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 Stage 1 Term 3 Week 8



| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|----------------------|----------------------|-----------------|---------------------|-----------------|
| 10 mins | Reading | Reading | Reading | Reading | Reading |
| 15 mins | Comprehension / | Comprehension / | Comprehension / | Comprehension / | Comprehension / |
| | Word Work | Word Work | Word Work | Word Work | 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 |
| 40 mins | Mathematics | Mathematics | Mathematics | Mathematics | Mathematics |
| 15 mins | Fitness | Fitness | Fitness | Fitness | Fitness |
| BREAK | RECESS | RECESS | RECESS | RECESS | RECESS |
| 45 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.

Stage 1 Term 3 Week 8 – Learning From Home

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|---|--|---|--|
| Morning | Reading | Reading | Reading | Reading | Reading |
| Reading | WILF - listening actively to a range of texts read by others 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. | WILF - listening actively to a range of texts read by others 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. | WILF - listening actively to a range of texts read by others 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. | WILF - listening actively to a range of texts read by others 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. | WILF - listening actively to a range of texts read by others 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. |
| Morning | Word Work WILF - using learnt spelling rules and knowledge, word origins and generalisations to spell *Copy 10 spelling words from the list that you need to practice. Write all your ten spelling words in different directions, filling up the page. Use different colours and fonts like in the example on the spelling word page. | Word Work WILF - reading words with taught vowel digraphs and applies when reading decodable texts * Look at and talk about the front cover of "The Kite Flying Contest" *Read the blending sounds and high frequency words on the "Practice page." *Read the vocabulary section of the 1st page of "The Kite Flying Contest" | Word Work WILF - reading words with taught vowel digraphs and applies when reading decodable texts *Read "The Kite Flying Contest" aloud to someone. Remember to point to each word as you read it. If you make a mistake read the sentence again. | Word Work WILF - reading words with taught vowel digraphs and applies when reading decodable texts *Re-read the book "The Kite Flying Contest" *Read the fluency chart twice. See if you are faster the second time. | Word Work WILF - using learnt spelling rules and knowledge, word origins and generalisations to spell *Time for spelling test! Ask someone to test you on your chosen 10 words from Monday. There are plenty of adjectives in the story "The Kite Flying Contest". Can you find them all? |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|--|--|--|--|
| English | Writing | Writing | Writing: | Writing | Writing: |
| | WILF - writes for a range of purposes | WILF - writes for a range of purposes | WILF - correctly forms all letters | WILF - writes for a range of purposes | WILF - writes for a range of purposes |
| | On Wednesday you will draw a Tasmanian Devil. Today you will write an Information Report about Tasmanian Devils. Read the information found at the bottom of the grid about Tasmanian Devil to complete the informative text in your workbook after using | Read the information that you wrote about the Tasmanian Devil yesterday. Remember to use all the subheadings. Part 2 Diet: (What does it eat?) Habitat: (Where does it | Complete the handwriting worksheet OR practice all of the capital letters of the alphabet as well as your 10 chosen spelling words in your neatest writing in your workbook. | Write a retelling of "The Kite Flying Contest". In your writing include: What happened at the beginning? What happened in the middle? | Describe Jessie and Troy's kites in the story "The Kite Flying Contest". Imagine you have made a kite. What colour would it be? What would you use to make the tail? Use adjectives (colour, material, size) to |
| | the planning sheet. Remember to use all the subheadings. Part 1 Title: Tasmanian Devil | live?) Movement: (How do they move?) | | What happened in the end? You may wish to use the planning sheet to plan | describe your imaginative kite. Draw a picture of it and upload your work on Google Classroom. |
| | Introduction: (General information) | Interesting facts: (What else do you know?) | | your story and then write the full story in your workbook. | Google Classroom. |
| | Appearance: (What does it look like?) | Make sure you have capital letters, finger spaces, full stops and descriptive language. | | Make sure you have capital letters, finger spaces and full stops. | |
| | Make sure you have capital letters, finger spaces, full stops and descriptive language. Check that your sentences make sense. | descriptive language. | | Check that your sentences make sense. | |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|--|--|---|--|
| Break | | | | | |
| Middle | Mathematics | Mathematics | Mathematics | Mathematics | Mathematics |
| | * Number of the day Today's number is: 17 (Refer to attached sheet) WILF –understand fractions as equal parts of a whole. Fractions – Quarters - Place a piece of A4 paper on the table. Fold it in half Fold the paper in half again in the same direction Open the paper How many parts are there? - Are they equal? If one whole is separated into four equal parts, each part is called one-quarter Colour one-half of the square green, one- quarter blue and one- quarter red. | * Number of the day Today's number is: 19 (Refer to attached sheet) WILF – identify and understand fractions of a collection. Fraction Flash Cards (refer to attached sheet) Practice memorising the fractions. Upload a photo/video of you practicing. Optional: Studyladder. | * Number of the day Today's number is: 31 (Refer to attached sheet) WILF – To use and recognise fractions and their symbols. Fraction parts + Fraction Symbols. (refer to attached sheet) Today cut your sandwiches or lunch in to quarters. | WILF - To use measure, compare, estimate, and order capacities of objects. Capacity Using 3 containers investigate the capacity of each by packing/filling them with repeated items/units and counting the number of units used. Try to estimate the capacity first. e.g. pack a pencil case with pencils. a jar with rice, a shoebox with crayon packets, a cup with marbles. What is the capacity of the containers? e.g. container 1 has a capacity of 5 units. Draw and write/ record your answers. Optional: Studyladder. | WILF - To use measure, compare, estimate, and order capacities of objects. Measuring the capacity - Remember capacity refers to the amount a container can hold. You will need - 1 cup measure device/jug marker - some large empty container/drink bottle that you can draw/write on. Accurately measure one cup of water/sand and pour it in to your empty container. On the container mark the water level with a line and label it 1 cup. Continue adding cups of water and mark the water level each time 2v cups etc. What is the total capacity of your container? |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--|--------------------|---|--|
| | Now fold a new piece of paper into eighths. To do this follow the same steps as for | | | | (Round it to the nearest cup to make it easier, unless you are confident with using ½ or ¼ cup measures too) |
| | quarters but then fold in half in the other direction Colour one half green, one eighth blue, one eighth purple. | | | | Now repeat with the next container |
| Middle | | Fitness Options | | | Options |
| | WILF - exploring how regul | ar physical activity keeps in | ndividuals healthy | Do each activity 10 times Criss-cross feet: Jump straight up, then cross one | |
| | Body Boogie Dance: https://www.youtube.com/watch?v=cZeM18fPbvl | | | foot in front of the other; on next jump, switch feet and continue. | |
| | Freeze Dance for Kids https://www.youtube.com/watch?v=2UcZWXvgMZE | | | Hurdle hops: Jump side-to-side or front-to-back over a pretend hurdle. | |
| | Zumba Kids (easy dance) https://www.youtube.com | | | One-foot hops: Lift one kn | ee and iump on the |
| | <u>or</u> | <u>,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, </u> | | standing leg; alternate. | |
| | Hopscotch: Set up a hopscotch board (a grid of numbered squares) using either chalk (outside) or masking tape (inside). There are tons of ways to play, but with all of them a player essentially throws a small object (small soft toy) onto one of the squares. They then try to hop, skip, or jump their way through the course without landing in that square. | | | Star Jumps: Stretch arms of like a starfish while jumpin return arms to sides and le landing. | g; on the second jump, egs to center on the |
| | | | | Tuck jumps: Bend knees of jumping. | and lift heels high while |
| BREAK | RECESS | RECESS | RECESS | RECESS | RECESS |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| Afternoon Science and Technology WILF - exploring how forces and energy are used in everyday life Strong and Weak Forces: When you looked at forces last week, did you notice that some things (e.g. wall) don't move when you push or pull it? This is because the force is too weak! There are both strong and weak forces. Today, we are going to explore what happens when you change the strength of force on an object. *For this experiment, you will need a rubber band and a rolled-up piece of paper. 1. Predict what will happen when you use more/less force on a paper ball 2. Use the rubber band as a sling shot by looping it around your fingers | Personal Development WILF - practicing and demonstrating movement skills and sequences using different body parts Activity 1: Walking Lunges Step forward with one leg and lower yourself so that your front knee is at a 90-degree angle. Make sure your back leg is stretched out long. Then, stand up straight and switch to the other leg. Activity 2: Side Hops Place two stuffed toys or some sort of marker parallel to each other. Place your feet together and jump from one toy to the other OR hop on one foot and switch back and forth. Activity 3: Hurdle Hops Using your stuffed toy/marker, pretend it is a hurdle. Jump side-to-side or front-to-back over your hurdle. | Creative Arts WILF - Making of simple pictures and other kinds of artworks about things and experiences Draw a picture of a Tasmanian devil. Watch the instructions on the following video: https://youtu.be/yGBLQ g1-s7l Or follow the instructions on the creative arts page. Once you have drawn your Tasmanian devil, what material can you use to add colour and texture to your drawing? Can you add a background and/or write a sentence about Tasmanian devils? | Geography WILF – Describe and explore the features of Australia Finding places: Did you know the best way to find a place is to have an address? This is because each place usually has its own unique address that tells people which state, suburb, street and number the place is located in. Therefore, when you are finding a place, the more information you have, the better. Refer to the geography sheet: Look up some different addresses (and maybe your own!) and put the information you find under the correct subheading. Using your information, pretend you are writing a letter to someone | Catch Up Have you finished all the activities for this week? If you are able to you can play a game from ABC Kids https://www.abc.net.au/abckids/games/ |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|-----------|--|--------|
| 3. Put the piece of paper in the slight shot 4. Observe: Pull your rubber band back weakly (1cm) and let go. What happens to the paper ball? How far does it fly? 5. Record your results 5. Try again but this time, pull your rubber band back further (another cm, etc.) 7. Evaluate your prediction Please ensure that you do this somewhere safe. NEVER aim at other people. | Activity 4: Criss-cross Feet Jump straight up and cross one foot in front of the other while in the air. Land with your legs crossed. On the next jump, switch feet and continue. | | use the letter template and write down the address needed for the postman deliver to the right place! Don't forget the name of the person you are giving the letter to! | |

Monday Spelling

| pram | would | present | hung |
|-------|----------|----------|----------|
| press | could | print | rung |
| pray | should | proud | lungs |
| stall | parked | small | world |
| hall | don't | football | together |
| call | can't | calling | team |
| | together | | magic |

Monday Word Work example



Tasmanian Devil

The Wild Tasmanian devil can only be found in the wild in Tasmania, Australia. The Tasmanian devil is a marsupial.

Female marsupial animals have pouches in which they carry their young. The pouch helps the Tasmanian devil mother to feed and protect newly born babies. There are four teats in the pouch, so she can look after four little devils at one time.

Tasmanian devils are mostly black, but usually have white marking on their bottom or the chest. Tasmanian devils are carnivores which means they only eat meat. They are also known to be scavengers. They eat lizards, frogs, insects and any animal meat they can find.

things that are moving, but if things are still they probably won't see eat. Their eyesight is better when it's dark. They are good at spotting so that it has something to draw on when there isn't a lot of food to The Tasmanian devil stores fat in its tail it as clearly. Adult male devils are usually bigger than females. They are about 30 centimetres tall and weigh up to 14kg.

Did You Know...?

Devils can eat up to 40% of their body weight in a day.





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Monday – Writing

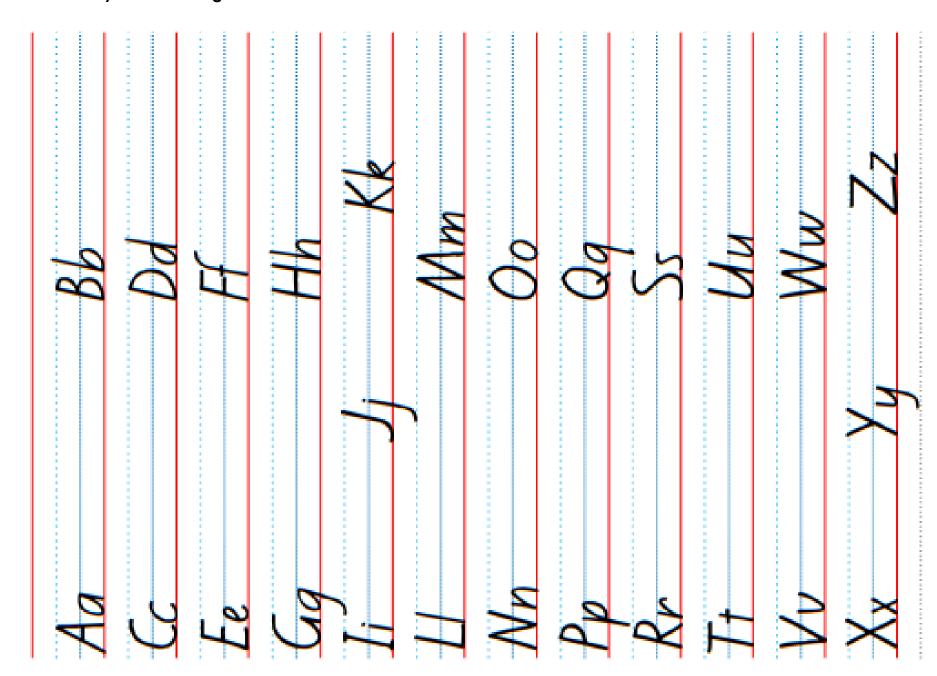
| Monday Introduction | Tuesday Habitat (Where does it live?) |
|--------------------------------------|---------------------------------------|
| | |
| | |
| | |
| | |
| Appearance (What does it look like?) | Movement (How do they move?) |
| | |
| | |
| | |
| | |
| Diet (What does it eat?) | Interesting Facts |
| bier (what does it ear:) | interesting racis |
| | |
| | |
| | |
| | |
| | |

Number of the Day

| Monday | Tuesday | Wednesday |
|---|---|---|
| Number of the day is 17 - How many tens and ones? tens and ones. - Write the number in words | Number of the day is 19 - How many tens and ones? tens and ones Write the number in words | Number of the day is 31 - How many tens and ones? tens and ones. - Write the number in words |
| - Is it odd or even? What is 10 more? What is 10 less? Write some addition, subtraction, multiplication, or division questions with the answer of 17. | - Is it odd or even? What is 10 more? What is 10 less? Write some addition, subtraction, multiplication, or division questions with the answer of 19. | - Is it odd or even? What is 10 more? What is 10 less? Write some addition, subtraction, multiplication, or division questions with the answer of 31. |

Monday – Science and Technology

| Prediction: | |
|--|---|
| What will happen when I use a strong force on the paper ball? | |
| | |
| | |
| | |
| What will happen when I use a weak force on the paper ball? | |
| What will happen when I use a weak force on the paper ball. | |
| | |
| | |
| | |
| Observation: | T |
| Force Used | Distance Travelled (Remember to use the same measurement – e.g. |
| | hand/cm/etc) |
| | |
| Force 1 (Weak) – Pulled rubber band back 1 cm | |
| | |
| | |
| Force 2 – Pulled rubber band back cm | |
| | |
| | |
| Force 3 – Pulled rubber band back cm | |
| | |
| | |
| Force 4 (Strong) – Pulled rubber band back cm | |
| | |
| What did you see? | |
| Wildi did you see. | |
| | |
| What did you think? | |
| What did you mink: | |
| | |
| | |
| | |
| Evaluation: | |
| | |
| Did your prediction come true? (Remember to use full sentences!) | |
| | |
| | |



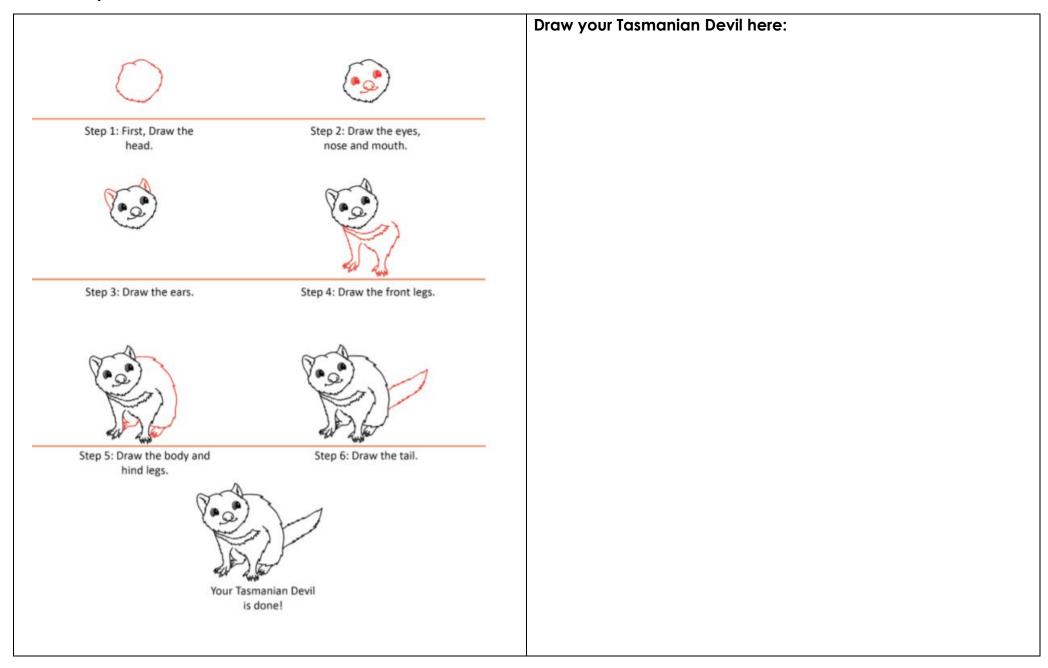
| put | Saw | you | went our me |
|------------------------|---------------------|-----------------------|--------------------|
| was said because | like my there | their what your | here one for |

Wednesday – Fractions (Part 1) – How many parts does the whole have?

| 2 | |
|---|--|
| | |

^{**} Please see the back page of the Learning from Home pack for Part 2 of Wednesday's Maths activities. **

Wednesday Creative Arts



Thursday – Writing

| Beginning | |
|-----------|--|
| | |
| | |
| | |
| | |
| Middle | |
| | |
| | |
| | |
| | |
| End End | |
| EIIG | |
| | |
| | |
| | |
| | |
| | |

Thursday – Geography

| Unit/Street Number | Street Name | Street Type | Suburb | State | Postcode |
|--------------------|-------------|-------------|-----------|-------|----------|
| Address Example | | | | | |
| 87 | Turner | Street | Blacktown | NSW | 2148 |
| Address 1: | | | | | |
| | | | | | |
| | | | | | |
| Address 2: | | | | | |
| | | | | | |
| | | | | | |
| Address 3: | | | | | |
| | | | | | |
| | | | | | |
| Address 4: | | | | | |
| | | | | | |
| | | | | | |

| (Name) | \$1 AUSTRALIA |
|--------------------------------|------------------|
| (House number and street name) | |
| (Suburb or town) | (State) |
| | |

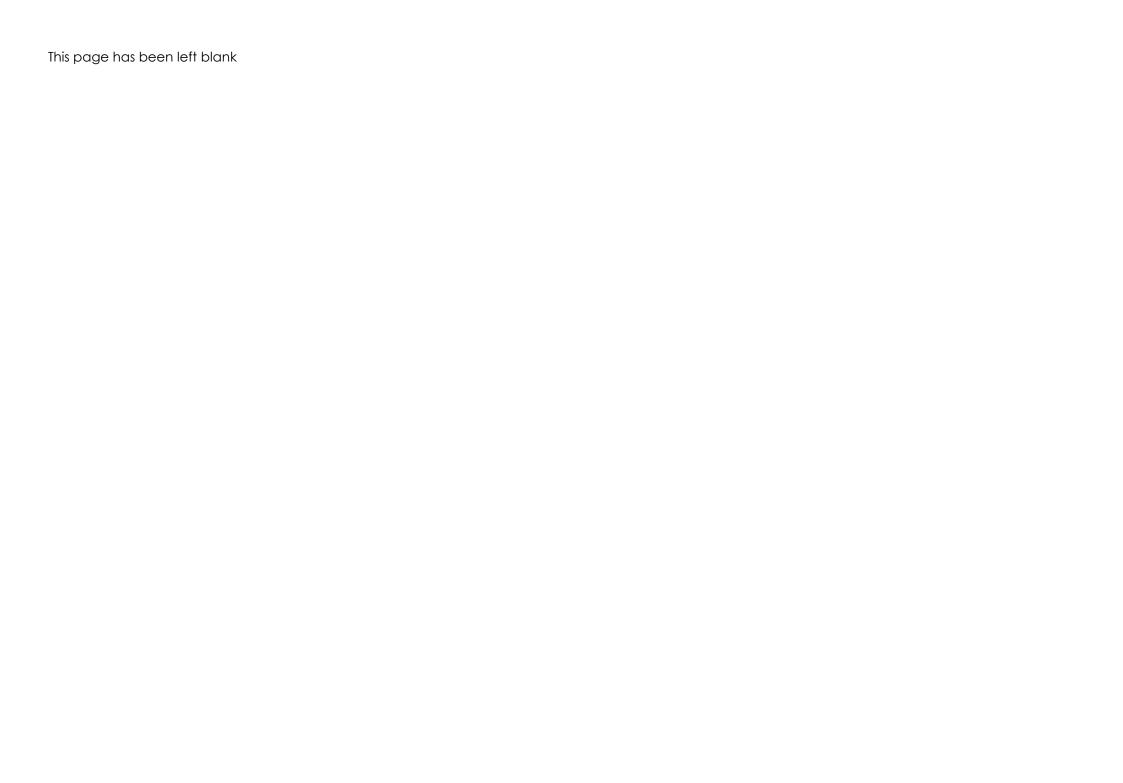
Here's the front of an envelope.

Pretend you have written a letter and need it sent via post. What should you write on it to make sure the postman delivers it to the right place and person?

Use the prompts in the picture to help you fill out the envelope.

| used as flash cards. |
|--|
| Use some coins or counting objects. Put coins on one-half of the circles and draw a line to show/separate the circles. Take away the coins and colour in the circles you covered. (Leave the other half blank) |
| |
| Put your counting objects on one-quarter of the circles and draw a line to show/separate the circles. Take away the coins and colour in the circles you covered. (Leave the other circles blank) |
| |
| 3. Put your counting objects on one-half of the circles and draw a line to show/separate the circles. Take away the coins and colour in the circles you covered. (Leave the other half blank) |
| |
| 4. Put your counting objects on one-quarter of the circles and draw a line to show/separate the circles. Take away the coins and colour in the circles you covered. (Leave the other circles blank) |
| |
| 5. Challenge: Put your counting objects on one-eighth of the circles and draw a line to show/separate the circles. Take away the coins and colour in the circles you covered. (Leave the other circles blank) |
| |

Tuesday - Fractions Flash cards - Follow the instructions and then cut along the dotted lines. Try and keep the strips the same length as they can be



Wednesday – Fractions (Part 2) cont.

