

ETPS@Home Learner Pack A



Child's Name	Class:	Year Level:	Date Started:
--------------	--------	-------------	---------------

	Week 1					Week 2				
	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
Reading										
Literacy										
Mathematics										
Inquiry										
Wellbeing										
Specialist										



READING

(Choose your task from below)



LITERACY

(Choose your task from below)



MATHEMATICS

(Choose your task from below)



INQUIRY

(Choose your task from below)



WELLBEING

(Choose your task from below)



SPECIALIST LESSONS

(Choose your task from below)

PE - FITNESS - 1

(Choose your task from below)

<p>Just Dance</p> <p>Short dance and yoga videos for children to interact with</p> <p>Open this link: Just Dance</p>	<p>Cosmic Kids Yoga</p> <p>Longer yoga videos for children to interact with</p> <p>http://www.youtube.com/user/CosmicKidsYoga</p>	<p>Balance Challenge</p> <p>Watch this short video to learn how to stork balance. Try to increase your PB with each attempt.</p>	<p>Skittles Slam</p> <p>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>Balloon Volley Ball</p> <p>Keep a balloon from touching the ground for as long as possible using your volley ball skills. Play with a family member.</p>	<p>Scavenger Hunt</p> <p>Ask another person, or write up some of your own clues and hide them around the house. You or a family member can then follow the clues to find a small surprise at the end.</p>	<p>Free Choice Sport</p> <p>Practice the skills of your favourite sport. For example; basketball, soccer, and set challenges yourself to improve your skills.</p>	<p>PB Challenge</p> <p>Choose a physical activity and record your PB (personal best). Standing long jump, plank, push ups per minute, skipping etc.</p>
<p>Make a Healthy Meal</p> <p>Find a recipe online, in a cookbook or ring a relative. Plan and prepare a healthy meal to share.</p>	<p>15 minute workout</p> <p>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>Obstacle Course</p> <p>Make a course inside or out, that requires you to climb, go under, go around, roll and jump.</p> <p>Time your first attempt and challenge your PB each time after.</p>	<p>Gratitude</p> <p>Do something kind for another person that you know.</p> <p>Eg. Help with a chore, ring a relative, Make a card to show your love for them.</p>

