



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>Lynwood Park Public School</div> <div>Learning from Home Whole School Timetable</div> <div>Kindy Term 4 Week 1</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 1 – Learning From Home

Monday		Tuesday	Wednesday	Thursday	Friday
<b>Morning Reading</b>	Public Holiday	<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> <b>WILF</b> - uses some phonic and contextual knowledge to decode simple texts  Start at the beginning of the Magic 100 list and read as many words as you can. These are on your Google Classroom (we have also included a list in your learning pack this week)  The colour where you make 2 mistakes is the list that you need to start learning.  Let your teacher know what colour this is.	<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 "Sant on a Snail." *Practice the letter sounds and words on the "Practice page." *Read the book "Sant on a Snail."	<b>Word Work</b> <b>WILF</b> - uses some phonic and contextual knowledge to decode simple texts *Read the book "Sant on a Snail."	<b>Word Work</b> <b>WILF</b> - reads an increasing number of taught high-frequency words *Re-read "Sant on a Snail." *Read the fluency chart twice. See if you are faster the second time.

Monday		Tuesday	Wednesday	Thursday	Friday
English		<b>Writing</b> <b>WILF - correctly forming most lower-case letters</b> Handwriting – Complete the handwriting sheet for today	<b>Writing</b> Refer to Wednesday's writing page.	<b>Writing</b> <b>WILF - correctly forming most lower-case letters</b> Handwriting – Complete the handwriting sheet for today	<b>Writing</b> Refer to "Sant on a Snail" writing page
Break					
<b>Middle</b> <b>WILF-</b> recognise, copy and continue repeating patterns using sounds and/or actions.  <b>WILF-</b> give and follow simple directions to position an object or themselves, eg 'Put the blue teddy in the circle'.		<b>Mathematics</b> Practice counting your numbers. How far did you go? Optional: Singing Walrus counting to 100 song <a href="https://www.youtube.com/watch?v=bGetqbaDVaA">https://www.youtube.com/watch?v=bGetqbaDVaA</a> We have included a new copy of numeral cards in case your ones from last term are yucky now. These ones also go to 30. Cut them out if you need them,  Put your number cards in order starting from 0. Close your eyes and ask someone to take away 5 of your cards. Can you work out which cards were taken away?	<b>Mathematics</b> Shuffle your number cards and put them together in a pile. Use them as flash cards. As you turn a card over, say the number. Do this for all of your numbers.  Memory match: For this game you will need your number cards and your word number cards. You can choose to play with all 30 numbers or start with 0-10 with each. Shuffle both groups of cards and lay them upside down in front of you. Flip 2 cards over, did they match? If they did, keep them with you. If they didn't, turn them over and put them back in the same spot. Keep going until there	<b>Mathematics</b> Practice writing your numbers. Leave a space next to numbers 1-15 as you will be completing another activity with these numbers.  Optional: Singing walrus counting by 2's song <a href="https://www.youtube.com/watch?v=eTCcqQxT5Gk">https://www.youtube.com/watch?v=eTCcqQxT5Gk</a> Tally marks: Next to your numbers that you practiced writing earlier, add tally marks. Example 1 = I   2 = II Don't forget to shut the gate every 5 numbers.	<b>Mathematics</b> Put your number cards in order starting from 30 and ending at 0. Close your eyes (no peeking) and ask someone to take away 5 numbers. Which numbers were taken away? Try this 3 more times.  Optional: Singing walrus counting by 5's song <a href="https://www.youtube.com/watch?v=5FaBDqOmiyl">https://www.youtube.com/watch?v=5FaBDqOmiyl</a> Use tally marks to answer these questions; How many pillows are in your house?

Monday		Tuesday	Wednesday	Thursday	Friday
		<p>Try this 3 more times.</p> <p>Dot to dot worksheet.</p> <p>Optional: Study ladder.</p> <p>Please keep your cards somewhere safe.</p>	<p>are no cards left in front of you. The idea of this game is to match the number card with the word number card. Example 2 and two, 11 and eleven.</p> <p>Please keep your cards somewhere safe.</p>	<p>Optional: StudyLadder.</p> <p>.</p>	<p>How many windows do you have?</p> <p>How many pairs of shoes do you have?</p> <p>How many doors does your house have?</p> <p>How many letters are in your first name?</p> <p>How many letters are in your last name?</p> <p>How many hats can you find?</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=Cb6xga1SJXQ">https://www.youtube.com/watch?v=Cb6xga1SJXQ</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 5:</b></p> <p><a href="https://www.youtube.com/watch?v=6G4q1-AGBX0">https://www.youtube.com/watch?v=6G4q1-AGBX0</a></p>			<p><b>Fitness Options</b></p> <p><b>Animal walks</b> - Use your imaginations to come up with different types of animal walks! Imitate bears walking, or run fast like a cheetah. Waddle like a penguin, or pretend to swim through the ocean like a dolphin.</p> <p><b>Musical Statues</b> - This is a fun and simple activity to use frequently. With upbeat music, get everyone dancing and wiggling freestyle. At various intervals, pause the music. Everyone must freeze in a very silly pose; the sillier the better! After a good laugh, turn the music back on and continue.</p> <p><b>What's Your Name Activity</b> - See attached sheet</p>	
BREAK	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon		<p><b>Creative Arts</b></p> <p><b>WILF</b> – Making of simple pictures and other kinds of artworks about things and experiences</p> <p>What is the weather like outside your window today using the window template below create an artwork of what the weather is like outside your window. You could use pencils, crayons, paint, or even make a collage using items from your garden or clippings from a brochure,tissues, cotton balls, coloured paper. The possibilities are endless.</p> 	<p><b>Wellness Wednesday</b></p> <p><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 1 to do or you can complete both of the sheets.</p>	<p><b>History</b></p> <p>For History in Term 4 we will be learning about <b>Celebrations Past and Present.</b></p> <p>This week we will be looking family celebrations. What types of celebrations do you have with your family. Write down and draw your favourite family celebration.</p> <p>Birthdays are always a wonderful celebration. They bring happiness and joy to everyone who is celebrating.</p> <p>First think about how you celebrate your birthday. Draw a picture of you celebrating your birthday.</p> <p>Next, ask a parent or caregiver how they celebrated their birthday as a child. Draw a picture of that person celebrating their birthday.</p> <p>If possible, ask grandparent how they celebrated their birthday as a child. Draw a picture of that person celebrating their birthday.</p>	<p><b>Catch Up</b></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><a href="https://www.abc.net.au/abckids/games/">https://www.abc.net.au/abckids/games/</a></p>

# what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

**A** jump up & down 10 times

**N** pick up a ball without using your hands

**B** spin around in a circle 5 times

**O** walk backwards 50 steps and skip back

**C** hop on one foot 5 times

**P** walk sideways 20 steps and hop back

**D** run to the nearest door and run back

**Q** crawl like a crab for a count of 10

**E** walk like a bear for a count of 5

**R** walk like a bear for a count of 5

**F** do 3 cartwheels

**S** bend down and touch your toes 20 times

**G** do 10 jumping jacks

**T** pretend to pedal a bike with your hands for a count of 17

**H** hop like a frog 8 times

**U** roll a ball using only your head

**I** balance on your left foot for a count of 10

**V** flap your arms like a bird 25 times

**J** balance on your right foot for a count of 10

**W** pretend to ride a horse for a count of 15

**K** march like a toy soldier for a count of 12

**X** try and touch the clouds for a count of 15

**L** pretend to jump rope for a count of 20

**Y** walk on your knees for a count of 10

**M** do 3 somersaults

**Z** do 10 push-ups

Tuesday - Handwriting

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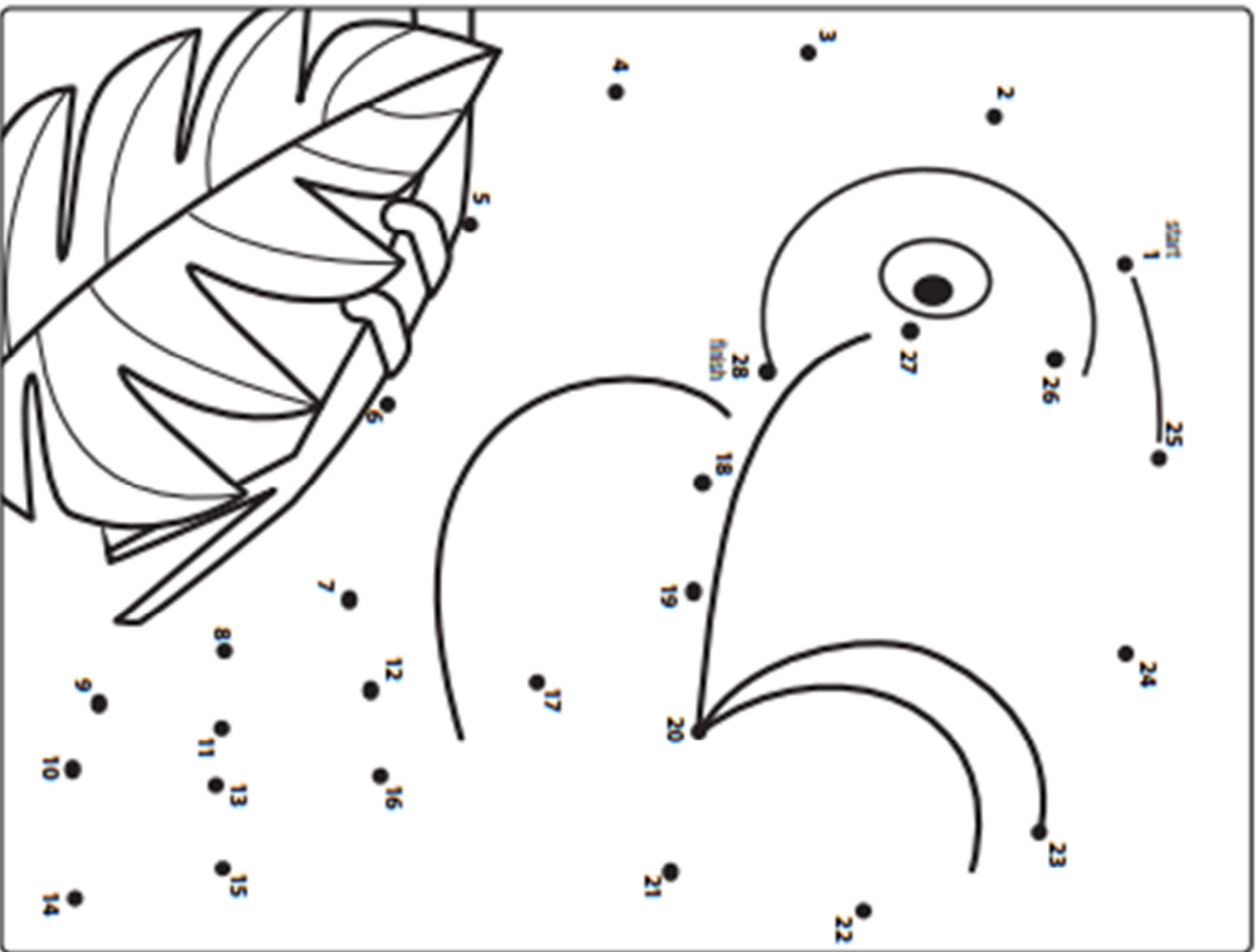
their there where

which who when

Try some words on your own



## Dot-to-Dot





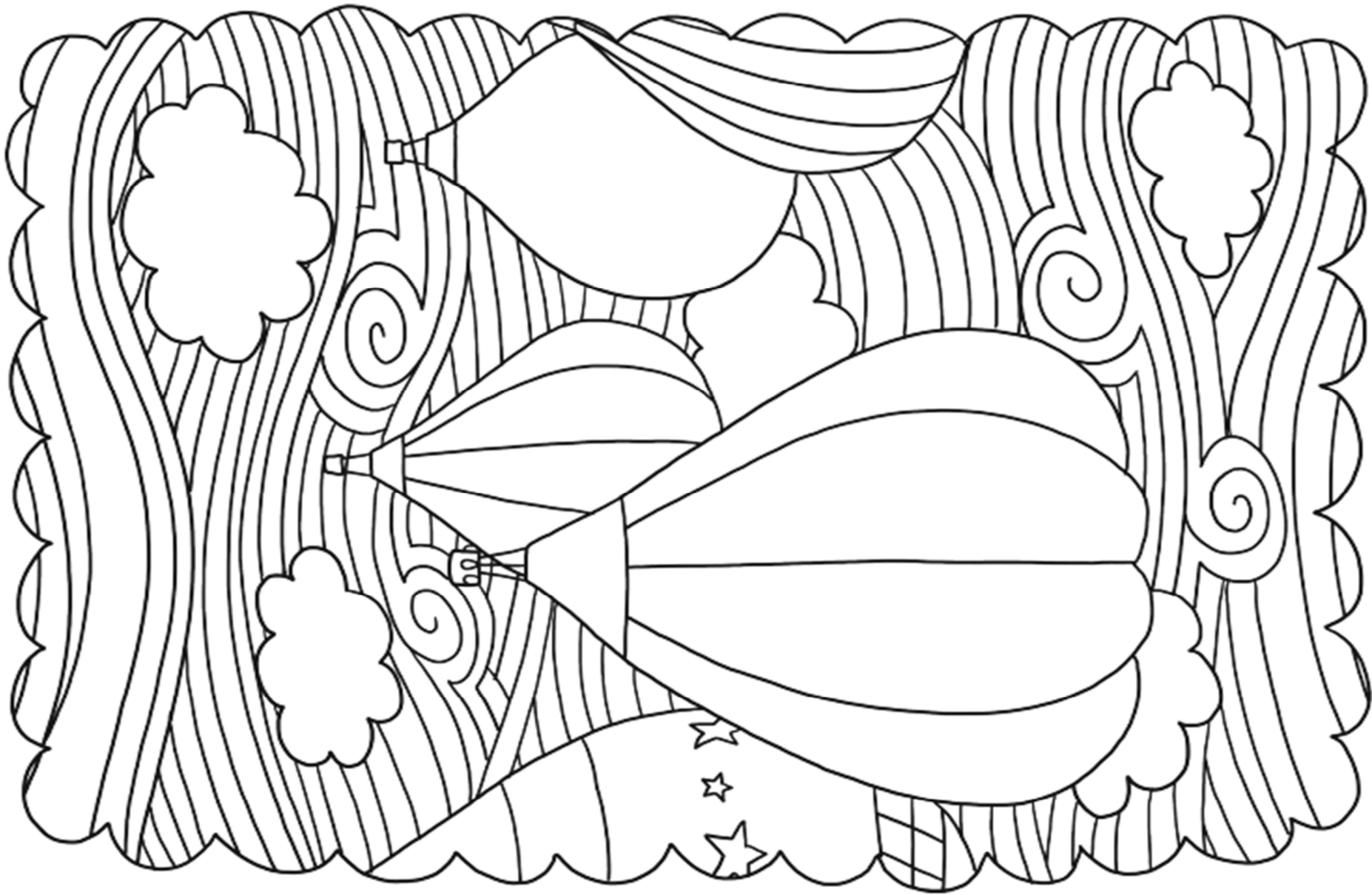
Tuesday – Creative Arts

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**Wednesday – Writing**

What would your perfect holiday day at home look like? Maybe your favourite wake up activity was watching cartoons. Maybe your favourite breakfast for pancakes. Maybe your favourite evening activity was stories in bed. Draw a picture and label it.

<b>Breakfast</b>	<b>Morning activity</b>
<b>Lunch</b>	<b>Afternoon activity</b>
<b>Dinner</b>	<b>Evening activity</b>



# 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.



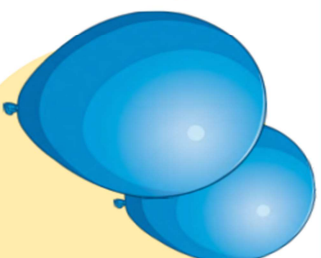
## Musical Drawing

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 musn'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?



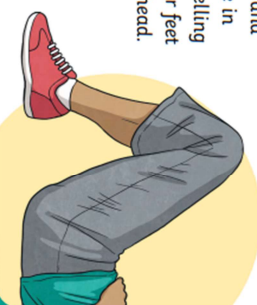
## Cloud Clues

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

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Thursday – History

<p>My Favourite Family Celebration:</p>	<p>My Parent's Birthday Celebration:</p>
<p>My Birthday Celebration:</p>	<p>My Grandparent's Birthday Celebration:</p>

### Friday Writing

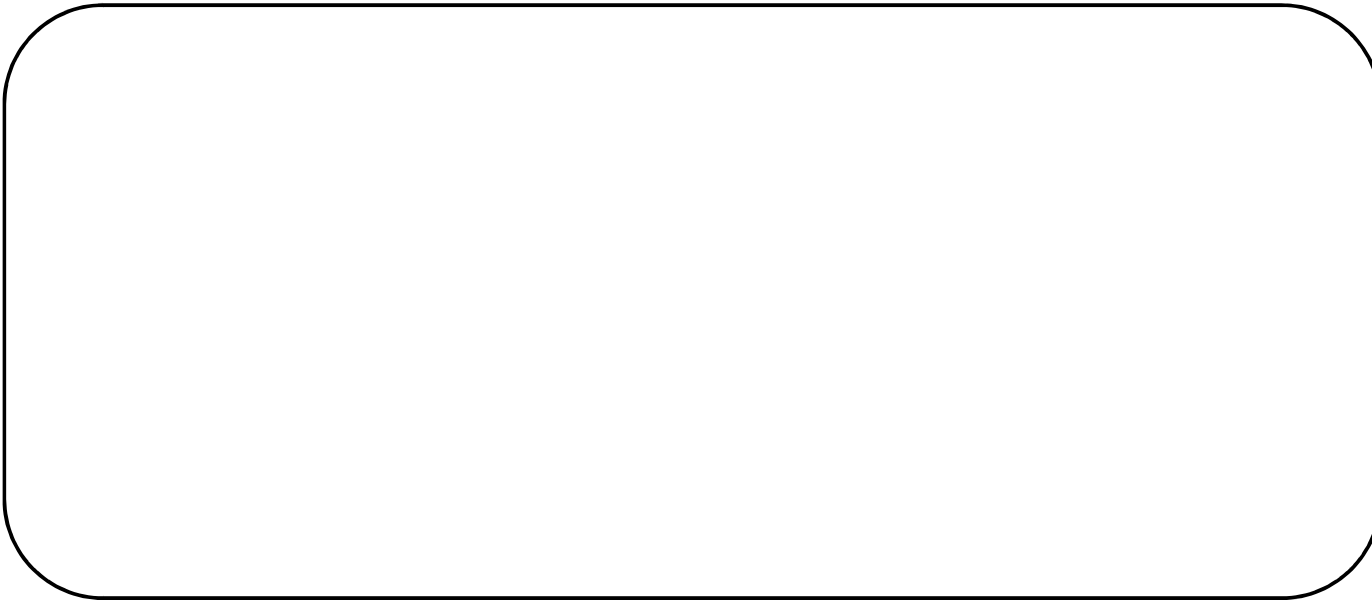
Where was a funny place that Sant sat? Why was it funny? Write a sentence using a WOW word and then draw a matching picture.

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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

Draw tally marks to show your answers to these questions.

<p>Remember that tally marks are lines. Each tally mark represents 1 item. Tally marks need to stay in groups of 5. To make 5 tally marks draw 4 straight lines and one across line (to close the gate)</p> <p>4 =     </p> <p>6 = <del>    </del>  </p>	<p>How many pillows are in your house?</p>	<p>How many windows do you have?</p>	<p>How many pairs of shoes do you have?</p>
<p>How many doors does your house have?</p>	<p>How many letters are in your first name?</p>	<p>How many letters are in your last name?</p>	<p>How many hats can you find?</p>

Tuesday – Maths

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Wednesday - Maths

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*eleven*

*twelve*

*thirteen*

*fourteen*

*fifteen*

*sixteen*

*seventeen*



*eighteen*

*nineteen*

*twenty*