Manilla Central School



Stage 2 Home Learning

Week 1, Term 2, 2020

Weekly Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:10-10:10	Pupil Free Day	Pupil Free Day	English: Phonics Camera Words Writing Draw-Talk-Write-Share Brain Break & 'Crunch 'n' Sip	English: Phonics Camera Words Writing Draw-Talk-Write-Share Brain Break & 'Crunch 'n' Sip	English: Phonics Camera Words Writing Draw-Talk-Write-Share Brain Break & 'Crunch 'n' Sip
10:10-11:10	ANZAC Day Grid Activities Attached	ANZAC Day Grid Activities Attached	Vocabulary Reading and Comprehension Reading Eggs	Vocabulary Handwriting Reading and Comprehension Reading Eggs	Vocabulary Handwriting Reading and Comprehension Reading Eggs
Break					
11.40-11.50			Storyline Online	Storyline Online	Storyline Online
11:50-12:50			Mathematics: Number Talk Problem Solving Task Study Ladder Brain Break	Mathematics: Number Talk Problem Solving Task Study Ladder Brain Break	Mathematics: Number Talk Problem Solving Task Study Ladder Brain Break
12:50-1:40			PDHPE: PDH Unit Content Fitness: Target & Interceptor	PDHPE: PDH Unit Content Fitness: Target & Interceptor	PDHPE: PDH Unit Content Fitness: Target & Interceptor
Break					
2.10-2.20			DEAR	DEAR	DEAR
2:20-3:10			Unit of Inquiry HSIE	Unit of Inquiry CAPA	Unit of Inquiry HSIE

Manilla Central School



Stage 2

Monday & Tuesday

Pupil Free Day





ANZAC Day Saturday 25th April, 2020

Matrix Grid of Activities & worksheets within a separate booklet for you to complete.

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Stage 2

Wednesday

Learning Intention: We are learning to read and write our phonemes in words.

Success Criteria: We will be able to use our phonemes to read, make and spell the following words.

Activity 1: Practise saying your phonemes.

Activity 2: Practise writing your phonemes.

Activity 3: Complete the activity in your booklet for the day.

Phonemes

II ss ff zz



Learning Intention: We are learning to read and write our phonemes in words.

Level 4: Reading



Blend the sounds together to read the word.

Does this picture match the word?







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Learning Intention: We are learning to read and write our phonemes in words.

Level 4: Reading



Blend the sounds together to read the word. Choose the picture that matches.

kiss







hill







buzz







hiss







fizz







puff









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How I feel about my work today







Camera Word Activity Grid

My words for this week are:

you play this

Use your camera words from this week to complete the activities below.



write your words, three times each.

Write your words with **red** vowels and blue consonants.

Write your words on the computer and

them out.

Use magnetic letters or scrabble tiles to spell each of your words.







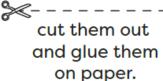
Write your words in a pyramid:







Find your words in magazines or newspapers then



Draw a picture and



your words in the picture.

Write a sentence for each of your words.



Write your words in alphabetical order.



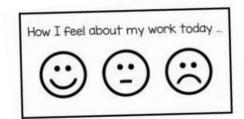




Camera Words

Learning Intention: We are learning to read and write our camera words automatically.

Success Criteria: We will be able to read the words and write them from memory.



Writing

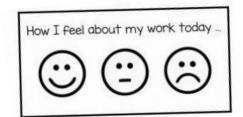
Learning Intention: We are learning to write to an informative text.

Success Criteria: We will be able to describe an object.

Describe it!



ves



Writing

Learning Intention: We are learning to write to an informative text.

Success Criteria: We will be able to describe an object.

Build on it!

An ANZAC medal sat.



Five word sentence	
Six word sentence	
Seven or more word sentence	



Draw-Talk-Write-Share

Learning Intention: We are learning to write a text.

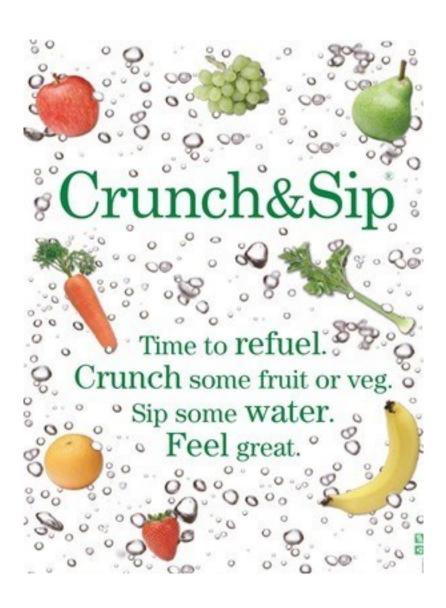
Success Criteria: We will be able to independently create a

text using draw-talk-write-share.

How I feel about my work today ...

I	1	! !	j 1	j 1	1	1	
							\

Brain Break



Vocabulary

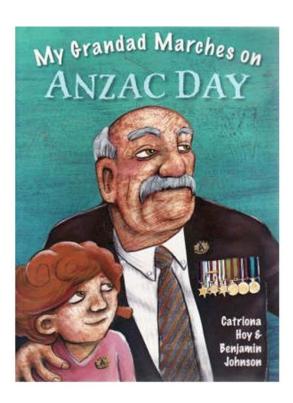
Learning Intention: We are learning to define new words to support our Unit of Inquiry.

Success Criteria: We will define the words using the Frayer model. We will describe what it is, what it is not and draw an image to help us remember the word.

Word	What It is
Aboriginal	
Draw it	What it is not



Reading—Week 1



Every year at bedtime on 24 April thousands of families set their alarm clocks for a very early start the next morning. For some, it is the only day of the year that they see the dawn, as they rug up in hats, coats, gloves and scarves and head for the local war memorial to participate in the Dawn Service commemorating the events of 25 April 1915.

My Grandad Marches on Anzac Day tells the story of one family's involvement in this day, but at the same time it is a story that is true for many families.

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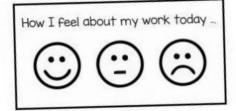
Or search on YouTube: My Grandad Marches on Anzac Day Opa's Corner Storytime.

Reading & Comprehension

Learning Intention: We are learning how to make predictions about a text when we read.

Success Criteria: We will be able to make predictions about our text using evidence.

What do you know about Anzac Day already?	
What does it mean to you?	
Do you think this little girl's grandfather is old enough to have been an ori Anzac?	iginal
Where might his medals have come from?	



Reading & Comprehension

Learning Intention: We are learning to make connections to the text we are reading.

Success Criteria: We will be able to make a text-to-text, text-to-self and text-to-world connection.



TEXT TO SELF

A connection between the text and your life or experiences.



TEXT TO TEXT

A connection between the text and another text you have read.



TEXT TO WORLD

A connection between the text and events in the world.

After listening the book

Text-to-text	 	 	
Text-to-self			
Text-to-world			

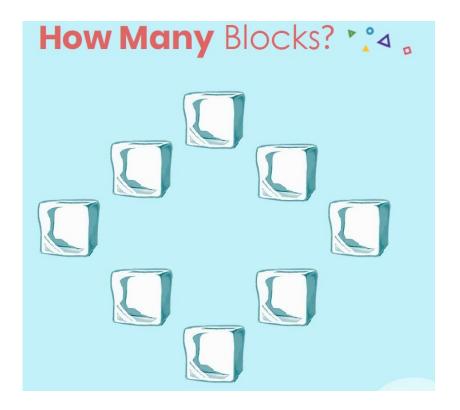
How I feel about my work today ...



Number Talk

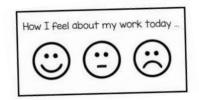
Learning Intention: We are learning to think and work like mathematicians.

Success Criteria: We will be able to discuss the way we found an answer and determine the most efficient method for solving the problem.



How many blocks?

How do you know?



Mathematics Activity

Learning Intention: We are learning about quadrilaterals (4-sided shapes).

Success Criteria: We will be able to draw 4-sided shapes,

Activity: I drew a shape with 4 sides.
What might my shape have looked like?
Draw as many possibilities as you can think of.



Health, Wellbeing & Relationships

Learning Intention: We are learning to identify how relationships with different people form networks.

Success Criteria: We will be able to describe the characteristics of a good friend.

- Watch Short Film—Friendship Animation:
 https://www.youtube.com/watch?v=SJnDXCg91KM
- Answer the following questions:
 - ⇒ How do you think the hedgehog felt at the beginning of the short film?

⇒ How do you think he felt at the end of the short film?



Health, Wellbeing & Relationships

Learning Intention: We are learning to identify how relationships with different people form networks.

Success Criteria: We will be able to describe the characteristics of a good friend.

Find a definition for 'friend'.
 Use a dictionary, or a device to record a definition below.

Find a definition for 'friendship'.
 Use a dictionary, or a device to record a definition below.

What do you think makes a good friend?
 Record your ideas below.

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 \Rightarrow

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Fitness Task

Game: Target & Interceptor

Learning Intention: We are learning to combine the attacking and defending skills of an invasion game with accurate target-throwing.

Success Criteria: We will be able to aim and hit a target.

Equipment/Area:

- Indoor or outdoor playing area marked as shown (bottom of page)
- Targets (as shown below)



One throwing object for each pair (as shown below).
 Student choice will depend on targets chosen.











Group Management:

Play in pairs or other combinations

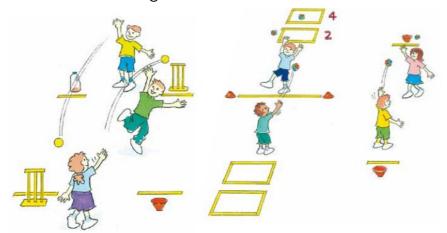
Description:

Play for a set period, e.g. 90 seconds.

Discourage delays in throwing.

Allocate more points for more distant targets.

Restrict the distance between a player's and an opponent's target, e.g. 1m in front.

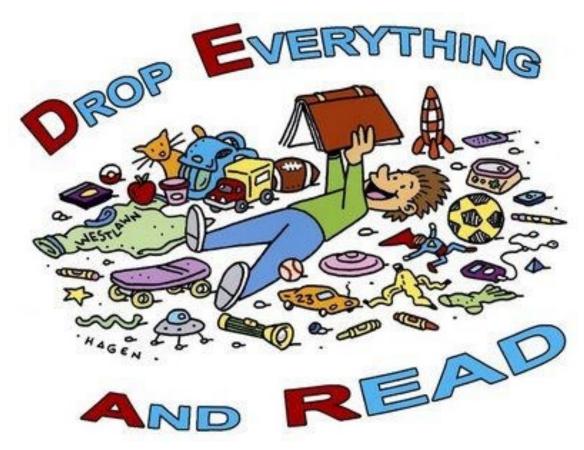




DEAR (Drop Everything And Read)

Learning Intention: We are learning to read for extended periods of time.

Success Criteria: We will be able to maintain sustained reading for at least 10 minutes.



About my book:

Title:

Author:

Time I read for:

Unit of Inquiry (HSIE)

Learning Intention: We are learning to share our prior knowledge on 'First Contacts'.

Success Criteria: We will be able to discuss what we already know about the topics explored in the 'First Contacts' Unit.

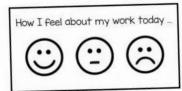
Activity: KWL Chart

- 1. Think about what you already know about:
- Indigenous Australians,
- Why Europeans settled in Australia
- Who were some famous explorers of Australia.

Write what you already know in the 'what I already know' section of the table on the next page.

2. Think about what you would like to know more about in regards to the above things and write your ideas in the 'what I want to know' section of the table on the next page.

Unit of Inquiry (HSIE)



Activity: KWL Chart

What I already <u>know</u>	What I <u>want</u> to know

Manilla Central School



Stage 2

Thursday

Learning Intention: We are learning to read and write our phonemes in words.

Success Criteria: We will be able to use our phonemes to read, make and spell the following words.

Activity 1: Practise saying your phonemes.

Activity 2: Practise writing your phonemes.

Activity 3: Complete the activity in your booklet for the day.

Phonemes

II ss ff zz



Learning Intention: We are learning to read and write our phonemes in words.

Level 4: Spelling



Spell each of these words.

There should be a sound in each box.





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How I feel about my work today ..

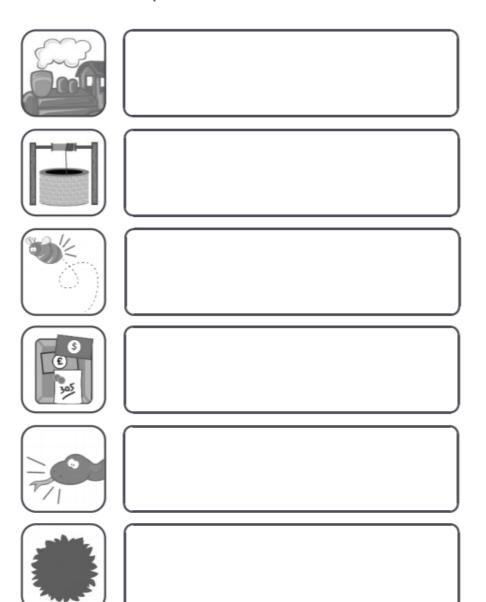






Learning Intention: We are learning to read and write our phonemes in words.

Level 4: Spelling Spell each of these words.



How I feel about my work today ..





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Camera Word Activity Grid

My words for this week are:

you play this

Use your camera words from this week to complete the activities below.



write your words, three times each.

Write your words with **red** vowels and blue consonants.

Write your words on the computer and

them out.

Use magnetic letters or scrabble tiles to spell each of your words.







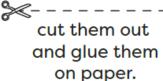
Write your words in a pyramid:







Find your words in magazines or newspapers then



Draw a picture and



your words in the picture.

Write a sentence for each of your words.



Write your words in alphabetical order.



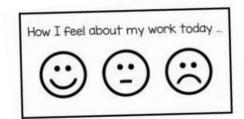




Camera Words

Learning Intention: We are learning to read and write our camera words automatically.

Success Criteria: We will be able to read the words and write them from memory.



Writing

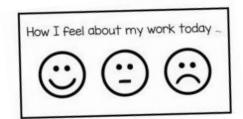
Learning Intention: We are learning to write to an informative text.

Success Criteria: We will be able to describe an object.

Describe it!



ves



Writing

Learning Intention: We are learning to write to an informative text.

Success Criteria: We will be able to describe an object,

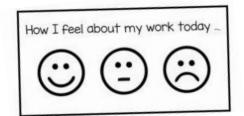
Build on it!

ANZAC biscuits are cooked.



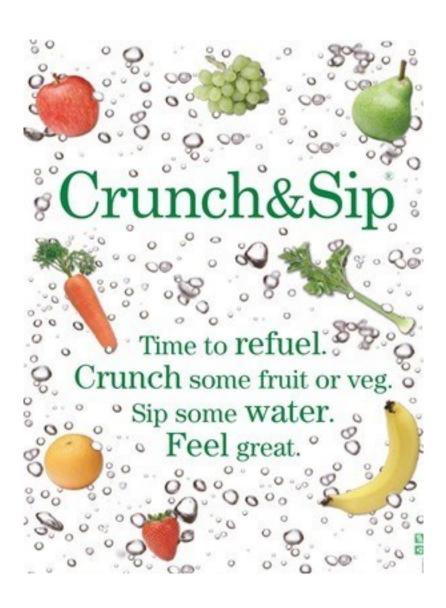
Six word sentence

Seven or more word sentence



How I feel about my work today ... Success Criteria: We will be able to independently create a Learning Intention: We are learning to write a text. text using draw-talk-write-share. **Draw-Talk-Write-Share**

Brain Break



Vocabulary

Learning Intention: We are learning to define new words to support our Unit of Inquiry.

Success Criteria: We will define the words using the Frayer model. We will describe what it is, what it is not and draw an image to help us remember the word.

Word	What It is
Torres-Strait Islander	
Draw it	What it is not



Handwriting

Learning Intention: We are learning to correctly form our letters in NSW foundation font.

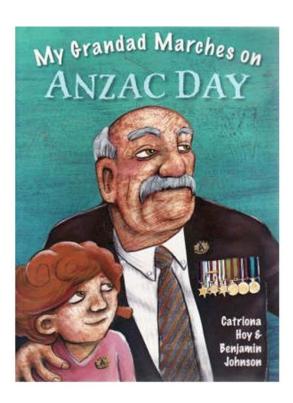
Success Criteria: We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

We will trace the sentence, and then rewrite it on our own in the lines.

Å	Å				Å@	ÅØ.	Å.	. /\!	····
	· (3.i.				. (3.4.		3.8		<u> </u>
		•							
Abor	igiruai	pes	ple	are	indige	nous	to	Aust	ralia.



Reading—Week 1



Every year at bedtime on 24 April thousands of families set their alarm clocks for a very early start the next morning. For some, it is the only day of the year that they see the dawn, as they rug up in hats, coats, gloves and scarves and head for the local war memorial to participate in the Dawn Service commemorating the events of 25 April 1915.

My Grandad Marches on Anzac Day tells the story of one family's involvement in this day, but at the same time it is a story that is true for many families.

Use the link that follows to listen to this story: https://www.youtube.com/watch?v=EdLsRIWb1bU

Or search on YouTube: My Grandad Marches on Anzac Day Opa's Corner Storytime.

Learning Intention: We are learning to show an understanding of the text we read by summarising and explaining important ideas and details.

Success Criteria: We will be able to answer questions related to the text using evidence.

Why do you	think the author did not give the little girl a name?
If there were dark?	no words on pp 3–4, how would we know that it was cold and
	me of the ways you can use your face and body to show how you vithout using words?
Why do so m	nany people get up early to attend the Dawn Service?
why do you	think so many attend the 10am march?

While listening to the book

What does the little girl mean when she says, 'He marches for all his friends w can't march. He marches for us.'?	ho
Why is it important to Grandad that he marches each year?	
Why is it important to us that the march is held each year?	
How do the marchers feel as they go past the crowds? Why?	
Grandad was not at the original Gallipoli campaign in World War I, so which war might he have won his medals in?	
What memories will the little girl have of her day?	

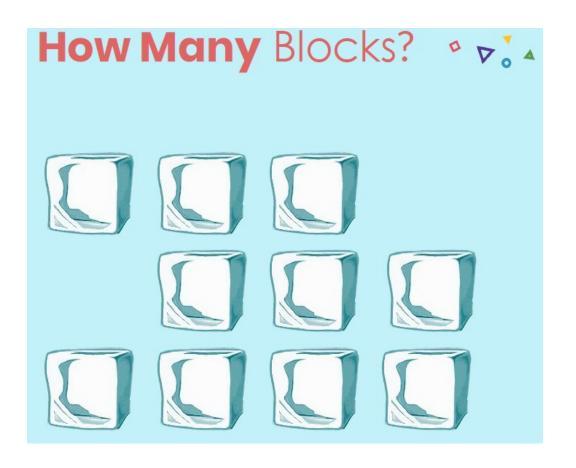
How I feel about my work today ...



Number Talk

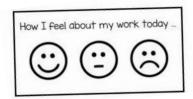
Learning Intention: We are learning to think and work like mathematicians.

Success Criteria: We will be able to discuss the way we found an answer and determine the most efficient method for solving the problem.



How many blocks?

How do you know?



Mathematics Activity

Learning Intention: We are learning to create number patterns.

Success Criteria: We will be able to make patterns and describe them.

Activity: How many different counting patterns can you make starting at the number 6?

E.g 6, 12, 24, 48 —> Doubling each time

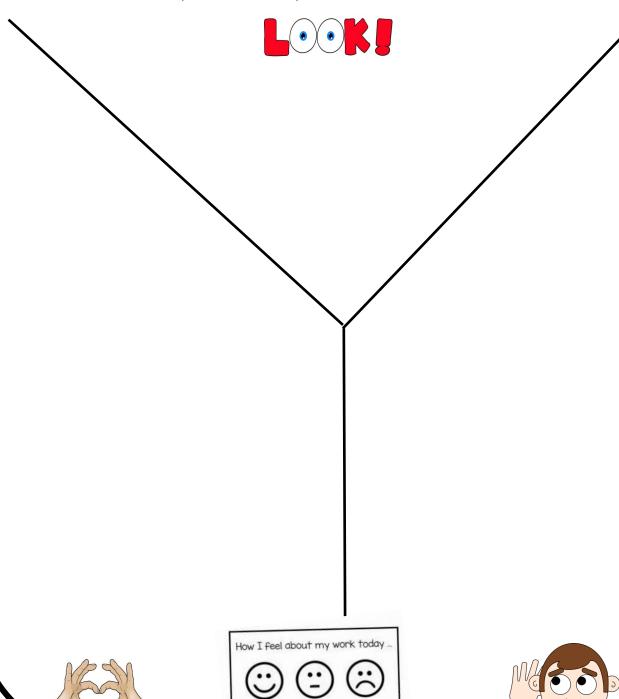


Health, Wellbeing & Relationships

Learning Intention: We are learning to identify how relationships with different people form networks.

Success Criteria: We will be able to explain what friendship should look like, sound like and feel like.

Activity: Create a Y-chart that describes what a good friend looks like, sounds likes, and feels like.



Fitness Task

Game: Target & Interceptor

Learning Intention: We are learning to combine the attacking and defending skills of an invasion game with accurate target-throwing.

Success Criteria: We will be able to aim and hit a target.

Equipment/Area:

- Indoor or outdoor playing area marked as shown (bottom of page)
- Targets (as shown below)



One throwing object for each pair (as shown below).
 Student choice will depend on targets chosen.











Group Management:

Play in pairs or other combinations

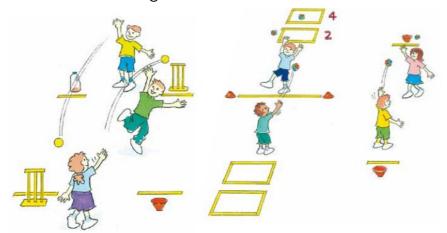
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Play for a set period, e.g. 90 seconds.

Discourage delays in throwing.

Allocate more points for more distant targets.

Restrict the distance between a player's and an opponent's target, e.g. 1m in front.

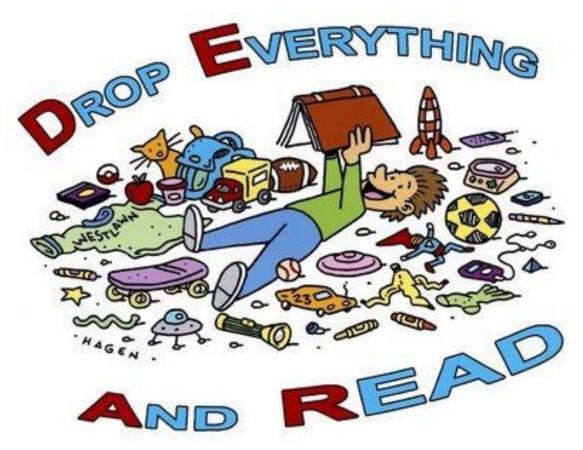




DEAR (Drop Everything And Read)

Learning Intention: We are learning to read for extended periods of time.

Success Criteria: We will be able to maintain sustained reading for at least 10 minutes.



About my book:

Title:

Author:

Time I read for:

Unit of Inquiry (CAPA)

Learning Intention: We are learning to understand, appreciate and produce pieces of artwork to communicate our ideas.

Success Criteria: We will be able to respond to artworks, and plan pieces of artwork in similar ways to artists.

Activity:

There are many artworks that have become part of our Australian folk history and identity. Many examples are from the colonial history of Australia and the bush. Many artworks tried to create a national identity and often a love (or sometimes disdain) for country.

Examples include:

<u>'Launceston and the river Tamar'</u> by John Glover (c.1832) Glover's life with his wife Sarah in early Australia

'On the wallaby track' by Frederick McCubbin (1896) - famous scene of colonial struggle in the bush with rural work

Take your time to explore the Art Gallery of NSW: https://www.artgallery.nsw.gov.au/collection/

Select 3 of the artworks you find the most interesting and write down the name and date of the work, the artist and what narrative (or story) they believe is being told through the artwork.

Unit of Inquiry (CAPA)

Artwork 1:

Name:

Date:

Artist:			
Narrative being told:			
Artwork 2:			
Name:			
Date:			
Artist:			
Narrative being told:			
Artwork 3:			
Name:			
Date:			
Artist:			
Narrative being told:			

Manilla Central School



Stage 2

Friday

Phonics

Learning Intention: We are learning to read and write our phonemes in words.

Success Criteria: We will be able to use our phonemes to read, make and spell the following words.

Activity 1: Practise saying your phonemes.

Activity 2: Practise writing your phonemes.

Activity 3: Complete an activity within your booklet.

Phonemes

II ss ff zz



Phonics

Learning Intention: We are learning to read and write our phonemes in words.

Success Criteria: We will be able to use our phonemes to read, make and spell the following words.

Write as many words as you can for each phoneme

I	SS	ff	ZZ



Camera Word Activity Grid

My words for this week are:

you play this

Use your camera words from this week to complete the activities below.



write your words, three times each.

Write your words with **red** vowels and blue consonants.

Write your words on the computer and

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Use magnetic letters or scrabble tiles to spell each of your words.







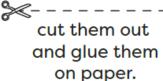
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Find your words in magazines or newspapers then



Draw a picture and



your words in the picture.

Write a sentence for each of your words.



Write your words in alphabetical order.



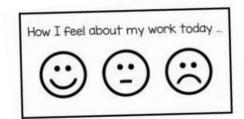




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Success Criteria: We will be able to read the words and write them from memory.



Writing

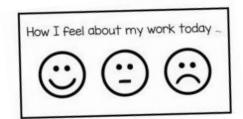
Learning Intention: We are learning to write to an informative text.

Success Criteria: We will be able to describe an object.

Describe it!



nouns	verbs	adjectives



Writing

Learning Intention: We are learning to write to an informative text.

Success Criteria: We will be able to

Build on it!

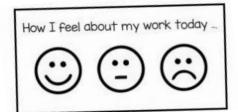
The soldier stood.



Four word sentence

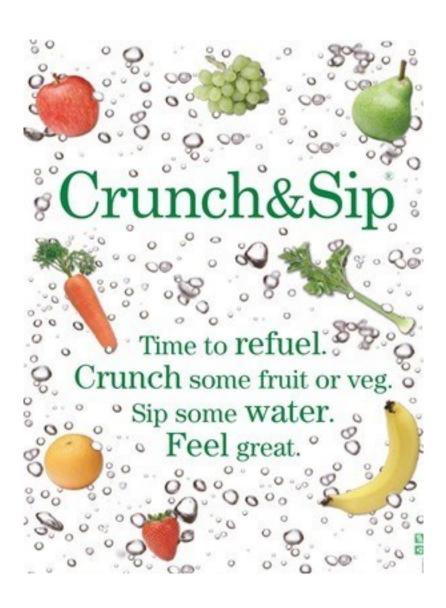
Five word sentence

Six or more word sentence



How I feel about my work today ... Success Criteria: We will be able to independently create a Learning Intention: We are learning to write a text. text using draw-talk-write-share. **Draw-Talk-Write-Share**

Brain Break



Vocabulary

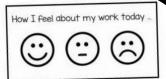
Learning Intention: We are learning to define new words to support our Unit of Inquiry.

Success Criteria: We will define the words using the Frayer model. We will describe what it is, what it is not and draw an image to help us remember the word.

Word	What It is
Indigenous	
Draw it	What it is not



Handwriting



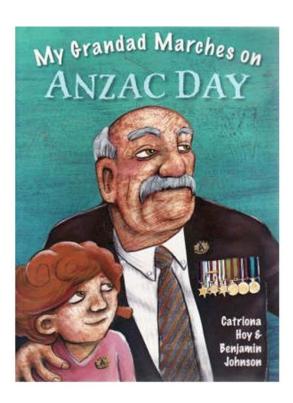
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Success Criteria: We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

We will trace the sentence, and then rewrite it on our own in the lines.

ad ed id idd da ad ed id Forres-Strait Islander people ar	. idd.
	<u>re</u> ands

Reading—Week 1



Every year at bedtime on 24 April thousands of families set their alarm clocks for a very early start the next morning. For some, it is the only day of the year that they see the dawn, as they rug up in hats, coats, gloves and scarves and head for the local war memorial to participate in the Dawn Service commemorating the events of 25 April 1915.

My Grandad Marches on Anzac Day tells the story of one family's involvement in this day, but at the same time it is a story that is true for many families.

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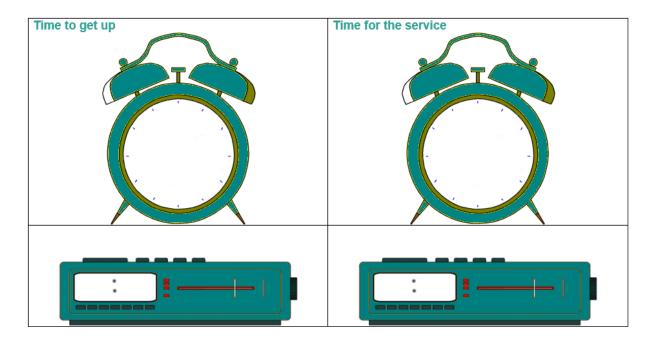
Learning Intention: We are learning to discuss ideas linked to the text we are reading.

Success Criteria: We will be able share our ideas about ANZAC Day.

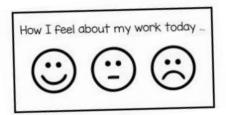
An Early Start

Anzac Day is always commemorated on the same date, no matter what day
of the week it is.
What is the date of Anzac Day?
What day was it this year?
Use http://www.timeanddate.com/worldclock/sunrise.html to work out what
time sunrise was in Manilla on Anzac Day:

On Anzac morning the family in the story gets up very early, when it is still dark and very cold. They need to be out of bed an hour before the Dawn Service starts. Show the time of the start of the service on both the analogue and digital clocks. Also show the time the family needs to set their alarm clock.



You can read about the origins of the Anzac Day Dawn Service at: http://www.anzacday.org.au/education/tff/dawn.html



Learning Intention: We are learning to discuss ideas linked to the text we are reading.

Success Criteria: We will be able share our ideas about marching on ANZAC Day.

The March

As more and more grandfathers and grandmothers die, their grandchildren are taking their place in the Anzac Day march.

Some people think this is a good thing because it shows that members of the younger generation respect the sacrifices and hardships that their families made for them. Others think it is not right because the children don't properly understand why they are marching and so they are doing it more 'for show'.

Discuss this issue with your family to see if you can reach an agreement.

Use the PCQ table (on the next page) to organise your thoughts and arguments. In the Pros column, put all the reasons why it is a good idea for the grandchildren to march on behalf of their grandparents. In the Cons column put all those reasons why it is not a good idea. In the Questions column, list those things you need to investigate or think about further.

Q	
С	
P	

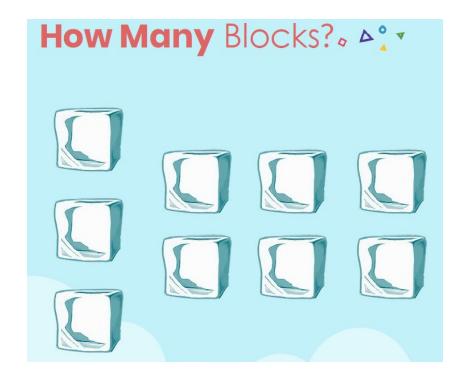




Number Talk

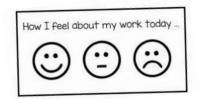
Learning Intention: We are learning to think and work like mathematicians.

Success Criteria: We will be able to discuss the way we found an answer and determine the most efficient method for solving the problem.



How many blocks?

How do you know?



Mathematics Activity

Learning Intention: We are learning about symmetry.

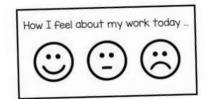
Success Criteria: We will be able to identify words that look the same on one side as they do on the other.

Watch this video for a summary on symmetry:

https://www.youtube.com/watch?v=Kah5w06eyCo

Activity: Write as many words that you can think of that have horizontal or vertical symmetry.





Health, Wellbeing & Relationships

Learning Intention: We are learning to identify how relationships with different people form networks.

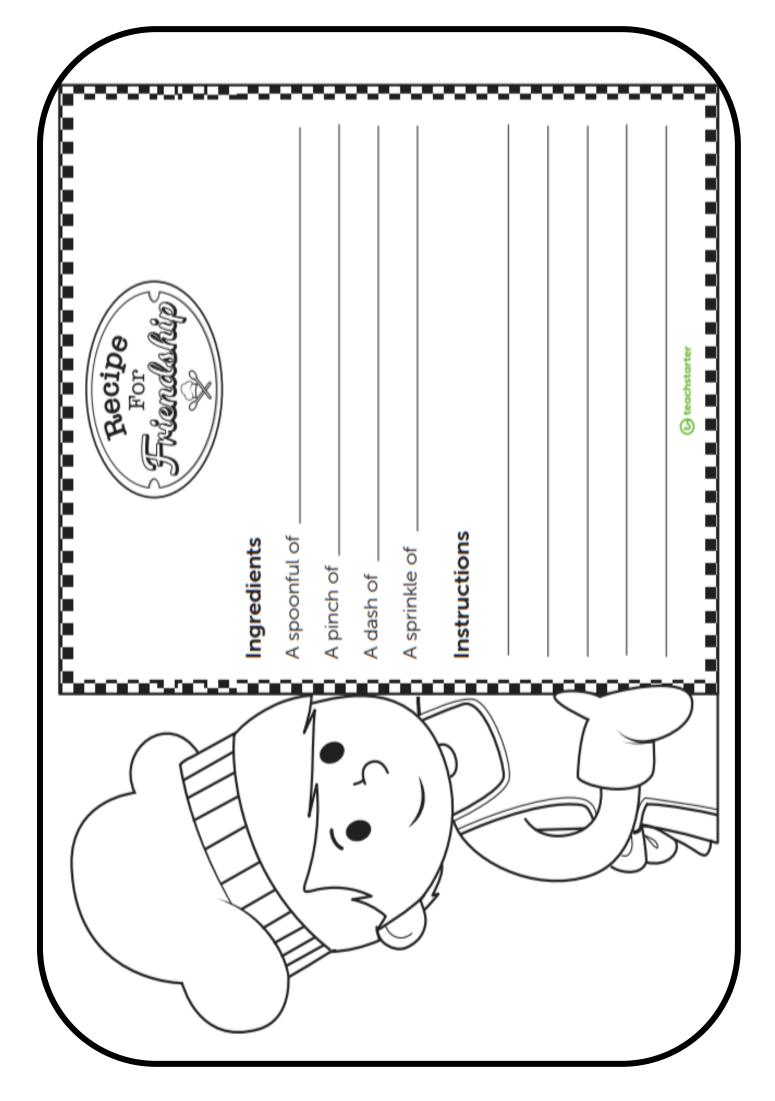
Success Criteria: We will be able to create a recipe for a good friendship.

Activity: Create a recipe for a friendship cake. (Recipe proforma on next page)

 What ingredients would you include into your friendship cake?

• What procedure would you use to bring all the ingredients together?





Fitness Task

Game: Target & Interceptor

Learning Intention: We are learning to combine the attacking and defending skills of an invasion game with accurate target-throwing.

Success Criteria: We will be able to aim and hit a target.

Equipment/Area:

- Indoor or outdoor playing area marked as shown (bottom of page)
- Targets (as shown below)



One throwing object for each pair (as shown below).
 Student choice will depend on targets chosen.











Group Management:

Play in pairs or other combinations

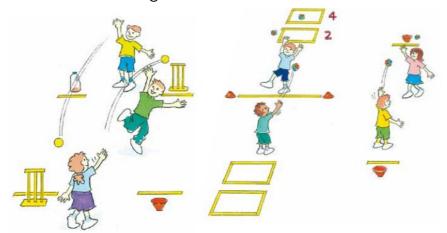
Description:

Play for a set period, e.g. 90 seconds.

Discourage delays in throwing.

Allocate more points for more distant targets.

Restrict the distance between a player's and an opponent's target, e.g. 1m in front.





DEAR (Drop Everything And Read)

Learning Intention: We are learning to read for extended periods of time.

Success Criteria: We will be able to maintain sustained reading for at least 10 minutes.



About my book:

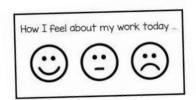
Title:

Author:

Time I read for:

Unit of Inquiry (HSIE)

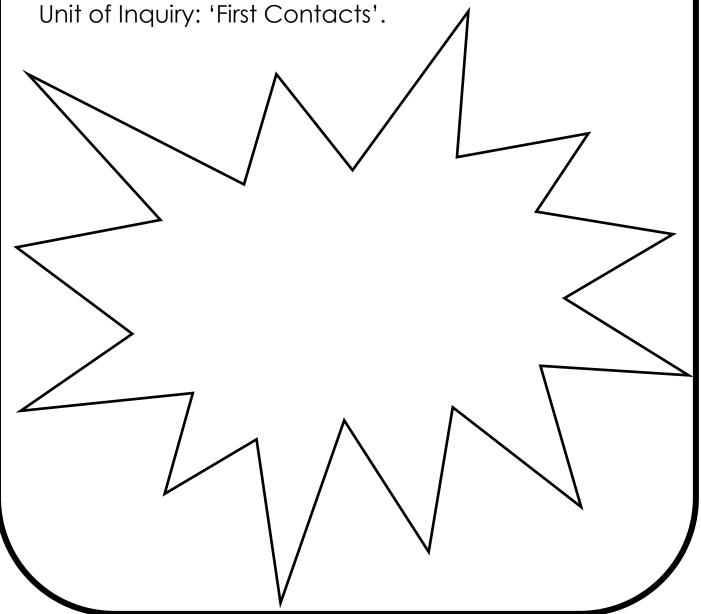
Learning Intention: We are learning to share our prior knowledge on 'First Contacts'.



Success Criteria: We will be able to discuss what we already know about the topics explored in the 'First Contacts' Unit.

Activity: Vocabulary

List all the words that students predict they may come across during their learning throughout the Unit of Inquiry: 'First Contacts'



Manilla Central School



Stage 2

Additional Websites & Activities

Story and Craft Activity

Learning Intention: We are learning to listen to and enjoy reading stories.

Success Criteria: We will listen to a story being read at home or from the links below and create a craft or food activity to support the story.

Book title	You tube link	Craft/Activity link
Lest We Forget by Kerry Brown	https://www.youtube.com/ watch?v=l30OMcAsU	Remembrance Red Poppy (attached)
ANZAC Ted by Belinda Landsberry	https://www.youtube.com/ watch?v=et09N2EoAdY	ANZAC Day Wreath (Attached)
The Last ANZAC by Gordon Winch	https://www.youtube.com/ watch?v=DzkLM8QFKoU	Paper Plate Poppies: https://laughingkidslearn.com/ anzac-day-poppy-craft-made- from-paper-plates/
ANZAC Biscuits by Phil Cummings	https://www.youtube.com/ watch?v=PRNJT_0h1Es	Anzac biscuits: https://www.taste.com.au/ recipes/anzac-biscuits/cc4e2031- 8b63-48e7-8eff-b2637f472180

Additional English Websites & Apps

Pobble365

www.pobble365.com/

Complete the daily tasks for each days picture.

Teach your monster to read

www.teachyourmonstertoread.com/

Used on a computer is free, uses phonics to support reading.



PHONICS

Phonics Hero

https://www.phonicshero.com/new-login/
Free trials available to support the teaching of phonics to support reading and writing.

Reading Eggspress

https://readingeggspress.com.au/

A reading library consisting of **over 2500 online books for kids**. These books cover a wide range of genres to suit children of all ages and reading levels.



Storyline Online

Go to www.storylineonline.net/ to have online and interactive children's stories.

Studyladder

https://www.studyladder.com.au/

Additional Mathematics Websites & Apps

Studyladder

https://www.studyladder.com.au/

Prodigy

https://www.prodigygame.com/

Also available as an APP on iPad or Android Devices.



Math Playground

https://www.mathplayground.com/math-games.html

ICT Games

https://www.ictgames.com/mobilePage/index.html



Coding Game:

LightBot is a puzzle game based on coding; it secretly teaches you programming logic as you play!

https://lightbot.com/

Additional Brain Break and Fitness Options

Would You Rather	 https://www.youtube.com/watch?v=G3y5rmgHBgs&t=8s https://www.youtube.com/watch?v=-CYt769q0tk https://www.youtube.com/watch?v=jAuhWjMRCpg&t=150s https://www.youtube.com/watch?v=-CYt769q0tk https://www.youtube.com/watch?v=_6QNdtmP4Tw
Just Dance	Choose 2 of your favourite Just Dance videos from the below YouTube channel: https://www.youtube.com/user/justdancegame/videos
Go Noodle	Choose 2 of your favourite Go Noodle videos from the below YouTube channel: https://www.youtube.com/user/GoNoodleGames
Weekly Fitness Challenge	Time yourself to see how many squats you can do in 1 minute. Record your effort each day.
Cosmic Kids	Choose one of your favourite Cosmic Yoga videos from the below YouTube channel: https://www.youtube.com/user/CosmicKidsYoga
Other Ideas	 Practise throwing and catching with a family member, or a wall. Play 'Piggy in the Middle' Play a game of Handball Create an obstacle course around the backyard Go for a walk, and maintain social distancing.