

ETPS@Home Learner Pack M7



Child's Name	Class:	Year Level:	Date Started:
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This Home Learner Pack is designed as a suggested plan by ETPS staff as to how you may be able to support your child during this time at home. We understand and appreciate that not all families can work under the same set of circumstances as such this resource is offered as a guide. We encourage all families to do what they can with the resources they have.


Try to complete at least one activity from each learning area each day. Refer to the attached activities to select your tasks.										
	Week 1					Week 2				
	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
Reading										
Spelling										
Writing										
Mathematics										
Fitness & PE										
Wellbeing										
End of the week check:	Have I shared at least 3 pieces of work with my teacher each week? Please take some photos to upload via ClassDojo									

<p>How do I contact my child's teacher? Preferred communication method: ClassDojo</p>
<p>If your child is working from home: Please understand that teachers are still teaching within the classroom and will respond to messages as soon as they are able.</p>
<p>If the school is requested to close: You will receive information via SMS, Skoolbag and Email. Your child's teacher may contact you via the preferred contact method listed above.</p>
<p>Secondary contact information</p> <p>Wendy Olsson Wendy.Olsson54@schools.sa.edu.au</p>



Reading

(Choose your task from below)

<p>Reading Aloud</p> <p>Pick a book and read it to a teddy.</p> 	<p>Retell</p> <p>Read a book and retell the story to someone in your family.</p> <p>Can you remember the order of events?</p>	<p>Be a Word Detective</p> <p>How many of these sight words can you find in a book?</p> <p><i>the and was went</i></p>	<p>Draw a Character</p> <p>Draw your favourite character from a book you have read.</p> <p>Label your drawing with key words to describe your character.</p>
<p>Book Review</p> <p>Choose one of your favourite books and tell us what was your favourite part and why?</p> <p>You can write it down or record a video of your thinking and share it to Class Dojo</p>	<p>Community Walk</p> <p>Go for a walk in your local area. What signs do you see on your walk?</p> <p>Can you work out what the sign says? How do you know?</p> <p>Take some photos if you can.</p>	<p>Puppet Show</p> <p>Pick a favourite book you have read.</p> <p>Create some puppets, then create a puppet show to retell the story.</p>	<p>Story Map</p> <p>Read one of your favourite books.</p> <p>Create a story map to show the different places the characters went in the story.</p>
<p>Change the ending</p> <p>Can you change the ending? Write an another ending for the story you have read.</p>	<p>Design a poster</p> <p>Design a poster for the book you have read to persuade other people to read the story.</p>	<p>Draw your Favourite Part</p> <p>Draw a picture of your favourite part of the story and describe what you have drawn.</p>	<p>Design a New Cover</p> <p>Design a new front cover for the book you have read. Don't forget the title and author!</p>
<p>Reading Eggs: Log in to your Reading Eggs account and continue your lessons for 15mins each day.</p>			



Spelling, Sounds and Handwriting

(Choose your task from below)

<p style="text-align: center;">Create It</p> <p>Collect leaves, sticks and pebbles to make your name.</p> <p>Can you make names of your family members?</p>	<p style="text-align: center;">Forming Letters</p> <p>Practise writing 5 letters. If you don't have the app, practise on paper writing letters correctly.</p> <p>Use appendix 1- Handwriting page to check letter formation</p>	<p style="text-align: center;">Sound search</p> <p>Search your home for things that start with the following sounds: S as in snake a as in ant t as in tap p as in panda i as in in or igloo n as in net</p> <p>Record your findings (photo, drawing). Can you make a collection of things to represent other letters and sounds too?</p>	<p style="text-align: center;">Letter Hunt</p> <p>Use magazines/newspapers and cut out and glue the letters in your name.</p> <p>Find the letters needed for other members in your family, don't forget your pets!</p>
<p style="text-align: center;">Sensory Writing</p> <p>Fill a small tub or dish with rice, sand, flour or dirt! Practise writing letters with your finger using correct letter formation.</p>	<p style="text-align: center;">Jolly Phonics</p> <p>Practise 5 of the Jolly Phonics sounds with songs and actions on YouTube.</p> <p>https://youtu.be/U2HYM9VXz9k</p>	<p style="text-align: center;">Favourite Words for the Day</p> <p>Write down your favourite words of the day.</p>	<p style="text-align: center;">Same Sound Words</p> <p>Find 5 words that start with the first sound of your name.</p>
<p style="text-align: center;">Healthy Food</p> <p>Write down a healthy menu using at least 10 words.</p>	<p style="text-align: center;">Unhealthy Food</p> <p>Draw or cut out pictures from magazines 5 unhealthy food.</p>	<p style="text-align: center;">Fruits and Vegetables</p> <p>Write a list of your family's favourite fruits and vegetables.</p>	<p style="text-align: center;">Surnames</p> <p>Find out and write down five different surnames.</p>



Spelling, Sounds and Handwriting

(Choose your task from below)

<p>Syllable Hunt Go on a syllable hunt. A syllable is a beat in a word. What items can you find at home that have 1, 2 or 3 syllables? Can you find anything that has 4 syllables?</p>	<p>Rhyme list Make a list of all the '-at' rhyming words you can think of. Now think of another rhyming sound, eg.an. Can you make another list?</p>	<p>Letters and food Draw and write down a food item that starts with a, b, c, d and e. Can you do the same with the other letters in the alphabet?</p>	<p>Words race How many food words can you write in one minute?</p>
<p>Get ready to shop Write a shopping list on a strip of paper including at least ten items.</p>	<p>Action words Find 5 letters and think about a verb beginning with those letters. Eg. j for jump and if you can, do it and have fun!</p>	<p>ABCD abcd Practise writing the alphabet in lower case and then capitals. Are you starting your letters in the right place? Are you writing your letters in the right direction? Use appendix 1- Handwriting page to check letter formation</p>	<p>Finding the word Choose a different high-frequency word eg. the, was. How many times can you find it in a magazine or newspaper? Can you use tally marks to show your counting?</p> 
<p>Yummy words Use magazines/newspapers and cut out and glue pictures about food, eg eggs, fruit, chips. Write down the words or write sentences related to those words if you can.</p>	<p>Paint it Use water to paint your name, teddies, pets and family members' names on a wall outside of your house. If you don't have a paintbrush, use a sponge or an old toothbrush.</p>	<p>Hidden Sight Words Read a book and find the sight words in the text. Write down a list with at least 20 sight words. You can draw some pictures about the book where the sight words are used.</p>	<p>Sight Words Pick 5 words from the Oxford Sight Words list and write sentences using them.</p>



Writing/Procedure

(Choose your task from below)

<p>Brush your teeth</p> <p>Explain 'How to brush your teeth'. Write it down in steps or record it on video.</p>	<p>Chinese Lantern</p> <p>Follow the steps to make a Chinese lantern</p> <p>(Appendix 1.5)</p>	<p>Make your bed</p> <p>Show how you make your bed by drawing the steps. How many steps did it take?</p>	<p>Hide and Seek</p> <p>List the steps of how to play Hide and Seek. Teach and play it with someone in your family.</p>
<p>Cooking – Pancake</p> <p>Find a recipe to make a pancake.</p> <p>Follow the pancake recipe with an adult at home.</p>	<p>Set a Table</p> <p>Set the table for dinner.</p> <p>What doing words did you use?</p>	<p>'How to get home'</p> <p>See Appendix 1.6. Following the instructions to lead the Bear home.</p> <p>Circle or write the verbs.</p>	<p>Make a Mask</p> <p>Make a face mask with recycled materials from home.</p> <p>Take a photo, what material did you use?</p>
<p>At the Park</p> <p>Follow the steps and complete Appendix 1.7 to finish the picture.</p>	<p>Cooking</p> <p>Make your favourite recipe at home and share the recipe with your class.</p>	<p>Sandwich Making</p> <p>Can you make a sandwich in 5 steps?</p> <p>Draw your steps and write down the matching 'action word'.</p>	<p>Wash your Hands</p> <p>Teach your mum and dad how to wash their hands in the correct order.</p>



Mathematics

(Choose your task from below)

<p>Same ones</p> <p>Find something the same length as your hand. Find something the same length as your foot. Take a photo or draw a picture.</p>	<p>In the pantry</p> <p>Find 5 food things from your pantry/cupboard. Sort them from smallest to largest. Draw in your book and label what they are.</p>	<p>Step it out</p> <p>Measure in steps the distance from the fridge to your bedroom. Does the number get bigger or smaller if you take giant steps? What if you take tiny mouse steps.</p>	<p>Guessing</p> <p>Using a piece of paper, guess how many sheets it would take to go across your kitchen table. After you guess, measure and see if you were right. <i>Do this with other things in your house.</i></p>
<p>Worms</p> <p>Using playdough, make some long skinny worms. Make one the same length as your hand. Can you make lots and sort them from longest to shortest.</p>	<p>Feet or foot</p> <p>Trace the feet of everyone in your family. Sort them from shortest to longest. Take a photo and upload to ClassDojo.</p>	<p>Longer than your hand</p> <p>Trace and cut out your hand. Find 5 things that are longer than your hand. Record them in your book.</p>	<p>Door to door</p> <p>Measure in steps the distance from your bedroom door to the front door. Can you measure the distance another way?</p>
<p>Shorter than your hand</p> <p>Trace and cut out your hand. Find 5 things that are shorter than your hand. In your book, draw and label them.</p>	<p>Measure it</p> <p>Using a ruler, measure the following things in cm:</p> <ul style="list-style-type: none"> • A pencil • A piece of paper • A TV remote • Your favourite toy <p>Something from your bedroom.</p>	<p>How many hands?</p> <p>Trace and cut out your hand. Using this, measure how many hands long your bed is. Is there anything in your house that is longer than your bed?</p>	<p>Sort it out</p> <p>Collect 10 things from outside. Can you sort them from shortest to longest? Are there any that are the same? Take a photo and upload to ClassDojo.</p>



FITNESS & PE

(Choose your task from below)

<p><u>Go Noodle</u> Short dance and yoga videos for children to interact with</p> <p>http://www.gonoodle.com/</p>	<p><u>Cosmic Kids Yoga</u> Longer yoga videos for children to interact with</p> <p>http://www.youtube.com/user/CosmicKidsYoga</p>	<p><u>Balance Challenge</u> Find an object (soft toy, pair of socks etc) at home and try to balance it on different parts of your body. Try moving around the house and see how long you can balance the object.</p>	<p><u>Skittles Slam</u> Set up targets such as water bottles, soft toys, empty toilet rolls etc. Throw rolled up socks at the skittles and try to knock them down. Challenge yourself from different distances</p>
<p><u>Keepie Uppie</u> Keep a balloon from touching the ground for as long as possible using different parts of your body.</p>	<p><u>Scavenger Hunt</u> Ask an older person to write up some clues and hide them around the house. You can then follow the clues to find a small surprise at the end.</p>	<p><u>Free Choice Sport</u> Practice the skills of your favourite sport. For example; basketball, soccer, and set challenges for yourself to improve your skills.</p>	<p><u>Animal Walks</u> Walk around your house and choose a different animal walk for each room. eg. Snake slither, kangaroo hop, bear crawl</p>
<p><u>Make a Healthy Meal</u> Ask an older person to help you plan and prepare a healthy meal to share.</p>	<p><u>15 Minute Workout</u> Join Maurice for a 15-minute whole-body workout including warm up and cool down exercises.</p> <p>https://www.youtube.com/watch?v=L_A_HjHZxfI</p>	<p><u>Obstacle Course</u> Make a course inside or out that requires you to climb, go under, go around, roll and jump etc.</p> <p>Time your first attempt and challenge your PB each time after.</p>	<p><u>Gratitude</u> Do something kind for another person that you know. Eg. Help with a chore, ring a relative, Make a card to show your love for them.</p>



Wellbeing.

<p>Calm and relax</p> <p>Write a list of things you can do to calm down if you get mad.</p>	<p>Keep in contact</p> <p>Call a family member or friend and chat for at least 5 minutes</p>	<p>Talking with family</p> <p>At meal time, take turns and share your favourite part of the day.</p>	<p>Being nice with others</p> <p>Do something kind for someone in your family. Record what you did, write, draw a picture or take a photo.</p>
<p>Feelings</p> <p>Make a mask to show how you feel today</p> 	<p>Loving card</p> <p>Write a thank you card to someone special.</p>	<p>Meditation time</p> <p>Log onto peacefulkids.com.au and choose a meditation.</p>	<p>Be proud</p> <p>When is a time you have felt proud of yourself? Write, draw a picture or record a video to your ClassDojo portfolio.</p>