

How to Wash Your Hands

3. Apply a generous amount of soap to your hands.

Method

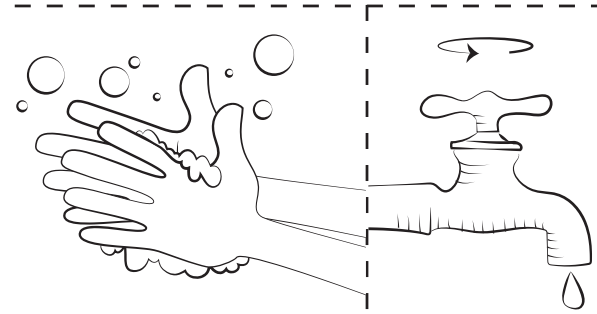
6. Turn off the water at the tap.

Equipment

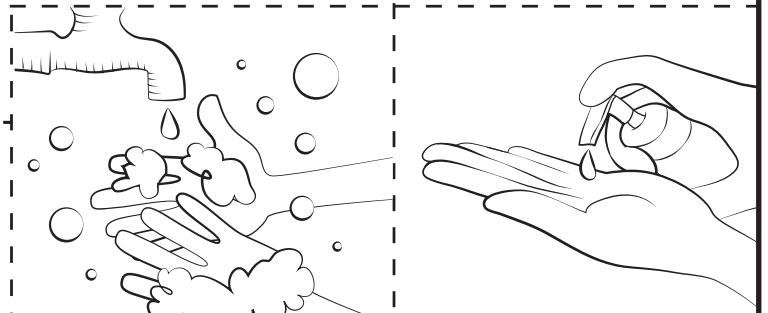
4. Rub your hands together for at least 20 seconds.

Water
Soap
A dry towel

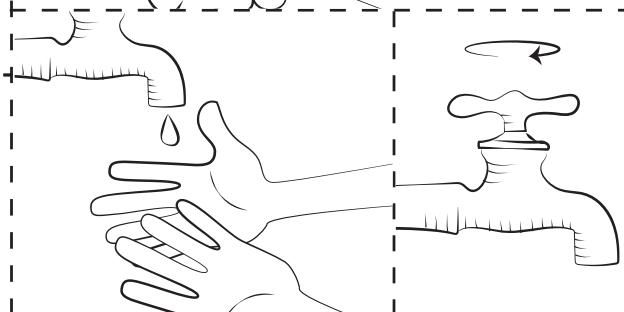
1. Gently turn on the cold water tap.



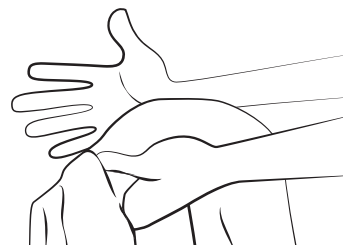
7. Dry your hands completely with a clean towel.



2. Place your hands under the water and wet them all over.

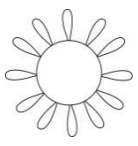


5. Rinse all of the soap off your hands.

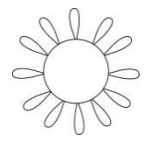


We completed this in class today!

Name _____



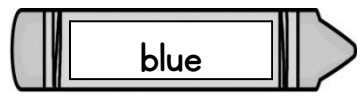
Daily Calendar Journal



yesterday

today

tomorrow



Sunday 	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 	Saturday
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Month

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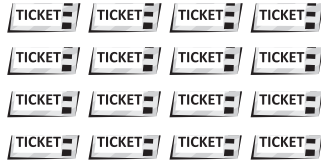
Today's Weather

Number of Days in School

Division – sharing (partition)

When we share things into groups evenly, every group is the same or **equal**. We call this process **division**.

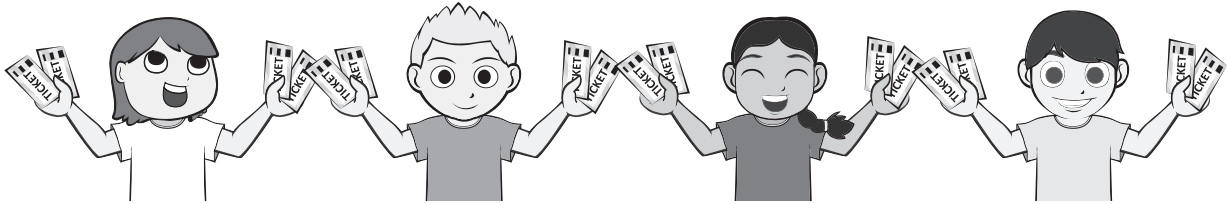
Here are **16**



show ride tickets.

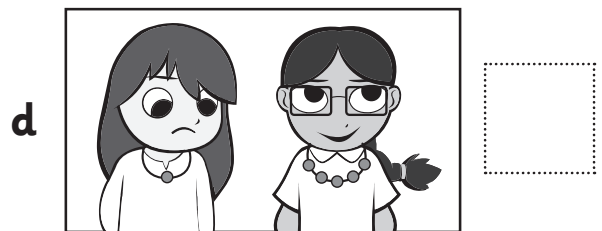
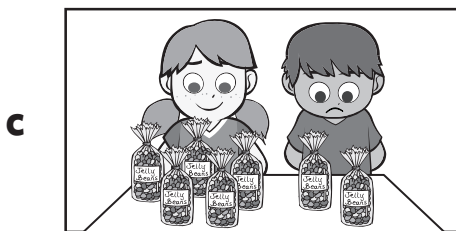
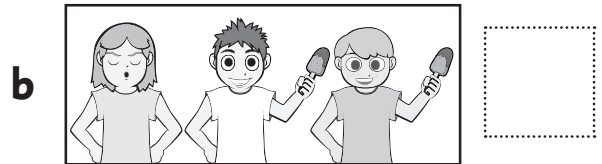
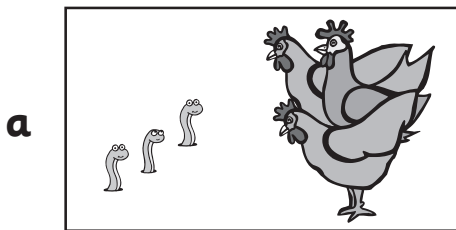
We want to share them between **4** children.

If we share the tickets out evenly, every child gets 4 tickets. Yay!

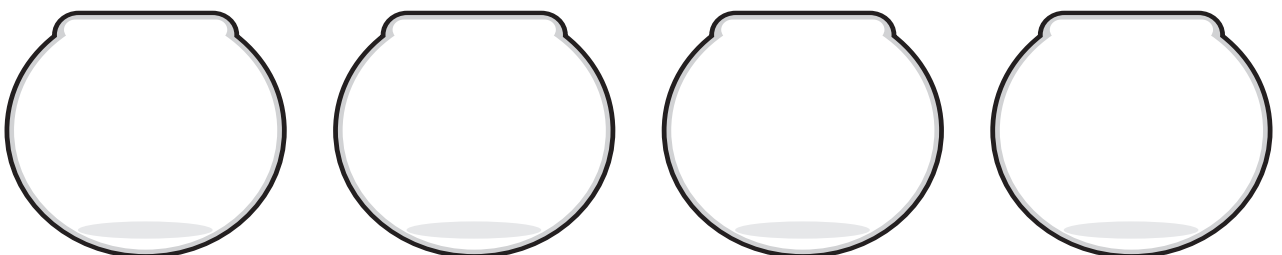


We call these **fair shares** because each share is equal.

1 Look at these shares. Are they fair? the fair shares and the ones that are not fair.



2 Draw 16 fish, sharing them between the 4 bowls. Make sure each bowl has the same amount of fish.



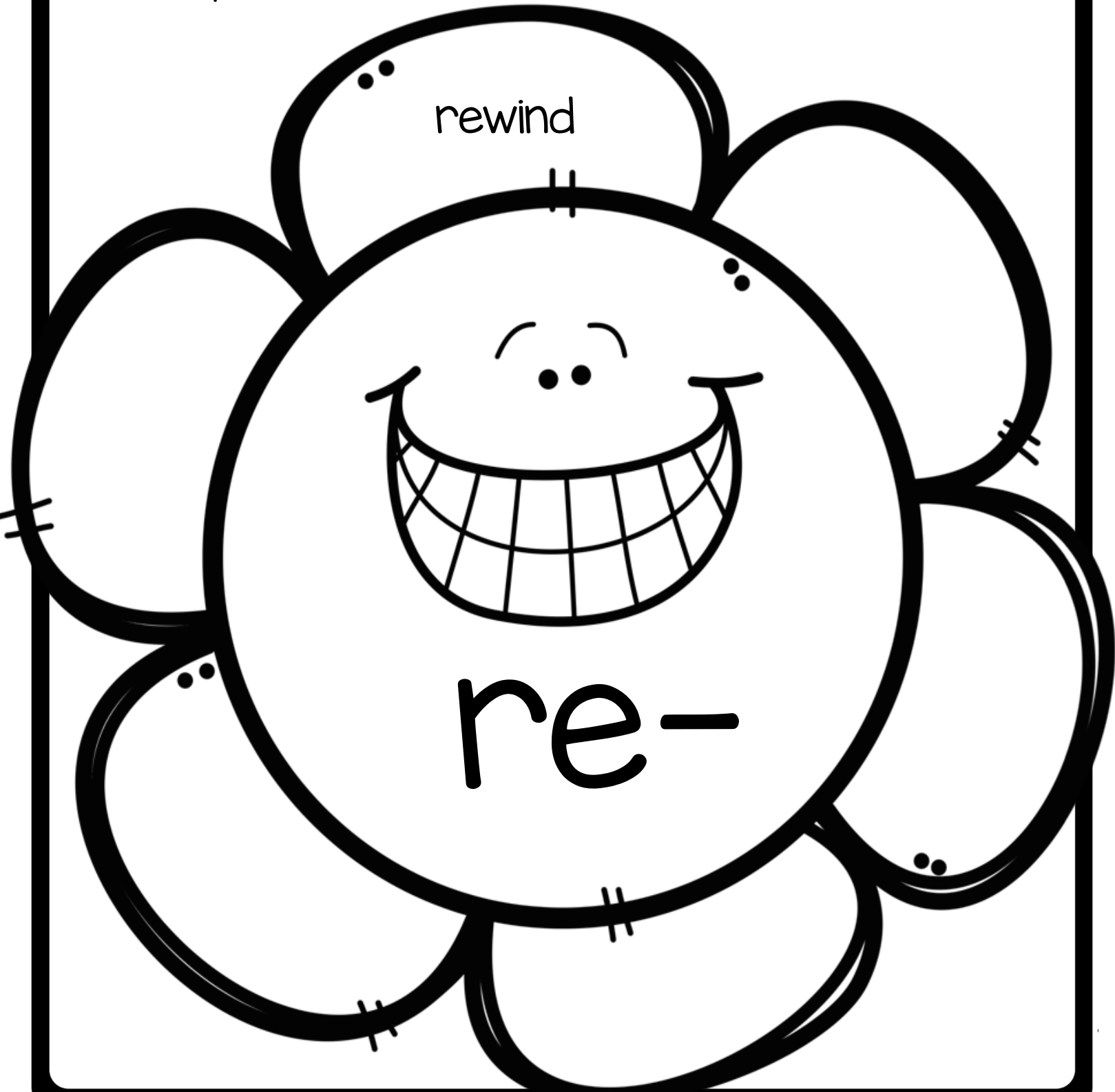
NAME _____

PREFIX FLOWER POWER

Directions: The re- prefix means AGAIN. Write words that have the re- prefix on each flower petal. Then draw a picture clue for each word!

rewind

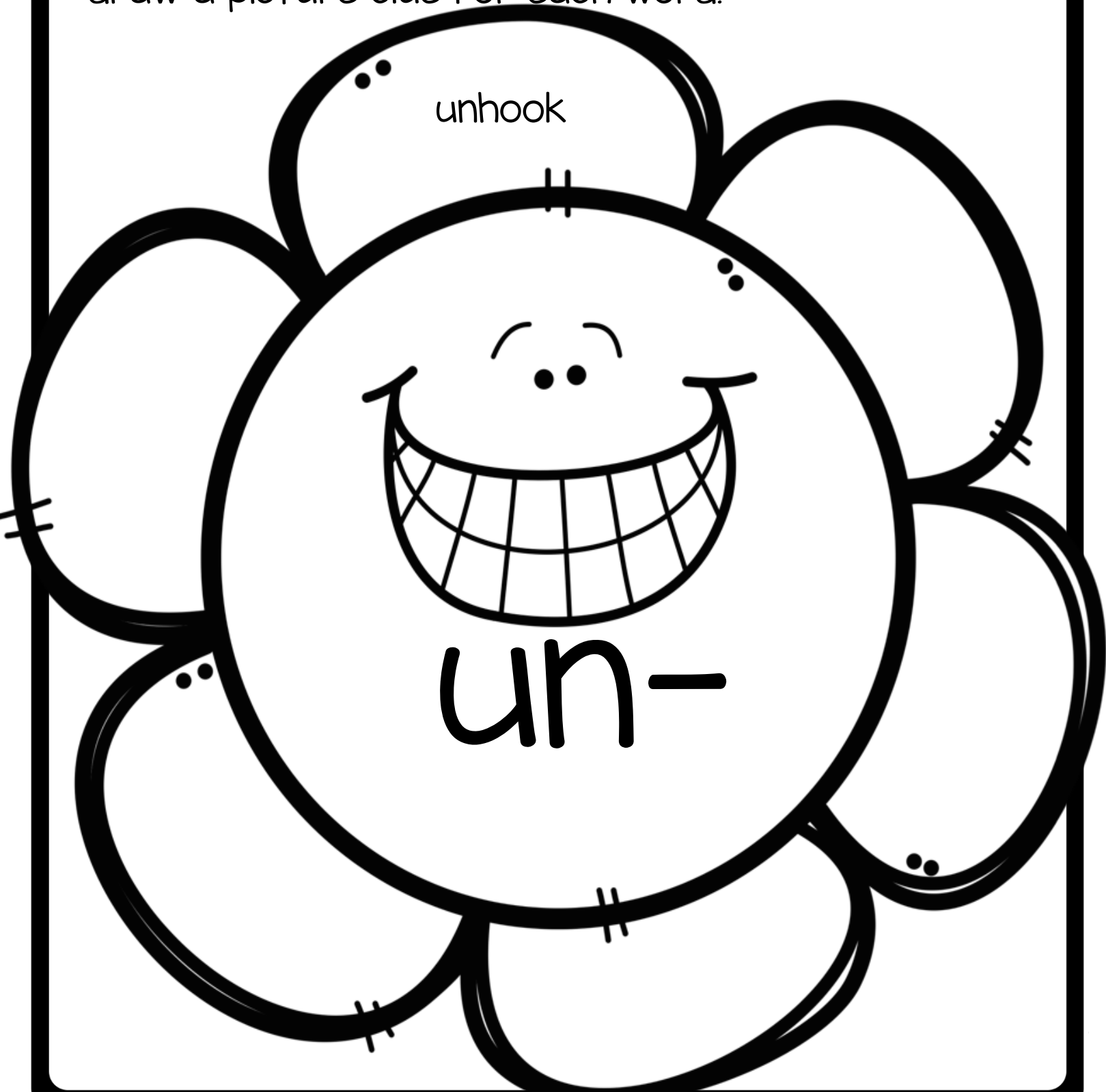
re-



NAME _____

PREFIX FLOWER POWER

Directions: The un- prefix means NOT. Write words that have the un- prefix on each flower petal. Then draw a picture clue for each word!



Sight Word

Passages



◆ Find the sight word and colour it:

brother	as	brother	going
be	like	what	brother
get	brother	be	after

◆ Read the story and underline the sight word:

My brother is short.
My brother has brown hair.
My brother is seven years old.
I love to play football with my brother.

A simple line drawing of a young boy with short, curly hair, wearing a button-down shirt and trousers. He is standing with his hands in his pockets.

◆ Read the sight word 3 times:

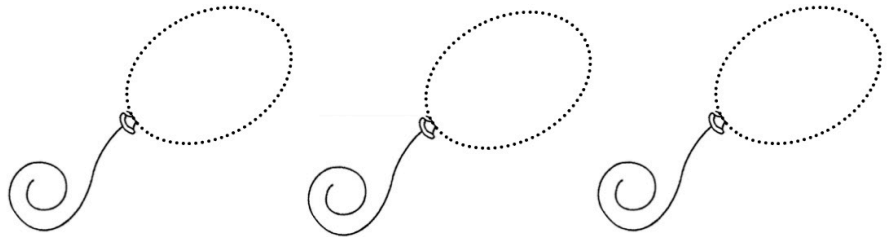
brother brother brother

◆ Put the sight word into a sentence:



Bb

for balloon



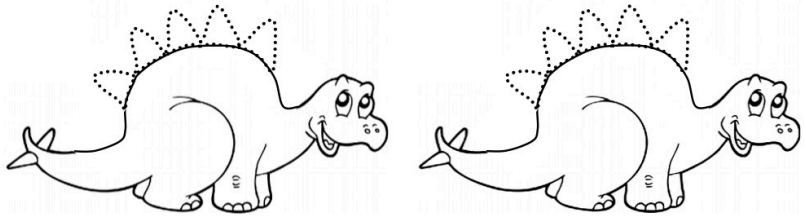
B B B

b b b

baby baby

Dd

for dinosaur



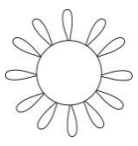
D D D

d d d

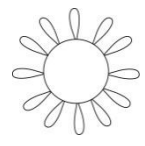
Dad Dad

We completed this in class today!

Name _____



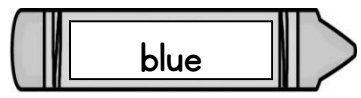
Daily Calendar Journal



yesterday

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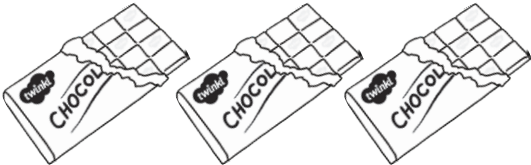
Today's Weather

Number of Days in School

Division by Sharing

Use a pencil to share these tasty goodies equally between different numbers of people.

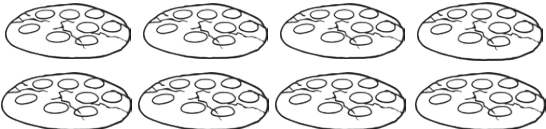
e.g. Share between 3



How many does each person get? What does the calculation look like?


① 2 3 4 $3 \div 3 = \textcircled{1}$

a. Share between 2




2 3 4 5 $8 \div 2 =$

b. Share between 4




2 3 4 5 $12 \div 4 =$

c. Share between 3




2 3 4 5 $12 \div 3 =$

d. Share between 5



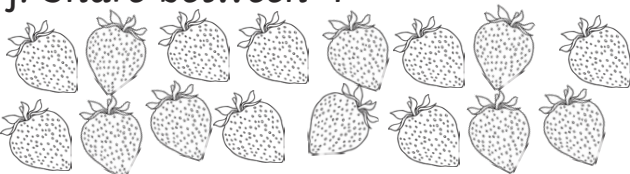
2 3 4 5 $10 \div 5 =$

e. Share between 2



2 3 4 5 $10 \div 2 =$

f. Share between 4



2 3 4 5 $16 \div 4 =$

NAME _____

MAKE NEW WORDS--PREFIX POST-ASSESSMENT

Directions: Match each word from the list below to the correct prefix. Write your new words on the lines.

un-

re-

write

fill

tangle

happy

like

pack

read

lock

tell

kind

play

make

paint

How to Make Fairy Bread

2. Spread an even layer of butter over each slice of bread.

4. Use biscuit cutters or a knife to create interesting shapes from the bread.

5. Arrange your fairy bread creations on a party platter. Enjoy!

3. Generously sprinkle the hundreds and thousands over the bread. Make sure that all parts of the bread are covered.

1. Place the slices of bread on a clean, flat surface.

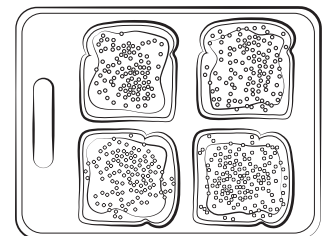
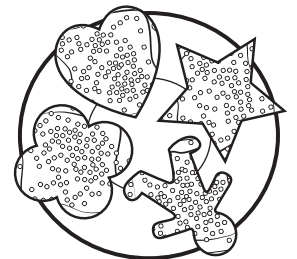
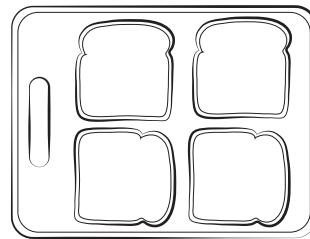
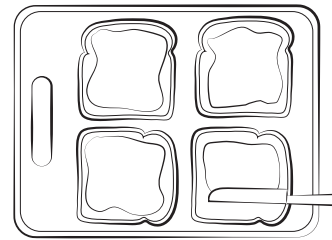
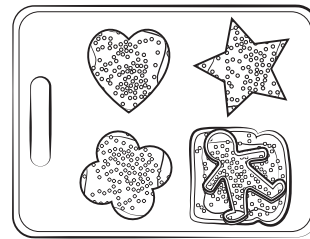
Method

Ingredients

Bread

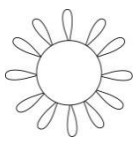
Butter

Hundreds and Thousands

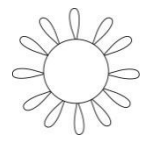


We completed this in class today!

Name _____



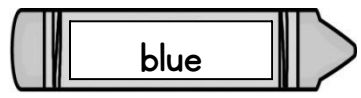
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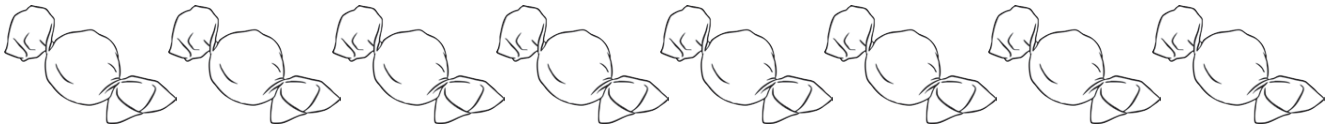
Today's Weather

Number of Days in School

Sharing

I can divide objects into groups.
I can share a set of objects equally.

1. Count the sweets. How many are there? _____

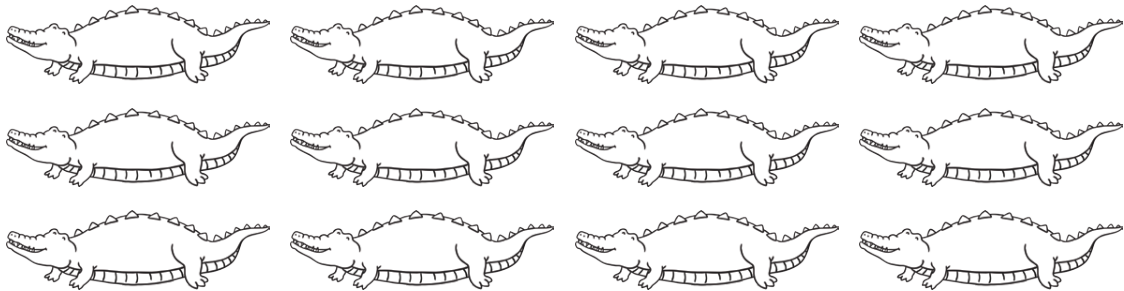


2. Jordan and Chang Song want to share the sweets equally. How many sweets will they each have?

Jordan will have _____ sweets.

Chang Song will have _____ sweets.

3. How many crocodiles are there? _____



4. Share the crocodiles equally between the children below:

Eric	Hassan	Anya	Kayleigh

5. Draw or make your own collection of objects and share them between you and two friends.

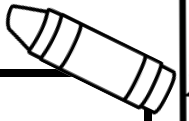
Sight Word

Passages



◆ Find the sight word and colour it:

sister	me	go	sister
with	all	sister	his
day	sister	her	at



◆ Read the story and underline the sight word:



This is my little sister. She is four years old.
Sometimes my sister takes my things without asking.
I like to play with my sister at the park.
I love my sister.



◆ Read the sight word 3 times:

sister **sister** **sister**

◆ Put the sight word into a sentence:



Pp

for penguin



P P P

p p p

pop pop

Qq

for queen



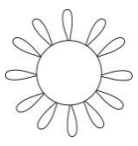
Q Q Q

q q q

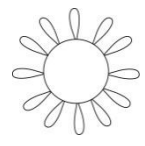
quit quit

We completed this in class today!

Name _____



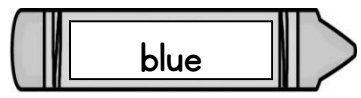
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Today's Weather

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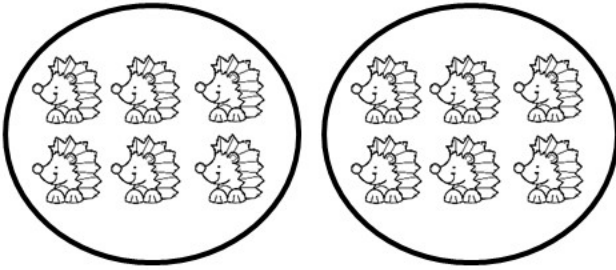
Name _____



Division Equal Groups

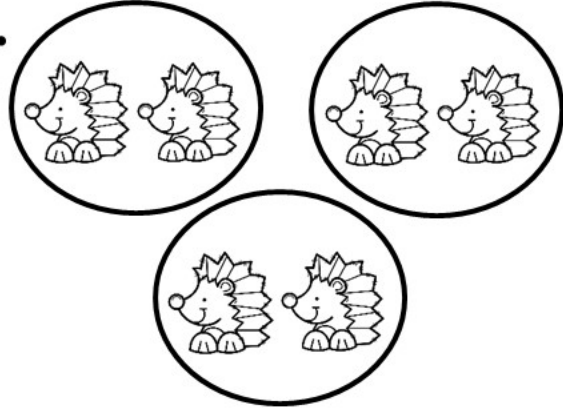
Directions: Write a division sentence to match the model.

1.



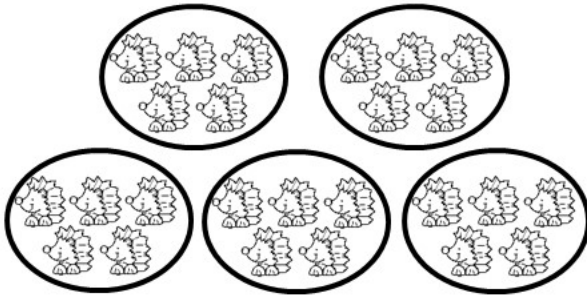
$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

2.



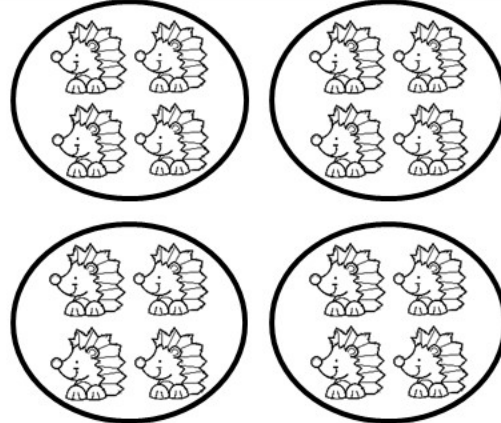
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3.



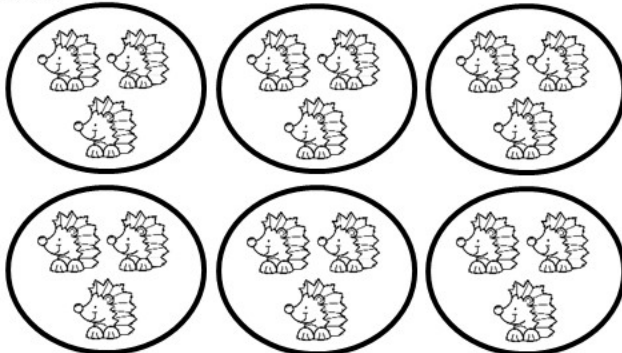
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4.



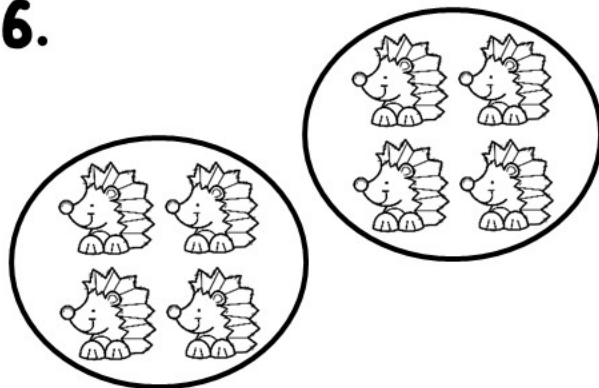
$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

5.



$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

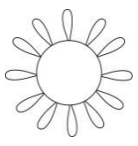
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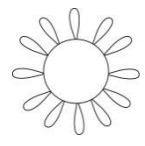
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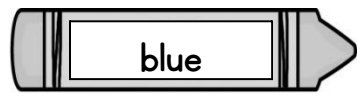
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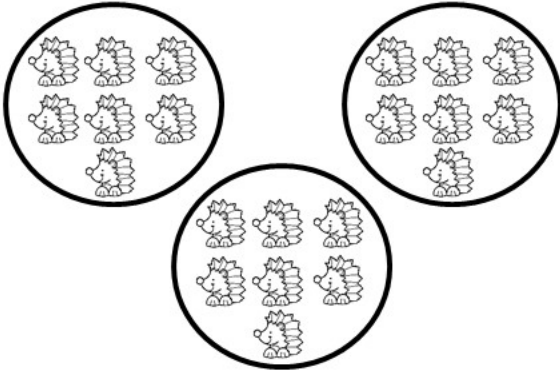
Name _____



Division Equal Groups

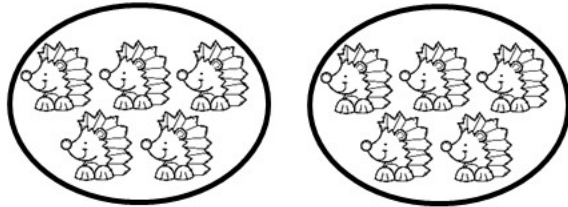
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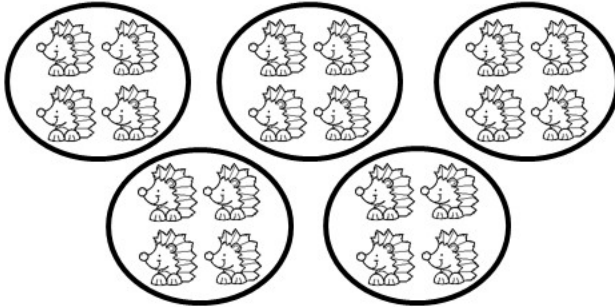
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2.



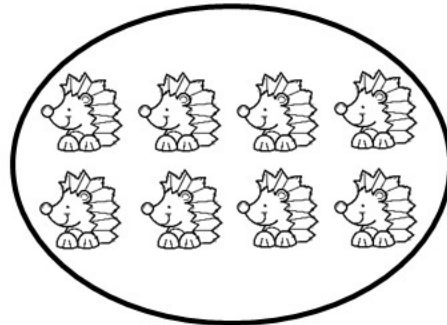
$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

3.



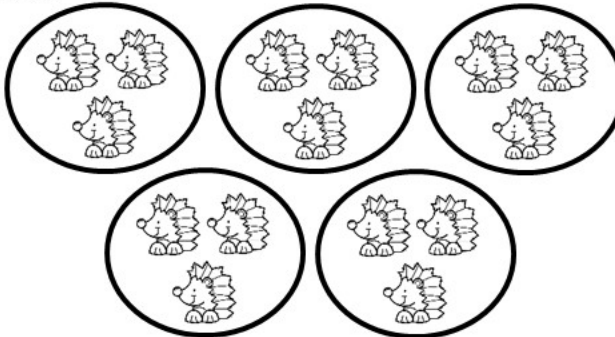
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4.



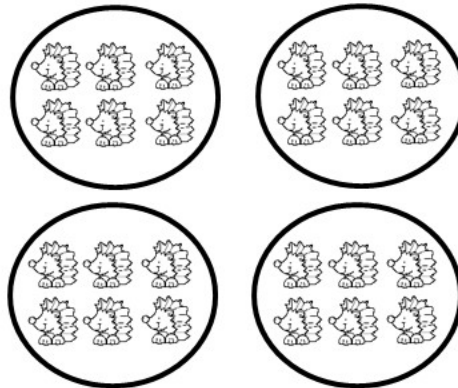
$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

5.



$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

6.



$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

S1 PE Week 3 Term 4

Learning Intention- To revise and refine the components of the hop while participating in various activities and games.

Skill focus- See attached Skill Card for The Hop

GetActive@Home K-2 Episode 2- Hopping

Link To Activity- <https://app.education.nsw.gov.au/sport/Bodycontrol>

What students will need for this lesson- Students will need 5 pairs of socks or similar small objects, 4 individual shoes, their activity log book, a pencil and a water bottle (see below for activity log book) or download a copy at www.sports.det.nsw.edu.au

Use your activity logbook to record your participation for each activity - You can practise each day and improve your fitness and hopping skills.

Activity 1- Warm Up Activity- Students warm their bodies up by mirroring the following actions in the video.

- 1.Take 2 big steps forward
- 2.Take 2 big jumps to the right
- 3.Take 2 big steps backwards
- 4.Take 2 big jumps to the left

Activity 2- Stretch/ Huff and Puff Warm Up Activity

Students stretch and begin the huff and puff activities by mirroring the actions in the video.

- 1.Stand reaching your right arm overhead and stretch bending your body to the left, repeat other side
- 2.Balance on your right leg, bend left leg behind and hold your left foot with your left hand, repeat other side
- 3.Run on the spot for 20 seconds
- 4.Star jumps x15
- 5.Scissor jumps x10
- 6.Side jumps x10

Activity 3- Move and Groove Dance- Students continue warming up by mirroring the dance action movements in the video.

- 1.Feet tap right and left
- 2.Walk forward and backwards
- 3.Bounce right and left
- 4.Walk around in a circle
- 5.Moonwalk

Activity 4- Movement Skills- The Washing Machine Game- Students perform a movement skill to match each of the following speed settings on a washing machine. Record your results in your activity logbook.

- 1.Regular Wash- jog on the spot
- 2.Kids Wash- fast running on the spot using high knees
- 3.Delicate Wash- walk using slow motion
- 4.Spin Cycle- jumping, half and quarter turn
- 5.Short Wash- V-sits

Activity 5- Movement Challenge- Hopping Game- Students practice their hopping skills by following the directions in the video.

- 1.Triangle
- 2.Letters of their name
- 3.Favourite letters

Activity 6- Movement Challenge Game- Students hop the outline of as many letters and shapes as they can in 30 seconds. Students use a combination of small and big hops. Record your results in your activity logbook.

Activity 7- Movement Mega Challenge Game- Students set up 2 shoes to represent islands (1 hop distance apart). Students carry one sock at a time from one island to the other by hopping. For a challenge students can increase the distance between the shoes. Record your results in your activity logbook.

Activity 8- Movement Creative Challenge- Students place 4 shoes on the floor representing 4 separate islands. Travel to each island by using the washing machine speed settings used in activity four (regular wash, kids wash, delicate wash, spin cycle and short wash). Record your results in your activity logbook.

Teaching Cues- Parents or family members can use the following teaching cues to support student.

Stand on one leg, arms out to the side, weight forward (**rocket ready**).
Bend knee slightly and spring up (**rocket explode**).
Land with knee bent (**rocket land**).

Cool Down-Activity 9- Cosmic Kids Spooky Yoga

Link to activity- <https://www.youtube.com/watch?v=yt-dk7aQhPs>

Enjoy cooling your body down by following the spooky yoga movements in the video.

Discussion Questions

1. How do you use your arms to hop higher?
2. How do you land safely?
3. Why do we put our arms out to the side?

Extension Activity 1- Hopping Activities

With a partner try:

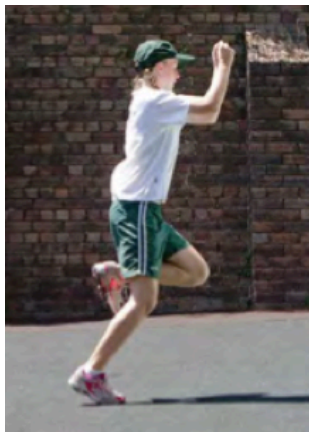
1. Hopping on the spot while another person completes 10 throws of a ball then change roles.
2. Set up a hopscotch court on the ground using chalk.
3. Skip with a skipping rope only using a hop.

Extension Activity 2- Hop and Stop Game

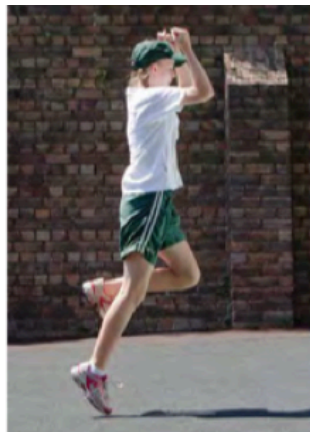
Link To Activity- <https://www.youtube.com/watch?v=YGoaNx2BqJs>

Enjoy playing the hop and stop game in the video.

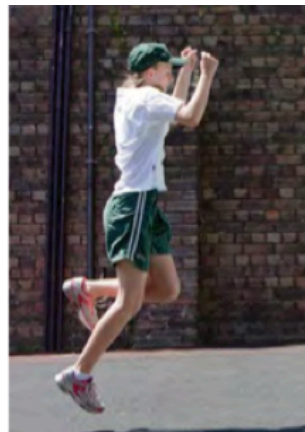
Skill Card- The Hop



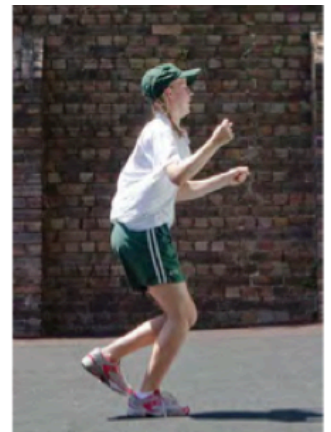
1



2



3



4

5

Skill components

1. Support leg bends on landing, and then straightens to push off.
2. Lands and pushes off on the ball of the foot.
3. **Non-support leg bent and swings in rhythm with the support leg.**
4. **Head stable, eyes focused forward throughout the jump.**
5. Arms bent and swing forward as support leg pushes off.

Australia is a very big country and it has a lot of different weather. The summer season is usually hot and the winter season is usually cold but the weather can also change everyday.

3

▶ Watch the video of the song 'Hot and Cold'. Dance to the music and change your actions when the weather words change.



hot-and-cold



Autumn/Winter

Spring/Summer

LOCKDOWN

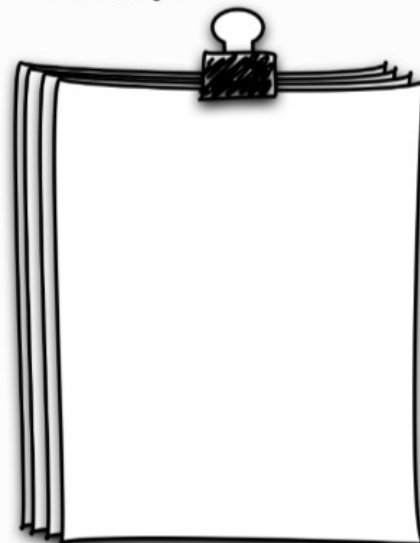
Age



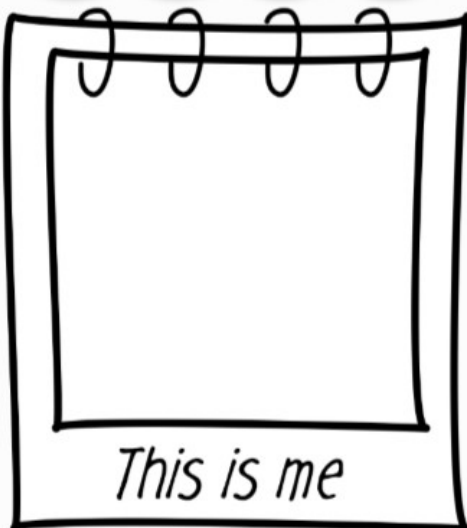
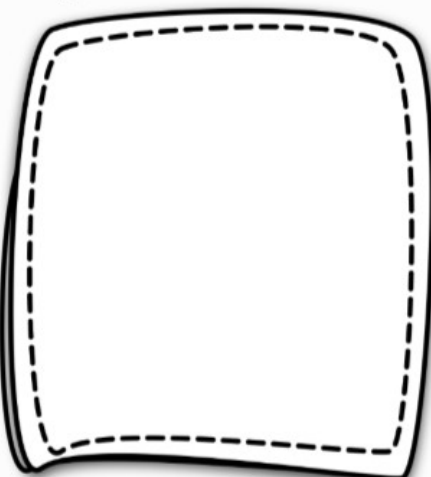
Name



Something I learnt to do



Happiest memory of lockdown

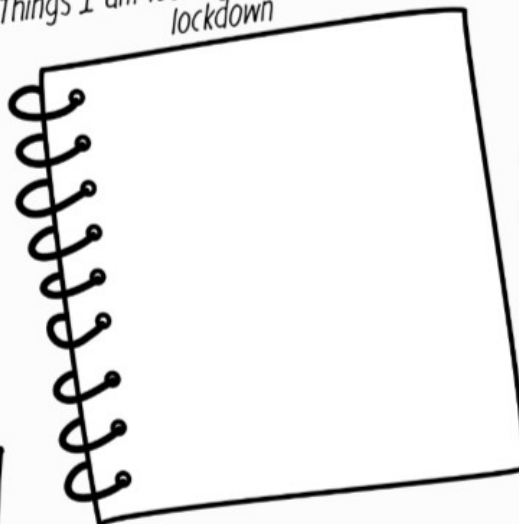


One word to describe 2021 so far

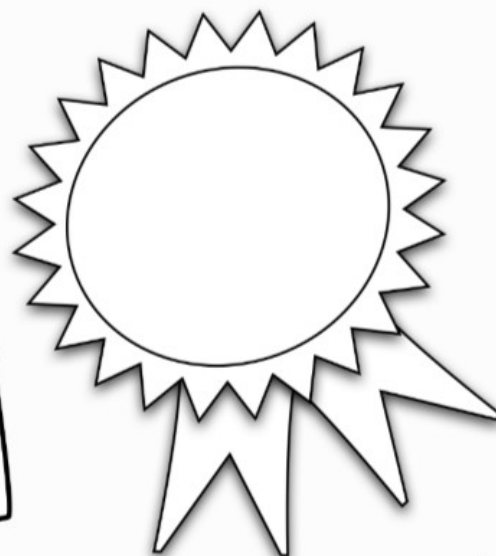
What I am thankful for



Things I am looking forward to after lockdown



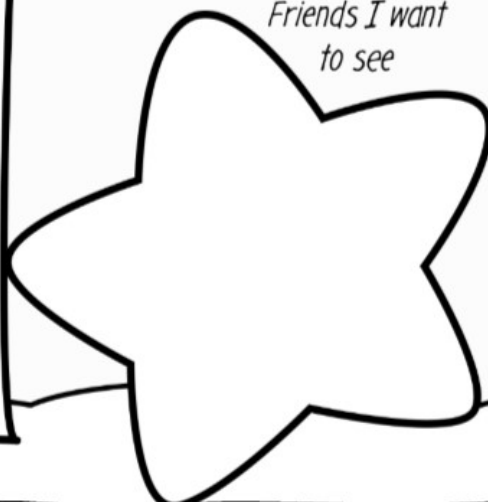
Proud moment of lockdown



My worries



Friends I want to see



What I learnt about myself



Back to school

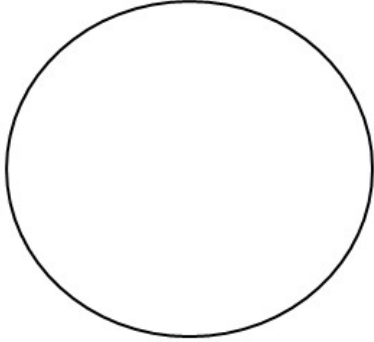
How happy do you feel about coming back to school?

Not
happy

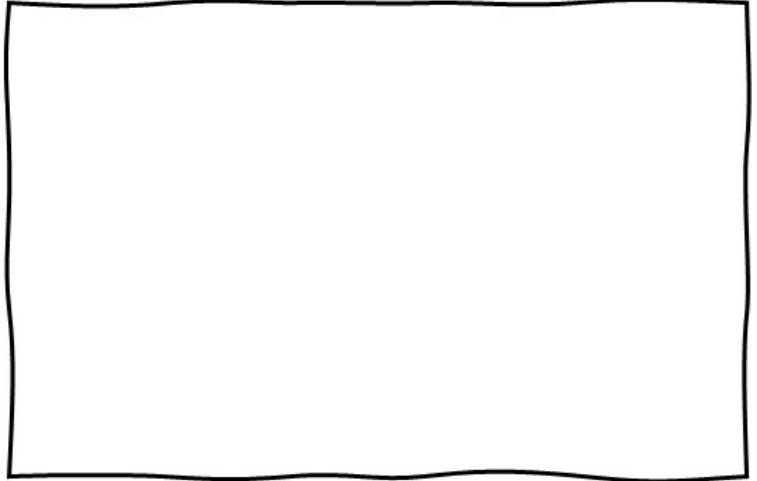
1	2	3	4	5
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Very
happy

What is your biggest feeling?
Can you draw it?



Draw or write anything that is worrying
you here



What was the best thing about being at home? What did you enjoy doing?

What are you looking forward to doing at school?

One thing you wish we knew...

Design Your Own Face Mask

