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 4 Week 2



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	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.

Stage 1 Term 4 Week 2 – 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 "Bedtime is Cancelled" 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. *Complete the attached worksheet OR practice typing your chosen spelling words onto your computer or iPad.	Word Work WILF - reading words with taught vowel digraphs and applies when reading decodable texts * Look at and talk about the front cover of "Sant and the Mystery Sound" *Read the blending sounds and high frequency words on the "Practice page." *Read the vocabulary section of the 1st page of "Sant and the Mystery Sound"	Word Work WILF - reading words with taught vowel digraphs and applies when reading decodable texts *Read "Sant and the Mystery Sound" 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 "Sant and the Mystery Sound" *Read the fluency chart twice. See if you are faster the second time.	Word Work *Time for spelling test! Ask someone to test you on your words from Monday. *Make a find-a-word using the attached sheet or straight into your workbook or with this website link https://www.education.com/worksheet-generator/reading/word-search/?gclid=EAlalQobChMluu ggLvY8glVDCUrCh2KpQVpEAAYASAAE	

	Monday	Tuesday	Wednesday	Thursday	Friday
English	Writing	Writing	Writing	Writing	Writing
	WILF - writes for a range of purposes This term our Monday and Tuesday writing is going to be based on our fortnightly Literacy text. For weeks 2 and 3 it is "Bedtime is Cancelled" Refer to the attached worksheet.	WILF - writes for a range of purposes This term our Monday and Tuesday writing is going to be based on our fortnightly Literacy text. For weeks 1 and 2 it is "Bedtime is Cancelled" Refer to the attached worksheet.	WILF - correctly forms all letters Complete the handwriting worksheet OR practice all the capital letters of the alphabet as well as your 10 chosen spelling words in your neatest writing in your workbook.	WILF - writes for a range of purposes Answer these comprehension questions in full sentences either in your work book or on the attached worksheet.	WILF - writes for a range of purposes Choose one of the illustrations from "Sant and the Mystery Sound." Write 3 sentences about the illustration. Remember to: Write in full sentences. Include capital letters, full stops and other punctuation where needed. Stretch out the sounds in words to write them correctly. Add WOW words (adjectives) Re-read and edit your sentences.
Break					

	Monday	Tuesday	Wednesday	Thursday	Friday	
Middle	Mathematics	Mathematics	Mathematics	Mathematics	Mathematics	
	* Number of the day Today's number is: 368 (Refer to attached sheet) WILF – recognise that three-digit numbers are made up of groups of hundreds, tens and ones. Complete the 'Number Revision + Estimation' worksheet (Refer to attached sheet)	* Number of the day Today's number is: 489 (Refer to attached sheet) WILF – read and use ordinal numbers to at least tenth. Complete the 'Ordinal Numbers' worksheet (Refer to attached sheet) Optional: Studyladder. Complete some activities set out by your teacher.	* Number of the day Today's number is: 774 (Refer to attached sheet) WILF – read and use ordinal numbers to thirty first (31st). Complete the 'Using Ordinal Numbers' worksheet (Refer to attached sheet)	WILF – Gather and track data using tally marks and skip counting. Complete the 'clothing tally' worksheet (Refer to attached sheet) Optional: Studyladder. Complete some activities set out by your teacher.	WILF – Gather and track data using graphs. Complete the 'Graph' worksheet (Refer to attached sheet)	
Middle		Fitness Options		Fitness Options		
	WILF - exploring how regu	ılar physical activity keeps i	ndividuals healthy	5 Minute Work Out – see attached sheet		
	Fundamental Movement Skills – Dynamic Balance https://www.youtube.com/watch?v=OeU77fFqGZ0 Fitness Lesson: https://www.youtube.com/watch?v=tDL WDob3tU Yoga Lesson 6: https://www.youtube.com/watch?v=wZBJgufrGcg			Simon Says Activity – see	attached sheet	

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK	RECESS	RECESS	RECESS	RECESS	RECESS
Afternoon	Science and Technology WILF – Recognises and observes the changes in our skies and lands Patterns of the Sun: Did you know that the sun rises in the east and sets in the west? As the sun moves across the sky, it follows the same pattern every day. Sunrise: Happens in the morning. The sun starts off low on the horizon before slowly moving higher. Solar Noon: This happens in the middle of the day when the sun reaches its highest point. At this time, it would be right above you! Sunset: Happens at the end of the day and the sun slowly becomes lower. Night: The sun has gone to the other side of the Earth and we can't see it in the sky anymore!	Creative Arts WILF – Uses their own experience and their imagination to create artworks This week, we are looking at the book "Bedtime is Cancelled". Imagine you are the illustrator trying to create a cover for the book. What would you put on it? Where would the title, author and illustrator names go? What would the cover picture contain? Create your own book cover for Bedtime is Cancelled. Draw your design onto the attachment below.	Personal Development Wellbeing Wednesday Today there are 2 different things to do. 1. There is a non-screen activities grid attached. Choose some of the activities to complete – it can be any of them! 2. There is a colouring sheet for you to do :D You can choose 1 to do or you can complete both!	WILF – Identifies and describes people, places and things over time Artefacts and the Past: History is about looking into our past and asking questions about the people, places and events that took place. There are many items, places and people around us that can tell us about our past. We study artefacts, which are objects made in the past, to learn more about that period of time. Refer to the attachments to see if you can learn more about the past using artefacts. See if you can find the things that have replaced it in the present in your house.	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
Refer to the Science Worksheet. See if you can think of the different activities done during Day and Night. Optional: Watch the video on the time lapse of sunrise to sunset: https://youtu.be/xs9hfF3UPQY			Optional: Watch the video to see more artefacts of the past compared to now https://www.youtube.co m/watch?v=RKTYSnllw VY	

Spelling word list

test	low	still	maybe
vest	show	well	Tuesday
west	bow	doll	Wednesday
grass	clay	growing	fridge
pass	player	slow	bridge
mass	crayon	tomorrow	badge
	today		

Number of the Day – Three Digit Numbers

Monday		Tuesday			Wednesday		
Number of the day is 36	8 Numb	Number of the day is 489			Number of the day is 774		
Hundreds Tens ()nes Hundreds	s Tens	Ones	Hundreds	Tens	Ones	
Write the number in words	Write the r	Write the number in words			Write the number in words		
Round it to the nearest 10	Round it to	Round it to the nearest 10			Round it to the nearest 10		
What is 100 more?	What is 10	What is 100 more?			What is 100 more?		
What is 100 less?	What is 10	00 less?		What is 100 less?			
What is 10 more?	What is 10	What is 10 more?			What is 10 more?		
What is 10 less?	What is 10) less?		What is 10 le	\$22·		
subtraction, multiplication,	on questions with the answer division questions with the answer			subtraction, multiplication, or subtraction, multiplication, or division questions with the answer			

Weekly Fitness

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 erms.
- 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 rupe!
- Reach your hands above your head one at a time and pull the rope down.
- 1. Lift your knees high and climb on the spot.







DISGUISED

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.

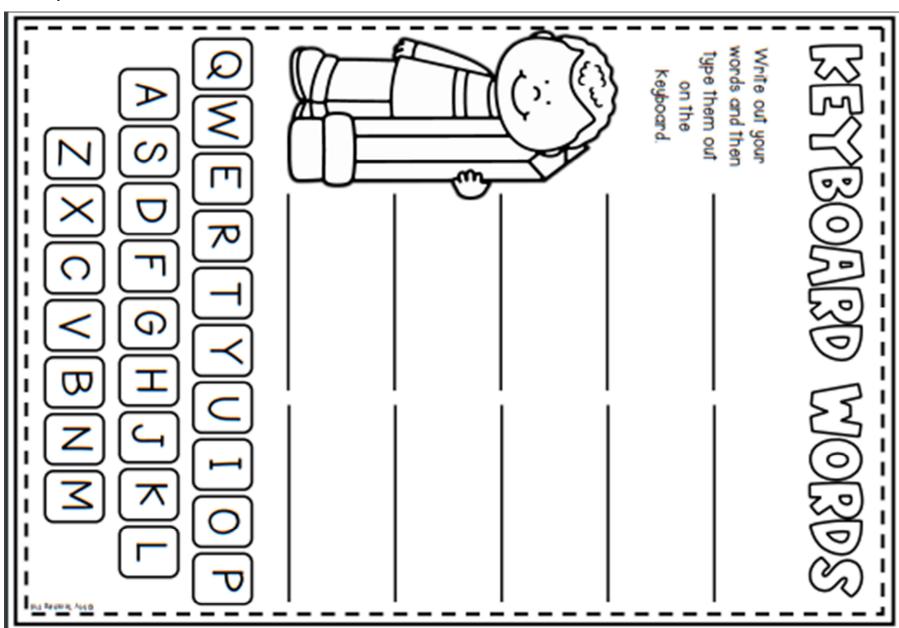












Monday – Writing

Write a recount of what happened at the beginning, middle and end of the story. You may choose to use this template.

Beginning	
Middle	
Mildule	
End	

Monday - Number Revision

Use a ruler to draw a line to match the numerals in the first column, with the correct groups of tens and ones. Then match with the numbers they represent in the last column. The first one has been done for you.

27	7 groups of 10 and 0 ones	80 + 3	30	four groups of 10 and four ones	Ninety-seven
78	8 groups of 10 and 3 ones	10 + 7	97	three groups of 10 and zero ones	Forty-four
83	2 groups of 10 and 7 ones	70 + 8	50	three groups of 10 and four ones	Fifty
70	1 group of 10 and 7 ones	70 + 0	34	nine groups of 10 and seven ones	Thirty
17	7 groups of 10 and 8 ones	20 + 7	44	five groups of 10 and zero ones	Thirty-four

Practising to estimate - Who is the closest. Use pop sticks or other small countable items.

- Player 1 takes the first turn at estimating.
- Player 2 places a random number of items in front of Player 1. First estimate how many are in the pile. Write the estimated number on the game board.
- Count the items to see if you were correct. Score:

10 points for a correct answer,

5 points if your estimate is within 5 (e.g., if the answer is 65 and you estimated 60 or 70), **2 points** for trying.

- Player 2 then takes a turn to estimate.
- The winner is the first person to 25.

Play several rounds of "Who is the closest?".

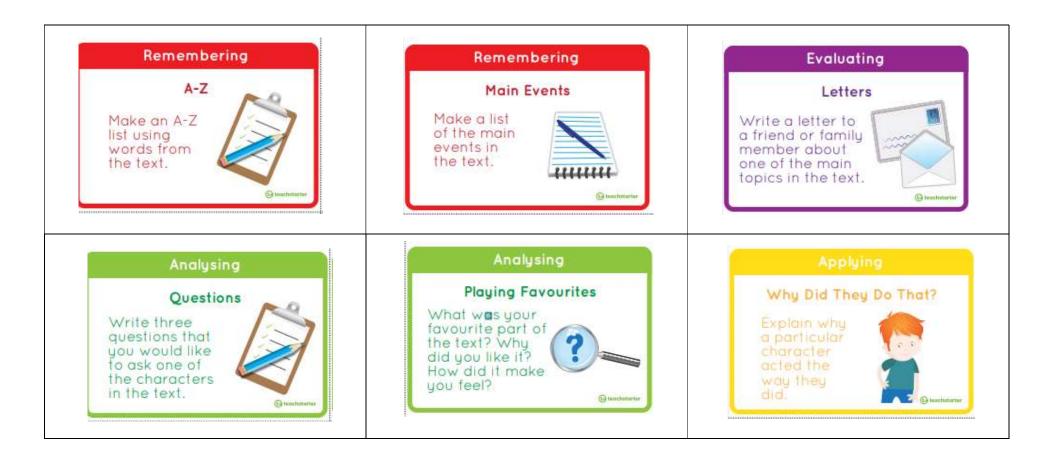
Player Nam	ne .		Player Name		
Estimate	Actual Number	Points	Estimate	Actual Number	Points

Monday – Science

Can you write or draw some activities that you can d more for each section.	o during the daytime when it is bri	ght outside and during the night whe	n it is dark. What about both? Have 2 or
			**
	Day	Night	
	Вс	oth	
Optional: Can you find when sunrise, solar noon and https://www.timeanddate.com/astronomy/aus		ebsite?	
Area:	<u>имим</u>		
Sunrise: Solar Noon:		Sunset:	

Tuesday-Writing

Bedtime is Cancelled. Choose and complete one activity one activity from the list.



Tuesday - Ordinal Numbers



Which position is the rhinoceros in the line?	
Which position is the ostrich in the line	
Which position is the monkey in the line?	
Which animal is thirteenth in line	
Which animal is twelfth in line?	
Which animal is last in the line	
What position is it in?	

Use these clues to work out which animal I am. Who am I?

I am between 7th and 11th position.
I am after the snake.
I am before the animal in 10th position.
I am the

Use these clues to work out which animal I am.

I am between 7th and 11th position.	
I am after the snake.	
I am before the animal in 10th position.	
I am the	

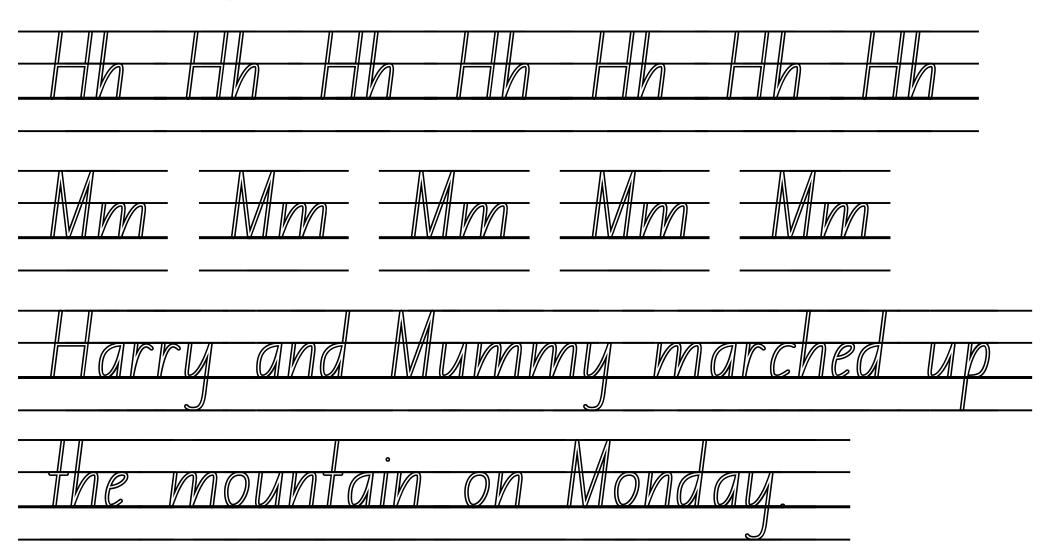
Challenge: Create your own 'Who am I?' for your teacher to guess.

I am betweenand position
I am after the
I am before the animal in position
I am the

Circle the correct way to show ordinal numbers for each number below

Number	Ordinal Number			
22	22st	22nd	22rd	22th
11	11st	11nd	11rd	11th
9	9st	9nd	9rd	9th
23	23st	23nd	23rd	23th
31	31st	31nd	31rd	31th

Wednesday – Handwriting



Wednesday - Using Ordinal Numbers. We regularly use ordinal numbers up to and including the thirty-first. We use these numbers to read the date.

			Octobe	r 2021		
Sundo	y Mond	ay Tuesd	lay Wedne	sday Thurs	day Frida	ay Saturday
		usy month. Answer	•		ns 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31		HDAY! We also hay or their birthday an	-		in October. Write th	ne students name on the

1. Which month does this calendar show?	Use the symbols for the follo	owing events
2. Colour the days of the week in green.	8. Tennis tournament	16th
3. Colour the first day of the month red.	9. chess practise	11th
4. Colour the last day of the month blue.	10. library books due	28th
5. What day of the week is the 19th of October?	11. dentist appointment	4th
6. What day of the week is the 7th of October?	12. Car service	7th
7. You normally put your bins out on the street the	night before they are collected. Using the recy	cling and
garbage pictures, glue them on the day you put	the bins out?	











































Wild art!

Upcycle! Use items from

or something else. from the garden and make a piece of art. from twigs or leaves, A picture or sculpture Collect things

your recycling to

you include how it this year. Make sure

made you feel

12

memorable day from

3 Write a diary entry of a

something else. a piece of art or cool. A model, make something

20 years time. world today, what will you ask? Write family about the yourself to open in Bulk rd for a kin to someone in your Write a letter to Hello me! Las lies their answers

8 Investigate! How are we that? Write down at the moment? harming the earth what you discover How can we change

Can you write a short description? Include

feel like today?

6 What does the earth look and

don't like.

what you like and

3 Plants can save plant a tree that will the earth! Can you last for years?

you reflect on how we can make it a better place

Our earth is very special. These activities will help

What is the major

Imagine you're

Interview

event you will report from today? Can you write a news

write about?

dropped and put in the bin. Don't forget a pair of gloves and a litter that has been your area, collect Go out for a walk in rubbish bag. Clean up your patch of earth.

> can they answer someone! How many Try them out on the earth today? ten questions about Can you think of Quiz time!

correctly?

Write a poem, song or rap to

Day every year? Or should every day be Earth Day? Debate and discuss solution. could be Perhaps the title look after the earth remind people to 4 Should we celebrate Earth

then? the earth look like Which year will you travel to? What does Write a story about it! time travel? ō it be like to What would



to write a letter to



with someone you

of what you think the Draw, paint or make a model your house? charge of recycling in Take charge! Can you be in

20 years time

earth will look like in

think they will What are they at the moment? Write a list 18 Favourite things. change over time? How much do you

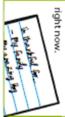


thankful for on Earth all the things you're or draw a picture of 20 Be thankful. Write a list

What do you look

19 Draw a

self-portrait.



Start a

22 Going for goals. Write a any of them?

earth. can look after the of all the ways we 24 Design and make a poster



Wellbeing Wednesday could you include? it. Photos, newspaper clippings, tickets. this year to include in What else Collect things from scrapbook.

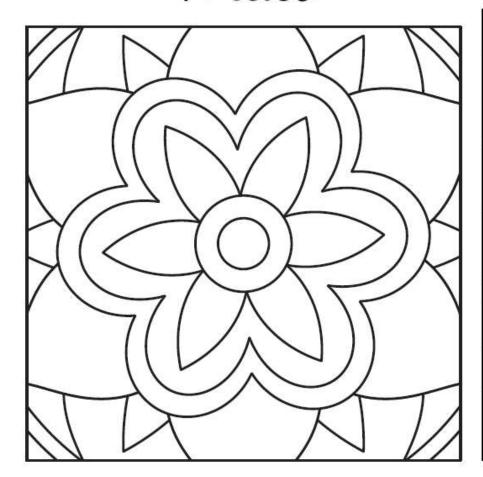
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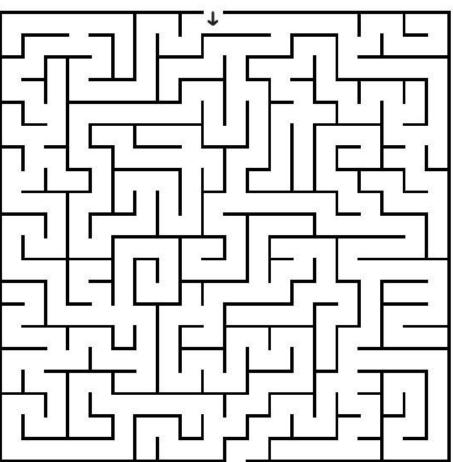
list of your goals for the future. What do you hope to achieve?

> save electricity in are used. Can you how often the lights house and monitor of the rooms in you 23 Eco-warriori Create a list

MINDFUL — mats —

I am grateful for...





Thursday Writing – Remember to write in full sentences with a capital letter and full stop. 1. Sant did not know what the sound was when he heard it. How did he describe it?
2. When Sant looked at the creature making the noise, how did he describe it
3. Why did Sant have to drag food back to his nest?
4. How do you think Sant felt when he saw the ant eater (echidna)?

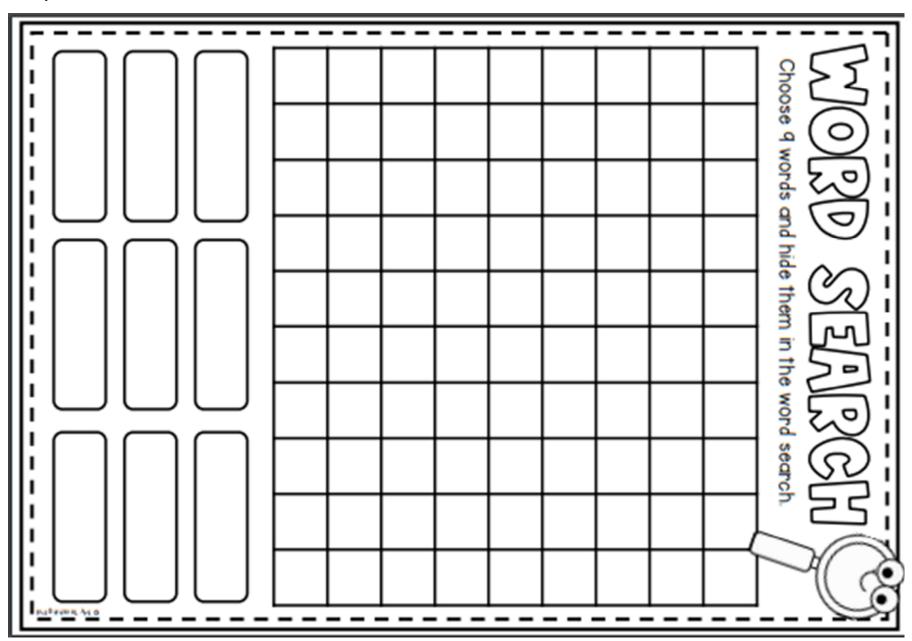
Thursday – Maths

You are going to collect some data about your clothes. To do this, you are going to draw tally marks for different items of clothing that you have. Don't forget to use groups of 5 for tally marks.			What item did you record the most for?			
Collecting this information might be useful to know what and what you might need to buy. As you know it is getting warmer so you might need a hat if you don't have one.		What item did you record the least for? Don't forget to tidy up once you are done. Do you wear all your clothes? (You might like to use this opportunity to donate the clothes you don't				
	ng Type	vn clothing type or change the categories. Tally Marks	wear to charity.)	Total (using numbers)		
T-shirts or tops	ig Type	Tally Marks		Total (using numbers)		
	Skirts or dresses					
Shorts						
	Socks					
Underwear						
	Shoes					
<u> </u>	·		<u> </u>			

Thursday – History

How is it different from your house? What was school like for them? What types of games did they play when they were a kid? How is it different from your school life? How is it different from the games you play? How is it the same? How is it the same? What types of games did they play when they were a kid? How is it different from the games you play? Why do you think it is important to use artefacts and other historical sources to learn about the past?	Who are you interviewing? Write their name and draw a picture!	What was their house like when they were a child? You can draw or write your answer.
What was school like for them? What types of games did they play when they were a kid? How is it different from your school life? How is it different from the games you play? How is it the same? How is it the same?		How is it different from your house?
How is it different from your school life? How is it different from the games you play? How is it the same? How is it the same?		How is it the same?
How is it the same? How is it the same?	What was school like for them?	What types of games did they play when they were a kid?
	How is it different from your school life?	How is it different from the games you play?
Why do you think it is important to use artefacts and other historical sources to learn about the past?		
I think it is important because		

Friday – Word Work



Friday – Graphs – Represent the clothing tally data you collected yesterday in a graph.

- 1. Add the clothing type label at the bottom of each column.
- 2. Add the numbers that you are using on the left column and complete the key. (e.g., you could count by one's or two's). You could add a pattern, a picture, or a colour to the box.
- 3. Colour in the number of boxes that shows the quantity of your clothes items.
- 4. Don't forget a title for your graph.

		Title:			
O T-shirts or tops	Skirts or dresses				

Key	
= item	Challenge: Why do you think we use graphs?