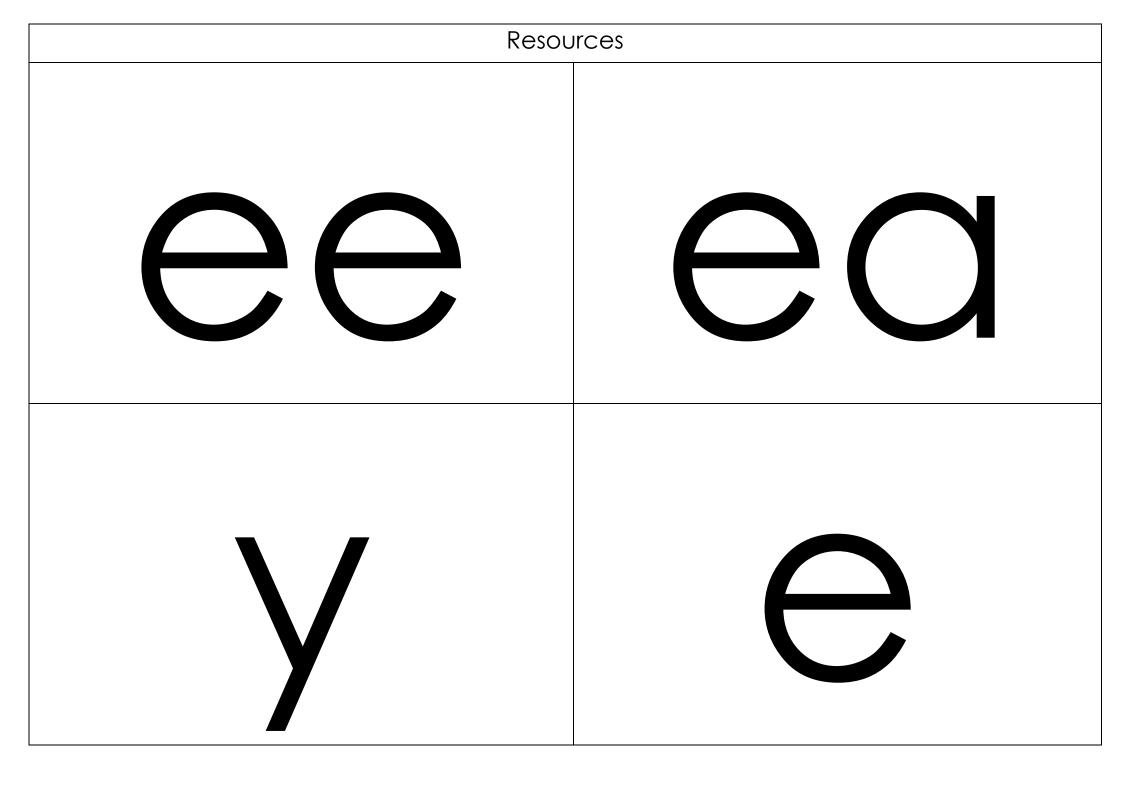
|   | Daily Activities while watching the Phonics video:<br>Say and write these graphemes<br>e ee ea y<br>How many long vowel e graphemes can you find on the slide?<br>e ee ea y – count them up!  |   |   |  |  |  |  |
|---|---|---|---|--|--|--|--|
|   | Othe  | r optional practice activities b  | elow:   |  |  |  |  |
| You can:  | You can:  | You can:  | You can:  | You can:   |  |  |  |
| Make the graphemes<br>from playdough.<br><b>OR</b><br>Make the graphemes from<br>objects around the house<br>(rice, pasta, LEGO, blocks)                    | Write phonemes on paper<br>or post it notes.<br>Use a flyswatter (or your<br>hand) to hit the letters the<br>parent/carer calls out.<br><b>OR</b><br>Stick the post it notes on the<br>wall and use something like<br>a nerf gun to shoot the<br>graphemes on the wall. | Take pictures of some words<br>you know have the long<br>vowel e in it.<br><b>OR</b><br>Draw pictures of some<br>words you know have the<br>long vowel e in it. | Look through books and<br>magazines to find pictures<br>of words with the long<br>vowel e phoneme. Cut<br>them out and glue them on<br>a piece of paper.<br><b>OR</b><br>Draw them in your<br>workbook. | Find pictures of things with<br>the long vowel e on the<br>internet.                   |  |  |  |
| You can:  | You can:  | You can:  | You can:  | You can:   |  |  |  |
| Go into your kitchen/<br>bedroom/ lounge room/<br>backyard and look for<br>objects that make your<br>mouth say 'ee'<br>Draw them or take a photo<br>of them | Hide some graphemes<br>around the house.<br>Have child go on a<br>grapheme search.  | Trace the graphemes for e<br>in a tray of rice.<br><b>OR</b><br>Trace the graphemes for e<br>in sand, dirt, shaving cream                                       | Play 'What's Missing'<br>Write each grapheme for e<br>on a separate post it note.<br>Turn them over. Mix them.<br>Remove one. See if your<br>child can remember which<br>is missing.                    | Use a paintbrush and water<br>to write the graphemes for<br>e on the concrete outside. |  |  |  |



### Year 1 Phonics Grid

### Week 2 Monday – Friday

|   | Watch the Phonics   | Video for Week 2   |  |  |  |  |
|---|---|--|--|--|--|--|
|   | Other optional practice activities below:   |  |  |  |  |  |
| You can:  | You can:  | You can:   | You can:   |  |  |  |
| Put the word cards in a pile. Your<br>child will pick up one card at a<br>time. If they can read it correctly,<br>they can make it with playdough.<br><b>OR</b><br>Make the words from objects<br>around the house<br>(rice, pasta, LEGO, blocks) | Write some long vowel e words on<br>paper or post it notes.<br>Use a flyswatter (or your hand) to<br>hit the words the parent/carer calls<br>out.<br><b>OR</b><br>Stick the post it notes on the wall<br>and use something like a nerf gun<br>to shoot the words on the wall. | Hide some long vowel e words<br>around the house.<br>Have your child go on a word<br>search. If they bring it back to you<br>and read it correctly, they get a<br>point. | Search and find words that make<br>the long vowel ee phoneme in a<br>book/magazine.<br>Write and draw a picture for each                                 |  |  |  |
| You can:  | You can:  | You can:   | You can:   |  |  |  |
| Write ow, ou, ough words on pieces<br>of card and play snap with a<br>partner<br><b>OR</b><br>Using the same word cards, play<br>noughts and crosses with a partner.<br>You need to read the word when<br>you put it down.                        | Word Sort: Cut up and use the word<br>cards to sort all the different long<br>vowel ee words under each<br>grapheme heading. Read the<br>words and write them.  | Fab or Fake: use the word cards<br>and make fake word cards using<br>the graphemes. Read the words<br>and write them in the fab or fake<br>column.                       | Fill a bingo board with <b>ee, e,</b><br><b>ea,and y</b> words. A partner reads<br>out the words. You can only put a<br>counter on if you read the word! |  |  |  |



| Stage 1 Writir<br>Week 1 Wednesday-Friday | ng Grid Term 2<br>(complete daily writing activity) |
|---|---|
| Everyday- Keep adding information         | about your animal to the table below                |
| Cocl                                      | <u>katoo</u>  |
| Classification                            | Appearance  |
| Diet                                      | Behaviour   |
| Fun                                       | Facts   |

| Monday                 | Tuesday                        | Wed  | nesday                                 | Thursday   | Friday   |
|------------------------|--------------------------------|--|--|--|--|
| *Staff Development day | *Staff Development day         | Cockatoo'<br>*Write the tit<br>*Write the cl<br>(What is it?)<br>*Write abou | lassification<br>t the<br>e (What does | *Listen to the video of 'The<br>Cockatoo'<br>*Write about the<br>behaviour (What does it<br>do?)<br>*Write a fact fun (Did you<br>know?) | Today you need to write<br>the whole text.<br>Don't forget to include:<br>1. Title<br>2. Classification<br>3. Appearance<br>4. Diet<br>5. Behaviour<br>6. Fun fact<br>Draw a picture of your |
| This is a              | Year 1<br>It is a t<br>because |  | in _                                   | Year 2<br>is a type<br>I   | Australian animal.<br>of<br>t can be found in  |
| It lives _             | _, »=====                      | •  |  |  |  |
|                        | has<br>and                     |  |  | has<br>Th<br>,   |  |
| A<br>because it eats   | is a<br>and                    | ,  |  | , because  |  |
|                        | al can Also, it can            | and  |  | is an inter  | It can also  |
|                        |                                | ?  | Did you k                              | now  |  |

| Stage 1 Writing Grid Term 2<br>Week 2 Monday-Friday (complete daily writing activity) |                                      |  |  |  |
|---|--------------------------------------|--|--|--|
| Everyday- Keep adding information   | about your animal to the table below |  |  |  |
| <u>Er</u>   | mu                                   |  |  |  |
| Classification  | Appearance                           |  |  |  |
| Diet  | Behaviour                            |  |  |  |
| Fun   | Facts                                |  |  |  |

| Monday   | Tuesday   | Wedı                         | nesday                 | Thursday  | Friday   |
|--|---|------------------------------|------------------------|---|--|
| *Listen to the video of 'The<br>Emu'                           | *Listen to the video of 'The<br>Emu'                        |                              | e video of 'The<br>mu' | *Listen to the video of 'The<br>Emu'  | Today you need to write the whole text.  |
| *Write the title<br>*Write the classification<br>(What is it?) | *Write about the<br>appearance (What does it<br>look like?) | *Write about<br>(What does i |                        | *Write about the<br>behaviour (What does it<br>do?)<br>*Write a fact fun (Did you<br>know?) | Don't forget to include:<br>1. Title<br>2. Classification<br>3. Appearance<br>4. Diet<br>5. Behaviour<br>6. Fun fact<br>Draw a picture of your<br>Australian animal. |
|  | Year 1  |                              |                        | Year 2  |  |
| The  |   |                              | The                    | is a type   | of that lives  |
|  | It is a ty  |                              | in                     | is a type<br>I  | t can be found in  |
|  | _, because  | •                            |                        |   | '  |
|  | has<br>and  |                              |                        | has<br>Th<br>,  |  |
| A<br>because it eats   | is a<br>and   | ,                            |                        | , because   |  |
|  | Il can Also, it can   | and                          |                        | is an inte  | It can also  |
|  |   | ?                            | Did you k              | now   |  |

|   | Sta   | ge 1 Mathematics Grid Ter       | m 2                            |                                      |  |  |  |  |  |
|---|---|---------------------------------|--------------------------------|--------------------------------------|--|--|--|--|--|
|   |   | ay-Friday (complete daily       |                                |                                      |  |  |  |  |  |
|   | Online resources for mathematics            |                                 |                                |                                      |  |  |  |  |  |
| https://www.youtube.com/watch?v=GvTcpfSnOMQ |   |                                 |                                |                                      |  |  |  |  |  |
|   | https://www.youtube.com/watch?v=EemjeA2Djjw |                                 |                                |                                      |  |  |  |  |  |
|   |   | tch?v=Ftati8iGQcs&list=PL34kTbS |                                |                                      |  |  |  |  |  |
|   |   | /www.youtube.com/watch?v=pfRu   |                                |                                      |  |  |  |  |  |
| Monday                                      | Tuesday                                     | Wednesday                       | Thursday                       | Friday                               |  |  |  |  |  |
| Staff Development Day                       | Staff Development Day                       | Whole Number                    | <u>Whole Number</u>            | Whole Number                         |  |  |  |  |  |
|   |   | Find a collection of            | Find a magazine in your        | Partition the 2-digit and 3-         |  |  |  |  |  |
|   |   | objects and group them          | house and cut out some         | digit numbers into your              |  |  |  |  |  |
|   |   | into 10's. You can use          | 2- or 3-digit numbers. Glue    | books.                               |  |  |  |  |  |
|   |   | pegs, marbles, fruit loops      | it in your book and then       |                                      |  |  |  |  |  |
|   |   | etc.                            | draw it.                       | E.g. 26 = 20 + 6                     |  |  |  |  |  |
|   |   |                                 |                                |                                      |  |  |  |  |  |
|   |   |                                 |                                | 125 = 100 + 20 + 5                   |  |  |  |  |  |
|   |   |                                 |                                | 10 05 20 47 55 124 000               |  |  |  |  |  |
|   |   |                                 |                                | 12, 25, 38, 47, 55, 134, 228,<br>569 |  |  |  |  |  |
|   |   |                                 |                                | 269                                  |  |  |  |  |  |
|   |   |                                 |                                |                                      |  |  |  |  |  |
|   |   |                                 |                                |                                      |  |  |  |  |  |
|   |   |                                 |                                |                                      |  |  |  |  |  |
|   | Week 2 Monday-                              | Friday (complete daily ma       | thematics activity)            |                                      |  |  |  |  |  |
| Monday                                      | Tuesday                                     | Wednesday                       | Thursday                       | Friday                               |  |  |  |  |  |
| <u>2D shapes</u>                            | <u>2D shapes</u>                            | <u>2D shapes</u>                | <u>2D shapes</u>               | <u>2D shapes</u>                     |  |  |  |  |  |
| Shape hunt: explore                         | Construct a picture using                   | In your book, create three      | Creating 2D shapes. Using      | Find a magazine in your              |  |  |  |  |  |
| around your house and                       | a variety of 2D shapes.                     | repeating patterns. Draw        | paddle pop sticks or twigs/    | house and cut out as                 |  |  |  |  |  |
| draw all the different 2D                   | Draw, colour and cut                        | them in your book.              | sticks from your backyard,     | many 2D shapes. Glue the             |  |  |  |  |  |
| shapes you can see.                         | shapes to create your                       |                                 | create 2D shapes.              | m into your work book.               |  |  |  |  |  |
|   | picture.                                    |                                 |                                |                                      |  |  |  |  |  |
|   |   |                                 |                                |                                      |  |  |  |  |  |
|   |   |                                 |                                |                                      |  |  |  |  |  |
|   |   |                                 |                                | AND AND A                            |  |  |  |  |  |
|   |   |                                 | Lingt Longer Longer 10 2007 60 |                                      |  |  |  |  |  |
| ~   | taation type                                |                                 |                                |                                      |  |  |  |  |  |
|   |   |                                 |                                |                                      |  |  |  |  |  |

|   | Term 2 Stage 1 Science Grid   |  |  |  |  |  |  |  |
|---|---|--|--|--|--|--|--|--|
| Earth and Space Sciences  |   |  |  |  |  |  |  |  |
|   | One lesson should be completed each week. Week 1 No lesson due to Staff Development day   |  |  |  |  |  |  |  |
| In the next few week  | week 2- complete Lesson 1.<br>s, Year 1 and 2 students will be learning about constellations and seasons. They will investigate the night sky and the                       |  |  |  |  |  |  |  |
|   |   |  |  |  |  |  |  |  |
|   | . Students will observe and investigate the four seasons and changes that occur during each season. By completing   |  |  |  |  |  |  |  |
| activities each week  | students will make observations about constellations and weather changes during the different seasons.  |  |  |  |  |  |  |  |
| Week 1-   | Lesson 1 – What is a constellation?   |  |  |  |  |  |  |  |
| NO LESSON due to  | Watch the video Mrs Nettle has recorded on her Science channel.   |  |  |  |  |  |  |  |
| Staff Development<br>Day  | Complete one of the activities about constellations. If you want to do both activities it is your choice.   |  |  |  |  |  |  |  |
| Activity 1. Trace the lines/dots to make constellations, then colour the stars and the night sky around them. (Page workbook) |   |  |  |  |  |  |  |  |
|   | and/or  |  |  |  |  |  |  |  |
|   | Activity 2. Create your own star constellation. Draw your design on paper and give it a name. Extension – make your design with things from home. (complete on blank paper) |  |  |  |  |  |  |  |
|   | ALTERNATE ACTIVITY  |  |  |  |  |  |  |  |
| Watch the video in the link below.<br>https://www.youtube.com/watch?v=1sZ15SUeS9w   |   |  |  |  |  |  |  |  |
|   |   |  |  |  |  |  |  |  |
|   | Activity - Draw a constellation you have learnt about or that you saw on the video.   |  |  |  |  |  |  |  |
|   | Don't forget to share your work on Mrs Nettle's science channel.  |  |  |  |  |  |  |  |

#### Term 2 Stage 1 Geography Grid Week 1 and 2

One lesson should be completed **each week**. Week 1 complete Lesson 1 and Week 2 Lesson 2.

In the next few weeks, Year 1 and 2 students will be learning about finding places. They will investigate why places have addresses, how mail travels and the importance of addressing an envelope correctly. Students will observe and investigate how mail can travel all around the globe. By completing activities each week students will make observations about how addresses identify a place assists in the travel of mail.

| Lesson 1 – Finding Places  | Lesson 2 – Names of Places  |
|--|---|
| Watch the video Mrs Bacan has recorded on the geography channel.   | Watch the video Mrs Bacan has recorded on the geography channel.  |
| Complete the worksheets about addresses in your geography book.  | Complete the worksheet about names of places in your geography book.  |
| Worksheet 1: (9) Address the letter to yourself.<br>Worksheet 2: (10) Places can be personal, local, state or national.  | Worksheet 1: (7) Sometimes places are named after the natural feature they are near. Draw what you think these places would look like.                                      |
| <b>Extension Worksheet (If you want to challenge yourself)</b><br>Worksheet 3: (11) Try addressing the envelope the Spanish way.   | <b>Extension Worksheet (If you want to challenge yourself)</b><br>Worksheet 2: (8) Use the picture clues to find place names in Australia.                                  |
| <b>Optional Additional Activity</b><br>Write a letter and address the envelope on your own to someone<br>special that is special to you (e.g. a friend, grandparent, cousin) | <b>Optional Additional Activity</b><br>Draw a place in Australia that you would like to visit one day and<br>write a sentence about why you would like to visit that place. |

# Stage 1 Creative Arts Week 1 and 2 One lesson should be completed **each week**. Week 1 complete Lesson 1 and Week 2 Lesson 2. Lesson 2 Lesson 1 Directed drawing: draw a picture of a cockatoo. Directed drawing: draw a picture of a cockatoo. Go to: Go to: https://www.youtube.com/watch?v=UghL5-wTh4w and https://www.youtube.com/watch?v=kkGZ3qp5e5A and follow the step by step instructions. follow the step by step instructions.

How To Draw A Cartoon Cockatoo

13:20 / 14:50

Remember to colour in your picture and don't forget to share your art on your private channel.

Emu / Ostrich drawing

0:06 / 13:25

Remember to colour in your picture and don't forget to share your art on your private channel.

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#### Term 2 Stage 1 Health Grid Week 1 and 2 One lesson should be completed **each week**. Week 1 complete Lesson 1 and Week 2 Lesson 2. Over the next couple of weeks, Year 1 and 2 students will be learning the importance of nutrition and exercise. They will investigate the health benefits of eating nutritionally balanced meals and exercising frequently. Through the completion of weekly activities, students will be engaged in physical fitness and be more able to make educated decisions when choosing food. Lesson 1 – Nutrition Lesson 2 – Physical activity Watch the video Mr. Lia has recorded on his Health channel. Watch the video Mr. Lia has recorded on his Health channel. This lesson will focus on the benefits of eating foods high in nutrition, as well as the negative impact frequently eating unhealthy foods This lesson will focus on the importance of engaging in regular can have on our bodies. exercise. Students will learn the benefits which physical activity has on our bodies. Activity- In your work books, draw and colour a picture of yourself Activity- Find fruits and vegetables around your house. In your work participating in your favorite exercise (soccer, dancing, books, draw, colour and label each fruit and vegetable. basketball). Under the drawing, make a list of health benefits the exercise has on your body (build muscle, make your heart strong, increase Link to video- https://www.youtube.com/watch?v=L9ymkJK2QCU fitness). **Read along link - https://www.youtube.com/watch?v=f\_i\_HSoKZGk** Students will also be encouraged to participate in a short work out during the lesson. Link to work out-https://www.youtube.com/watch?v=u0 1QBQ8Syk Don't forget to share your work on Mr Lia's health channel. Link to video- https://www.youtube.com/watch?v=NbEeaBULvys Don't forget to share your work on Mr Lia's health channel.

| Term 2 Stage 1 Physical Education Grid   |  |
|--|--|
| Week 1 and 2   |  |
| One lesson should be completed each week.<br>Don't forget to check out the channel "Fitness with Miss Cownie" for weekly fitness videos. |  |
| Lesson 1:  | Lesson 2:  |
| Here are some physical activity suggestions that you might like to try at home.  | Here are some physical activity suggestions that you might like to try at home.                      |
| Complete 4 rounds of these exercises:  | Carry out each exercise for 30 seconds as many times as you can.                                     |
| <ul> <li>10 Jump squats</li> <li>10 star jumps</li> <li>10 high knees</li> <li>10 hops (5 each leg).</li> </ul>                          | <ul> <li>Side gallop</li> <li>Skipping</li> <li>Lunging</li> <li>Jumping</li> <li>Hopping</li> </ul> |
| Don't forget to share photos or videos of your exercises in my channel "Fitness with Miss Cownie"  | Don't forget to share photos or videos of your exercises in my channel "Fitness with Miss Cownie"    |