

## Year 1 Learning at Home - Literacy Grid!

Each day please choose an activity to do! You may use the pictures at the bottom of the page to help you.

<p><b>Narrative</b> Write a story that takes place in the jungle! Or create your own!</p>	<p><b>Rhyme Generation</b> Write 5 words that rhyme with 'cat'. Write 5 more words that rhyme with 'pan'.</p> <p>e.g. cat – hat pan - man</p>	<p><b>Recount</b> Write a personal recount about something you did on the weekend! Please include: Orientation (When, where, who, what, why) First, Next, After that, Finally, Feelings</p>	<p><b>Letter Names and Sounds</b> Practise saying the letter names and sounds for each letter of the alphabet. Then write a word that begins with each sound. a – ant b- ball</p>
<p><b>Grammar</b> Write 5 sentences using a different pronoun in each sentence (e.g. I, me, we, us, my). <i>I</i> went to the park to play soccer.</p>	<p><b>High Frequency Words</b> Read and then spell 10 of your homework High Frequency Words using materials (dry pasta, coins, beans, counters, blocks, pegs, etc.)</p>	<p><b>Reading a book</b> Discuss your favourite part of the story and why. Then write down your answer using a few sentences.</p>	<p><b>Speaking and Listening</b> Listen to a story on epic (free basic subscription) and retell the main events to a family member.</p>
<p><b>Descriptive Writing</b> Describe the pictures below to a family member using adjectives! (big, green, etc) Challenge: <i>Write 3 sentences about the picture you chose. E.g. The dragon has green and yellow wings.</i></p>	<p><b>Letters and Sounds</b> Practise saying each letter name and sound of the alphabet. Then have a go at writing a word that starts with each letter! e.g. a – ant</p>	<p><b>Conclusions</b> Read or listen to a story, and then write a different ending! Make sure you correctly use capital letters and an end mark (full stop, exclamation mark).</p>	<p><b>Vocabulary</b> Write a sentence for 5 favourite toys. Make sure each sentence includes a <b>noun</b>, a <b>verb</b> and an <b>adjective</b>. e.g My <b>noisy</b> <b>rocket</b> can <b>fly</b>.</p> <p>Noun: person, place, object Verb: action word Adjective: describes a noun</p>
			

## Year 1 Learning at Home - Maths Grid

<p><b>Counting</b> Count to and from 100 or 1000 from any starting point.</p>	<p><b>Skip Counting</b> Skip count by 2, 5, 10 while jumping, skipping or other actions to get the body moving.</p>	<p><b>Basic Facts</b> Answer 10 addition or subtraction facts up to 10 or 20.  e.g. <math>4+2=6</math> <math>8+3=11</math></p>	<p><b>Word Problems</b> Solve three word problems.  e.g. Stan has three fish and Anna gave him four more. How many fish altogether?</p>
<p><b>Number Writing</b> Write 20 numbers in order from any starting point between 1-100 or 1-1000.</p>	<p><b>Shapes</b> Walk around the house/garden and find 5 squares. Next: 5 rectangles After that: 5 Circles Finally: 5 Triangles Bonus challenges: <i>Can you draw a pentagon and a hexagon?</i> <i>Can you make these shapes using toothpicks, pop sticks or sticks?</i></p>	<p><b>Snap +1</b>  e.g. if 5 goes down then a 6 would make a snap.</p>	<p><b>Rainbow Facts to 10 Go Fish</b>  e.g. If you have a 6 you need to ask for a 4.</p>
<p><b>Biggest Number</b> Play with another person. Roll a dice <b>two</b> times. They need to make the biggest number possible and the person with the biggest number wins.  e.g. I roll a 3 and a 7, my biggest number would be 73.</p>	<p><b>Number Guess</b> Ask yes or no questions to try and guess a number between <b>1-100</b>  e.g. Is it even? Is the number in the tens column odd?</p>	<p><b>Doubles</b> Roll a dice and double the number. Challenge yourself by doubling the number then adding 1</p>	<p><b>Scavenger Hunt</b> Find 20 numbers in a magazine or newspaper. Cut them out and then put them in order from smallest to largest or largest to smallest.</p>



## Year 1 STEAM (Science, Technology, Engineering, Art, Maths) Grid

<p>Draw a picture using warm and cool colours. Warm: red/orange/yellow Cool: blue/green/purple</p>	<p>Make yourself a pair of shoes using only newspaper/magazines and sticky tape.</p>	<p>Interview 2 family members about what toys they used when they were your age. Write down or draw their answers.</p>
<p>Make a boat that can float successfully in water carrying a \$1 coin using materials around the house. <i>Challenge: How many coins can it carry before it sinks?</i></p>	<p>Interview a family member asking them what changes they have seen over time. Write down their answers.</p>	<p>Go for a walk and locate as many different living things. Categorise them into living and non-living animals.</p>
<p>Bake a cake or cookies and then write down the recipe you followed.</p>	<p>Real Object Drawing Use an object in your house and sketch a picture of it from the angle you see it. Can you colour it in to make it look realistic.</p>	<p>Design a new toy. How will you make it? What materials do you need?</p>



## Year 1 Internet Safety Grid complete these activities with the help of an adult as you start to use the internet at home.

E-Safety Tech Agreement	Hector's World	E-Safety Information	Internet Safety Poster	Cyber Five Game
<p>Look at the family agreement and use the template to help you and your child come up with rules around accessing the internet.</p> <p><a href="https://www.esafety.gov.au/sites/default/files/2020-01/Our%20Family%20Tech%20Agreement_0.pdf">https://www.esafety.gov.au/sites/default/files/2020-01/Our%20Family%20Tech%20Agreement_0.pdf</a></p> <p><a href="https://www.esafety.gov.au/sites/default/files/2020-01/Our%20Family%20Tech%20Agreement%20-%20Template%20.pdf">https://www.esafety.gov.au/sites/default/files/2020-01/Our%20Family%20Tech%20Agreement%20-%20Template%20.pdf</a></p>	<p><a href="https://www.esafety.gov.au/educators/classroom-resources/hectors-world/your-personal-information-online">https://www.esafety.gov.au/educators/classroom-resources/hectors-world/your-personal-information-online</a></p> <p>Watch Episode 1 of Hectors World and discuss with an adult the main idea of the episode. Afterwards, discuss with an adult why it is important to keep your username and password safe and not share them with others. Decide on a safe place that you can keep your username and passwords for Prodigy and Epic.</p>	<p><a href="https://www.esafety.gov.au/sites/default/files/2020-02/Easy%20English-Being%20Safe%20Online.pdf">https://www.esafety.gov.au/sites/default/files/2020-02/Easy%20English-Being%20Safe%20Online.pdf</a></p> <p>Please read through this information with your child.</p>	<p>Watch this short clip on YouTube.</p> <p><a href="https://www.youtube.com/watch?v=X9Htg8V3eik">https://www.youtube.com/watch?v=X9Htg8V3eik</a></p> <p>Create a poster of the 5 rules for being safe online.</p>	<p>Click on the link to play the Cyber Five Game teaching you how to be safe when using the computer.</p> <p><a href="https://www.abcya.com/games/cyber_five_internet_safety">https://www.abcya.com/games/cyber_five_internet_safety</a></p>

## Year 1 Health and Wellbeing Grid

<p><b>Smiling Mind</b></p> <p>Mindfulness App/Website</p> <p><a href="https://app.smilingmind.com.au/">https://app.smilingmind.com.au/</a></p> <p>Choose an exercise from the Year 1 program.</p> <p>Discuss: How you felt before, during, and after the exercise?</p>	<p><b>Breathing Exercises</b></p> <p>Students can stand or sit for this activity. Ask students to put both hands on their belly. Students should close their eyes.</p> <p>Guide students in taking three slow deep breaths in and out to see if they can feel their hands being moved.</p> <ul style="list-style-type: none"> <li>– What is moving your hands? Is it the air filling your lungs?</li> <li>– Can you feel the air moving in through your nose?</li> <li>– Can you feel it moving out through your nose?</li> </ul>	<p><b>Thank you Journal</b></p> <p>Take five minutes to think of something that you feel grateful/thankful for today.</p> <ul style="list-style-type: none"> <li>– Something that someone else did for you today.</li> <li>– A person in your life that you appreciate.</li> <li>– An activity or hobby you are grateful to be able to do.</li> <li>– A skill or ability you have.</li> <li>– A part of your body you are grateful for and why.</li> <li>– An item that you love.</li> </ul>
<p>Write a letter to a friend or family member and tell them what you have been up to this week. Keep this somewhere safe and give it to them next time you see them.</p>	<p>Lie on your back on the floor and put a soft toy on your tummy. Breath in and out slowly and deeply.</p>	<p>Write or give someone in your family a compliment, tell them what they did or what they said that makes you want to give them a compliment.</p>
<p>Talk about different feelings (happy, sad, scared, angry) Look in the mirror – talk about what your face looks like when you feel this way (eyes, mouth, eye brows) What makes you feel that way? Why?</p>	<ul style="list-style-type: none"> <li>- Make feeling faces – using natural materials eg. Stones, leaves, gumnuts</li> </ul>	<p>Mindfulness colouring in pages. Find somewhere to sit quietly by yourself for 15 minutes to colour in from</p>

