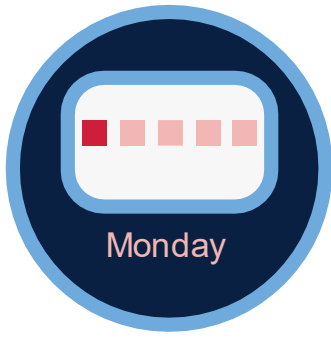














Early Stage 1 (F)

This booklet belongs to



Things you need

Activity	You will need
Most activities	<ul style="list-style-type: none">  workbook  paper  lead pencil and coloured pencils
Maths activities	<ul style="list-style-type: none">  0-9 spinner- template  paper clips  pencil
Creative arts	<ul style="list-style-type: none">  saucepan and wooden spoon  scissors  glue  pictures of food

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During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and connect – Friends



Watch the video or read the instructions.

Friends are one of the greatest gifts of life. A good friend makes you happy.

Close your eyes. Think of a good friend, maybe even your best friend.

Sometimes it's hard to stay connected with our friends because they live far away, or we are in lockdown. You can still connect with your friends. You could write them a letter, call them on the phone, make them a card, draw them a picture or organise a video chat.

["Hearts letter"](#) by [mediamodifier](#) is licensed under [CC BY 4.0](#)



Brain break – I spy

How many things can you find around the house that starts with the same letter as your first name in one minute?



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Physical activity – Bouncing and dribbling

Scan the QR code to watch the video if you can.

Try to find a large ball like a basketball or a soccer ball. Practise bouncing and catching the ball. Try to bounce it so it comes back up to your belly button. How many times can you bounce and catch the ball in 30 seconds?

Can you bounce and catch it down low so it comes up to your knees?

Can you bounce and catch it so it goes higher than your head?

Can you bounce it with two hands and catch it in one hand?

What other ways can you find to bounce and catch the ball?



English – Activity 1 – Listening: sounds outside



Scan the QR Code to watch this activity.

You will need:



Pencils



Paper or workbook

Outdoor space.



Sit outside for 2 minutes and listen carefully,



what can you hear?



Draw or list everything you can hear. This may include human and natural noises.

Too Easy?

List (write) the sounds you hear.

Write a sentence about the sounds you can hear in your area.

Write your own sentence about a beautiful place you have visited. Write down why it was beautiful and what you could do there.

English – Activity 2 – Reading and viewing



Listen to the story Bluey – The Creek.

“Bluey-The creek”, © 2020. Used with kind permission from Penguin Random Publishing Australia.



After listening, draw what you think the creek looks like.



Label the creek with nouns.

(Hint: a noun is a naming word, e.g. a place, thing or person.)



Finish this sentence, I think the creek is beautiful because _____

Too hard?

Draw the parts of the creek that are beautiful.

Literacy- Activity 1- Phonics Lesson 4, h,b,f,ff



Scan the QR code to watch the phonic lesson.

In this lesson you are going to learn the phonemes (sounds) **h,b,f,ff**
You are also going to learn how to blend the graphemes (letters) to write and read words.

Hint: Phonemes are the smallest sounds we can hear in words, for example c/a/t or b/oa/t
You use only your ears to hear phonemes.

Graphemes are the letters on the page and they represent the phonemes. We use our eyes to recognise graphemes.



You will need an adult to help you play picture word card flip. Ask a family member to cut out each picture word card flip. Then fold each page in half so the words and pictures are on opposite sides of the page. There should be 8 flip cards in total.

1. Use the picture and word cards to practise blending phonemes-graphemes to read words.
2. Place the cards word side up with the picture hidden behind.
3. Practise blending the phonemes-graphemes together to read each word.
4. Flip the card to see its picture and to check if they read the word correctly.

(Fold each page in half so the words and pictures are on opposite sides of the page)

Picture word card flip: Blending phonemes-graphemes to read words

puff



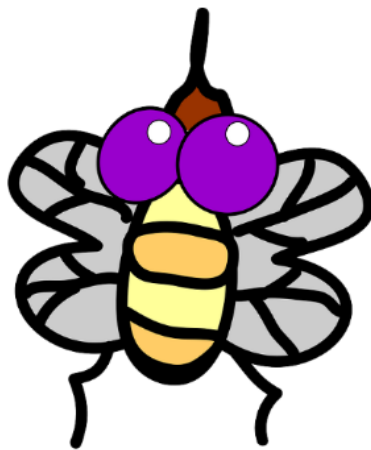
Picture word card flip: Blending phonemes-graphemes to read words

cuff



Picture word card flip: Blending phonemes-graphemes to read words

bug



fast



bat



Picture word card flip: Blending phonemes-graphemes to read words

fig



Picture word card flip: Blending phonemes-graphemes to read words

sniff



Picture word card flip: Blending phonemes-graphemes to read words

bag



Maths – Activity 1 – Counting sounds.



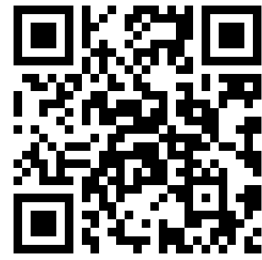
Scan the QR code to watch the lesson.

If you don't have a device, you will need an adult to clap while you draw one dot per clap. The adult needs to clap an amount between 12-20.



You need to draw one dot for every clap you hear. Count how many dots you drew. Were you right?

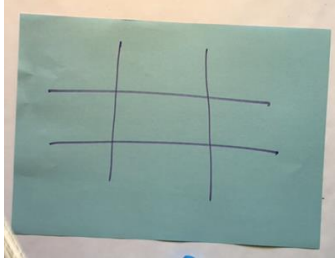
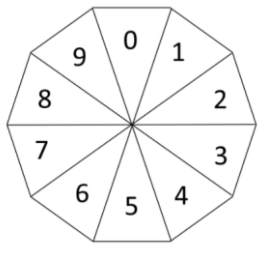
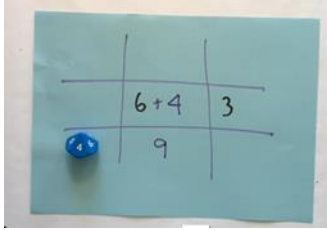
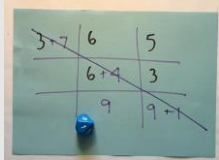
Maths – Activity 2 – 3 tens in a row



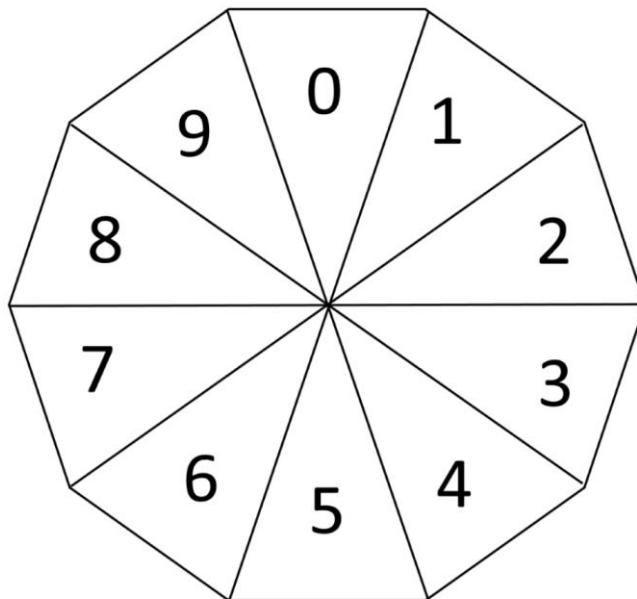
Scan the QR code to watch '3 tens in a row'.

You will need:

- 2 different coloured pencils
- 0-9 spinner, (template, paper clip, pencil)
- Your workbook.

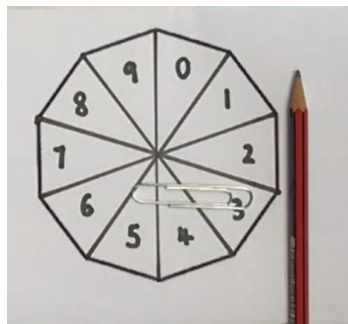
How to play Instructions	Pictures
<p>Draw a 3x3 grid as a game board (like noughts and crosses game board).</p>	
<p>Players take turns to spin the spinner and write the number in one of their boxes.</p>	
<p>The goal is to be able to write two numbers in each box that combine to make 10.</p>	
<p>Players continue taking turns until a player has been the first to make 3 tens in a row.</p>	

Spinner template

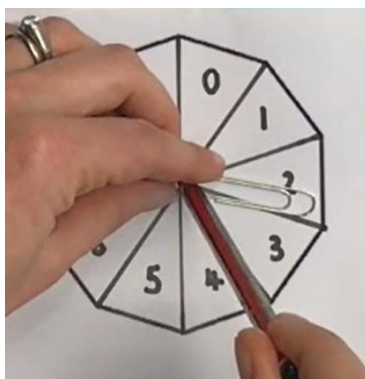


To use the spinner

- You will need a pencil and a paperclip



- Place the tip of the pencil inside the end of the paperclip on the centre of the 0-9 spinner.
- Spin the paperclip and watch what number it lands on!



Creative arts – Let's feast on the arts!



Sing a nursery rhyme. If you know them, sing 'London Bridge is Falling Down' and then 'Pease Pudding Hot.' They are called partner songs, which sound really nice together. If you can find someone to sing with, sing both at the same time.



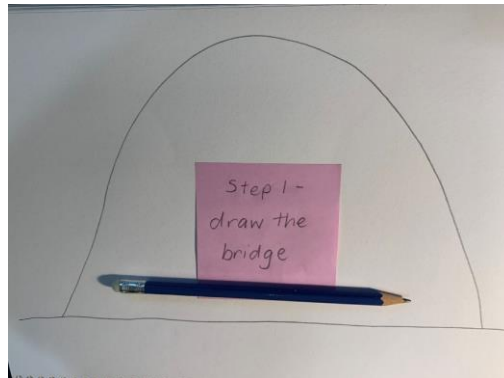
Show what your face would look like when London Bridge is falling down. Now show how your face would look eating cold pea pudding. How would it look eating hot pea pudding? What if the pudding was just right?

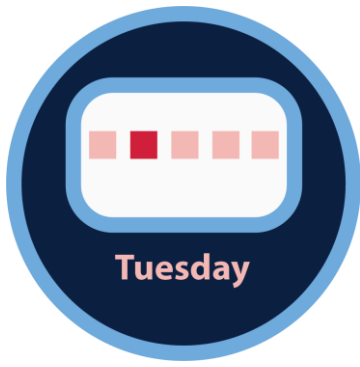
Find a saucepan and a wooden spoon (if you can) and imagine stirring your own pudding while you sing the songs.









Make a 'partner song' food picture.

1. Draw a bridge
2. Turn the bridge upside down to make it look like a bowl
3. Cut up pictures of food and stick them in your bowl. You could also draw pictures of food in your bowl.





Things you need

Activity	You will need
Most activities	 workbook  paper  lead pencil and coloured pencils
HSIE	 photos or pictures from magazines or the internet  scissors  glue

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and connect – What I miss most

Think about someone you miss seeing or something you miss doing.

Option 1: Draw a picture of you, and the person you miss, doing something fun. It might be something you would like to do the next time you see them.

Option 2: Draw a picture of something you miss doing. It might be a sport you play or a place you like to visit.



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

Brain break – Mountaineering

Check with someone at home before completing this activity

Mountain climbers use their feet and hands to push and pull themselves up mountains. Pretend the floor of your house is the side of a steep mountain. You cannot stand up to move from one place to another. Can you use your feet and hands to push and pull yourself around the floor of your house? Mountain climbers use rock cracks and ledges to grab hold of to push and pull themselves. You might be able to use walls and furniture to push and pull yourself around. (Check with someone at home before using walls and furniture to push and pull yourself around)



English – Activity 1- Speaking: Describe the setting.



Scan the QR code to listen to the instructions.



Look at the picture of the jungle treehouse.



Describe what you can see. Tell an adult or the next time you speak to your teacher.



"Image" by M.Maggs, Pixabay is licensed under CC BY 4.0

English – Activity 2 – Reading and viewing



Scan the QR code to watch the lesson.

You will need workbook, pencil. Look at the picture of the of the jungle treehouse.



Can you think about a story for this picture?

Think about who or the characters that would live in this treehouse.

Think about what the characters could do in the jungle treehouse.



Draw the characters and activities for your story.

"Image" by M.Maggs, Pixabay is licensed under CC BY 4.0



Characters



Activities

--	--

--	--

Literacy Activity – Handwriting Bb



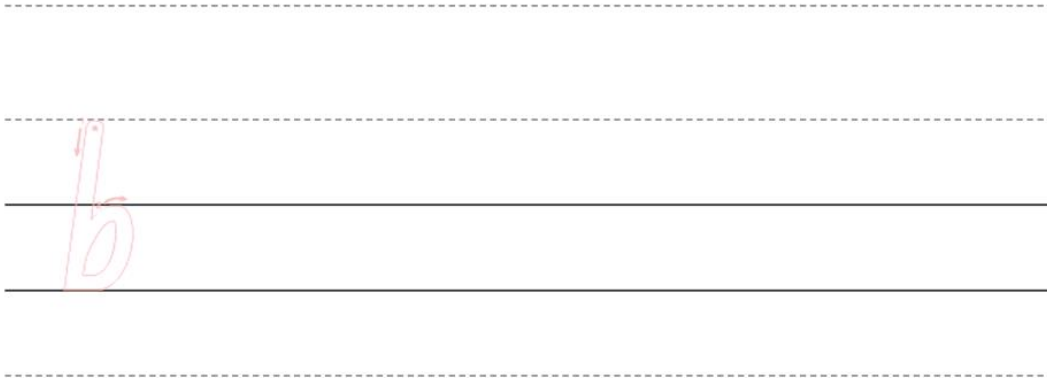
Today we are practising writing the letter Bb. Don't forget to do a little warm up by shaking and stretching your hands. Remember to sit upright

Handwriting in the early years

Lower case b

Bb

The lower case 'b' is a tall letter.
We make the letter 'b' with one movement. We start at the top dotted line and move straight down to the bottom solid line. We leave our pencil at the bottom of the line then move back up the same line. We leave a wedge and stretch a curve to touch the top of the solid line and move it back under to connect.



with both feet flat on the ground.

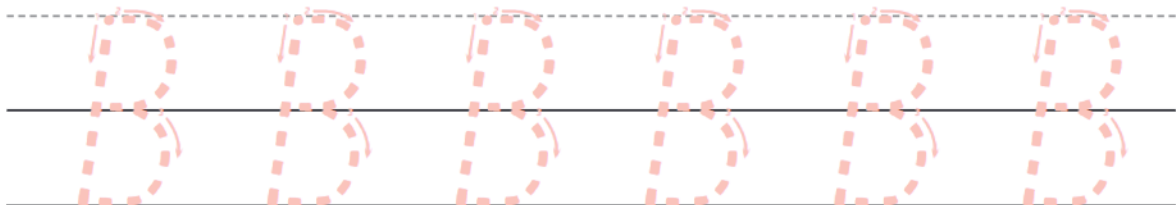
Upper case B

Bb

The upper case 'B' is a tall letter.
We make this letter with two movements.
We start at the top and make a tall, straight line. We then move to the top and draw one small curve that meets at the top of the solid line. We keep our pencil in this position and make another curve that stretches to the bottom solid line. Two bumps that pop out from the straight line!



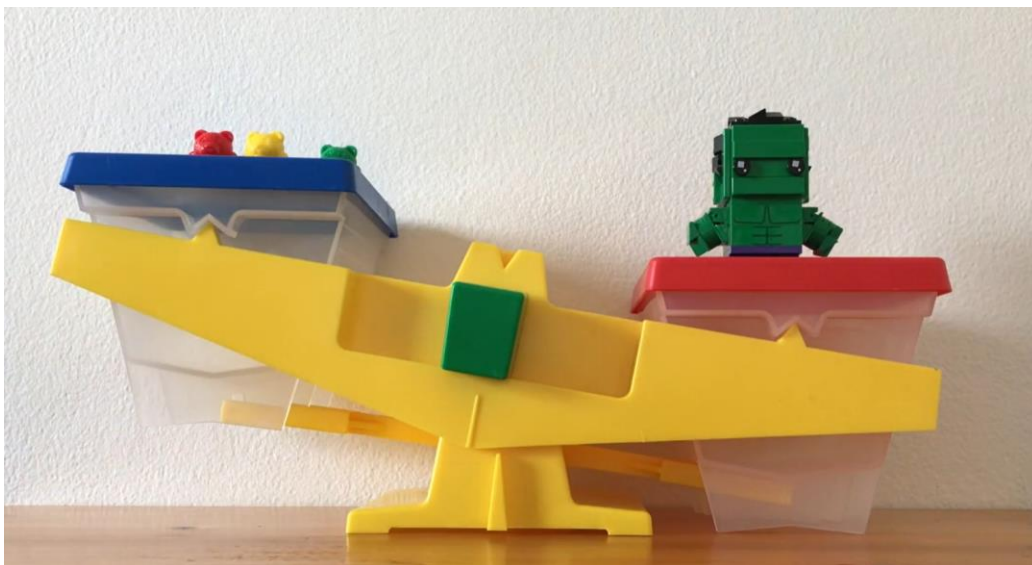
Example mnemonic: *Down, around and around!*



Maths – Activity 1 –Balancing numbers



If you have a device scan the QR code to watch the lesson.

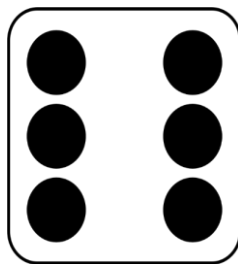


To make the balance scale level you would need 15 bears.






Can you draw what that would look like?

Maths – Activity 2 – Representing numbers on a dice



This Photo by Unknown Author is licensed under [CC BY-SA](#)

Six has all the dice patterns from 1 to 6 on his body. If 7 had a dice pattern, what do you think it would look like? Draw three different ways that it could look on a dice.

 Draw 7	 Draw 7	 Draw 7



Ask people at your house which one is their favourite representation of 7 and why. Share your favourite representation and reason why with your teacher.

HSIE – In my lifetime



Scan the QR code to watch the video if you can.

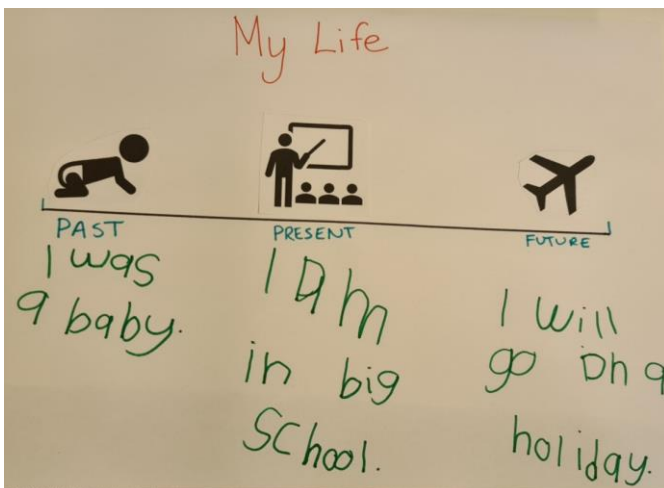


Today, you are going to think about your life so far. I wonder how far back you can remember. We are going to create something called a timeline.

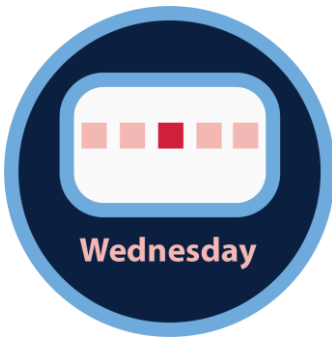
Do you know what the words past, present and future mean? The **past**, means it's already happened. The **present** means what is happening right now. And the **future** is what might happen next week, next month, next year and beyond.









Think of one event from the PAST, one event from the PRESENT and one event from the FUTURE for your timeline. You could draw a picture for each, cut pictures out to stick on or write a sentence for each category.



PAST	PRESENT	FUTURE



Things you need

Activity	You will need
Most activities	 workbook  paper  lead pencil and coloured pencils
Maths activities	 2 groups of 10 items  dice  scissors to cut our number cards
PDHPE	iPad or computer (optional)

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and connect – Outside my window

What can you see outside your window?

Imagine you are on a farm – what can you see outside the farm window?

Can you see a big, black and white animal with four legs? A cow!

Can you see the small animal with a long tail that makes a 'purr' noise? A cat!

What else can you imagine through the farm window?



["White window"](#) by [StockSnap](#) is licensed under [CC BY 4.0](#)

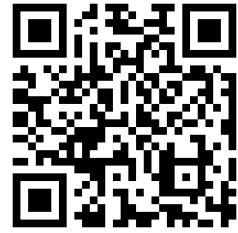
Brain break – Rip-a-strip

You will need a piece of paper. How long we can rip it?

Starting at the top corner of the paper, carefully rip it down to the side of paper just before the corner and then turn the paper and do the same until you get to the middle. How long is your paper?



English – Activity 1 – Vocabulary: Word chain



If you have a device, scan the QR code to watch the lesson.

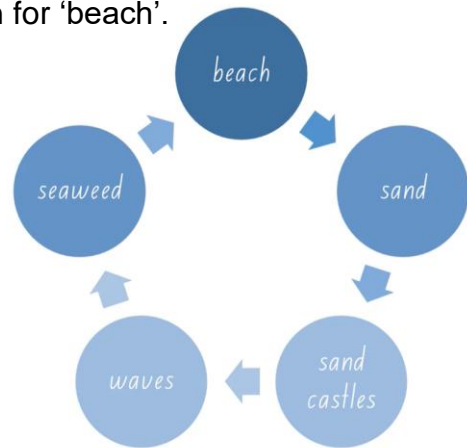
A word chain is a group of words that make you think of a place.

You will need a pencil and workbook or paper.

Look at the image of the beach. Complete a word chain for 'beach'.



Image by David Mark from Pixabay



-



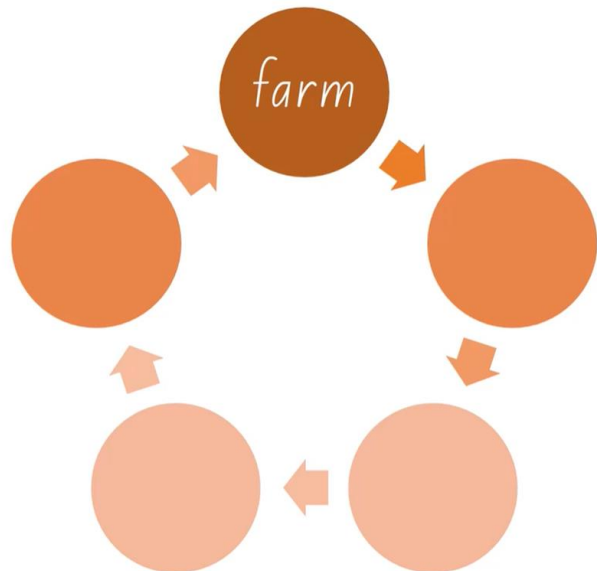
Look at the image of a 'farm'.



Complete a word chain for 'farm'.



Image by Michal Jarmoluk from Pixabay



English – Activity 2 – Reading and viewing: Characters and setting.



Scan the QR code to listen to Bluey – The Creek.

You will need:



pencils and



paper or



workbook

'Bluey-The creek", © 2020. Used with kind permission from Penguin Random Publishing Australia.



In the box draw the beginning of the story.



Write a sentence about what happens at the beginning of the story.

Literacy – Sight words: when, have, said



Scan the QR code to watch the sight word lesson.

You are going to learn to read and write the words: when, have, said quickly.

You will need  paper,  pencils.



Practice writing

when

have

said

in the box.

Literacy – Optional – Sight words: when, have, said



Scan the QR code to watch the sight word lesson and play the game.



You will need

a pencil and



work sheet.

when

have

said



You will need to

hear it,



see it,



say it and



circle it. You can ask an

adult to say the words for you.

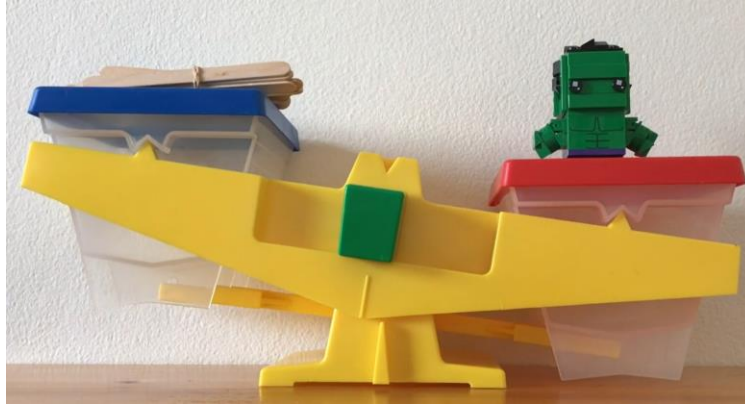
High Frequency Sight Words: when, have, said

<i>when</i>	<i>have</i>	<i>said</i>	<i>when</i>
<i>have</i>	<i>said</i>	<i>when</i>	<i>have</i>
<i>said</i>	<i>when</i>	<i>have</i>	<i>said</i>

Maths – Activity 1 – Balancing number part 2



Scan the QR code to watch the lesson.



To make the balance scale equal you would need 46 paddle pop sticks.



Draw what the scale would look like with 46 paddle pop sticks and one Hulk.

A large, empty rectangular box with a black border, intended for the student to draw their balanced scale.

Maths – Activity 2 – 10 or bust



Scan the QR code to watch the lesson.

You are learning to count to 10.

You will need: 10 counters each and die or number cards 1-6.



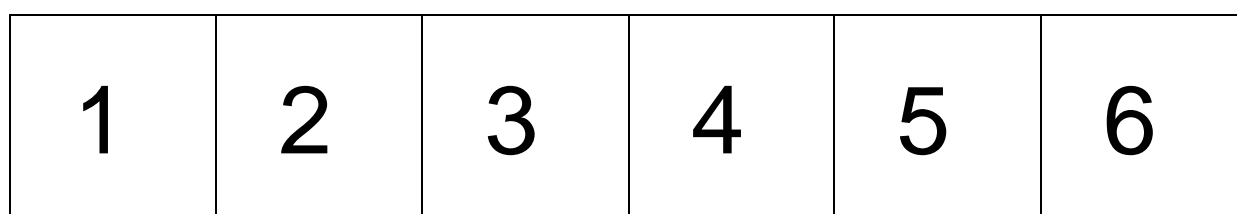
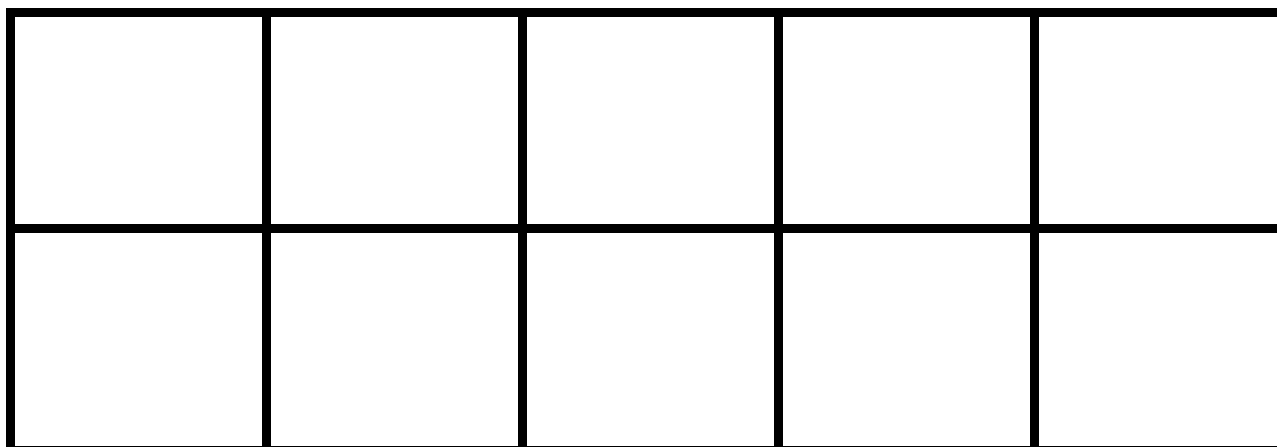
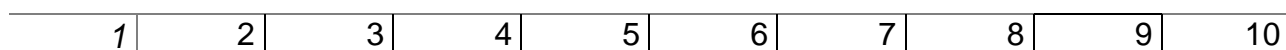
You can play with another player or by yourself.

Roll the die or pick a card.

Add the same amount as the die or card to the number line or ten frame.

Keep adding until you have filled the number line or ten frame.

If your last number is more than the spaces you have left, it is 'bust'.



PDHPE activity – Staying safe when active



Scan the QR code to watch the video if you can.

What does the word active mean?

Being active means moving your body. Some examples include jumping, kicking, riding a bike, running, wheelchair basketball and playing tag. There are lots of different ways to move your body.

When we are active, it is important that we are safe.

How can we stay safe when we are active?

- wear a hat outside
- wear shoes outside
- have an adult look after us
- wear a helmet when riding a bike, scooter, skateboard or rollerblades








Can you think of other ways to be safe when you are active?

Create a picture of yourself being active. You might do a drawing, collage or make a model. Remember to include ways we can stay safe when we are active, like a hat, shoes, a helmet or having an adult to look after us.

You might like to record some words to go with your picture as well.



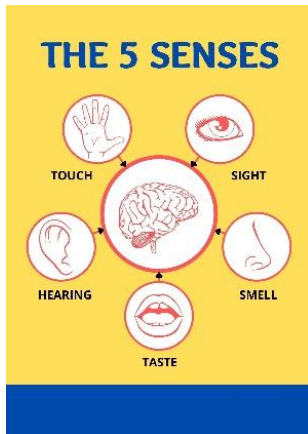
Things you need

Activity	You will need
<p>Most activities</p>	<ul style="list-style-type: none"> <li data-bbox="580 808 794 904">  workbook <li data-bbox="580 913 735 1010">  paper <li data-bbox="580 1019 1082 1115">  lead pencil and coloured pencils
<p>Science and Technology</p>	<ul style="list-style-type: none"> <li data-bbox="580 1131 810 1227">  zip lock bag <li data-bbox="580 1236 1059 1332">  dried beans (soaked overnight) <li data-bbox="580 1341 810 1438">  paper towel <li data-bbox="580 1447 810 1543">  sticky tape camera (optional)

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and connect – Sensory Sensations



- We're going to start the day with waking up our senses and focussing on the things that are around us and be more mindful of our surroundings.
- Take a big breath in and out. What are 5 things that you can see around you? Say them aloud.
- Take another breath in and out. What are 4 things you can touch or feel around you? Say them aloud.
- Big breath in and out again. Name 3 things can you hear around you. Say them aloud as you hear them.
- One more breath in and out. What 2 things can you smell around you? Are they nice smells?
- Last breath in and out. What's something you can taste right now? Is it something delicious?

Brain break – Yoga poses

Try these tricky balancing poses:



Physical activity – Dribbling

Scan the QR code to watch the video if you can.



Try to find a large ball like a basketball or a soccer ball. Practise bouncing and catching the ball. Try to bounce it so it comes back up to your belly button. Try walking while you bounce and catch the ball.

Can you bounce it with one hand and catch it with the other?

Try dribbling the ball. Bounce it, but instead of catching it, push it down again. Once you can do it, try using your other hand.

Can you dribble the ball while you walk and spell out your name?



English – Activity 1 – Predict the language

Pretend book cover



Image by [Stefan Keller](#) from [Pixabay](#)

You will need  coloured pencils.



Look at the image of a 'pretend' book cover.



What words do you think will be in this book?



Draw a picture or write the words that you think will be in this book.

Too easy? Write the words that you think will be in the 'pretend' book.

Predict what you think the story will be about, what will happen in the beginning, middle and end?

English – Activity 2 – Reading and viewing.



Scan the QR code to listen to Bluey- The Creek.



You will need

pencils and



paper or



workbook

'Bluey-The creek", © 2020.

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from Penguin Random
Publishing Australia.



In the box draw the middle of the story.



Write a sentence about what happens in the middle of the story.

Literacy activity – Phonics lesson 5, h, b, f, ff



Scan the QR code to watch the lesson

In this lesson you are going to learn the phonemes (sounds) h, b, f, ff.

You are also going to learn how to blend the graphemes (letters) to write and read words.

Hint: Phonemes are the smallest sounds we can hear in words, for example c/a/t or b/oa/t. You use only your ears to hear phonemes.

Graphemes are the letters on the page and they represent the phonemes. We use our eyes to recognise graphemes.



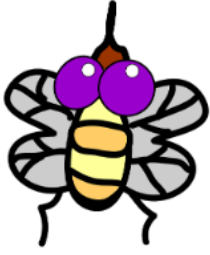
You will need an adult to help you with this activity.

Use the worksheets to help you identify initial, middle and final phonemes. Then write the corresponding graphemes to spell each word.

1. Say what the picture/word is and then use fingerspelling to segment and hear the 3 sounds that make that word, by holding up a finger to correspond with each phoneme
2. Practise segmenting and making the word using the letter cards below
3. Which phoneme-grapheme is missing (initial, middle, final) on the worksheet and write the corresponding grapheme to complete each word
4. Check your spelling by going back and re-reading each word to see if you got it correct.

h	b	f	ff
----------	----------	----------	-----------

Segmenting activity: Identification of beginning phonemes



 ug



 at



 ed



 uff



 ig

Segmenting activity: Identification of final phonemes



be_



ba_



pu_



ba_



sni_

Segmenting activity: Identification of medial phonemes



b_t



b_g



f_st

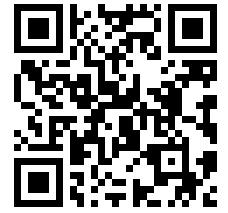


p_ff



f_g

Maths – Activity 1 – Subitising (more, less, same)





If you have a device scan the QR code to watch the lesson.



You will need coloured pencils.

You need to

 circle the picture with more	 circle the picture with less



Which one has more?



Tell an adult.

Science and Technology – Part 1 – Growing beans







Living things have basic needs including air, food and water. You will investigate the growth of a bean.

You will need the following items:

- Ziplock bag, dried beans (soaked overnight), paper towel, tape, camera (optional)



Scan the QR code to watch the video if you can and then follow the steps below with a parent or carer.

Instructions	Pictures
Soak the beans in water overnight.	
Wet the paper towel slightly. If it's too wet, carefully squeeze the paper towel so that the excess water comes out.	
Put the beans inside the zip lock bag. Make sure the beans are next to the paper towel inside the zip lock bag.	
Close the zip lock bag and tape it to a window.	

Science and Technology – Part 2 – Predictions and observations



Now it's time to record your observations.  Watch the short video.

- **Predicting:**



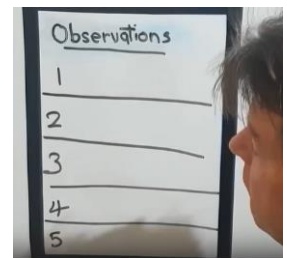
Talk to your parent or carer about what you think might happen with the bean seeds. Record your prediction.



- **Observing:**



Over the next 5 days, record what is happening to your beans. You can draw your observations, take pictures or record your voice with a device. Use the table on the next page to help you.

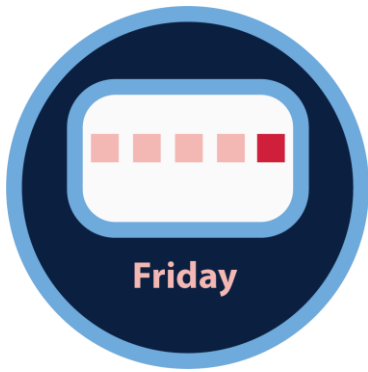


- **Reflecting:**













What do you think your beans needed to grow? Talk to your parent or carer and then record your ideas.

Day	Observations
1	
2	
3	
4	
5	



Things you need

Activity	You will need
Most activities	 workbook  paper  lead pencil and coloured pencils
Maths activities	 0-9 spinner
STEM	 paper  sticky tape  string  small toy, such as a LEGO person, to be at the top  ruler  scissors

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and connect – Let's go surfing



Lie down on a towel or mat.

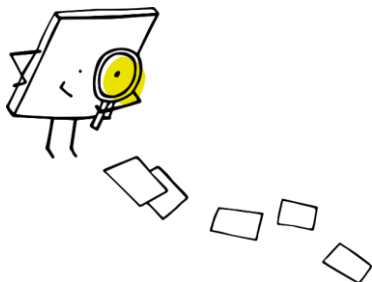
Use your arms to practise paddling in the pretend water.

What can you see in the sea? Can you see the dolphin, or the jellyfish?

Paddle fast and catch the wave all the way to the shore.

Brain break – Scavenger hunt

Can you find all of these items in one minute?



- sock
- toothbrush
- piece of fruit
- spoon
- pencil

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English – Activity 1 – Listening: KidsNews ABC



Scan the QR code to listen to KidsNews ABC.



You will need pencils and workbook or paper.



Draw or write a fact that you learnt.

English – Activity 2 – Reading and viewing.



Scan the QR code to listen to Bluey- The Creek.

You will need



pencils and



paper or



workbook



In the box draw the end of the story.

'Bluey-The creek', © 2020. Used with kind permission from Penguin Random Publishing Australia.



Write a sentence about what happens in the end of the story.



Did you like this story? Why?

Literacy– Activity – Handwriting F f



If you have a device, scan the QR code to watch the lesson. If not, read the instructions below. Remember to warm up by shaking and stretching your hands. Sit comfortably in your chair with both feet flat on the ground. Carefully write the lower-case 'f' and the upper-case 'F'.

Handwriting in the early years

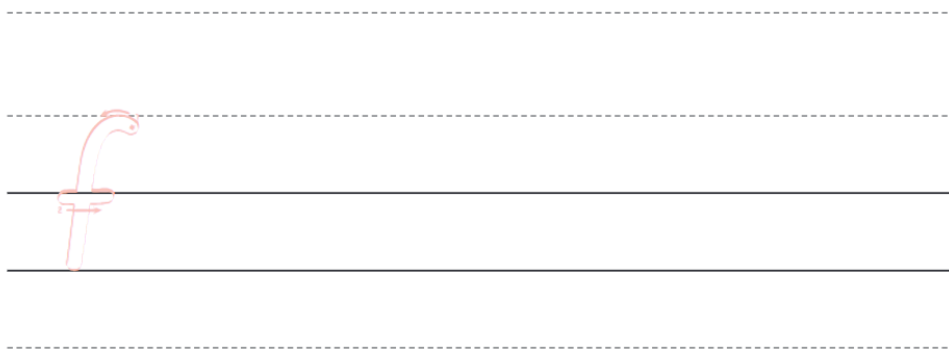
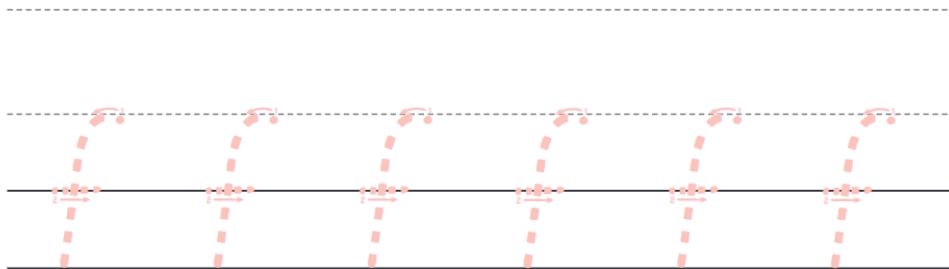
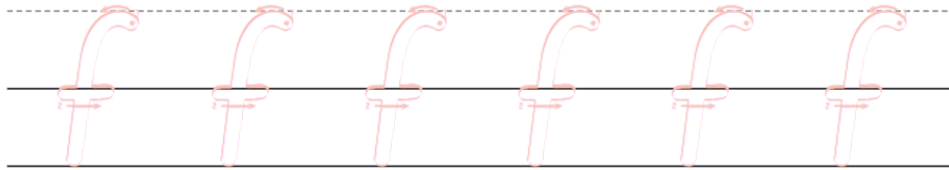
Lower case f

The lower case 'f' is a tall letter.
We make the letter 'f' with two movements.
We start close to the top of the dotted line with a small curve that touches the dotted line, which then stretches down in a straight line to the bottom solid line. We then add a small line that crosses over on the top solid line.



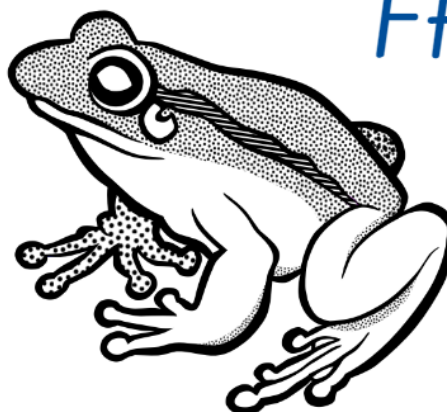
Ff

Example mnemonic: Around, down and across!

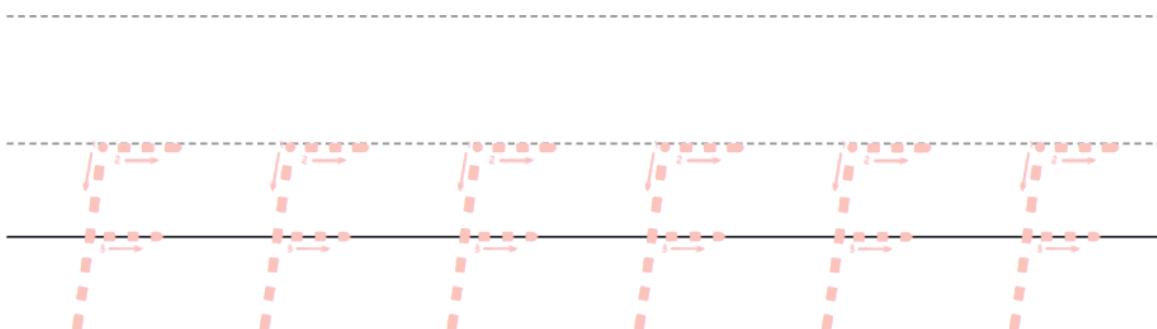
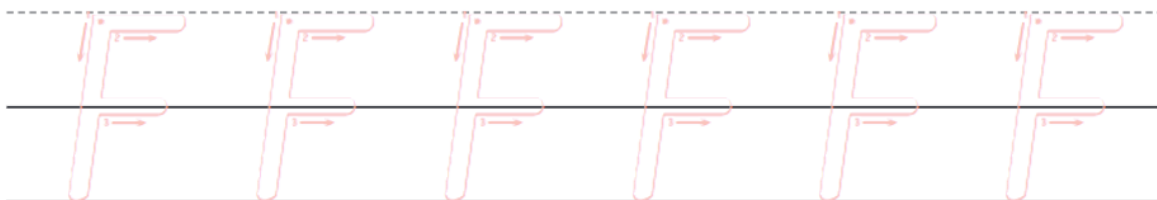


Upper case F

The upper case 'F' is a tall letter.
We make the letter 'F' with three movements.
We start at the top and make a tall, straight line.
We then move to the top and draw one small line outwards.
Finally, we make another short line along the top solid line.



Example mnemonic: Down, out, out!








Maths – Activity 1 – Ten Frame filler.

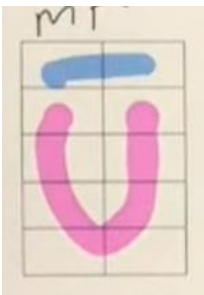


Watch the video and join in the activity.

You will need :

-  Another player (or team of players)
-  One game-board
-  2 different coloured markers or pens
-  dice or  spinner

Take turns rolling the dice draw a line through the 10 fame to match the number on the dice. You need to fill the 10 frame by adding to the line. You have to record the whole amount on the dice in one 10 fame but you can add to a frame that is not filled.



In this 10 frame one player filled it with 8 then the other player filled it with 2 to make 10. The player who added the 2 wins the frame.

Use the game sheet to play.

[Insert PDF](#)

10-Frame Filler Game

Maths – Activity 2 – Representing ten in different ways.

You will need



10 items



pencil



your workbook or some paper



How many ways can you organise 10 items? Draw and record 3 different ways that you thought about one of your 10 collections.



What other numbers could you do this with? What if you had 20 items? Pick a number, collect your items and draw a way that you could organise your collection

STEM – Paper tower challenge



Scan the QR code to watch the video if you can.

Challenge

Design and build the tallest free-standing tower out of paper, tape and string. The tower must be able to hold a small toy at the top.

Rules

1. You can only use the materials on the list.
2. Your tower needs to be able to stand up by itself.
3. The ruler is only for measuring and cannot be used in the tower structure.
4. The toy needs to be at the top of the tower.

Materials allowed

- paper
- sticky tape
- string
- small toy, such as a LEGO person, to be at the top
- ruler and scissors

Too easy?

How much weight can your tower hold? Keep adding weights until it collapses!

Try building the tower using spaghetti pasta instead of paper.

Like building?

Architects are people who plan and design buildings. They think about where the building is being made, what materials to use and how the building will be used. Watch a clip about architecture at <https://edu.nsw.link/o3hhCm>

