

SUPPORT UNIT 3/6C AND 3/6P
TERM 3

Week 4

STAYING SAFE ONLINE

Information For Kids

<https://www.esafety.gov.au/kids/be-an-esafe-kid>

Information For Parents

<https://www.esafety.gov.au/parents>

Top 5 online safety tips for kids

1

Set up your device to protect your information.

2

Explore safely & tell an adult if you see anything online that makes you feel yuck.

3

Limit who can contact you when you're playing games.

4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5

Ask for help if anything online is bothering you.



eSafetykids

[esafety.gov.au/kids](https://www.esafety.gov.au/kids)

Yours faithfully,
Mrs Olivia Tredoux
Relieving Principal

Early Stage 1

Kindergarten

Stage 1

Year 1 and Year 2

Total 2.5 hours + other

45–60 mins - English

30–45 mins - Mathematics

30–60 mins - Other KLAs: Creative arts, HSIE, PDHPE, SciTech

Other activities: wellbeing, sport, physical activity*

KLA = Key Learning Area
*where social distancing allows

Stage 2

Year 3 and Year 4

Stage 3

Year 5 and Year 6

Total 3 hours + other

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MONDAY

SIGHT



Look around your house for buttons. List or draw 5 different objects with buttons

e.g pillow, skirt

Extension: Draw each item with the correct amount of buttons.



FITNESS



Do 10 crunches - sit on the floor and raise your knees to your chest, stretch out and raise again, try to keep your hands off the floor.

Do 10 burpees - one pushup, one jump, one pushup, keep going 10 times

Lay on the floor, lift your body onto your toes and elbows, hold for 5 seconds, lay down and repeat, 5 times

Extension: Create and practise 2 more fitness drills, draw or describe them in your work book.

A SENTENCE A DAY - HANDWRITING

Write 2 sentences telling where your shoes have been today.

Remember to use capitals, full stops and describing words.

e.g My tatty orange shoes left footprints in the wet grass before the dew evaporated.

Extension: Add another sentence to your shoe adventure, describing what you saw.

e.g The wet grass was sparkling as a gentle breeze pushed the grass blades back and forth.

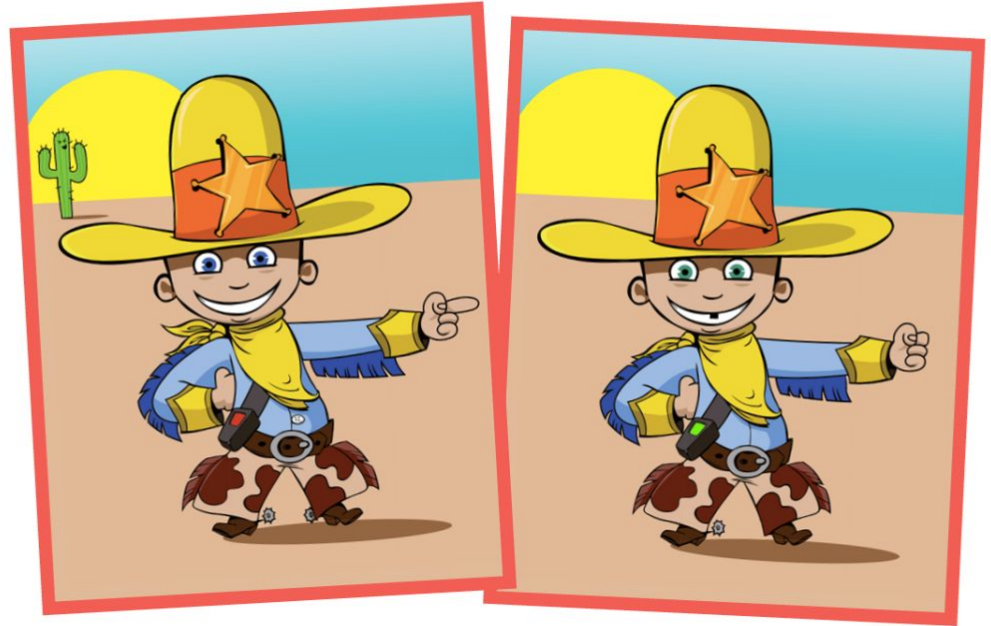


CRUNCH AND SIP

Have a piece of fruit or raw vegetable. In your work book, write or draw what you ate.

Describe one of the differences you can see in the picture.

For example, The cowboy is missing a tooth.



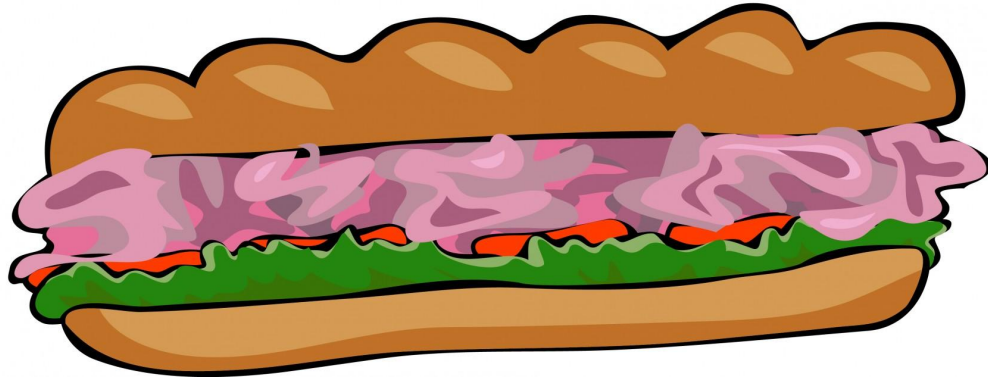
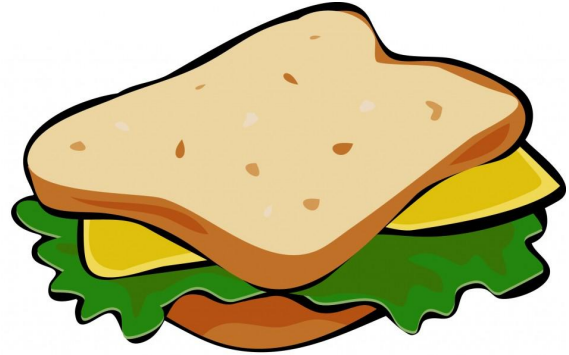
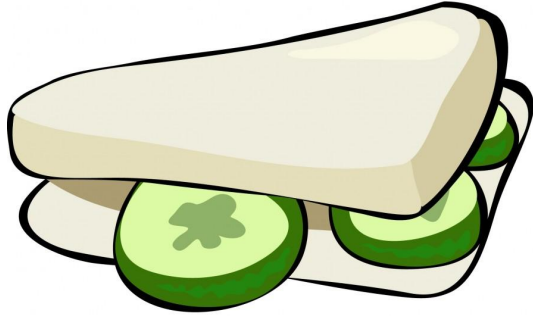


WRITING

EDUCATION WEEK - LIFE LONG LEARNERS

Can you write or sing or make a video on what it means to be a Life Long Learner. Why is it important ? Why should we be life long learners? Who should be life long learners? Are you a life long learner? Is it just teachers that make you life long learners?

RECESS



READING/ WRITING/SPELLING



Find a magazine or book to read. Read for 15 minutes. Write down the name of the book or magazine and 3 interesting facts or opinions from it. Try not to copy the sentence from the book, put it in your own words.

Extension: Write another 2 facts or opinions about the character you have been reading about. Write down the time you started and finished your reading.

FITNESS TIME!

Describe what fitness activity you completed today (20-30 minutes)

Or click on the link to participate in some online fitness activity

<https://app.education.nsw.gov.au/sport/Bodycontrol>





MATHEMATICS



Look around your house and list 5 items that have fractions on them. Try to use a variety of different products.

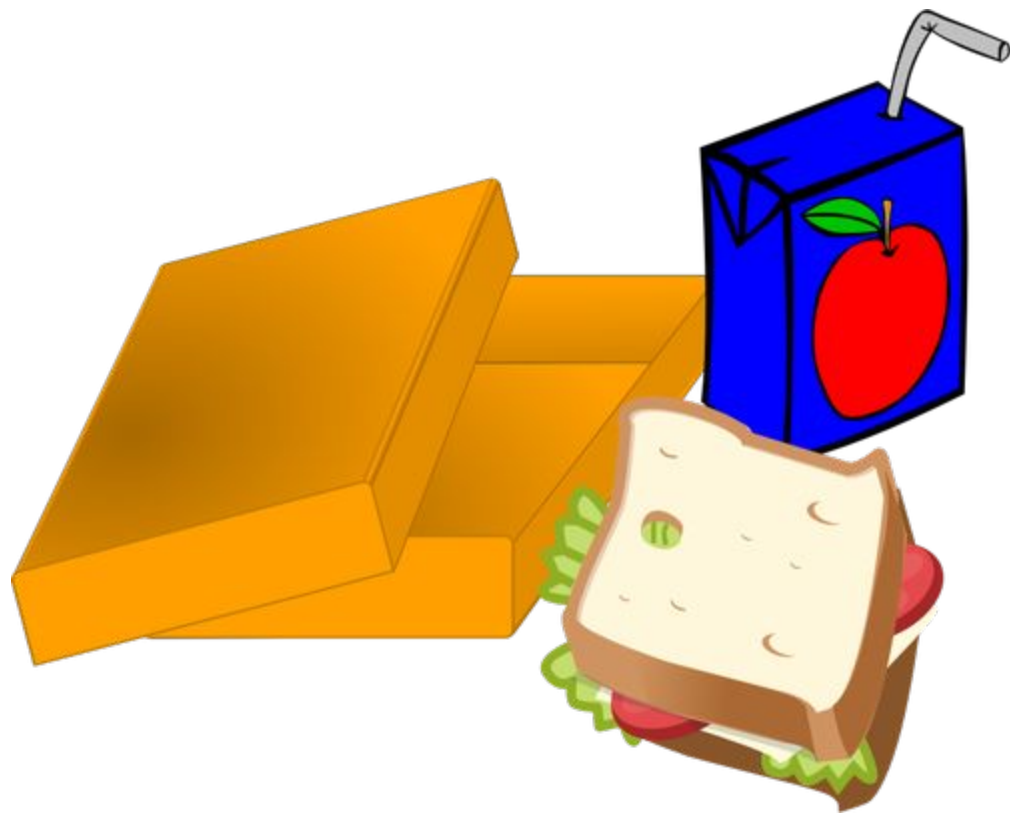
e.g IGA catalogue $-1/2$ price

Extension: Show each fraction on a circle or rectangle.

e.g. $\frac{1}{2} =$



LUNCH





UNPLUGGED

If you have some food colouring put a few drops into a glass of water. Put a flower or leaf into the water. Draw the flower when you put it in the glass of coloured water. Look at the flower 2 hours later. Draw the flower again, showing how it has changed.

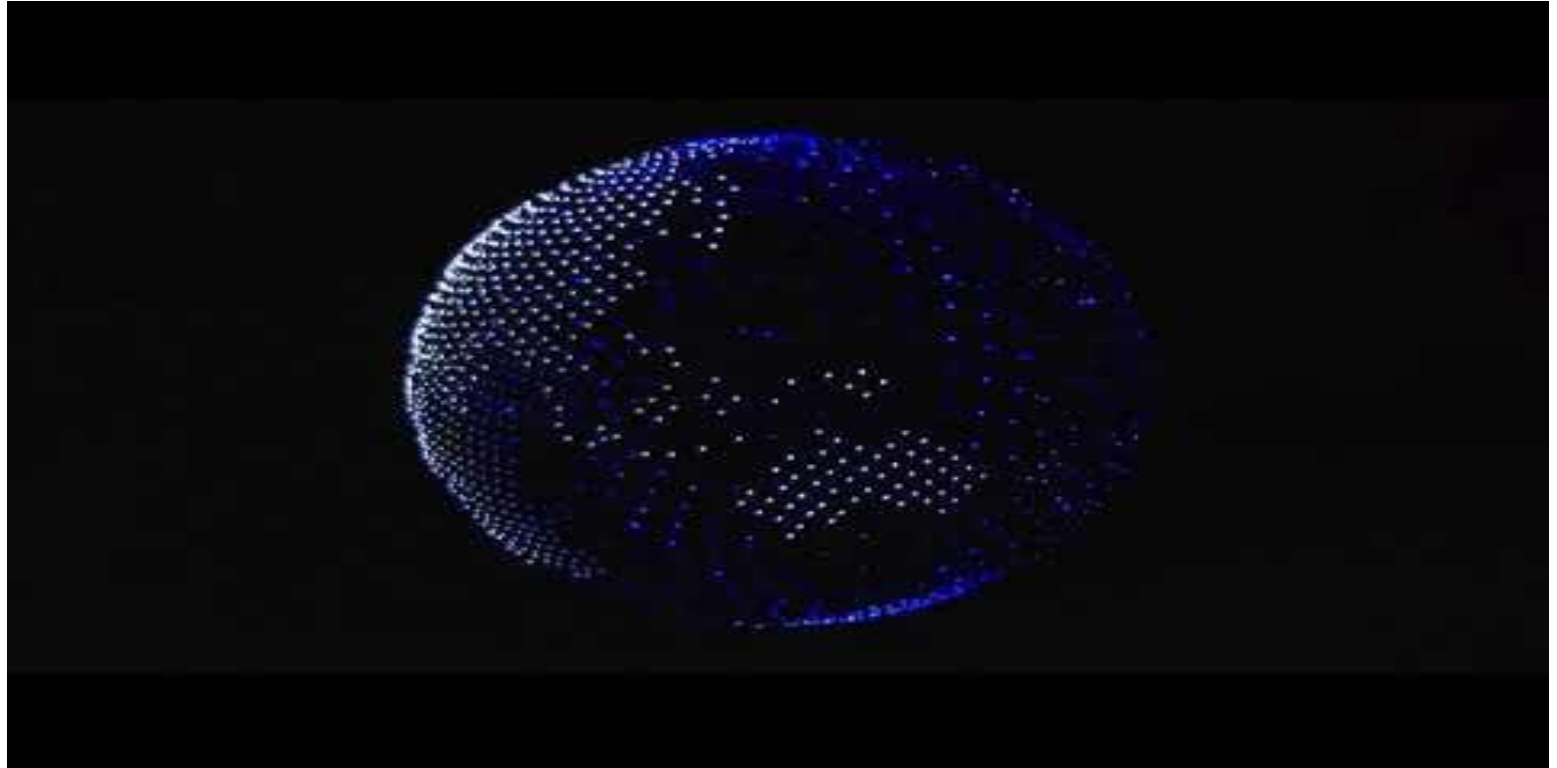
Extension: Describe the differences. Leave the flower for another 2 hours and describe any more changes. Why do you think it has changed?

WEBSITES TO VISITS

<https://www.abc.net.au/abckids/early-education/>

<https://sites.google.com/education.nsw.gov.au/tau-home-dinosaur-dig>

TOKYO OLYMPICS 2020



WEEK 3 LESSONS - RECORDED

Get ready for more [#EducationLIVE](#) next week, 10am AEST daily:

Monday 19 July: Music class with [Wilcannia Central School](#) teacher and ARIA Music Award winner, Sarah Donnelley

Tuesday 20 July: Learn about resilience from engineer, author, athlete and motivational speaker, [Turia Pitt](#)

Wednesday 21 July: Discover Australia's first Indigenous rooftop garden with Clarence Slockee from [Gardening Australia](#)

Thursday 22 July: Stay tuned for a special guest

Friday 23 July: Create a maze-solving algorithm for a robot in your house with Toby Walsh, Scientia Professor of Artificial Intelligence

Tune in right here on Facebook, or on our [#LearnFromHome](#) hub: <https://education.nsw.gov.au/parents-learning-at-home>

*Please note that this schedule is subject to change.



TUESDAY

Early Stage 1

Kindergarten

Stage 1

Year 1 and Year 2

Total 2.5 hours + other

45–60 mins - English

30–45 mins - Mathematics

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Stage 2

Year 3 and Year 4

Stage 3

Year 5 and Year 6

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SMELL



Next time you wash hands before eating, smell them before and after you have washed them. What difference do you notice in the smell? Did you use soap? Now put on a moisturizer and smell again. Describe the difference in the smell of your hands now. Is it sweet, faint, awful.

Extension: Look at the ingredients used in the soap or hand wash and moisturizer. Do you recognise the scent used in the soap? What is it?

FITNESS



Go outside and jog on the spot for 20 steps. Swing your arms to help you. Jump on the spot for 20 jumps. Take 5 deep breaths. Repeat the drill 3 more times. Have a drink of water.

Extension: Create and practise 2 more fitness drills, draw or describe them in your work book



COOKING

If allowed, make your own toast or sandwich, have a glass of milk. Write or draw what you put on your sandwich or bread. Make a face on your sandwich.



Extension: Tell what food you used for each part of the face, check your spelling. Put in as much detail as you can.

e.g The smiley mouth was half a slice of red capsicum.

CRUNCH & SIP



Too Much Glue

Written by Jason Lefebvre
Illustrated by Zac Rejtz





READING/ WRITING/ SPELLING

Using a sentence from yesterday, put all those words into alphabetical order.

e.g. Sixteen hours before I start school again and things have not kicked off well.

again, and, before, have, hours, I, kicked, not, off, school, sixteen, start, things, well



READING/ WRITING/ SPELLING

Extension: Taking the words from your sentence, use all of them in your own sentences.

e.g Well, had I not kicked sixteen flowers off the plants yesterday, I wouldn't have to spend 3 hours in my bedroom, again. Things are getting pretty desperate at home and I can't wait for school to start again. That's what I thought, before My Whippy came around the corner.

FITNESS TIME!

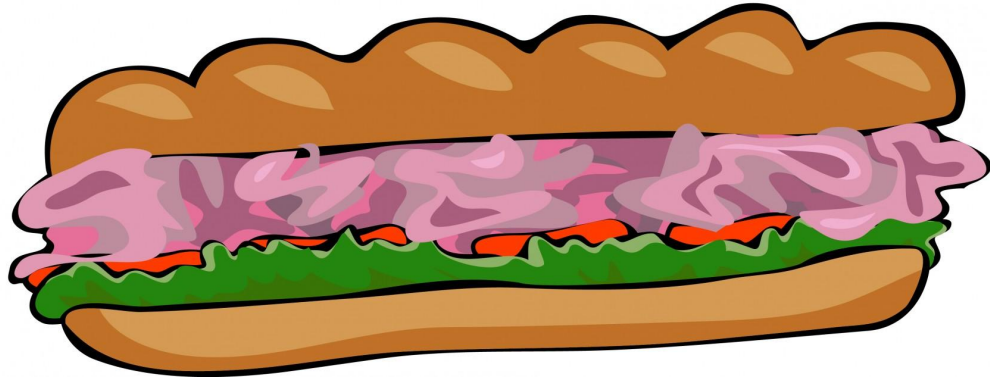
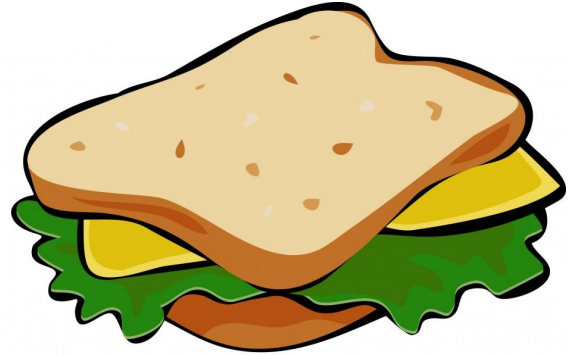
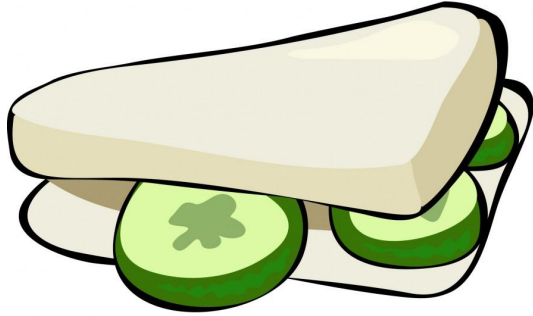
Describe what fitness activity you completed today (20-30 minutes)

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RECESS





MATHEMATICS

Go outside and find a pattern - maybe the fence has a pattern, or the house brickwork. Describe or draw the pattern

e.g the fence |||||

Extension: Describe the pattern.

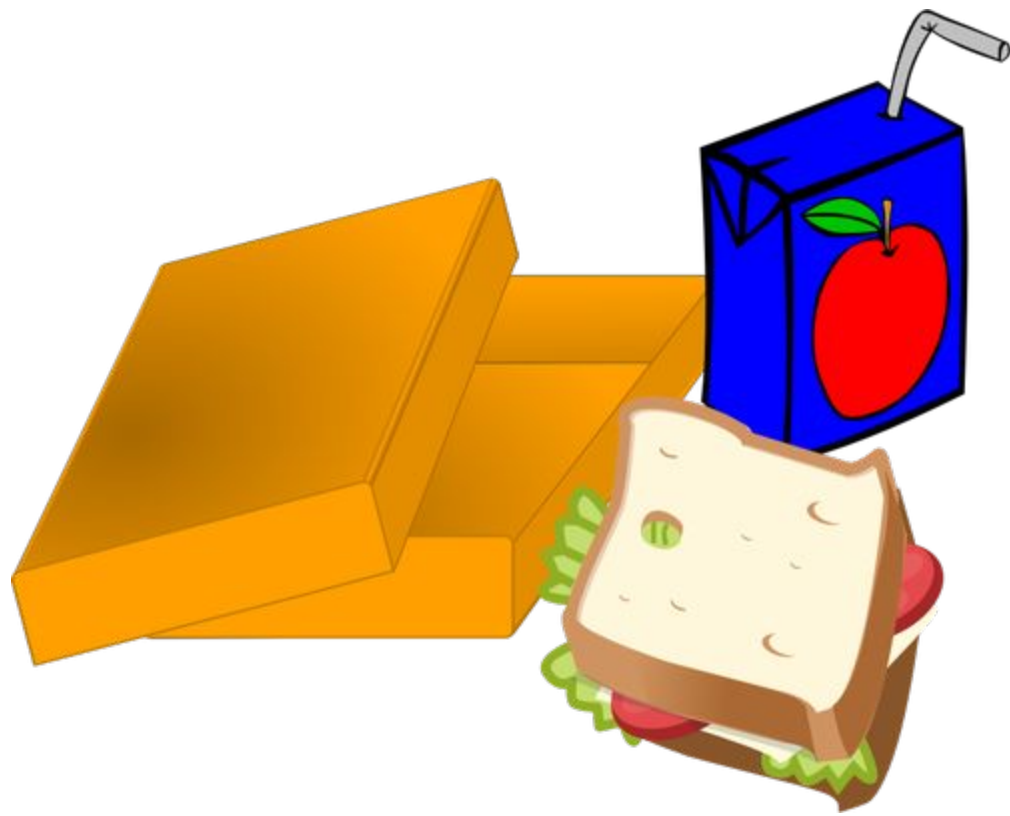
e.g. Every fifth post is a thick post and a bit taller than the others.



DISNEY

**Dance Up to
the Beat**

LUNCH





SCIENCE

If you have plain chocolate at home, take two small pieces the same size. Predict which will melt faster. Hold one in your fist and put one in your mouth. Do not chew the chocolate, let it melt. Write down your results.

Extension: Try the experiment again. This time ask a family member to help. Each person hold the same size small piece of chocolate in your fists. Time how long it takes the pieces to melt. Write down your results. Enjoy the chocolate and wash your hands. Notice the smell of your hands before and after washing.

WEBSITES TO VISITS

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TOKYO OLYMPICS 2020



WEDNESDAY

Early Stage 1

Kindergarten

Stage 1

Year 1 and Year 2

Total 2.5 hours + other

45–60 mins - English

30–45 mins - Mathematics

30–60 mins - Other KLAs: Creative arts, HSIE, PDHPE, SciTech

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Stage 2

Year 3 and Year 4

Stage 3

Year 5 and Year 6

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HEARING



Ask a family member the following riddle, let them guess before you give the answer.

Q. Why did the chicken family cross the road?

A. *Because they thought it was an egg-cellent idea.*

Extension: Find other words that may have an 'egg' sound in them. You may use a dictionary.

e.g example = egg-sample



FITNESS

Do 10 crunches - sit on the floor and raise your knees to your chest, stretch out and raise again, try to keep your hands off the floor.

Do 10 burpees - one pushup, one jump, one pushup, keep going 10 times

Lay on the floor, lift your body onto your toes and elbows, hold for 5 seconds, lay down and repeat, 5 times





A SENTENCE A DAY

Write down 3 things you miss about school. Use full sentences. You may like to draw the things you miss.

Extension: How many smaller words can you make from 'uniform'. There are at least 20 words. (results will be shown W5 Wednesday)

CRUNCH & SIP

Have a piece of fruit or fresh vegetable.

In your work book, draw the piece of food and give it a name that starts with the same letter.

e.g Bendy the Banana

Extension: Use the food name in a sentence with lots of words starting with the same letter.

e.g Bendy the banana was bending over the bent box when the box bent inwards and Bendy over balanced and bent her el-bows.

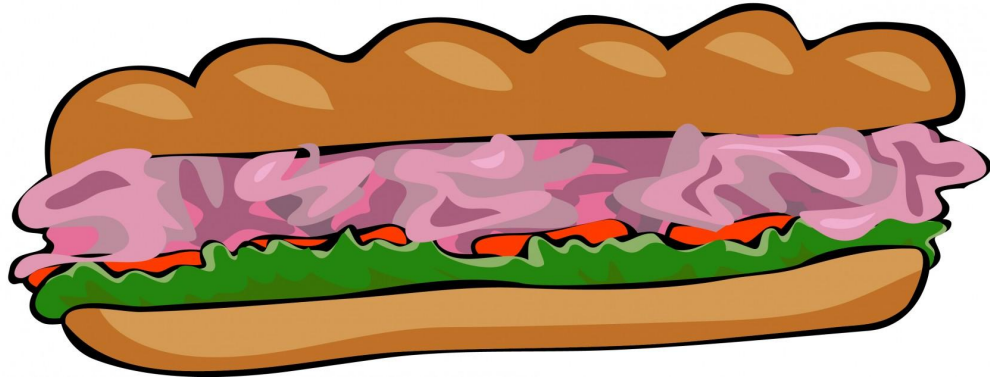
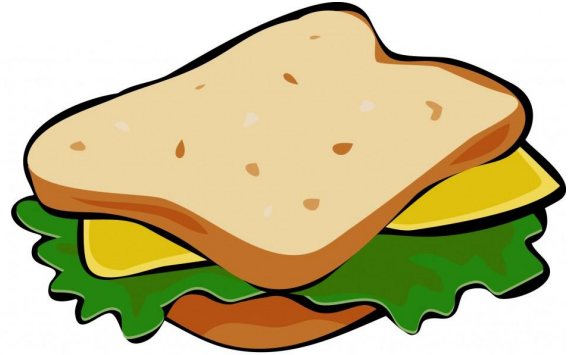
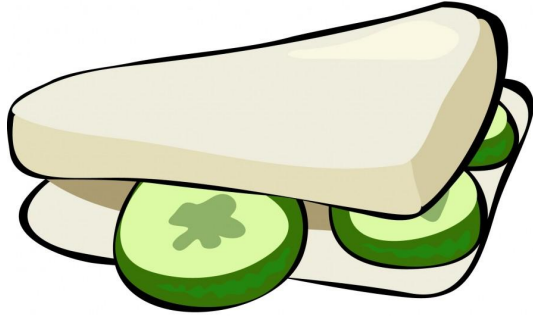


READING

Cuddle up with your pet or favourite toy and read aloud for 10 minutes. Tell a family member what is happening in the text. Read aloud for another 10 minutes by singing it to the tune of your favourite song.

Extension: Write down the title of your book, when it was published, who are the author and illustrator. How many pages and chapters are in the book?

RECESS



MATHEMATICS



MATHEMATICS

From your cupboard make a tally of how many of each of the following items of clothes you have - t-shirts, shorts, long pants, long sleeved tops,

Show your clothes in a column graph, numbers up the side, clothes items along the bottom.

5				
4	■		■	
3	■		■	
2	■	■	■	
1	■	■	■	■
	t-shirt	short	Long pants	Long sleeve tops

FITNESS TIME!

Describe what fitness activity you completed today (20–30 minutes)

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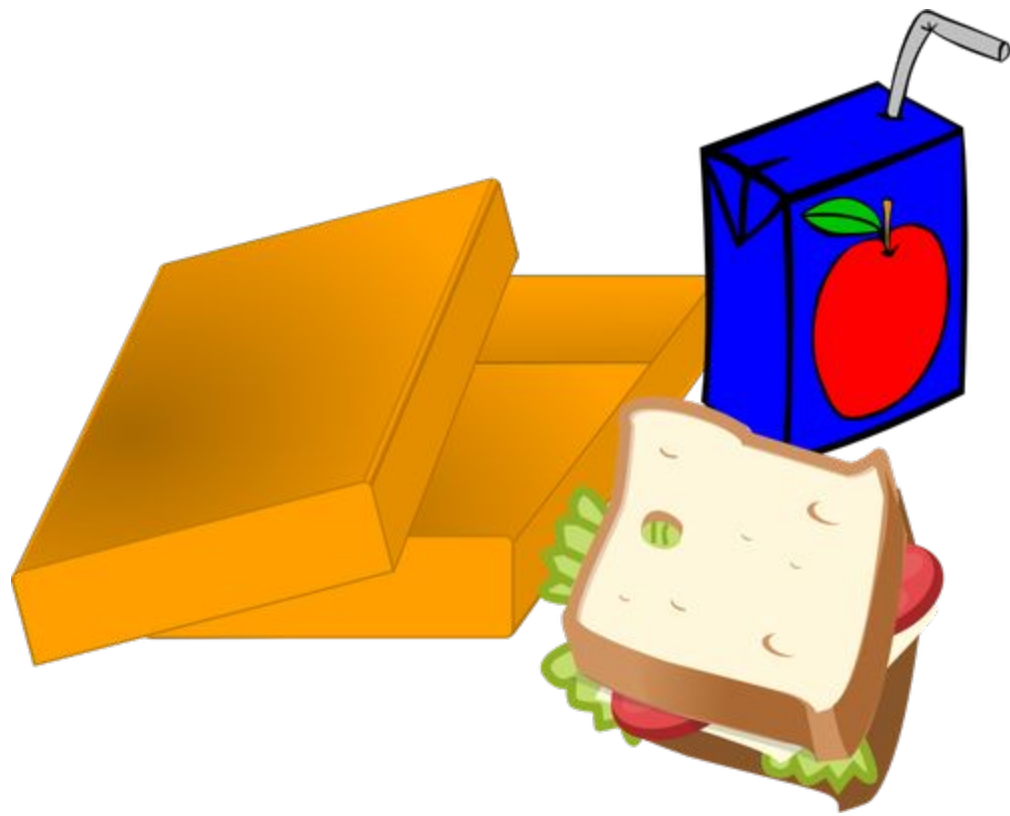
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12 MIN
FAT BURN
FOR KIDS

LUNCH





HISTORY

Think about the last place you visited, that you remember.
Write where you went, what you did there, how long you stayed.

Extension: Find the place on a map. How did you get there, how long did it take, what did you do while you were travelling?

TOKYO OLYMPICS 2020



4 - 2



THURSDAY

Early Stage 1

Kindergarten

Stage 1

Year 1 and Year 2

Total 2.5 hours + other

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TASTE



If allowed, choose 6 food items, different to last week, taste them and decide which category they belong to, from the poster below. Write down or draw the food and the taste category it belongs to.

Extension: Put your foods into the following categories:

Fruit & vegetable:

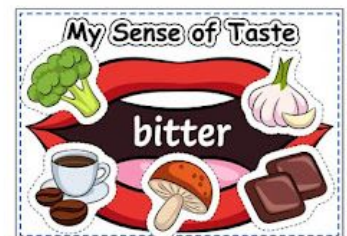
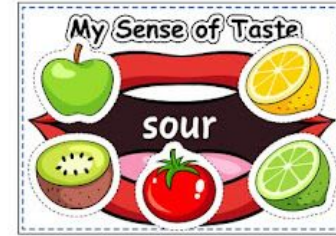
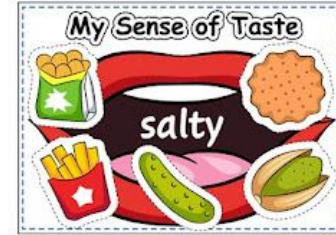
Cereal, bread, rice, pasta:

Meat, eggs:

Dairy:

Processed:

Processed foods include lollies, biscuits, chips, cakes,



FITNESS



Go outside and jog on the spot for 20 steps. Swing your arms to help you. Jump on the spot for 20 jumps. Take 5 deep breaths. Repeat the drill 3 more times. Have a drink of water.



CRUNCH & SIP



Have a piece of fruit or fresh vegetable. Draw your piece of food using colours.



Extension: What part of the food did you not eat - skin, core?

Draw the skin or core, use colours.





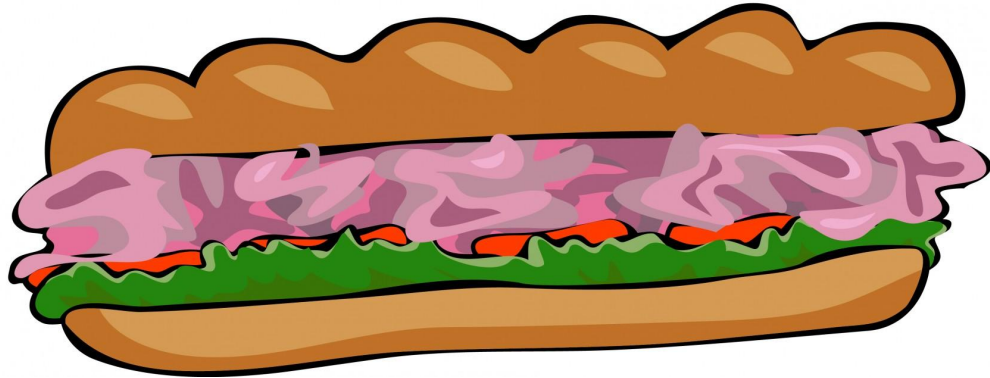
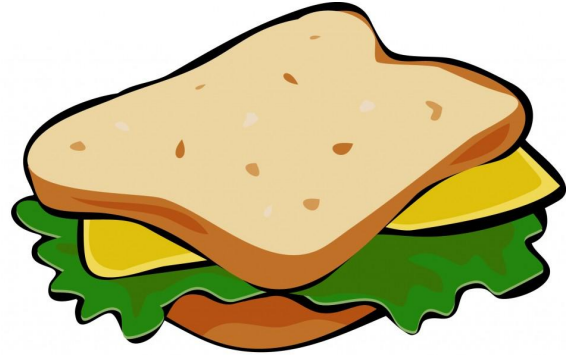
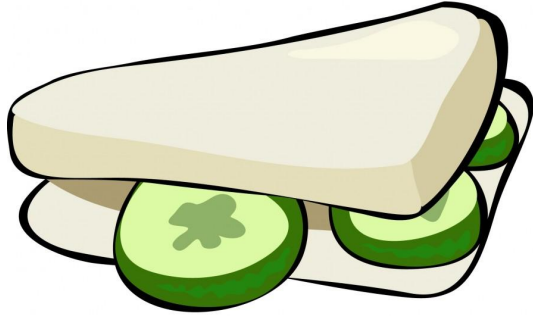
READING

Cuddle up with your pet, favourite toy or family member and read aloud for 15 minutes. Tell your reading partner what you can see in the illustrations.

Choose one character and describe it. Sketch it, using lead pencil only.

Extension: Play hangman with a family member, choosing words from one of your reading pages. Write down the words you used.

RECESS





MATHEMATICS

Play I Spy, but spy numbers.

I spy with my little eye something that has 2. = Shoes.

I spy with my little eye something that has 500. = 500g flour.

Extension: List or draw the items you spy.

FITNESS TIME!

Describe what fitness activity you completed today (20-30 minutes)

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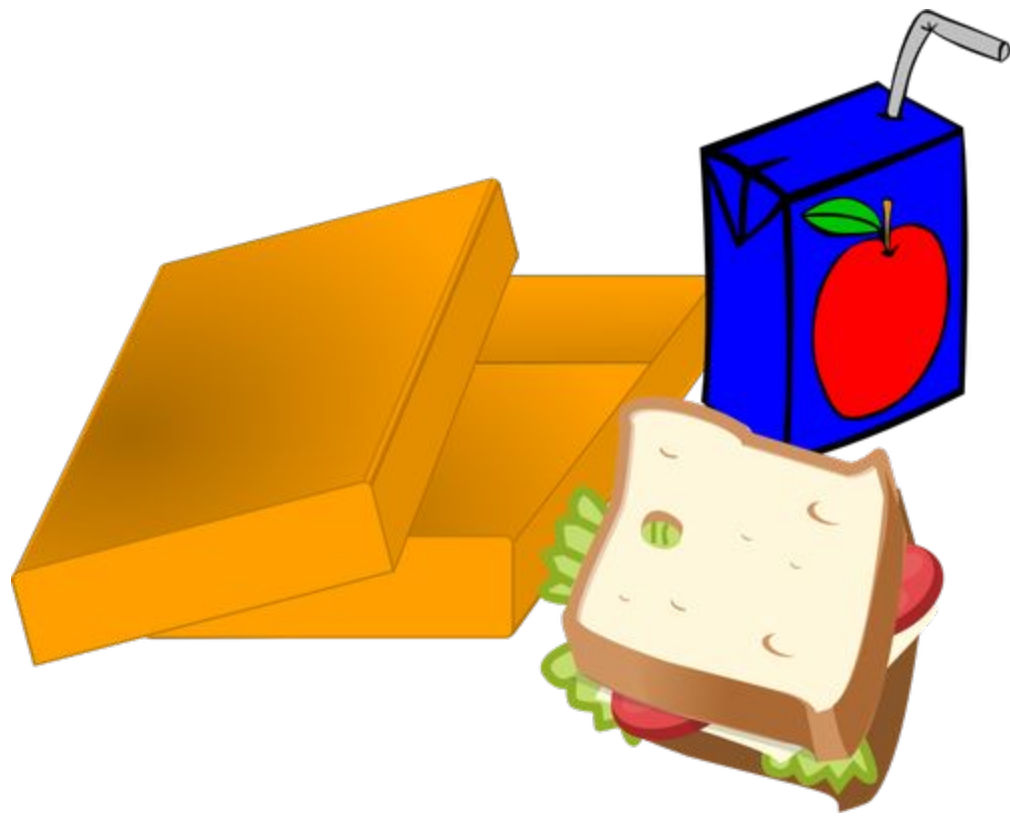
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9 MIN EXERCISE FOR KIDS

LUNCH





CREATIVE ARTS

Make a 'chatter box' from a spare piece of paper. Put patterns using different colours on each outside flap for others to choose. Inside, write a nice message each flap.

Extension: Write down the messages you have included inside.



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TOKYO OLYMPICS 2020



FRIDAY

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TOUCH

Find a family member, challenge him/her to a thumb war. Clasp partners fingers and while the thumbs wrestle the other thumb down.

Extension: Time each game, challenge other family members



FITNESS



Choose 5 of the fitness exercises you have done this week. Do them with a favourite toy, family member or pet (be gentle with your pet). Remember to drink lots of water and take 5 deep breaths in between.

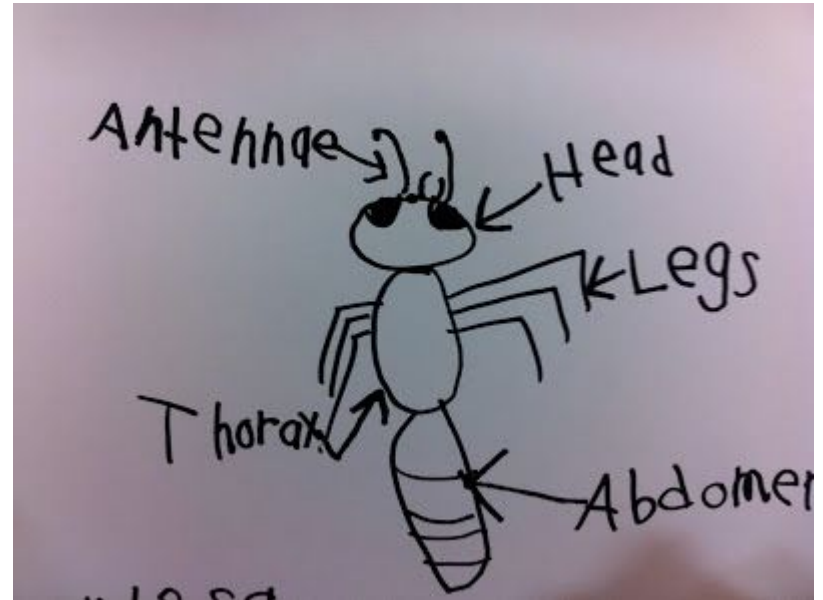
Extension: Choose one of the fitness activities and teach or challenge a family member.



A SENTENCE A DAY

Sit outside and find an insect in your yard. (Different to last week). Try not to touch or disturb it. Draw it and describe it. Tell where you found it - in a flower, on the ground, flying; its colours, how big it was compared to the length of your thumb.

Extension: Draw the insect and label the different parts - legs, wings, head, thorax, abdomen, eyes, feelers,



CRUNCH & SIP



Have a piece of fruit or fresh vegetable.

Touch 6 different items of furniture. Name or draw each item and say how it feels. e.g pillow - soft, coffee table - hard, cold

Extension: Find a piece of furniture to match each description:

Hard -

Soft -

Cold -

Rough -

Fluffy -



READING/ WRITING/ SPELLING

Read a book or magazine for 10 minutes, to your mirror reflection.

Choose 3 words from your reading. Write 3 rhyming words for each word

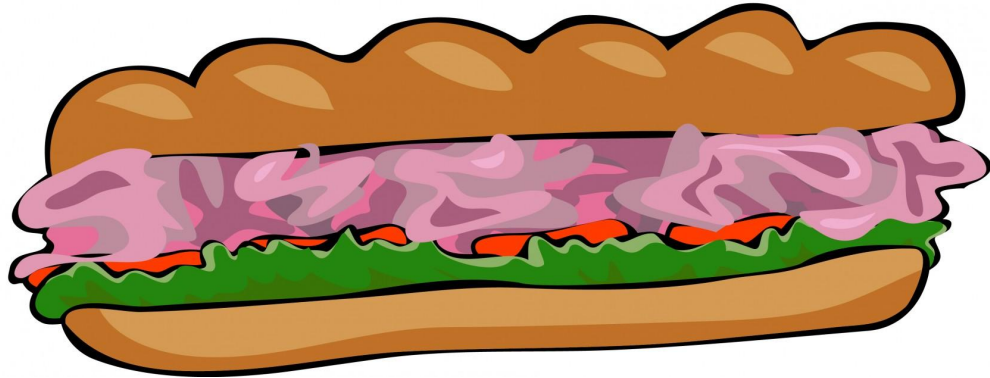
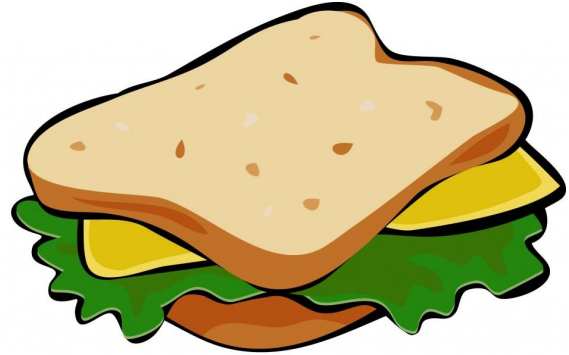
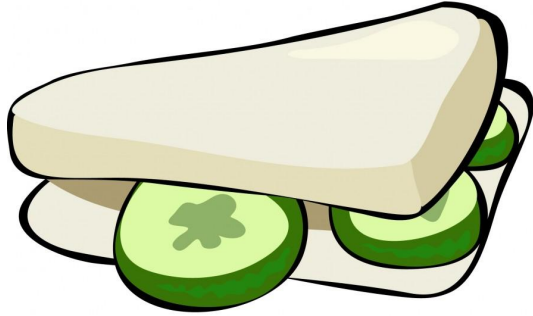
Practice saying the following tongue twister.

Ask family members to say it with you.

Kindly kittens knitting mittens keep kazooing in the king's kitchen.

Extension: Rewrite the tongue twister, change kazooing to other words. Find the meaning of kazooing. Go outside and kazoo to the fresh air.

RECESS







MATHEMATICS

Play tic, tac, toe with a family member, # (noughts & crosses) or snakes and ladders.

You could play any board game that you have access to at home. If you don't have any board games, you could use a piece of paper and a texta to create a snakes and ladders board for yourself.



SPORT

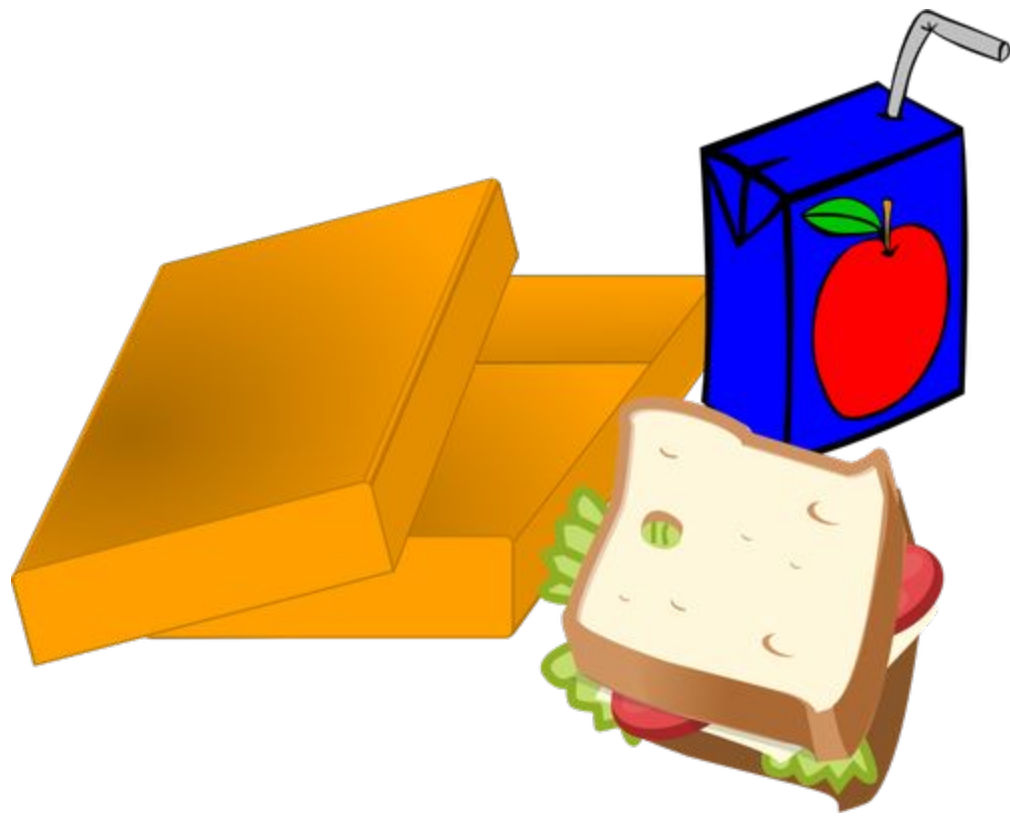
If you have a ball, practice tossing and catching it from one hand to the other. See how fast you can throw and catch. If you do not have a ball, a scrunched up piece of paper will do, or an empty plastic bottle.

Extension: Using a stick and piece of scrunched up paper, hit the paper around the yard with the stick.

Try keeping the paper in the air by hitting it up with the stick.



LUNCH



MUSIC



Find a flat, hard surface outside and tap the rhythm of your favourite nursery rhyme using 2 sticks. Be gentle.

Extension: Write down the nursery rhyme, break the words into your tapping rhythm (syllables)

e.g Ma-ry had a li-ttle lamb.

TOKYO OLYMPICS 2020

CLICK LINK IN DESCRIPTION

TOKYO 2020

Olympic Games Tokyo 2020



LIVE ((•))

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WEEK 4 LEARNING JOURNAL

Monday	Tuesday	Wednesday	Thursday	Friday
The learning activities I completed today were:	The learning activities I completed today were:	The learning activities I completed today were:	The learning activities I completed today were:	The learning activities I completed today were:
Student's signature:	Student's signature:	Student's signature:	Student's signature:	Student's signature:
Parent's signature:	Parent's signature:	Parent's signature:	Parent's signature:	Parent's signature: