



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.

<div>  <div> <b>Lynwood Park Public School</b>  <b>Learning from Home Whole School Timetable</b>  <b>Kindy Term 4 Week 2</b> </div>  </div>					
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	Creative Arts	Wellbeing Wednesday Personal Development	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 4 Week 2 – Learning From Home

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Reading</b>	<b>Reading</b> <b>WILF</b> - listening actively to a range of texts read by others. Get someone at home to read you a story OR watch the story "Who Sank the Boat" by Pamela Allen on Google Classroom that one of the teachers has read for you.	<b>Reading</b> <b>WILF</b> - 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.	<b>Reading</b> <b>WILF</b> - 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.	<b>Reading</b> <b>WILF</b> - 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.	<b>Reading</b> <b>WILF</b> - 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.
<b>Morning</b>	<b>Word Work</b> Refer to the attached Spelling Word Choice Board.  The activities can be completed in your workbook. If you are using hands on learning please take and upload some photos.	<b>Word Work</b> <b>WILF</b> - uses some phonic and contextual knowledge to decode simple texts * Look at and talk about the front cover of "A grub and a bun." *Practice the letter sounds and words on the "Practice page."	<b>Word Work</b> <b>WILF</b> - uses some phonic and contextual knowledge to decode simple texts *Read the book "A grub and a bun."	<b>Word Work</b> <b>WILF</b> - uses some phonic and contextual knowledge to decode simple texts *Re-read "A grub and a bun." *Read the fluency chart twice. See if you are faster the second time.	<b>Word Work</b> Refer to the attached Spelling Word Choice Board.  The activities can be completed in your workbook. If you are using hands on learning please take and upload some photos.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b>	<b>Writing</b> This term our Monday and Wednesday writing is going to be based on our fortnightly Literacy text. For weeks 2 and 3 it is "Who Sank the Boat?"  Refer to the attached worksheet.	<b>Writing</b> <b>WILF - correctly forming most lower-case letters</b> Handwriting – Complete the handwriting sheet for today	<b>Writing</b> This term our Monday and Wednesday writing is going to be based on our fortnightly Literacy text. For weeks 2 and 3 it is "Who Sank the Boat?"  Refer to the attached worksheet.	<b>Writing</b> <b>WILF - correctly forming most lower-case letters</b> Handwriting – Complete the handwriting sheet for today	<b>Writing</b> Refer to "A grub and a bun" writing page.
<b>Break</b>					
<b>Middle</b>  <b>WILF-</b> Read and use the ordinal names to at least 'tenth'  <b>WILF-</b> Organise objects into simple data displays	<b>Mathematics</b> Complete Number of the day activity for the number 12  Practice counting forwards and backwards starting at different numbers.  Choose a number card. What 5 numbers come before and after that number? Write your answers down.	<b>Mathematics</b> Practice writing your counting by 2 numbers (2,4,6,8...) <b>Ordinal numbers are used to describe place or position, like first or second.</b> Optional: YouTube videos Ordinal numbers 1-10 <a href="https://www.youtube.com/watch?v=BdVlwetlzQM">https://www.youtube.com/watch?v=BdVlwetlzQM</a> Jack Hartman ordinal numbers through	<b>Mathematics</b> Practice saying your counting by 2 numbers. How far did you go?  Complete number of the day activity for the number 15  Ask someone to hide your number cards. When you find them, lay them out in the order in which you found them.  What was the 1 <sup>st</sup>	<b>Mathematics</b> Go outside and hop on one foot. How many times did you hop? Swap legs. How many times did you hop on that leg?  Optional: Singing walrus Months of the Year song. <a href="https://www.youtube.com/watch?v=Fe9bnYRzFvK">https://www.youtube.com/watch?v=Fe9bnYRzFvK</a> When we create graphs, we need to	<b>Mathematics</b> Match your number cards with your word number cards. Practice writing your counting by 5 numbers (5,10,15,20...)  Using the information, you gathered on your coloured pencils yesterday, complete the graph worksheet.

	Monday	Tuesday	Wednesday	Thursday	Friday
and interpret the displays.	Match 10 of your number cards with objects you have around your house. Example 5= 5 pencils.	<p>movement</p> <p><a href="https://www.youtube.com/watch?v=3afEr61KNDk">https://www.youtube.com/watch?v=3afEr61KNDk</a></p> <p>Place 10 objects in a line.</p> <p>Which objects was 1<sup>st</sup>?</p> <p>Which object was 8<sup>th</sup>?</p> <p>Which object was 5<sup>th</sup>?</p> <p>Which object was 10<sup>th</sup>?</p> <p>Complete Ordinal number worksheet</p> <p>Optional: StudyLadder</p>	<p>number you found?</p> <p>What was the 3<sup>rd</sup> number you found?</p> <p>What was the 10<sup>th</sup> number you found?</p> <p>What was the 5<sup>th</sup> number you found?</p> <p>Get 10 coloured pencils or textas. Lay them out in a line.</p> <p>Pick up the 2<sup>nd</sup>, 4<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> pencil/texta and draw a picture using only those 4 colours.</p>	<p>collect data.</p> <p>Put all your coloured pencils in groups of colours.</p> <p>Using tally marks and numbers, write down how many of each colour you have?</p> <p>Blue</p> <p>Green</p> <p>Yellow</p> <p>Pink</p> <p>Red</p> <p>You will need this for tomorrow.</p> <p>Optional: Studyladder. Look for any graph activities.</p>	<p>Which colour did you have the most of?</p> <p>Which colour did you have the least of?</p> <p>Did you have any colours that were the same?</p>
Middle	<p><b>Fitness Options</b></p> <p>WILF - exploring how regular physical activity keeps individuals healthy</p> <p><b>Fundamental Movement Skills – Dynamic Balance</b></p> <p><a href="https://www.youtube.com/watch?v=OeU77fGZ0">https://www.youtube.com/watch?v=OeU77fGZ0</a></p> <p><b>Fitness Lesson:</b></p> <p><a href="https://www.youtube.com/watch?v=tDL_WDob3tU">https://www.youtube.com/watch?v=tDL_WDob3tU</a></p> <p><b>Yoga Lesson 6:</b></p>			<p><b>Fitness Options</b></p> <p>5 Minute Work Out – see attached sheet</p> <p>Simon Says Activity – see attached sheet</p>	

	Monday	Tuesday	Wednesday	Thursday	Friday
	<a href="https://www.youtube.com/watch?v=wZBJgufrGcg">https://www.youtube.com/watch?v=wZBJgufrGcg</a>				
<b>BREAK</b>	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>Afternoon</b>	<p><b>Science</b> <b>'Weather in Our World'</b> <b>Wondering about the Weather</b></p> <p>Go for a walk outside and find a nice place to sit. Close your eyes and think about how your skin feels in the open air. Does your skin feel hot, cold, sticky? Pretend you have a telescope or a pair of binoculars on and spend some time looking very carefully around you. Look at the sky, clouds and other things that may be moving in the wind. What did you see and notice?</p>	<p><b>Creative Arts</b> <b>WILF – Making of simple pictures and other kinds of artworks about things and experiences</b></p> <p>We will be creating an artwork about our Literacy Text 'Who Sank the Boat'</p> <p>Using the template colour or paint some or all of the images on the sheet.</p> <p>Using another sheet of paper create a background for your artwork, remembering where the story takes place (lake/river).</p> <p>Cut out the images you coloured and glue them onto your background.</p> <p>Take a photo of your marvelous creation and upload it to Google Classroom or email it to the school.</p>	<p><b>Wellness Wednesday</b> <b>Personal Development</b></p> <p>There is a non-screen activities grid attached. Choose some activities to complete.</p> <p>There is a mind mat sheet and a colouring sheet for you to choose from to complete. You can choose to do one or both of the sheets.</p>	<p><b>History</b> For History in Term 4 we will be learning about <b>Celebrations Past and Present.</b> This week we will be looking at Diwali-Festival of Lights.</p> <p>Watch the following story Shubh Diwali <a href="https://www.youtube.com/watch?v=3TtfOHdOlaE">https://www.youtube.com/watch?v=3TtfOHdOlaE</a></p> <p>We will be making our own paper lanterns/lights to decorate our home/classroom. Follow the directions on the attached sheet.</p>	<p><b>Catch Up</b> Have you finished all the activities for this week? If you are able to, you can play a game from ABC Kids <a href="https://www.abc.net.au/abckids/games/">https://www.abc.net.au/abckids/games/</a></p>

	Monday	Tuesday	Wednesday	Thursday	Friday
	Draw a picture showing what you know about weather based on what you saw and felt while being outside. Label your picture. Example: blue sky, grey clouds, sunny day.				

Monday and Friday – Word Work

Word Work Activities – Term 4 Weeks 2

Monday Must Do Activity:

Say, write and spell each word

Friday Must Do Activity:

Write 2 sentences using some of the spelling words.

Spelling Words  
'ad' and 'ar'

car

far

jar

are

star

bad

dad

had

mad

sad

Student Choice (1 Activity to be completed each lesson)

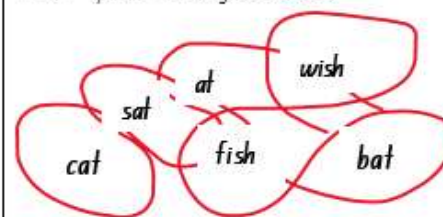
Rainbow Writing

Write each letter of your word in a different colour.



Spelling Scribble

Make a flowing scribble full of spaces. Write your words in each space. Try to fill all spaces with your words.



Playdough

Using playdough make each of your words

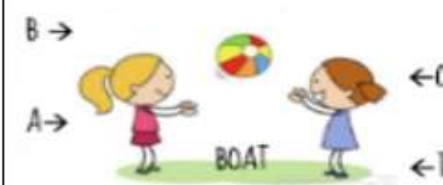


Chalk



Passing Practise

Ask someone to pass a ball with you. Take turns at saying the next letter of the word as you pass the ball.



Lego/ Blocks

Using some Lego or blocks make your words.



**Monday – Writing**

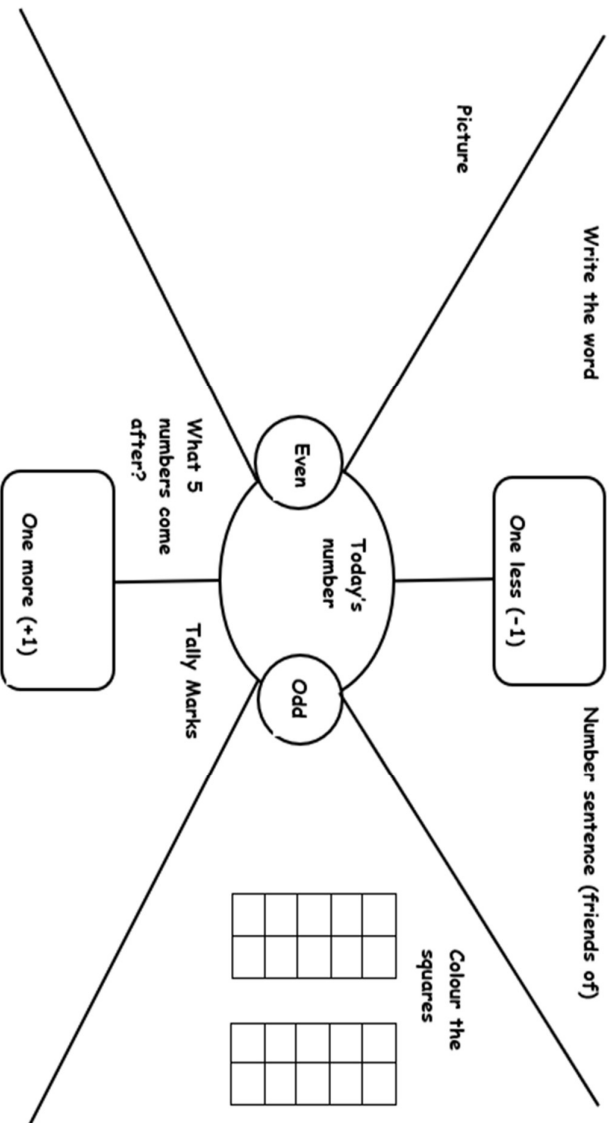
Draw a picture to represent each of the characters from the story “Who Sank the Boat?”

<div>cow</div>	<div>donkey</div>	<div>pig</div>
<div>Sheep</div>	<div>mouse</div>	<div>boat</div>



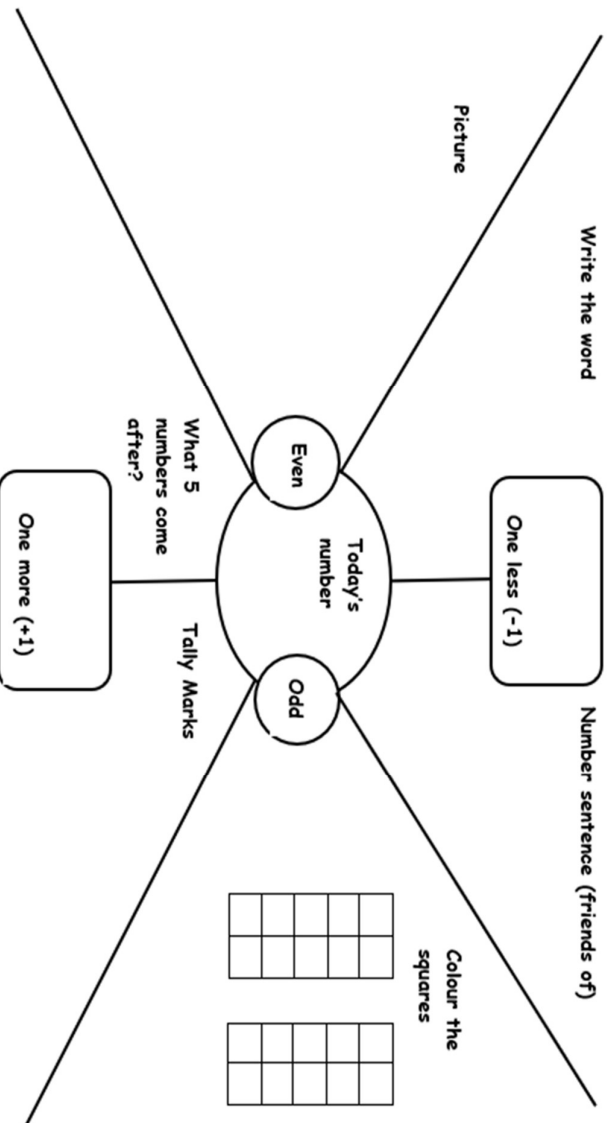
# Number of the day!

In each section, show different ways to make our number of the day.



# Number of the day!

In each section, show different ways to make our number of the day.



Monday and Wednesday - Number of the day

## Fitness Activity Sheet – 5 Minute Workout

### Joe Wicks: 5-Minute Move Workout 1

#### Marching on the Spot

1. Stand with your feet hip-width apart.
2. Lift one foot and then the other.
3. Stay on the same spot.
4. Lift your knees up high, keeping your back straight.
5. Pump your arms as well.



### Joe Wicks: 5-Minute Move Workout 1

#### Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.



### Joe Wicks: 5-Minute Move Workout 1

#### Low Sprint Shuffle

1. Crouch your body down.
2. Run quickly on the spot.
3. Pump your arms.
4. Turn to the middle and the side.
5. Make sure you have fast feet.



### Joe Wicks: 5-Minute Move Workout 1

#### Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.



### Joe Wicks: 5-Minute Move Workout 1

#### Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.



# Simon Says

FITNESS  
DISGUISED  
AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities.  
You decide when or if you say "Simon Says"!

Shake your whole body.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms.

Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strangest dance you can think of.

Scream.



Tuesday - Handwriting

Aa Rr Aa Rr Aa Rr Aa Rr











ar ar ar ar ar ar ar

car star far are

Now it is your turn to have a go on your own

## Dinosaur Ordinal Numbers

Can you cut out and stick the ordinal numbers in the boxes below to show the order of the dinosaurs?



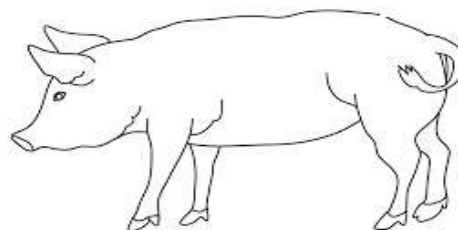
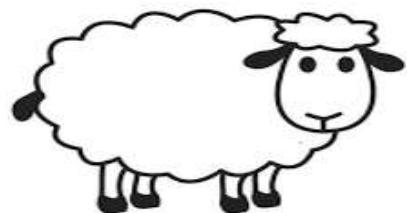
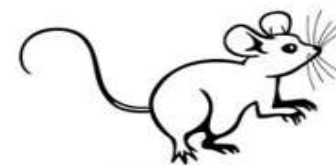
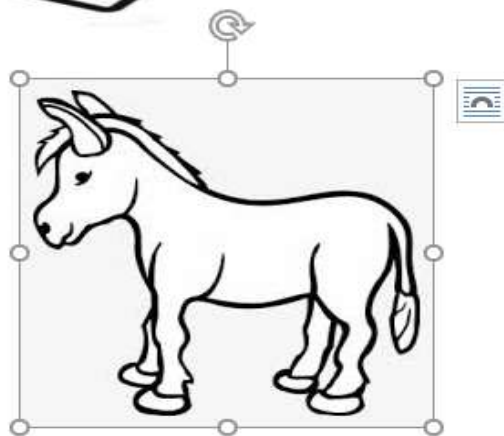
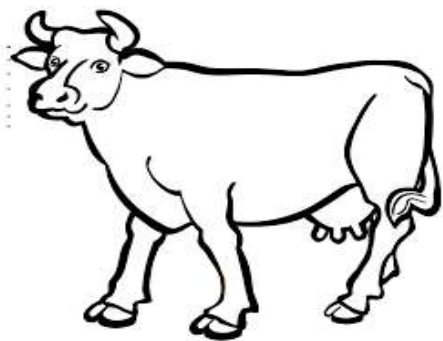
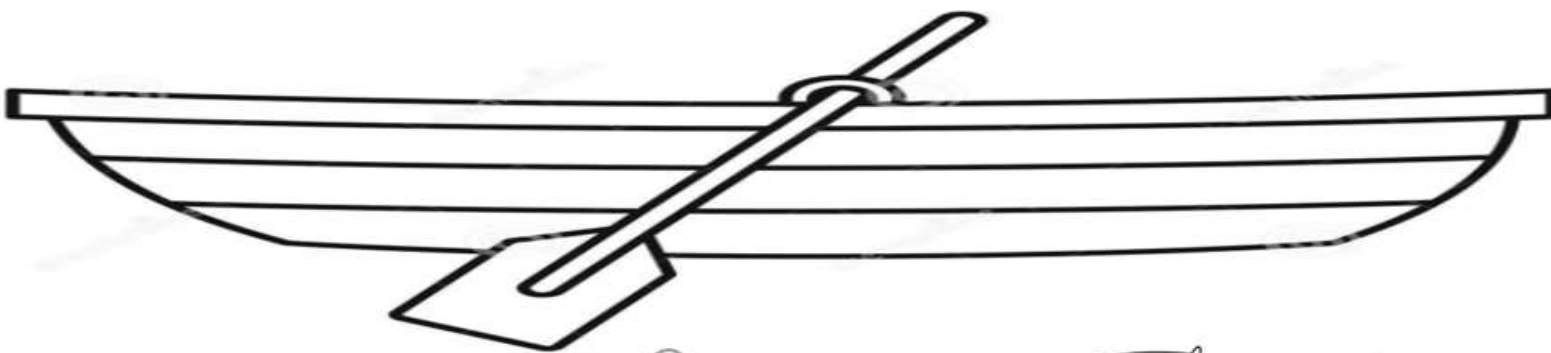
visit [twinkl.com](https://www.twinkl.com)



5th	8th	1st	4th	7th	6th	2nd	10th	3rd	9th
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Tuesday – Creative Arts



### Wednesday - Writing

Write a sentence about your favourite character from "Who Sank the Boat?"

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WILF (What am I  
Looking For) -

Think of a sentence

Use a capital letter

Use full stops

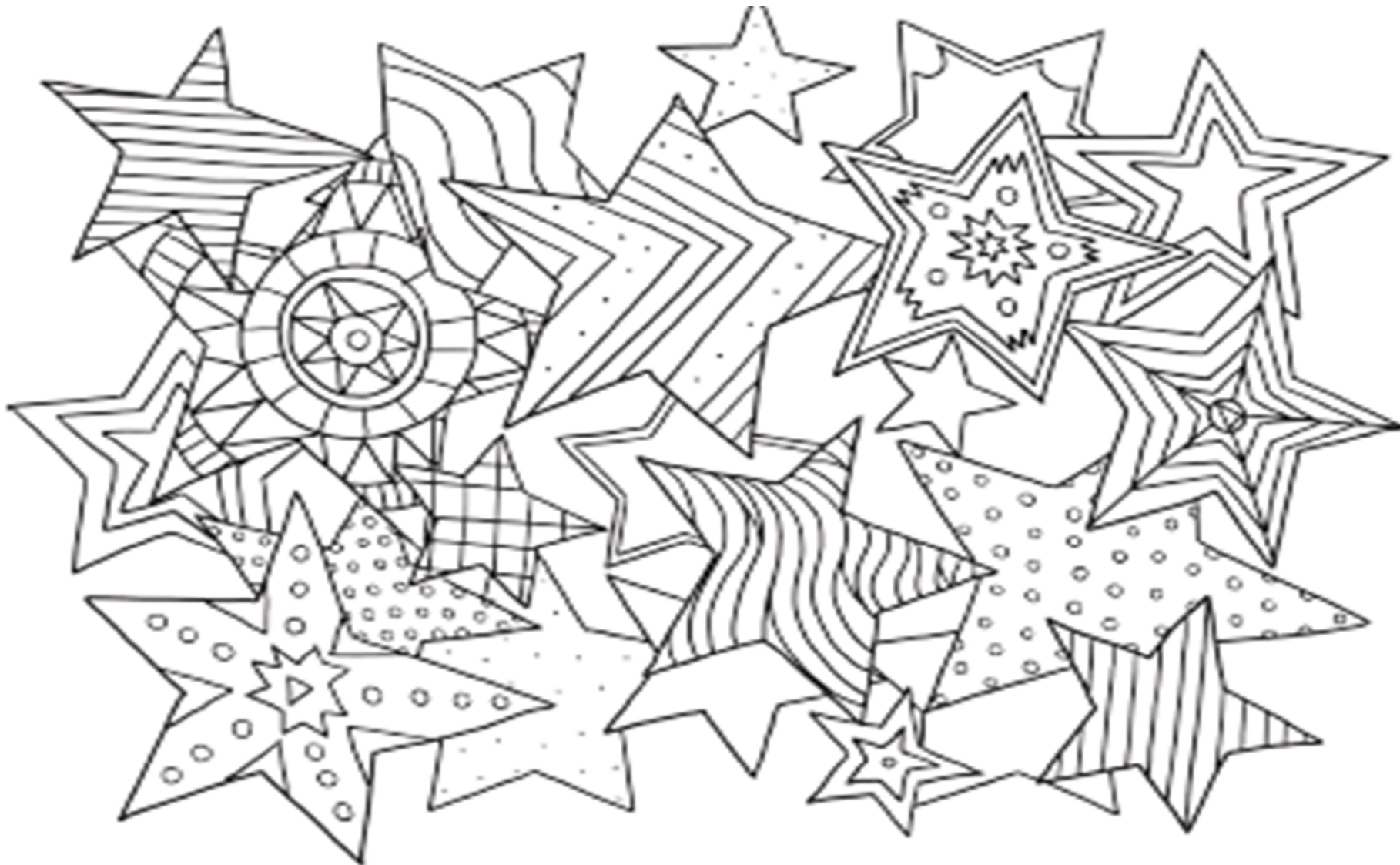
Write the first sound

Stretch the words

Read your sentence

Illustrate your writing

Wellness Wednesday –





# Screen-Free Mindfulness Challenge Cards



Lie on the floor, in a position that is comfortable for you. Close your eyes and imagine you are lying on a beach on a warm day. As you breathe in, imagine the waves gently lapping your feet. As you breathe out, picture the waves retreating back to the sea. Do this for five minutes.



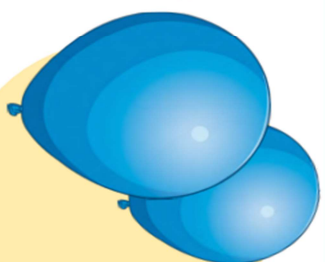
## Musical Drawing

Play some calming classical music. As you listen to it, draw the pictures that come into your mind on some paper.



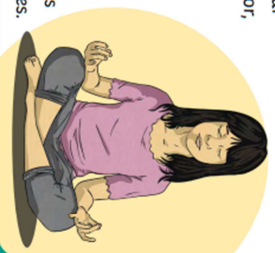
## Balloon Bubble

Blow up a balloon and tie a knot in the end. Spend some time battling the balloon gently into the air. Imagine it is a bubble that you mustn't pop. Focus on the movement it makes as it travels through the air.



## Breathe

Take some time to concentrate on your breathing. Sit cross-legged on the floor, or on a chair with your feet on the ground. Close your eyes. Take a deep breath in through your nose (for a count of six) and imagine that you are smelling a lovely scented flower. As you breathe out through your mouth, try to make the breath last as long as you can. Repeat this five times.



## Sounds or Silence?

Sit cross-legged on the floor and close your eyes. Focus on the sounds you can hear around you. Allow yourself to acknowledge the sounds you can hear. You could try this activity both inside and outside. What different sounds did you hear?



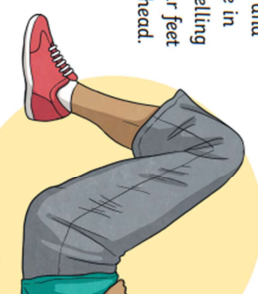
## Cloud Clues

Go outside and lie on your back, looking up at the sky. Watch the clouds carefully. What shapes can you see? How are they moving?



## Spreading the Warmth

Lie on the floor (on your back) and close your eyes. As you breathe in and out, imagine warmth travelling up your body slowly, from your feet all the way to the top of your head.



Thursday – Handwriting

Aa Dd Aa Dd Aa Dd Aa Dd

ad ad ad ad ad ad ad ad

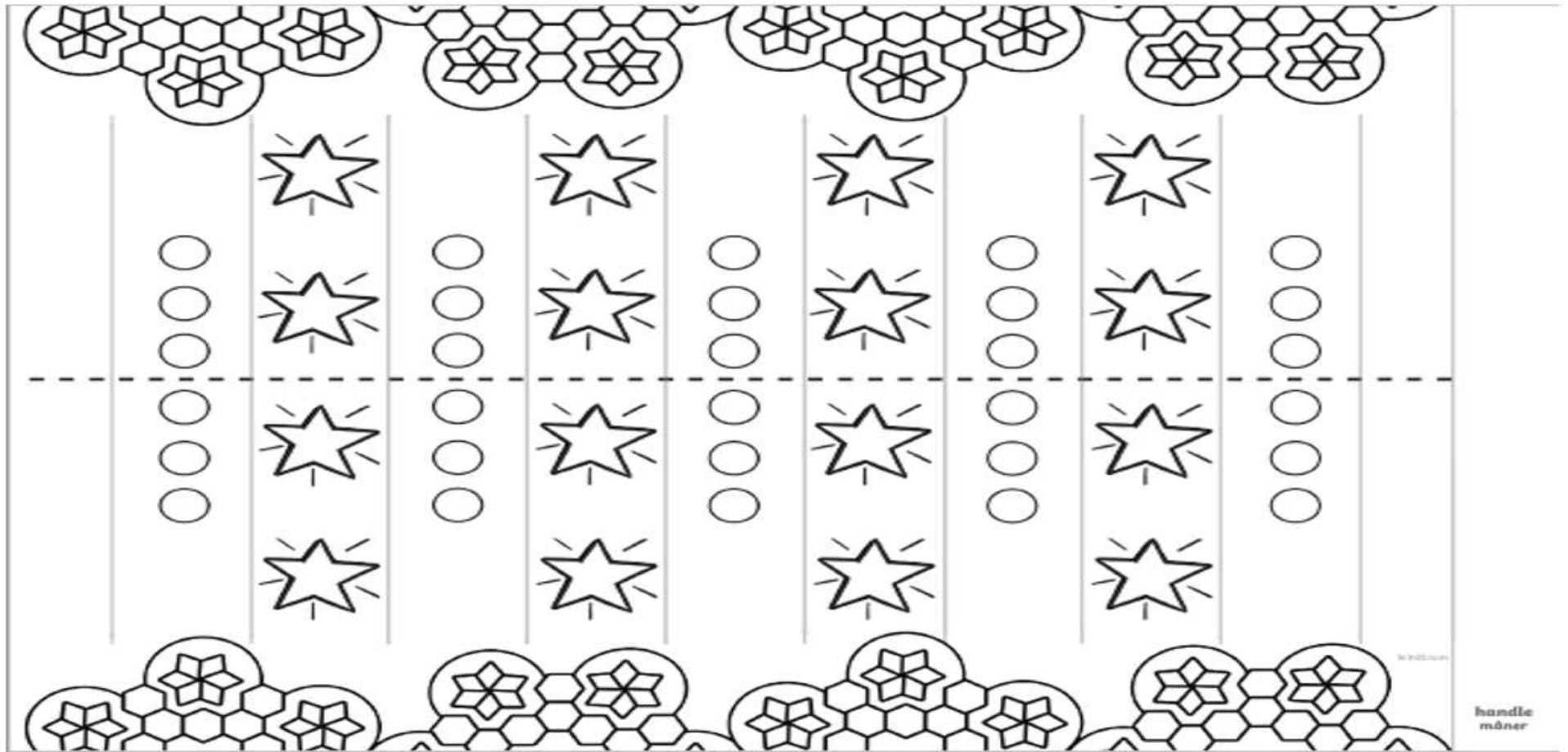
bad dad had mad pad sad

Now it is your turn to have a go on your own

Handwriting practice lines for independent practice.

## How to Make a Paper Lantern

1. Cut off one end of the paper. Set aside to use as the handle.
2. Decorate the sheet using coloured pens, paint or glitter.
3. Fold your paper in half lengthwise along the dashed line.
4. Cut the marked lines along the sheet. (Do not cut to the edge of the paper.)
5. Unfold the paper.
6. Match the long edges together on the lantern and use tape to hold it in place.
7. Staple the handle to the top of the lantern.



### Friday Writing

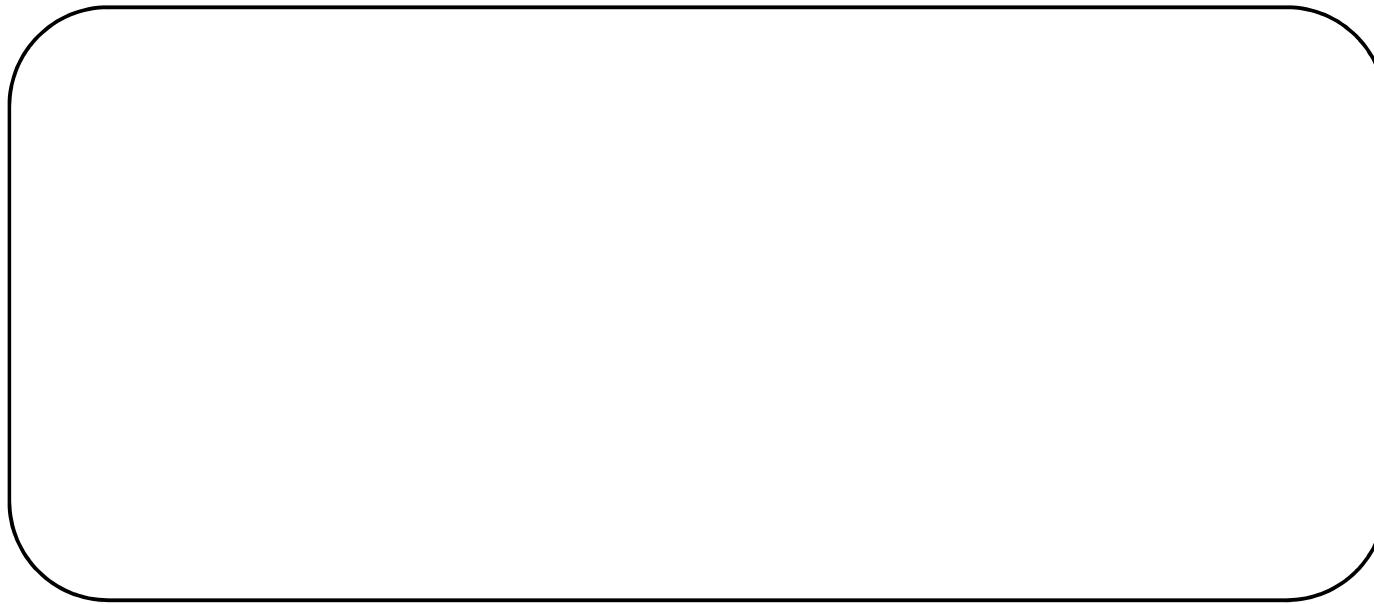
Write a sentence about how Jim was feeling after eating the bun.

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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

## Friday Mathematics

This worksheet is designed for practicing the addition of two 10-digit numbers. It consists of five rows, each representing a separate problem. Each row contains a large empty box on the left for the sum, followed by ten small empty boxes for the digits of the two numbers being added. Each row is preceded by a small square box for the problem number.