

Muswellbrook South Public School

Year 1



At Home Learning Plan:

Term 3 Week 10

If you wish to complete your activities online:

The Seesaw column will assist you to access teaching videos and activities online. Activities completed online can be viewed and marked by classroom teachers.

If you wish to complete your activities in your workbook:

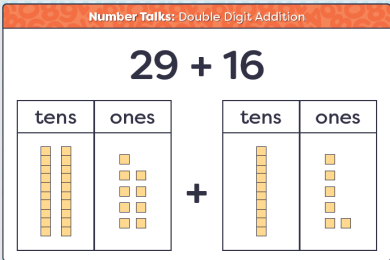
You may use the instructions in the activities column to complete your work in your workbook.

Digital Resource List		
https://www.storylineonline.net/	https://www.getepic.com/	https://readingeggs.com.au/
https://www.phonicshero.com/	https://www.abcy.com/	https://www.youtube.com/user/Jack Hartmann
https://www.mathplayground.com/	https://au.ixl.com/	https://www.freechildrenstories.com/
https://new.phonicsplay.co.uk/resources	https://www.youtube.com/user/CosmicKidsYoga	https://www.abc.net.au/education/

Term 3 Week 10 Monday 13 September 2021

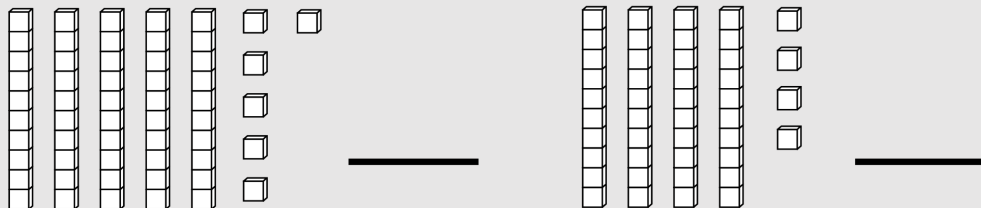
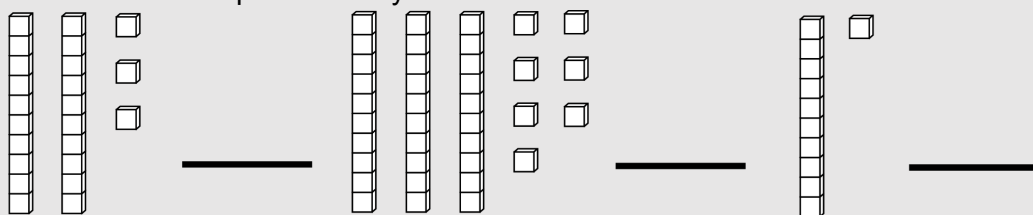
Activities	Seesaw	Optional						
<p>English Reading</p> <p>After watching the story video on Seesaw, design your own pair of magic sunglasses and label your picture. If you don't have access to Seesaw, search 'Pete the Cat and His Magic Sunglasses Fan's Animated Book' on youtube to hear the story.</p> <p>Alternate activity: Find your favourite book, newspaper or magazine in your house and spend 10 minutes quietly reading in a cosy place.</p> <p>Writing</p> <p>If you were a teacher for the day, what lessons would you teach? Why?</p> <p><u>Extension:</u></p> <p>When you are finished with your writing, edit and revise it. Make sure to use capital letters, full stops/question marks, interesting vocabulary (adjectives), fix the spelling mistakes and re-read your writing to check if it makes sense.</p>	<p>Log into Seesaw to view the 'MONDAY, Week 10 - Reading' video and complete the activity.</p> <p>Log into Seesaw to complete the activity 'MONDAY, Week 10 - Writing'.</p>	<p>Reading Eggs</p> <p>Epic</p>						
<p>Brain Break</p> <p>Do 15 star jumps.</p> <p>Spelling</p> <p>This week's spelling words are: about, was, said, your, what</p> <ol style="list-style-type: none"> 1. Write your spelling words in your work book. 2. Cut out the letters for your spelling words from an old magazine, newspaper or a catalogue. Glue the letters in order so they spell out each of your words. <p><u>Extension:</u></p> <p>Add 5 extra words that you may have struggled with in a book you have read.</p>	<p>Upload a picture of your work to your teacher on Seesaw.</p>							
Break								
<p>Mathematics</p> <p>Number Talk</p> <p>Using the blue numbers below to make the number 12 eg: $4+4+4=12$, $4 \times 3=12$, $7+5=12$</p> <p>Make 12 using:</p> <table border="1"> <tr> <td>2</td><td>7</td><td>4</td></tr> <tr> <td>3</td><td>5</td><td>1</td></tr> </table> <p>Money</p> <p>Arrange the coins and notes from smallest to largest. Remember to write \$ and c for dollars and cents.</p>	2	7	4	3	5	1	<p>Log into Seesaw to complete this activity online. 'MONDAY, Week 10 - Number Talk'</p> <p>Log into Seesaw to complete this activity online. 'MONDAY, Week 10 - Currency'</p>	
2	7	4						
3	5	1						

Term 3 Week 10 Tuesday 14 September 2021

Activities	Seesaw	Optional
<p>English</p> <p>Reading</p> <p>Pick a book to read to a parent/carer and ask them to record you. Focus on your fluency (how the book sounds). Make sure you change your voice to suit the text. Listen/watch the recording to improve your fluency. This can be added to Seesaw for your teacher to watch.</p> <p><u>Extension:</u></p> <p>Write a recount on the book that you read detailing the beginning, middle and end.</p> <p>Writing</p> <p>If you went to the Olympics, what sport would you compete in? What would you want your uniform to look like?</p> <p><u>Extension:</u></p> <p>When you are finished with your writing, edit and revise it. Make sure to use capital letters, full stops/question marks, interesting vocabulary (adjectives), fix the spelling mistakes and re-read your writing to check if it makes sense.</p>	<p><i>Log into Seesaw to watch the video and complete the task. 'TUESDAY, Week 10 - Reading'.</i></p> <p><i>Log into Seesaw to complete the task. 'TUESDAY, Week 10 - Writing'.</i></p>	<p>Reading Eggs</p> <p>Epic</p>
<p>Brain Break</p> <p>Run on the spot or around your backyard for 1 minute.</p> <p>Spelling</p> <p>On a blank page in your workbook, using your spelling list, complete a 'Look, Say, Cover, Write and Check' (LSCWC) activity.</p> <p><u>Instructions:</u></p> <ul style="list-style-type: none"> - Divide your page into four columns and carefully copy your list into the first column. - Look at your first spelling word - Say the word out loud - Cover it over with a piece of paper or your hand - Write the spelling word again in the next column - Check the spelling word to see if you have got it right. - Repeat this process for each of your spelling words. <p><u>Extension:</u></p> <p>Complete LSCWC for your extension words.</p>	<p><i>Upload a picture of your work to your teacher on Seesaw.</i></p>	
Break		
<p>Mathematics</p> <p>Number Talk</p> <p>Describe and show how you can work the below addition out:</p> 	<p>Log into Seesaw to complete this activity online. 'TUESDAY, Week 10 - Number Talk'</p>	

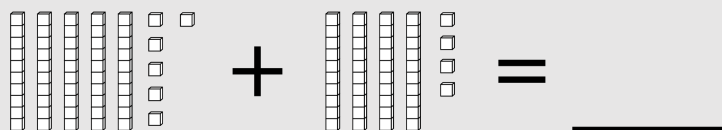
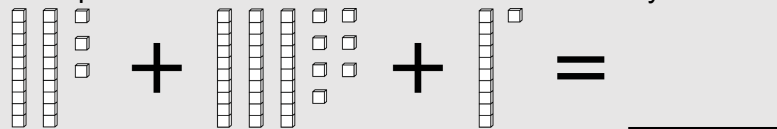
Write the Number

Write the number represented by the blocks.



Extension:

Add up the numbers in each row above and write your answer, e.g.:



Log into Seesaw to complete this activity online.
'TUESDAY, Week 10 - Counting'

Break

Geography

Using the worksheet, name all of our 7 continents (Asia, Australia, Antarctica, Europe, North America, South America, Africa).

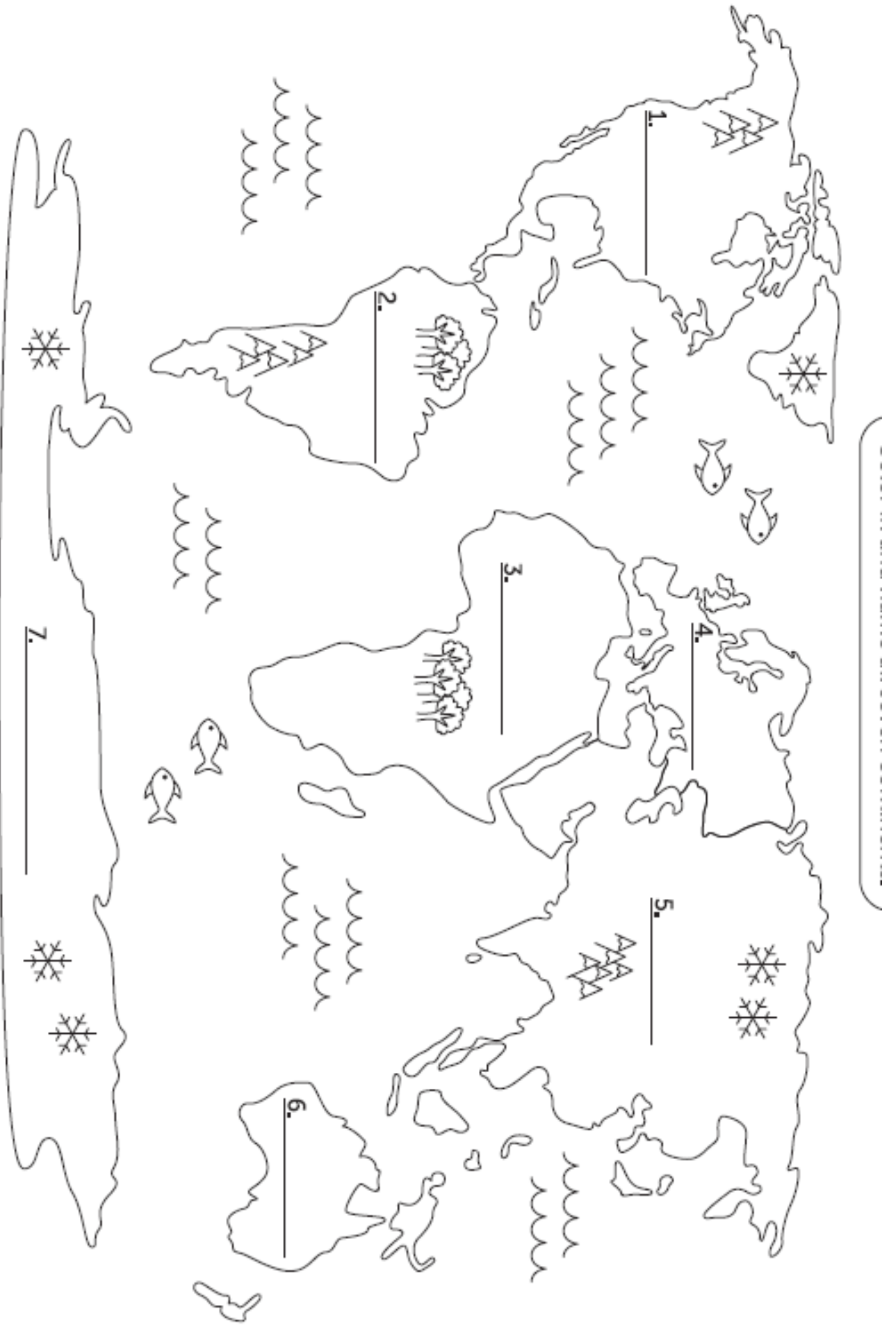
Optional Extra:

Can you label each ocean? There are five oceans: Southern, Indian, Arctic, Pacific, Atlantic.

Research and find some interesting facts about each continent using the following link: <https://kids.nationalgeographic.com/videos/topic/destination-world> (some fantastic and interesting videos on each continent)

Upload a picture of your work to your teacher on Seesaw.

Choose an activity from the digital resource list.



Term 3 Week 10 Wednesday 15 September 2021

Activities	Seesaw	Optional																											
<p>English</p> <p>Reading</p> <p>After watching the story video on Seesaw, finish the following two sentences: Library Lion felt... He felt this way because...</p> <p>If you don't have access to Seesaw, search 'Library Lion read by Mindy Sterling' on youtube to hear the story.</p> <p>Alternate activity: <i>Think of your favourite book. This could be a book at home or a book at school your teacher read to you. Draw a picture of what happens in the orientation, complication and resolution, then label each picture.</i></p> <p>Writing</p> <p>Think of a community hero in Muswellbrook (firefighters, doctors, police officers, nurses, etc) Why do you think they are a hero? How do they help the people of Muswellbrook?</p> <p><u>Extension:</u> When you are finished with your writing, edit and revise it. Make sure to use capital letters, full stops/question marks, interesting vocabulary (adjectives), fix the spelling mistakes and re-read your writing to check if it makes sense.</p>	<p>Log into Seesaw to view the 'WEDNESDAY, Week 10 - Reading' video and complete the activity.</p> <p>Log into Seesaw to complete the task. 'Wednesday, Week 10 - Writing'.</p>	<p>Reading Eggs</p> <p>Epic</p>																											
<p>Brain Break</p> <p>See how long you can hold your body in the plank position..</p> <p>Spelling</p> <p>Rainbow words: Write your words in rainbow colours.</p> <p><u>Extension:</u> Complete rainbow words for your extension words.</p>	<p>Upload a picture of your work to your teacher on Seesaw.</p>																												
Break																													
<p>Mathematics</p> <p>Number Talk</p> <p>Using the blue numbers below to make the number 9 eg: 8+1=9, 12+3=9, 3x3=9</p> <div><p>Make 9 using:</p><table><tr><td>8</td><td>4</td><td>2</td></tr><tr><td>3</td><td>1</td><td>6</td></tr></table></div> <p>Number Line</p> <p>Start at 2. Count up 5. Where do you end? _____</p> <table><tr><td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr></table>	8	4	2	3	1	6	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	<p>Log into Seesaw to complete this activity online. 'WEDNESDAY, Week 10 - Number Talk'</p> <p>Log into Seesaw to complete this activity online. 'WEDNESDAY, Week 10 - Number Line'</p>	
8	4	2																											
3	1	6																											
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20									

Start at 9. Count up 6. Where do you end? _____

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Start at 3. Count up 13. Where do you end? _____

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Extension:

Start at 11. Count DOWN 8. Where do you end? _____

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Start at 17. Count down BY TWOS four times. Where do you end? _____

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Start at 2. Count up BY THREES five times. Where do you end? _____

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Break

Physical Education

Hopscotch

Before starting follow this link to watch a clip about today's activity;

<https://www.community.cricket.com.au/coach/resources/cricket-blast-hopscotch/R75spQ4LYkSJeyggFCCGOg>

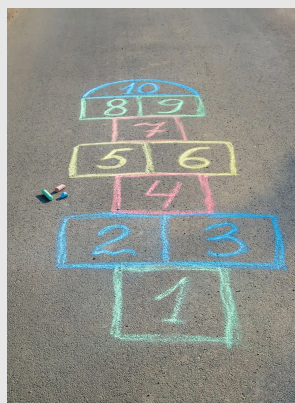
What to do:

- Create a hopscotch grid using chalk, tape, sticks or little stones.
- You have 30 seconds to complete your hopscotch grid as many times as you can without making a mistake.

Things to focus on:

Hop:

- Head and trunk stable, eyes focused forward
- Non-jumping leg bent and swings in rhythm with the support leg
- Jumping leg bends

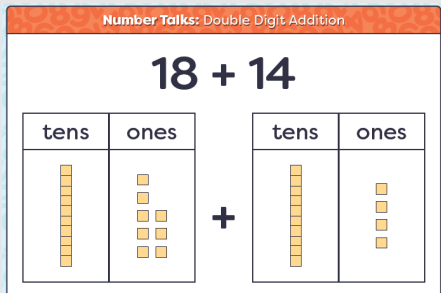


Log into Seesaw to see the activity instructions 'WEDNESDAY, Week 10 - PE'.

Choose an activity from the digital resource list.

-
- | | | |
|--|--|--|
| <ul style="list-style-type: none">- Arms bent and swing forward as the jumping leg pushes off the ground- Balanced and quiet landing- Able to hop on both left and right legs- Think 'Swing and Spring' <p>Alternative tasks:</p> <ul style="list-style-type: none">- Do it using alternate feet (left, right, left, right)- Add in a bowl or throw at a target at the end- Throw a ball to yourself while doing the grid- Pass the ball around your waist as you complete your grid- Come up with your own challenging change | | |
|--|--|--|

Term 3 Week 10 Thursday 16 September 2021

Activities	Seesaw	Optional
<p>English</p> <p>Reading</p> <p>Pick a book to read to a parent/carer and ask them to record you. Make sure it is different from the book you read on Tuesday. Focus on your fluency (how the book sounds). Make sure you change your voice to suit the text. Listen/watch the recording to improve your fluency. This can be added to Seesaw for your teacher to watch.</p> <p><u>Extension:</u></p> <p>Write a recount on the book that you read detailing the beginning, middle and end.</p> <p>Writing</p> <p>Imagine you have a friendly monster living under your bed. What is it's name, what would it look like and what would it eat? Draw a picture of your monster to match your writing.</p> <p><u>Extension:</u></p> <p>When you are finished with your writing, edit and revise it. Make sure to use capital letters, full stops/question marks, interesting vocabulary (adjectives), fix the spelling mistakes and re-read your writing to check if it makes sense.</p>	<p>Log into Seesaw to watch the video and complete the task. 'THURSDAY, Week 10 - Reading'.</p> <p>Log into Seesaw to complete the task. 'THURSDAY, Week 10 - Writing'.</p>	<p>Reading Eggs</p> <p>Epic</p>
<p>Brain Break</p> <p>Hold a V-sit for 30 seconds.</p> <p>Spelling:</p> <p>Sentences: Write a sentence for each of your spelling words. Make sure you use capitals, fullstops and spaces between words.</p> <p><u>Extension:</u></p> <p>Write a sentence for your extension words.</p>	<p>Upload a picture of your work to your teacher on Seesaw.</p>	
Break		
<p>Mathematics</p> <p>Number Talk</p> <p>Describe and show how you can work the below addition out:</p>  <p>Less/More</p> <p>Complete the 'Less and More' activity worksheet below.</p>	<p>Log into Seesaw to complete this activity online. 'THURSDAY, Week 10 - Number Talk'</p> <p>Log into Seesaw to complete this activity online. 'THURSDAY, Week 10 - Less and More'</p>	
Break		

Creative Arts

Music and Art

Like many creative arts, Music and Visual Arts often go together. Before music was available online or places like Spotify (like when I was young!) the only place we could hear new music was on the radio or going to the 'Record Shop' and hearing new music there. We used to get our music on vinyl to play on a record player. Records were easy to scratch and took up more space than a phone or iPod, but one awesome thing about them is that they had amazing cover art.

Album art designers can win a Grammy for the best album art. Some of the records I listened to as a kid I have kept because I love the picture on the front cover. Some album art is so famous, it is instantly recognisable today. Here are some examples of famous album covers:



Dark Side of the Moon by Pink Floyd



Abbey Road by The Beatles



The Freewheelin' by Bob Dylan

Design your own album art

Imagine that you have written an album of songs all about yourself. Use the square provided to draw your own album cover, one that is all about you. Think about things that make you special, things you love to do, things you like or are good at and use those ideas to design a record cover for your album. Name it after yourself, or maybe use your nickname if you have one.

Upload a picture of your work to your teacher on Seesaw.

Choose an activity from the digital resource list.

Less and More

	10 less	
1 less	19	1 more
	10 more	

	10 less	
1 less	27	1 more
	10 more	

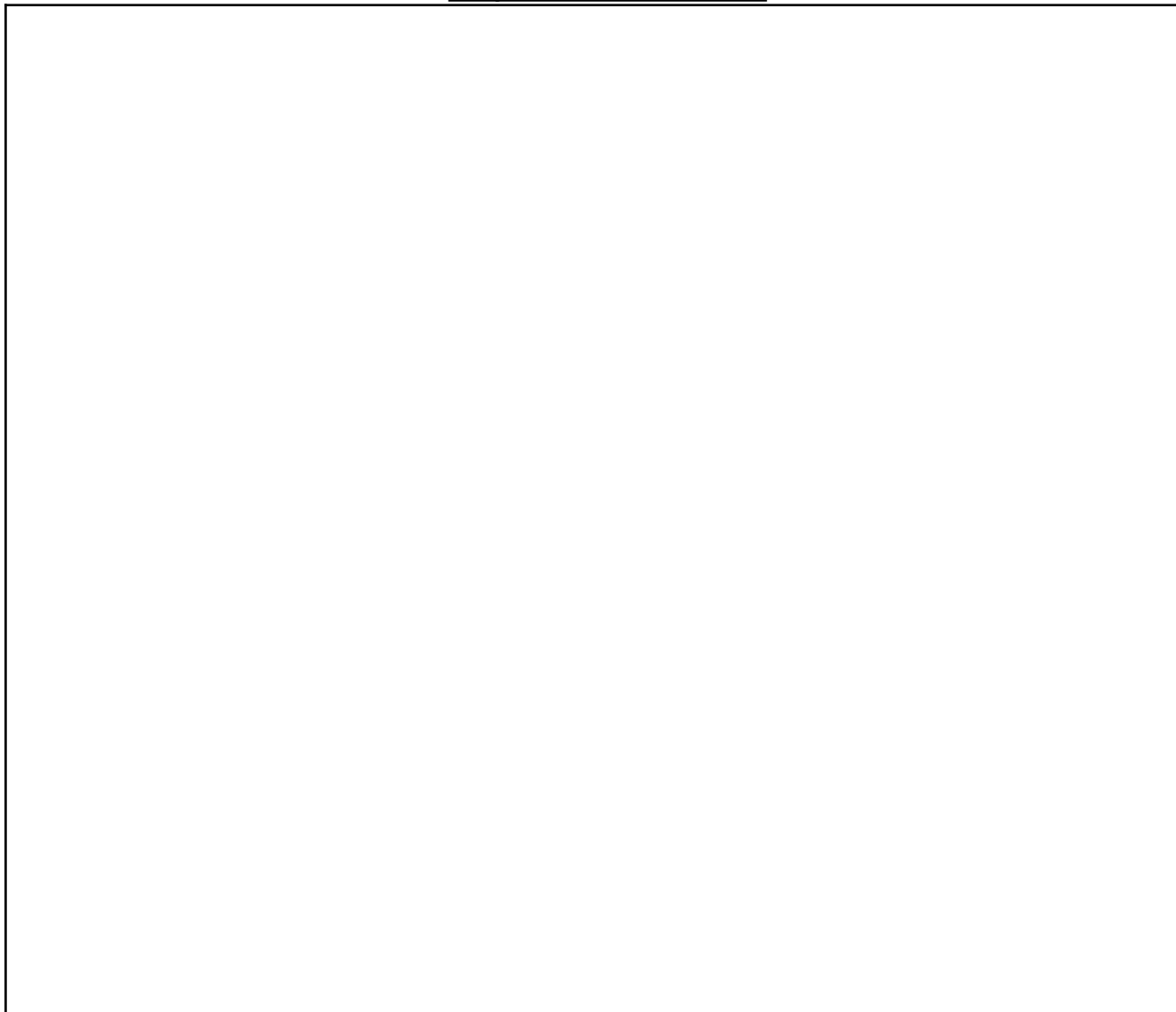
	10 less	
1 less	10	1 more
	10 more	

	10 less	
1 less	31	1 more
	10 more	

	10 less	
1 less	84	1 more
	10 more	

	10 less	
1 less	100	1 more
	10 more	

My Album Cover



Term 3 Week 10 Friday 17 September 2021

Activities	Seesaw	Optional						
<p>English Reading</p> <p>After watching the story video on Seesaw, design an egg and draw a picture of it's own 'eggscape' adventure. If you don't have access to Seesaw, search 'The Great Eggscape! by Jory John & Pete Oswald' on youtube to hear the story.</p> <p>Alternate activity: Find your favourite book, newspaper or magazine in your house and spend 10 minutes quietly reading in your cosy corner.</p> <p>Writing</p> <p>If a genie granted you three wishes, what would you wish for?</p> <p><u>Extension:</u></p> <p>When you are finished with your writing, edit and revise it. Make sure to use capital letters, full stops/question marks, interesting vocabulary (adjectives), fix the spelling mistakes and re-read your writing to check if it makes sense.</p>	<p>Log into Seesaw to view the 'FRIDAY, Week 10 - Reading' video and complete the task.</p> <p>Log into Seesaw to complete the task. 'Friday, Week 10 - Writing'.</p>	<p>Reading Eggs</p> <p>Epic</p>						
<p>Brain Break</p> <p>Play your favourite song and dance to it.</p> <p>Spelling:</p> <p>Test time: Ask your parents or carer to test you on your spelling list. Write your words in your workbook.</p> <p><u>Extension:</u></p> <p>Don't forget to test your extension words too.</p>	<p>Upload a picture of your work to your teacher on Seesaw.</p>							
Break								
<p>Mathematics</p> <p>Number Talk</p> <p>Using the below numbers in blue to make the number 36 eg: $9 + 9 + 9 = 36$, $9 \times 4 = 36$, $92 - 56 = 36$</p> <p>Make 36 using:</p> <table border="1"> <tr> <td>6</td><td>2</td><td>9</td></tr> <tr> <td>5</td><td>7</td><td>3</td></tr> </table> <p>Rounding Numbers</p> <p>Round these numbers to the nearest 10:</p> <p>(hint: for numbers ending in 1,2,3 or 4, round down. For numbers ending in 5 or greater, round up. e.g. 21 rounds <i>down</i> to 20. 27 rounds <i>up</i> to 30).</p> <p>11 = _____, 23 = _____, 39 = _____, 7 = _____, 1 = _____, 28 = _____ 13 = _____, 15 = _____, 9 = _____, 31 = _____, 44 = _____, 25 = _____</p> <p><u>Extension:</u></p> <p>Round these numbers to the nearest 10:</p> <p>351 = _____, 154 = _____, 862 = _____, 647 = _____, 325 = _____</p>	6	2	9	5	7	3	<p>Log into Seesaw to complete this activity online. 'FRIDAY, Week 10 - Number Talk'</p> <p>Log into Seesaw to complete this activity online. 'FRIDAY, Week 10 - Rounding Numbers'</p>	
6	2	9						
5	7	3						

Break

Finish tasks from Monday-Thursday and/or

Personal Development and Health

Taking care of our *wellbeing* means we take care of our physical health (our bodies), our mental health (our brains) and our emotional health (how we feel). Taking time to focus on our wellbeing helps us to stay healthy and happy. Choose 3 squares from the wellbeing grid to complete with a family member. In your book, reflect on the activities and write down what you liked most about them.

Upload a picture of your activities to your teacher on Seesaw.

Choose an activity from the digital resource list.

HOLIDAY CHALLENGE

During the school holidays, try to complete as many of the activities from the wellbeing grid as you can. You can send photos to your teacher on Seesaw to show them how much fun you are having!



How many wellbeing activities will you and your family be able to tick off?

Send a letter to an elderly relative	Take a family photo	Sing your favourite song out loud like no one is listening	<i>Own choice</i>	Take a few minutes to write down how you feel	Cook a meal with your parent or carer	Do something nice for a family member	Go for a walk in the woods	Use 10 Spanish words throughout the day	Read your favourite book again
Tidy or reorganise your room	Take an exercise class online	Bake and decorate cookies	Sit down, close your eyes, and focus on breathing for 5 minutes	Research places you would like to travel	Eat five fruits and vegetables	Design a pair of trainers or shoes	Listen to your favourite music and dance like no one is watching	Do some gardening or look after a house plant	Play your favourite board game
Create your own vision board	Go to bed 1 hour earlier and wake up 1 hour earlier	Make a pizza with healthy toppings	Leave a thank you note for someone	Write down 10 positive things about yourself	Write an acrostic poem for WELLBEING	Spend time outside, watching clouds, blowing bubbles, just relax	Visit a virtual zoo	Share something inspirational on your class page	Find some pet rocks and decorate them
Visit a virtual museum	Write down anything that come into your mind for 5 minutes	Learn a new dance sequence	Record a video of doing something you enjoy and share with others	Dress up and wear your favourite outfit	<i>Own choice</i>	Create a gratitude jar	Create your favourite animal using geometric shapes	Blow bubbles	Make a gift for someone – handmade only
Use 10 French words throughout the day	Create a family picture with handprints and do not forget to add the date	Eat something new	<i>Own choice</i>	Create a name plaque using only natural materials	Read another book	Have a family movie night	Complete a self-portrait in your own style	Write a kindness poem	Camp out in the back garden