



Below is a sample recommended timetable that adheres to the National Education Standards Authority (NESA) requirements for each key learning area. We recommend that you follow this routine as much as possible according to what works in your house. The following equates to one week of work and is applicable to all year groups.

	 Lynwood Park Public School Learning from Home Whole School Timetable Kindy Term 3 Week 7 					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
10 mins	Reading	Reading	Reading	Reading	Reading	
15 mins	Comprehension / Word Work	Comprehension / Word Work	Comprehension / Word Work	Comprehension / Word Work	Comprehension / Word Work	
20 mins	Writing	Writing	Writing	Writing	Writing	
BREAK	CRUNCH'N'SIP	CRUNCH'N'SIP	CRUNCH'N'SIP	CRUNCH'N'SIP	CRUNCH'N'SIP	
30 mins	Mathematics	Mathematics	Mathematics	Mathematics	Mathematics	
15 mins	Fitness	Fitness	Fitness	Fitness	Fitness	
BREAK	RECESS	RECESS	RECESS	RECESS	RECESS	
40 mins	Science & Technology	Personal Development	Creative Arts	Geography / History	Catch up	

Note for parents: You will notice a WILF at the top of most activities now. WILF stands for 'What I am Looking For' and is part of our visible learning language, relating to our teaching and learning programs.

Kindy Term 3 Week 7 – Learning From Home

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Reading	<p style="text-align: center;">Reading</p> <p>WILF - listening actively to a range of texts read by others</p> <p>Get someone at home to read you a story OR watch the story on Google Classroom that one of the teachers has read for you.</p>	<p style="text-align: center;">Reading</p> <p>WILF - listening actively to a range of texts read by others</p> <p>Get someone at home to read you a story OR watch the story on Google Classroom that one of the teachers has read for you.</p>	<p style="text-align: center;">Reading</p> <p>WILF - listening actively to a range of texts read by others</p> <p>Get someone at home to read you a story OR watch the story on Google Classroom that one of the teachers has read for you.</p>	<p style="text-align: center;">Reading</p> <p>WILF - listening actively to a range of texts read by others</p> <p>Get someone at home to read you a story OR watch the story on Google Classroom that one of the teachers has read for you.</p>	<p style="text-align: center;">Reading</p> <p>WILF - listening actively to a range of texts read by others</p> <p>Get someone at home to read you a story OR watch the story on Google Classroom that one of the teachers has read for you.</p>
Morning	<p style="text-align: center;">Word Work</p> <p>WILF - reads an increasing number of taught high-frequency words</p> <p>*Go on a scavenger hunt and find 5 things in your house that start with the phoneme/ sound S</p> <p>Draw them and write what they are.</p> <p>*Practice reading your Magic 100 words</p>	<p style="text-align: center;">Word Work</p> <p>WILF - uses some phonic and contextual knowledge to decode simple texts</p> <p>* Look at and talk about the front cover of "An Ant Nest"</p> <p>*Practice the letter sounds and words on the "Practice page."</p> <p>* Trace around your hand 5 times. Write a different Magic 100 word inside each handprint. Cut them out and stick them up somewhere. Read the word and give your hand a high five!</p>	<p style="text-align: center;">Word Work</p> <p>WILF - uses some phonic and contextual knowledge to decode simple texts</p> <p>*Read the book "An Ant Nest"</p>	<p style="text-align: center;">Word Work</p> <p>WILF - uses some phonic and contextual knowledge to decode simple texts</p> <p>*Re-read the book "An Ant Nest"</p> <p>*Read the fluency chart twice. See if you are faster the second time.</p> <p>* Like Tuesday trace around your hand 5 times. Write different Magic 100 words inside each handprint. Cut them out and stick them up somewhere. Read the word and give your hand a high five!</p>	<p style="text-align: center;">Word Work</p> <p>WILF - reads an increasing number of taught high-frequency words</p> <p>* Write out 8 of your Magic 100 words on a piece of paper. Look at the word, write the word, check that you wrote it correctly.</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
English	<p>Writing</p> <p>Refer to “Journal Writing – Monday writing page</p> <p>Remember to include some WOW words (adjectives)</p>	<p>Writing</p> <p>WILF - correctly forming most lower-case letters</p> <p>Handwriting – Complete the handwriting sheet for today practicing the letters</p>	<p>Writing</p> <p>Refer to “An Ant Nest” writing page</p> <p>Remember to include some WOW words (adjectives)</p>	<p>Writing</p> <p>WILF - correctly forming most lower-case letters</p> <p>Handwriting – Complete the handwriting sheet for today practicing the words.</p>	<p>Writing</p> <p>Refer to “An Ant Nest” writing page</p> <p>Remember to include some WOW words (adjectives)</p>
Break					
Middle	<p>Mathematics</p> <p>WILF – Recognising that halves are two equal parts</p> <p>Practice skip counting forward from 0, 2, 4... What number did you get up to?</p> <p>Ask someone in your family to hide all the even number cards around your house (2,4,6,8 etc). Try your best to find them all. Did it take you a long time or a short time to find them?</p>	<p>Mathematics</p> <p>WILF - Recognising that halves are two equal parts</p> <p>Practice counting backwards from 20. Try counting backwards from 30.</p> <p>Start from your bed and count how many big steps it takes you to get to your front door.</p> <p>How many big steps from your front door to you back door? How many big steps from one side of your house to the other side of your house? How many big steps from one side of your back yard to the other side?</p>	<p>Mathematics</p> <p>WILF - Recognising that halves are two equal parts</p> <p>Roll your dice or choose a number from your number cards. Find objects around the house to match the number. For example, 1 apple for the number one.</p> <p>Do this with 6 numbers.</p>	<p>Mathematics</p> <p>WILF - Comparing the capacities of two containers directly by filling one and pouring into the other.</p> <p>Walk around your house.</p> <p>How many pillows can you find?</p> <p>How many windows can you see?</p> <p>How many chairs do you have?</p> <p>Capacity:</p> <p>This may be an outside activity.</p> <p>Go into your kitchen and find 5 different sized containers. Put them in order of which container</p>	<p>Mathematics</p> <p>WILF - Comparing the capacities of two containers directly by filling one and pouring into the other.</p> <p>Ask someone in your family to hide all the odd number cards around your house (1,3,5,7,9,11 etc.). Try your best to find them all. Did it take you a long time or a short time to find them?</p> <p>Capacity:</p> <p>Complete worksheet.</p>

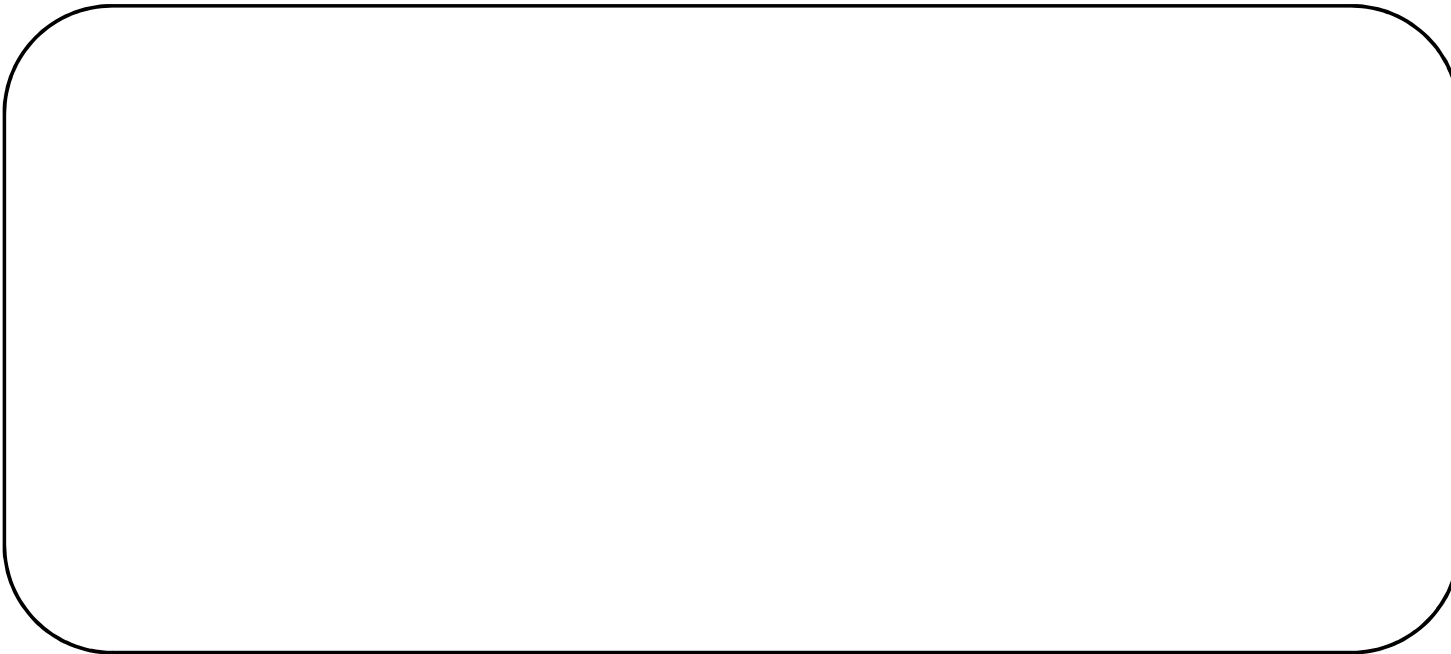
	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><u>Fractions Halves:</u></p> <p>Fold a piece of paper in half, making sure that both sides are the same. You now have made 2 equal parts.</p> <p>On one half of the paper, draw a picture. You can choose what you want to draw.</p> <p>On the other half of your page, practice writing your numbers. How many numbers can you write?</p> <p>For lunch today, ask an adult to help you make a sandwich. After you have made the sandwich, safely cut your sandwich in half. How many parts of your sandwich do you have?</p>	<p><u>Fractions Halves:</u></p> <p>On a piece of paper, draw a big circle. You could trace around a plate or a bowl to help you. Cut out your circle and fold it in half.</p> <p>On one half of your paper, draw your favourite pizza toppings.</p> <p>On the other half, practice writing some of you Magic 100 words.</p> <p><u>Optional:</u> Studyladder.</p> <p>Complete some activities set out by your teacher.</p>	<p><u>Origami:</u></p> <p>Follow the instructions to make your own origami dog or cat. You will need square paper for this.</p> <p>For lunch today, ask an adult to help you make a sandwich.</p> <p>After you have made the sandwich, safely cut your sandwich in half. Try and find a different way of cutting it in half than what you did on Monday.</p>	<p>you think would hold the least to the container that would hold the most?</p> <p>Draw these containers on a piece of paper.</p> <p>Fill up the smallest container with water. On you paper, draw water in the same container.</p> <p>Pour the water from the smallest container into the 2nd smallest container. Did it fill the container up? Give a reason for your answer. Draw the same water level that you see in your cup on your piece of paper.</p> <p>Continue to do this with the rest of your containers.</p> <p>Why do you think the water level in each container got smaller?</p> <p><u>Optional:</u> Studyladder.</p> <p>Complete some activities set out by your teacher.</p>	

	Monday	Tuesday	Wednesday	Thursday	Friday
Middle	<p align="center">Fitness Options</p> <p>WILF - exploring how regular physical activity keeps individuals healthy</p> <p>We have access to "Dancefever on Demand" for all of the students at Lynwood Park Public School for this week. If you would like to try something different to keep active and moving give it a try</p> <p>The webpage to login is: https://www.dancefevermultisport.com/ondemand/ Password to login is: dancefever2021</p> <p>Or try some of these youtube videos.</p> <p>Body Boogie Dance: https://www.youtube.com/watch?v=cZeM18fPbvl</p> <p>Freeze Dance for Kids https://www.youtube.com/watch?v=2UcZWXvgMZE</p> <p>Zumba Kids (easy dance) - I like to move it https://www.youtube.com/watch?v=ymigWt5TOV8</p>			<p align="center">Fitness Options</p> <p>Arm Circles or Swings: Hold arms outstretched from shoulders and turn in small circles, then increase the size of the circles. Rotate them forwards, then switch to backward circles. When we do this at school we say "On, off, golf ball, tennis ball, basketball, hula hoop" as our circles get bigger and bigger. Or swing arms forward and back from the shoulder.</p> <p>Bottom Kicks: While jogging, try to "kick" your bottom or thigh with each step. (Sometimes this is easier to do when jogging in place.)</p> <p>Grapevine: Walk or jog sideways, crossing one foot in front of the other in an alternating pattern.</p> <p>High Knees: While walking, lift knees high in the air. Try adding arm movements, like a hand or elbow touch, or by speeding up the walk to a jog.</p>	
BREAK	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	<p>Science</p> <p>WILF - recording observations using drawings</p> <p>Does size effect the way an object moves.</p> <p>You will need: 2 marbles one larger than the other or two balls one larger than the other. Something you can use as a ramp (piece of carboard, chopping board, sloped path/driveway etc.)</p> <p>Place both marbles/balls at the top of the ramp and let them go at the same time.</p> <p>Which marble/ball reaches the bottom of the ramp first? Why do you think that marble/ball reached the bottom of the ramp first?</p> <p>Find some other round objects balls, oranges etc. and roll them down the ramp.</p> <p>Which object reached the bottom of the ramp first? Fill in the worksheet/ record your experiment.</p>	<p>Personal Development</p> <p>WILF - practicing and demonstrating movement skills and sequences using different body parts</p> <p>Activity 1: Side Hops: With feet together, jump from one side of an imaginary line to the other. Or hop on one foot and switch back and forth.</p> <p>Activity 2: Walking Lunges: Step forward with one leg and lower yourself so the front knee is at a 90-degree angle and the back leg is stretched out long. Then stand and step the back leg forward into a lunge.</p> <p>Activity 3: Criss-cross feet: Jump straight up, then cross one foot in front of the other; on next jump, switch feet and continue.</p> <p>Activity 4: Hurdle hops: Jump side-to-side or front-to-back over a pretend hurdle.</p>	<p>Creative Arts</p> <p>WILF – Making of simple pictures and other kinds of artworks about things and experiences</p> <p>Draw a picture of a crocodile by following the instructions on the creative arts page</p> <p>Once you have drawn the crocodile, what materials can you use to add colour and texture to your drawing?</p>	<p>Geography</p> <p>What Makes a Home? Draw a picture of your family and your home and label each member of your family.</p> <p>Have a talk with somebody in your family and ask them, Why is our house special to you?</p> <p>What makes your house special to you?</p> <p>Write a sentence about why your house is special to you?</p> <p>Optional: Watch this video/story: https://www.youtube.com/watch?v=3LcEGl3ay-s</p> <p>Is your house similar to any of the houses in the story? Write down some things that were same about each of the houses in the story?</p>	<p>Catch Up</p> <p>Have you finished all the activities for this week? If you are able to you can play a game from ABC Kids</p> <p>https://www.abc.net.au/abckids/games/</p>

Journal Writing – Monday

What is your favourite T.V. show and why is it your favourite?



WILF (What am I
Looking For) -

Think of a sentence

Use a capital letter

Use full stops

Write the first sound

Stretch the words

Read your sentence

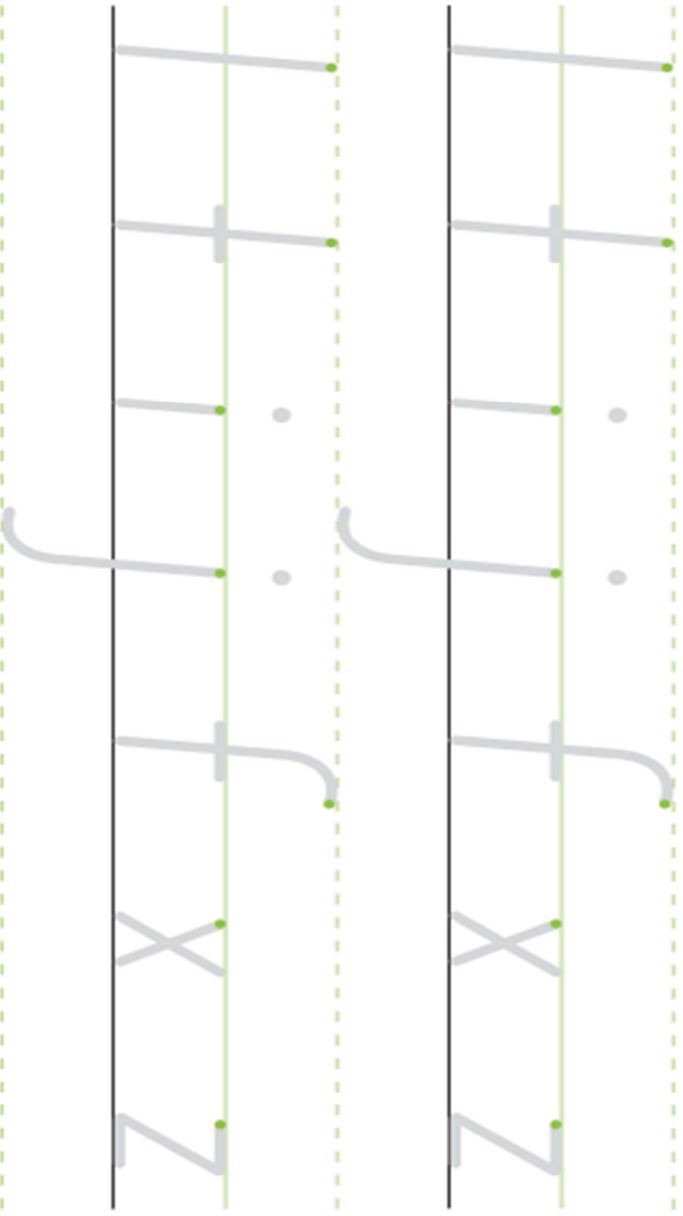
Illustrate your writing

Monday – Science - Draw and label each of the objects you rolled down the ramp. Circle the fastest object with a green pencil and slowest with a red pencil

<i>Small marble/ball</i>	<i>Large marble/ball</i>	<i>Other:</i> _____
<i>Other:</i> _____	<i>Other:</i> _____	<i>Other:</i> _____

Tuesday – Handwriting (lower case rainbow letters)

Trace these **downstroke** letters 3 times or more. Use a different colour each time.



Trace these **anticlockwise** letters 3 times or more. Use a different colour each time.

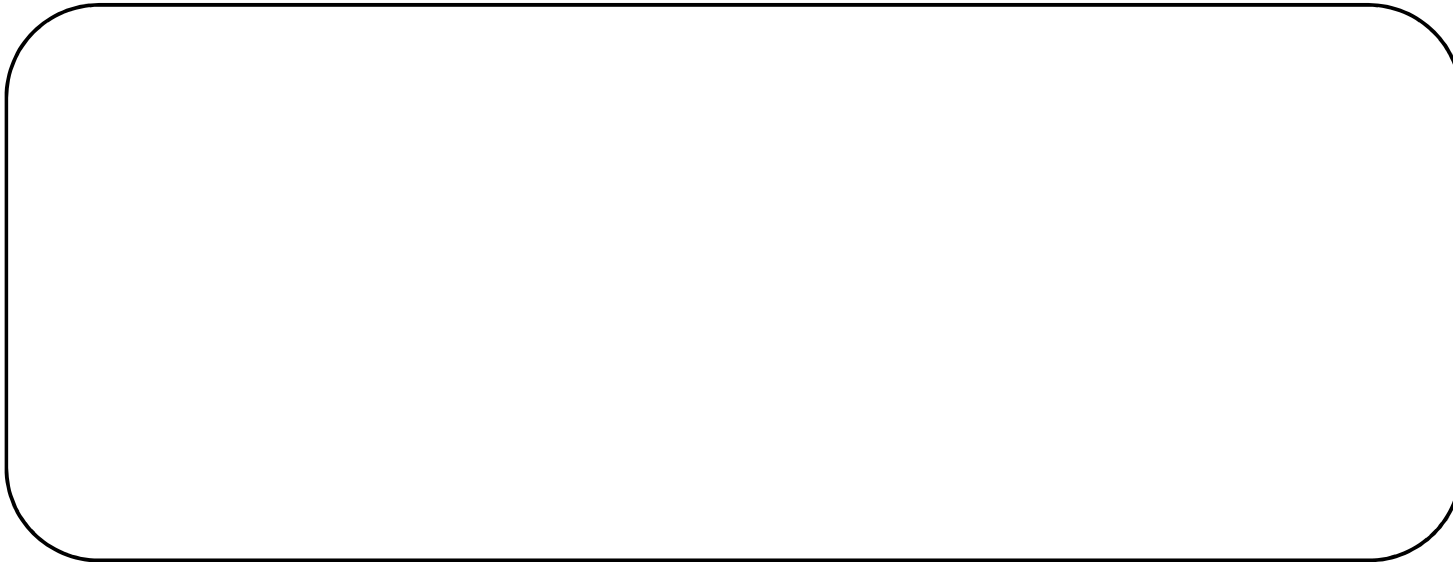


Trace these **clockwise** letters 3 times or more. Use a different colour each time.



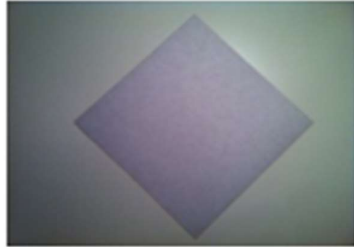
Wednesday - Writing 'An Ant Nest'

Write a sentence about the food that Anna and Mim took on their picnic. Draw a picture of Anna and Mim on their picnic

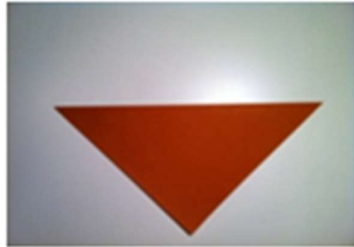


- WILF (What am I Looking For) -
- Think of a sentence
- Use a capital letter
- Use full stops
- Write the first sound
- Stretch the words
- Read your sentence
- Illustrate your writing

Wednesday – Mathematics



Step 1: Start with a square piece of paper.



Step 2: Fold the top corner to the bottom corner.



Step 3: Now fold the triangle in half by folding the left corner to the right corner.



Step 4: Unfold it.



Step 5: Fold both corners of the triangle down at an angle like in the picture. These are the ears!



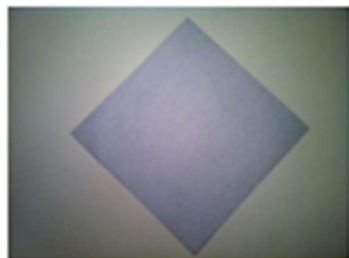
Step 6: Fold the top corner to the back, so the head is not pointy.



Step 7: Fold the bottom corner back also unless you prefer a pointy chin.



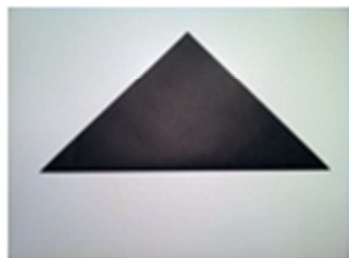
Step 8: Now draw on the eyes and nose. Now you have your simple origami dog!



Step 1: Start with a square piece of paper.



Step 5: Fold the ears up at an angle just like you see in the picture.



Step 2: Fold paper in half by folding the bottom corner to top corner.



Step 6: Fold a portion of the top corner down.



Step 3: Fold in half again by folding left corner to right corner.



Step 7: Turn the model over.



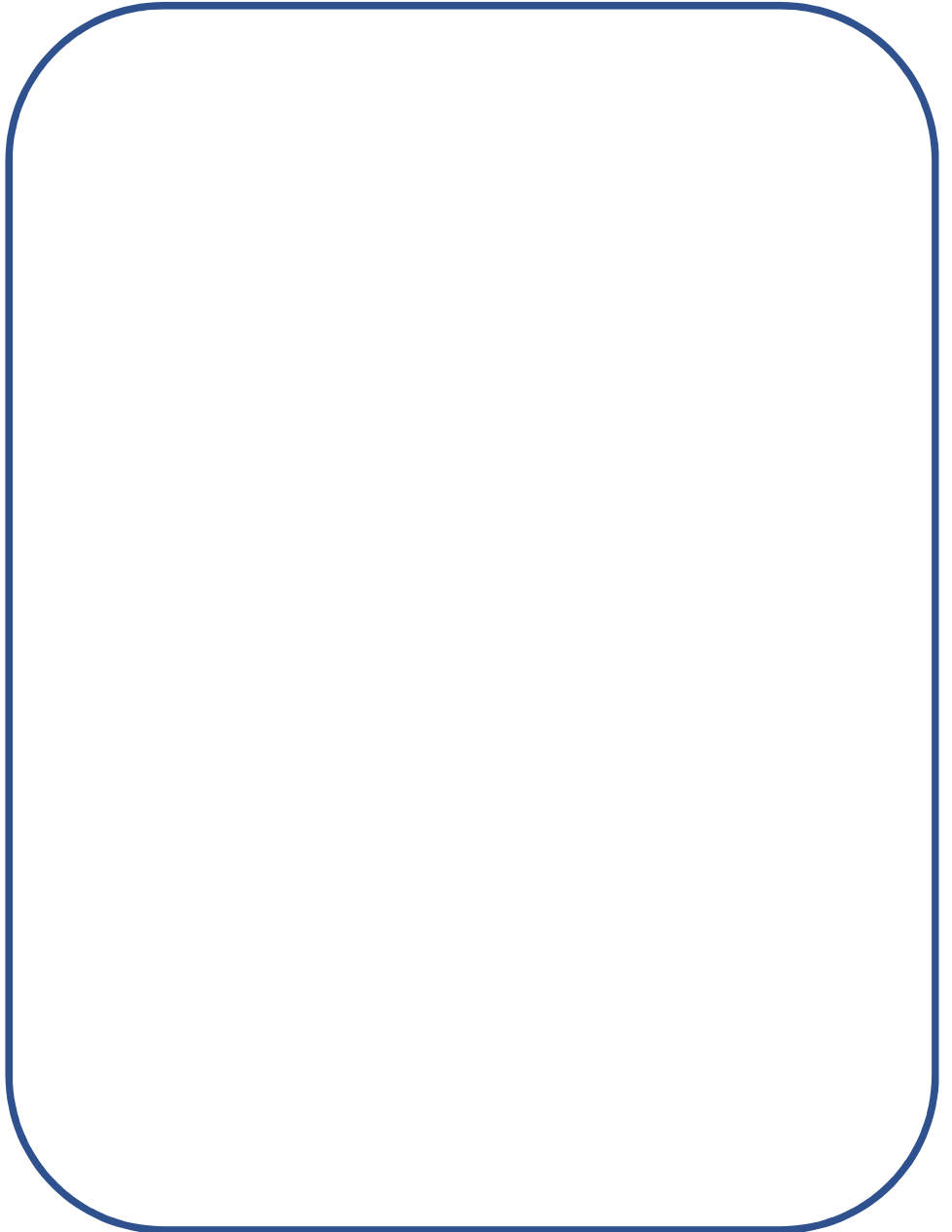
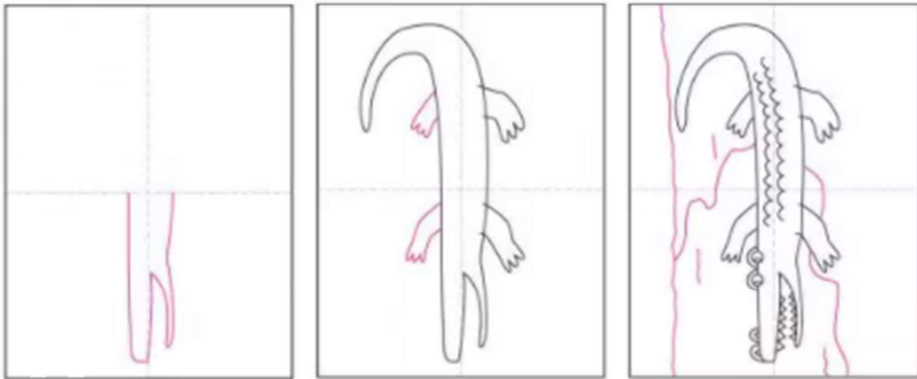
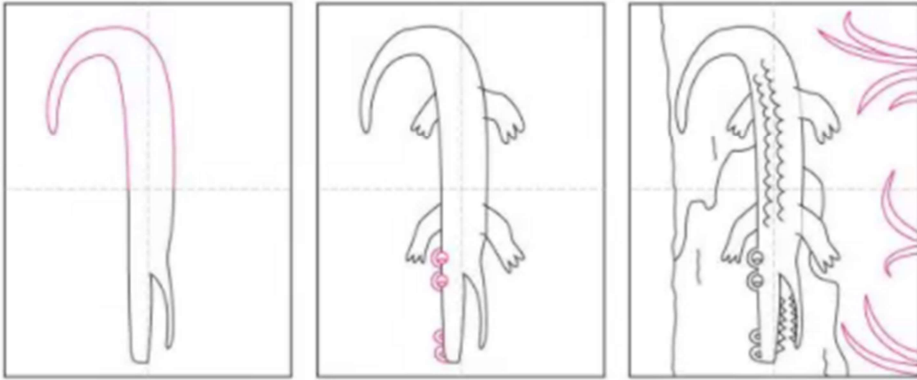
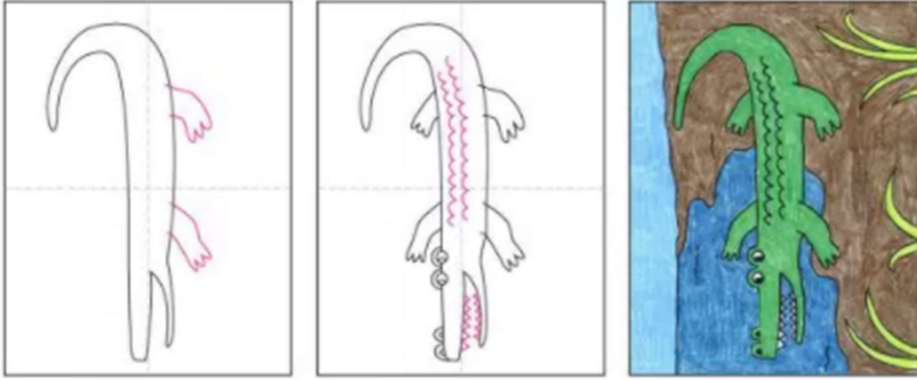
Step 4: Unfold.



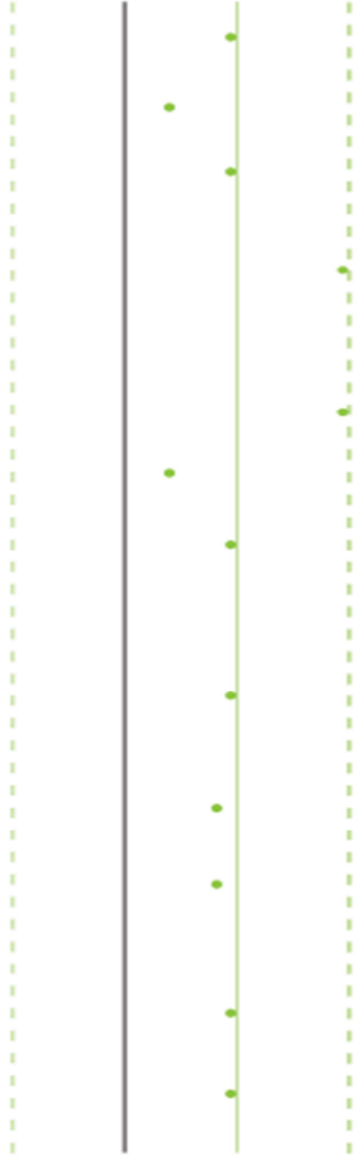
Step 8: Get out some markers and draw in the eyes and whiskers!

Creative Arts – Wednesday

Draw your picture here or on a new page



Thursday – Handwriting - Trace the words using a lead pencil. Have a go at writing each word beginning at the dot. Trace each word three times or more using different coloured pencils each time.



Friday - Writing 'An Ant Nest'

Write a sentence about what the ants did at the picnic and draw a picture of it.

WILF (What am I
Looking For) -

Think of a sentence

Use a capital letter

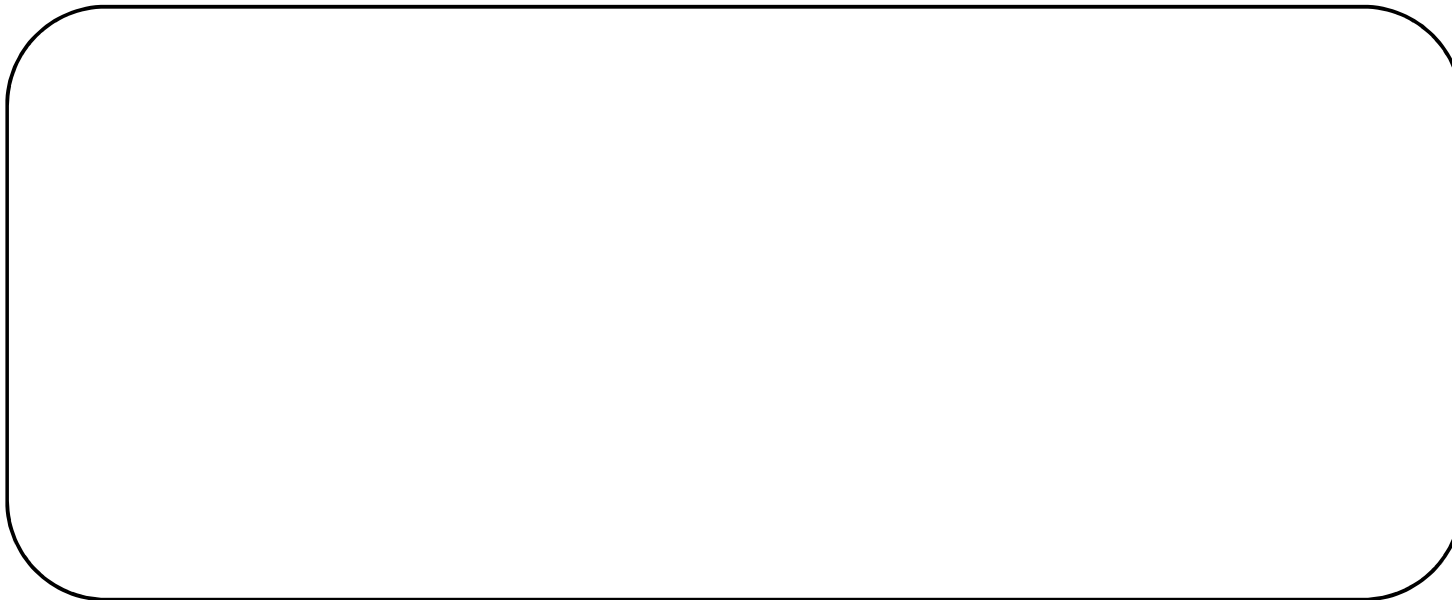
Use full stops

Write the first sound

Stretch the words

Read your sentence

Illustrate your writing



Capacity Sorting

Can you sort the pictures into full, half-full and empty?

full	half-full	empty

