



AT HOME LEARNING

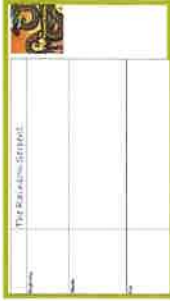
Year 1

Week 1

Year 1 Learning Timetable

You will not need access to a digital device to complete the following activities. You will need help from a parent/carer and/or siblings.

Resources needed: Activity resources found at the end of this document.

<p>Week One</p> 	<p>Day One</p>	<p>Day Two</p>	<p>Day Three</p>	<p>Day Four</p>	<p>Day Five</p>
<p>Week One Tasks</p> <p>Morning</p> <p>Spelling Sight words</p> <p>If you do not have a book – you can make yourself one by stapling some sheets of paper together.</p>	<p>Can you help make your bed?</p> <p>English</p> <p>Complete the Pencil control activity (resources)</p> <p>Ask an adult or older sibling to write each letter of the alphabet for you to copy.</p> <p>Read 'The Rainbow Serpent' with a parent/carer (see resources).</p> <p>Retell what happened in the beginning, middle and end of the story. Use the sequencing cards to help you retell the story (see resources).</p> <p>Where is the story taking place? How do you know? Discuss this with your parent/carer.</p>	<p>Could you organise your toys today?</p> <p>English</p> <p>Create your name out of small objects.</p> <p>Complete the pencil control activity (see resources)</p> <p>Write the alphabet into your book, focusing on correct letter formation.</p> <p>Write your sight words into your book.</p> <p>Read 'The Rainbow Serpent' again with a parent/carer. What interesting words can you find in the story to describe the Rainbow Serpent?</p> <p>Identify all the characters in the story and talk about them with your parent/carer.</p> <p>Use the snake template to design your own Rainbow</p>	<p>Can you help make lunch today?</p> <p>English</p> <p>Practice writing your name in your book. If you can already write your first name, practice your last name as well.</p> <p>Learn how to write the first names for another person in your family. Ask them to write it down, name the letters and help you copy it into your book.</p> <p>Write your sight words using shaving foam or flour on a flat surface for each word.</p> <p>Review the story 'The Rainbow Serpent' and complete the colouring activity (see resources).</p> <p>https://youtu.be/pCuuRRrFOXo</p> <p>Read a book with a parent/carer. Can you find</p>	<p>How can you help a family member today?</p> <p>English</p> <p>Read a book with a family member. How were the characters feeling at the beginning and then at the end of the story? What made them feel this way?</p> <p>Pretend you are hosting a big party! What food would you like? What food would your guests like? Draw/write a shopping list.</p> <p>Draw a picture of your bedroom. Label your picture.</p> <p>Cut and paste your sight words from newspapers, magazines or catalogues. Review the story of 'The Rainbow Serpent' and complete the word find activity (see resources).</p>	<p>Can you tidy your room?</p> <p>English</p> <p>Complete the "it" handwriting sheet (see resources)</p> <p>Read a book with a family member. Can you find any letters or words you recognise in the story?</p> <p>Complete a retell for the story 'The Rainbow Serpent' using the template (see resources).</p> 

	<p>Explain how the story reminds you of something in real life. Practise writing your sight words in rainbow colours.</p>	<p>Serpent (see resources). Colour, decorate and cut it out.</p>	<p>some punctuation in the story, for example full stops and capital letters? Talk to your parent/carer about what they are used for and what they mean.</p>		
<p>Break</p>					
<p>Middle</p>	<p>Mathematics</p> <ul style="list-style-type: none"> •Ask someone to help you collect 10 objects. Practise counting your collection, forwards and backwards. You could even try starting from different numbers (for example, start with 5 objects and keep counting). •Write the numbers in words from 1-10 on separate cards or pieces of paper. •Pull your number cards out of a hat and put them in order from smallest to greatest. •Use LEGO, marbles, toothpicks or blocks to match the number word with that many objects. 	<p>Mathematics</p> <ul style="list-style-type: none"> •<i>Ten Frame Addition (resource)</i> Find a collection of objects (LEGO, blocks, small squares of cut up paper) and use the Ten Frame Addition resources to add numbers together. •Use the Ten Frame Addition cards to challenge a family member in a game of who can answer the addition fact first. 	<p>Mathematics</p> <ul style="list-style-type: none"> •<i>Patterns (resource)</i> Cut out the 2D shape cards and finish each pattern strip. •Use the pattern cards to make your own patterns. •Draw a picture of your family in order of shortest to tallest. Label your family members in their order using the following words: first, second, third, fourth, fifth, sixth, seventh, eighth, ninth, tenth. 	<p>Mathematics</p> <ul style="list-style-type: none"> •Shape hunt: What shapes can you find in your house? •Draw a picture out of these shapes. Describe your picture to a family member and ask them to help you write down the names of the shapes. •Choose some objects in your house. Order them from shortest to longest. 	<p>Mathematics</p> <ul style="list-style-type: none"> •Collect some blocks, pencils, pens, beads, dried pasta, dried beans, etc. Make a repeating pattern. •ABAB pattern – knife, fork, knife, fork •ABBA – pencil, rubber, rubber, pencil •Draw your pattern in your workbook. •Describe your pattern to a family member. Can you make another pattern using the same materials? •Draw your second pattern. •Choose one of your objects for example, a block and use it to measure things in your house. For example, how long (how many blocks) is your table? How wide is the door? •Draw a picture of you measuring something that you discovered which was very long and

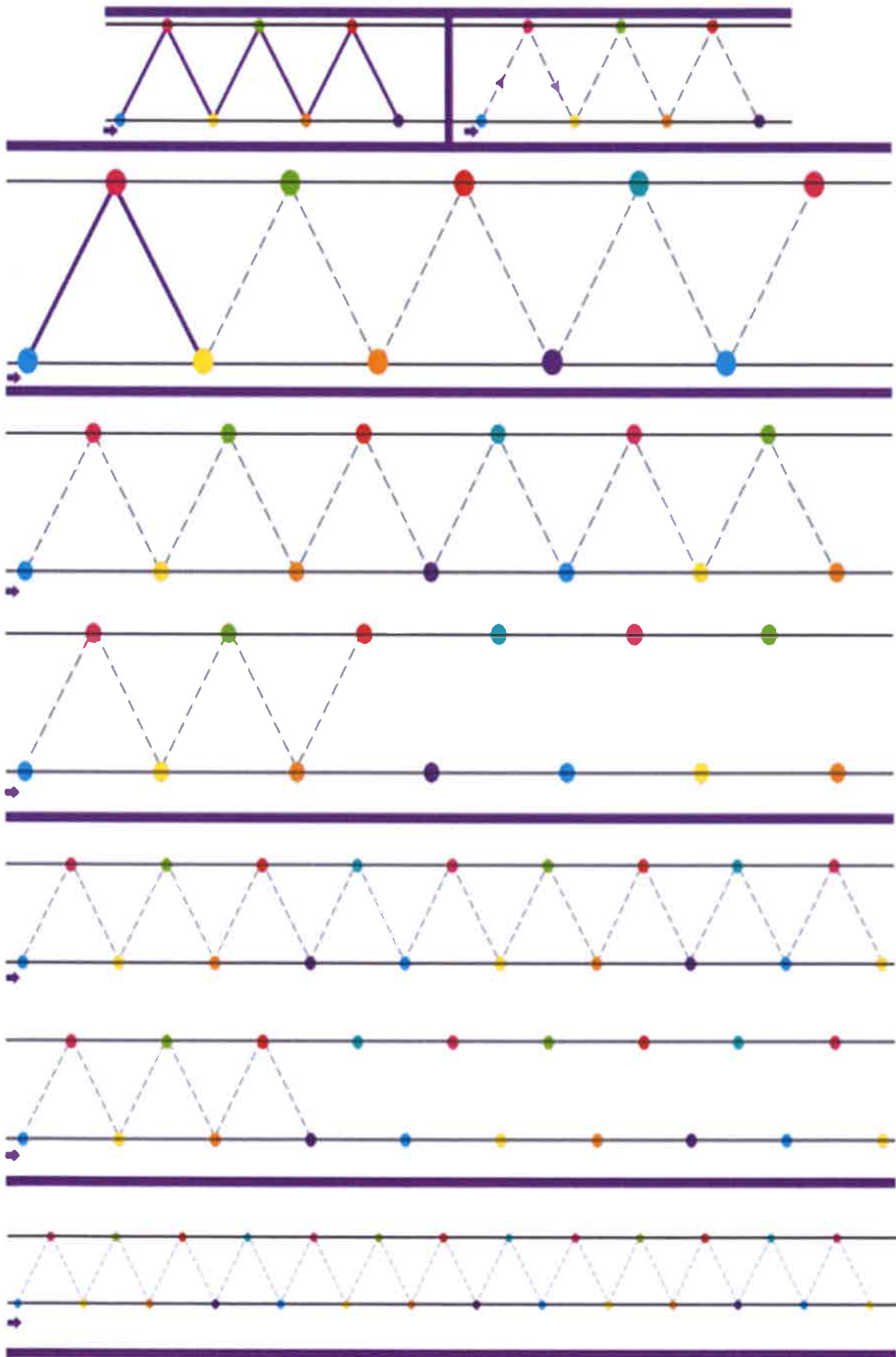
Break					something you discovered which was very short.
Afternoon	<p>Digital Technology Find and photograph examples of patterns in natural, built and man-made environments.</p>	<p>Zones of Regulation Identify what zone you are in today (blue, green, yellow, red) Create your own zones of regulation poster for the Green zone. What emotions would you be feeling?</p>	<p>Chinese Trace and copy the characters.</p>	<p>HPE Ball skills With any size ball that is available practice: -toss and catch (one hand, two hand) - throw at a target (underarm and overarm) - bounce and catch (one hand or two hand) -kick at a target</p>	<p>Science Choose one animal from this picture. Write it's name and make a short list of the things it needs to survive. An adult may help you to make this list. Hint: Think about what it eats, drinks, breathes, how it takes shelter, and where get it's light and warmth from?). Optional: Write a question you would ask a scientist about koalas.</p>



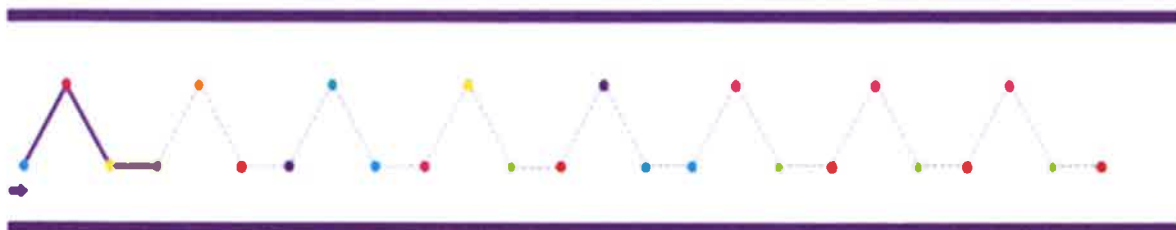
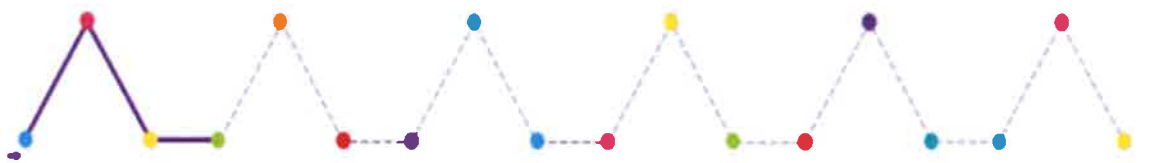
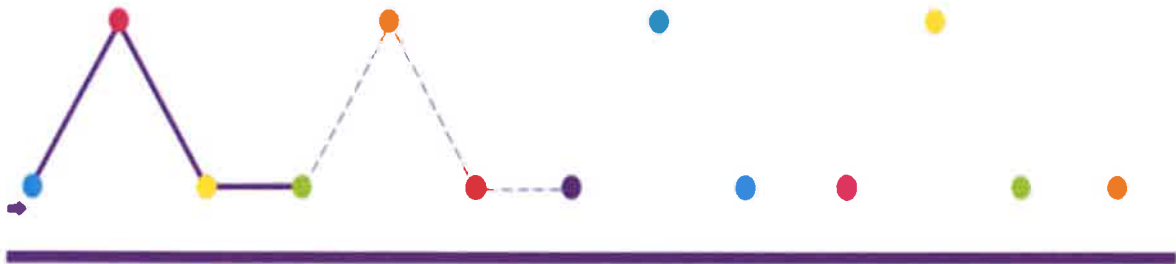
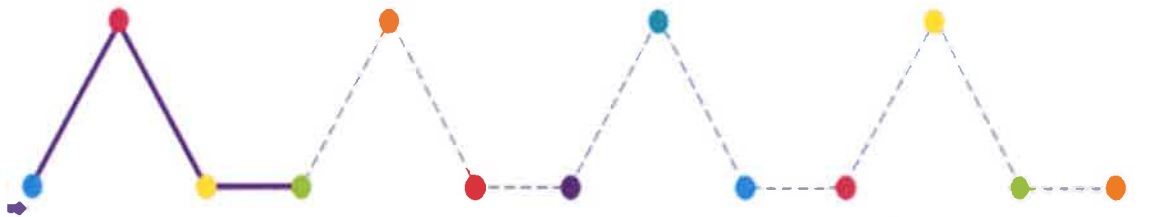
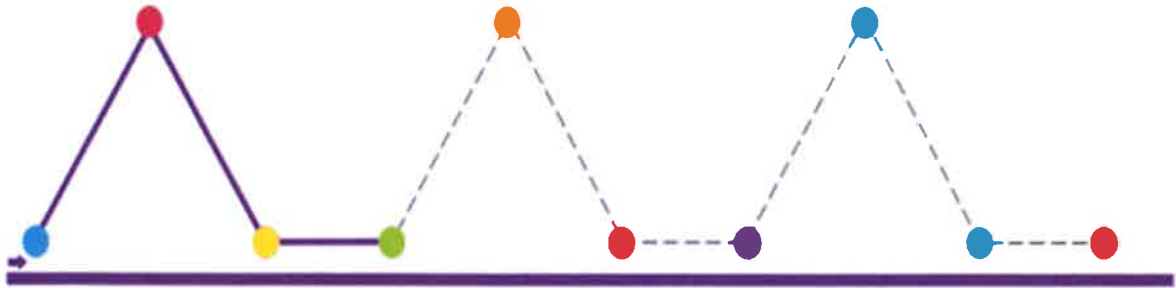
Parent/Carer information Handwriting – Letter Formation

a	Around, up, down	A	Down, lift, down, lift, cross
b	Down, up, around	B	Down, lift, around, around
c	Slide, around	C	Slide, around
d	Around, up, down, kick	D	Down, lift, around
e	Up, around	E	Down, cross, lift, cross, lift, cross
f	Slide, down, lift, cross	F	Down, lift, cross, lift, cross
g	Around, up, down, slide	G	Around, up, down
h	Down, up, around, down	H	Down, lift, down, lift, cross
i	Down, lift, dot	I	Down, lift, cross, lift, cross
j	Down, slide, lift, dot	J	Down, slide, lift, cross
k	Down, up, around, down	K	Down, lift, down, down
l	Down	L	Down, cross
m	Down, up, around, down, up, around, down	M	Down, lift, down, up, down
n	Down, up, around, down	N	Down, lift, down, up
o	Around	O	Around
p	Down, up, around	P	Down, lift, around
q	Around, up, down, kick	Q	Around, lift, cross
r	Down, up, around	R	Down, lift, around, down
s	Around, around	S	Around, around
t	Down, lift, cross	T	Down, lift, cross
u	Down, around, up, down	U	Down, around, up, down
v	Down, up, kick	V	Down, up
w	Down, up, down, up, kick	W	Down, up, down, up
x	Down, lift, down	X	Down, lift, down
y	Down, around, up, down, slide	Y	Down, up, lift, down
z	Cross, down, cross	Z	Cross, down, cross

Can you follow the lines to make the patterns?



Can you follow the lines to make the patterns?



Week 1 Friday handwriting/spelling "it"

it

it

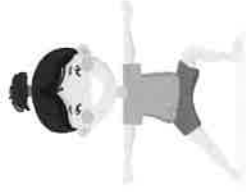
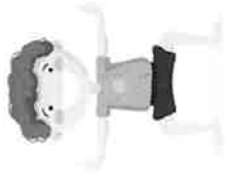
it

It is sunny.

It is sunny.

Blank handwriting lines for practice.

Try this yoga pose.
How long can you
balance?



Try a different yoga pose each day.

Challenge – Scavenger Hunts

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SMUGGEST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 BLADES OF GRASS
- SOMETHING YOU LOVE TO PLAY WITH
- A PIECE OF TRASH YOU CAN RECYCLE
- SOMETHING THAT IS BROWN
- SOMETHING THAT IS HEAVY
- SOMETHING THAT IS VERY LIGHT
- SOMETHING THAT NEEDS SUN TO LIVE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- SOMETHING THAT SMELLS GOOD

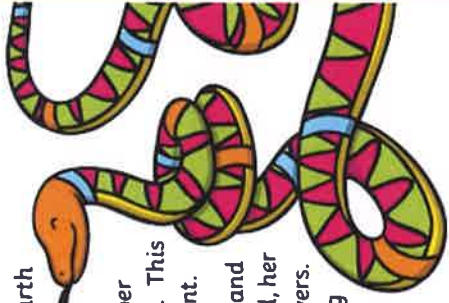
Ready for snack? Make sure everything gets put back where it belongs!

The Rainbow Serpent

The following story is based on a traditional Dreaming story, involving the Rainbow Serpent.

Long, long ago in the Dreaming, the Earth lay flat and still. Nothing moved and nothing grew. One day, a beautiful snake awoke from her slumber and came out from under the ground. This snake was known as the Rainbow Serpent.

She travelled for a very long time, far and wide. As she made her way across the land, her body formed mountains, valleys and rivers. The Rainbow Serpent was the Dreaming creature who shaped the Earth. After all of her travelling, she grew tired. She curled up and went to sleep.



After some rest, she returned to the place that she had first appeared and called out to the frogs. "Come out! The frogs woke up very slowly because they had so much water in their bellies. The Rainbow Serpent tickled their stomachs, and the water began to fill the tracks that the Rainbow Serpent had left. This is how the lakes and rivers were formed.



After this, water, grass and trees began to grow. All the other animals that lived in rocks, on the plains,

The Rainbow Serpent

in the trees and the air began to wake up and follow the Rainbow Serpent. They were all happy with the Earth.

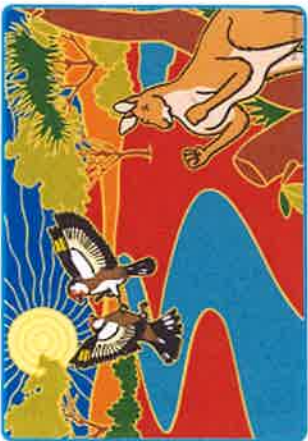
The Rainbow Serpent made laws that they all had to obey. Some did not like this and began to cause trouble. The Rainbow Serpent said, "Those who obey will be rewarded; I shall give them human form. But, for those who don't, they will be punished and turned to stone."

The tribes of people lived together on the land given to them by the Rainbow Serpent. They knew that the land would always be theirs, as long as they took care of it. They believed that no one should ever take it away from them.



Rainbow Serpent Story Sequence Cards





Design your own Rainbow Serpent. Cut along the dotted lines



Cut along the dashed lines.

一	一	一	一	一	一	一
二	二	二	二	二	二	二
三	三	三	三	三	三	三
四	四	四	四	四	四	四
五	五	五	五	五	五	五
六	六	六	六	六	六	六
七	七	七	七	七	七	七
八	八	八	八	八	八	八
九	九	九	九	九	九	九
十	十	十	十	十	十	十

Chinese – Trace and copy the characters.

Ten Frame Facts

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$2+9=$

$3+9=$

$4+8=$

$5+6=$

$5+8=$

$6+5=$

$6+7=$

$6+9=$

$3+8=$

$4+7=$

$4+9=$

$5+7=$

$5+9=$

$6+6=$

$6+8=$

$7+4=$

$7+5=$

$7+7=$

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$9+2=$

$9+4=$

$7+6=$

$7+8=$

$8+3=$

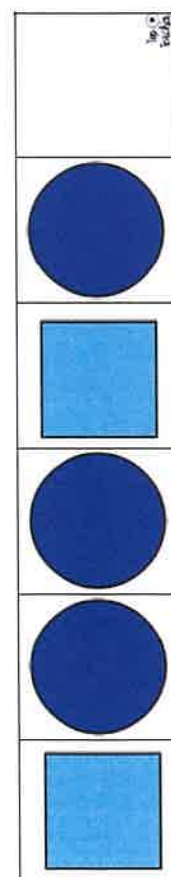
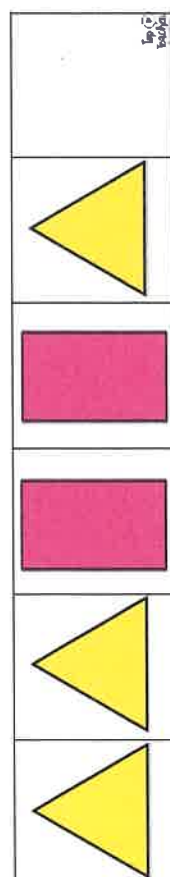
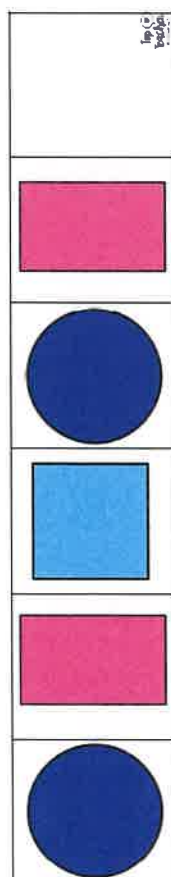
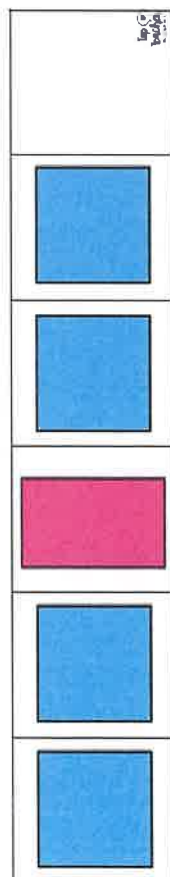
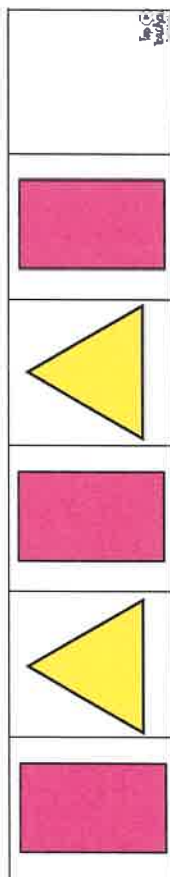
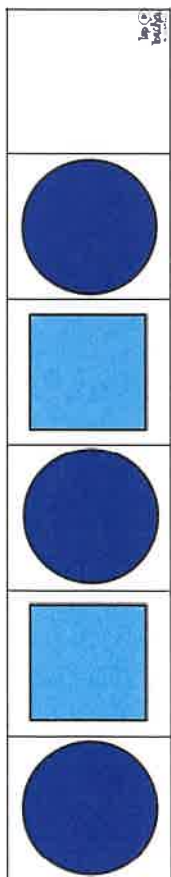
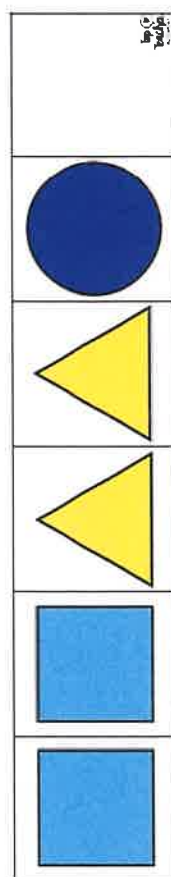
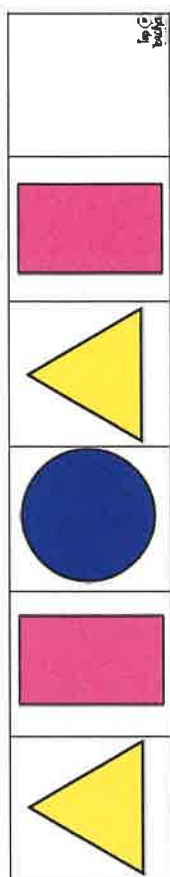
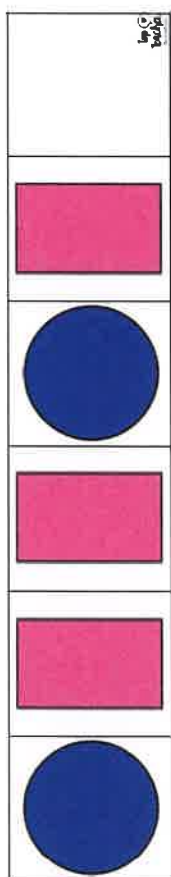
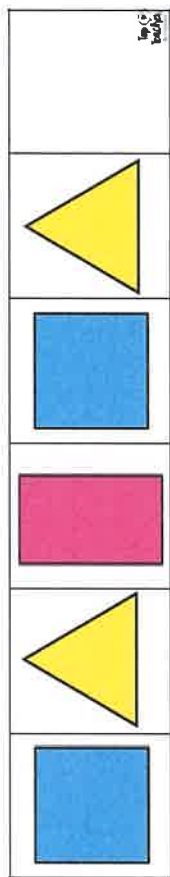
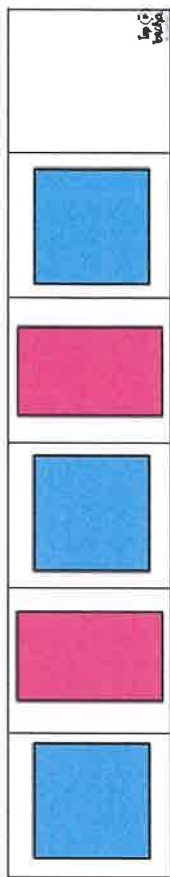
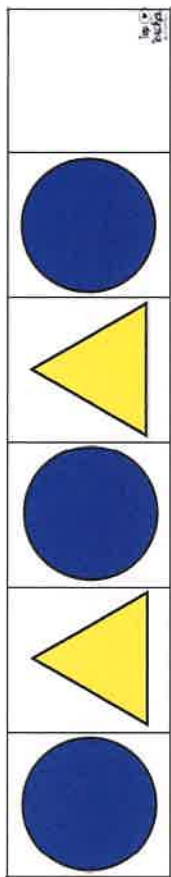
$8+5=$


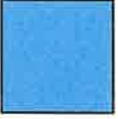






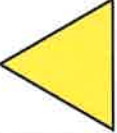


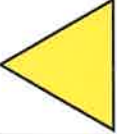


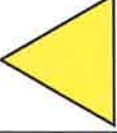


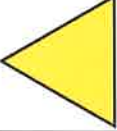
$8+7=$

$8+9=$

$9+3=$

$9+5=$







The Rainbow Serpent

Beginning

Middle

End

The Rainbow Serpent

s e l g r a s s r d b r
l a n u i r r o c k s a
u v r c v i t e e s i
m l o a e i r t m b s n
b a b o r i g i n a l b
e k e l s k t e r n v o
r e y h u m a n d i r w
s s l u a l a t r i b e
d r s e r p e n t f r o
s t r a d i t i o n a l
e d d i o t f r o g s i
r y t a n i m a l s h f

Aboriginal	serpent	rivers	rocks
Dreamtime	slumber	grass	obey
traditional	frogs	trees	human
rainbow	lakes	animals	tribe