



Inverloch and Kongwak Primary Schools

Junior P-2 Plan



Day 1

9:00 - 11:00		11:30 - 1:00		1.30 - 2.30pm
English		Maths	Physical Activity	Play Based Learning
<p>READING EGGSPRESS Complete 15 minutes of reading eggs lessons. https://readingeggs.com.au</p> <p>Read a book either by yourself or to someone in your house. Write down what you read about in your reading diary.</p> <p>SOUNDWAVES Log in and find the last sound that you worked on, or one that you can remember working on this year. Play some of the interactive games. https://online.fireflyeducation.com.au/services/student_login</p>	<p>WRITING Write your name in capitals, colours, fancy writing and your best handwriting.</p> <p>Write down 10 words that you know well. Can you make them into sentences? Use them in a story?</p> <p>Extension: Write a shopping list that shows the food that your family might need to cook dinner tonight.</p>	<p>Practise counting as far as you can go (up to 110).</p> <p>Pick 10 numbers and write them down.</p> <p>Extension - using the 10 numbers you picked, can you use the digits to make some number sentences? e.g. $48: 4 + 8 = 12$</p> <p>Go to TopMarks and play some of the addition or counting Games, you can change the age if you need to. https://www.topmarks.co.uk/maths-games/5-7-years/addition-and-subtraction</p>	<p>Pick one or two activities to complete today.</p> <p>Play 'catch' with a family member, or bounce and catch a ball. <i>Can you make up a game?</i></p> <p>Make up a dance to your favourite song, and practise it a few times.</p> <p>Go for a walk with your family.</p> <p>Skip with a skipping rope. <i>What moves can you do? Can you skip for 1 minute without stopping?</i></p>	<p>No technology time. Find some of your favourite things.</p> <p>You could: CONSTRUCT with some Lego or blocks CREATE with some craft supplies ROLE PLAY with characters or dolls COUNT one type of toy WRITE a letter to your favourite toy PLAY a board or card game READ some of your favourite books</p> <p>Talk with someone in your family about what you did.</p>

Day 2

9:00 - 11:00		11:30 - 1:00		1.30 - 2.30pm
English		Maths	Physical Activity	ART
<p>READING EGGS PRESS Complete 15 minutes of reading eggs lessons. https://readingeggs.com.au</p> <p>Read a book either by yourself or to someone in your house. Write down what you read about in your reading diary.</p> <p>SPELLING Write out the star or cloud words that you are working on. Can you spell them without looking?</p> <p><i>Extension:</i> pick any five words that you would like to learn to spell. Write them down somewhere.</p>	<p>WRITING Write out all of the alphabet, both capitals and lowercase letters in your best handwriting.</p> <p>Make a list of 10 words that start with the same letter as your first name.</p> <p>Extension: Write a recount about something special that has happened to you. Remember that you need to include these parts in your recount.</p> <p>Writing A Recount</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Title <input checked="" type="checkbox"/> Orientation <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Who? <input checked="" type="checkbox"/> When? <input checked="" type="checkbox"/> Why? <input checked="" type="checkbox"/> What? <input checked="" type="checkbox"/> Where? <input checked="" type="checkbox"/> Events in Order <input checked="" type="checkbox"/> Ending <input checked="" type="checkbox"/> A Personal Opinion 	<p>Practice counting out loud starting at 104, 54 or 14 and count backwards. What number can you get to?</p> <p>Pick another number and count backwards and forwards.</p> <p>Go to https://www.mathplayground.com/index_addition_subtraction.html and play some of the addition and subtraction games.</p>	<p>Fit Activity for Kids what's your name!</p> <p><small>SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.</small></p> <ul style="list-style-type: none"> A jump up & down 10 times B spin around in a circle 5 times C hop on one foot 5 times D run to the nearest door and run back E walk like a bear for a count of 5 F do 3 cartwheels G do 10 jumping jacks H hop like a frog 8 times I balance on your left foot for a count of 10 J balance on your right foot for a count of 10 K march like a toy soldier for a count of 12 L pretend to jump rope for a count of 20 M do 3 somersaults N pick up a ball without using your hands O walk backwards 50 steps and skip back P walk sideways 20 steps and hop back Q crawl like a crab for a count of 10 R walk like a bear for a count of 5 S bend down and touch your toes 20 times T pretend to pedal a bike with your hands for a count of 17 U roll a ball using only your head V flap your arms like a bird 25 times W pretend to ride a horse for a count of 15 X try and touch the clouds for a count of 15 Y walk on your knees for a count of 10 Z do 10 push-ups <p>Do the exercises for: Your first name Your last name Inverloch Victoria Australia</p>	<p>Head outside for some fresh air and see what items you can collect. Leaves, grass, flowers, twigs, shells, sand etc.</p> <p>Come inside and be as creative as you can. Using what you collected and one colour create a piece of artwork.</p>

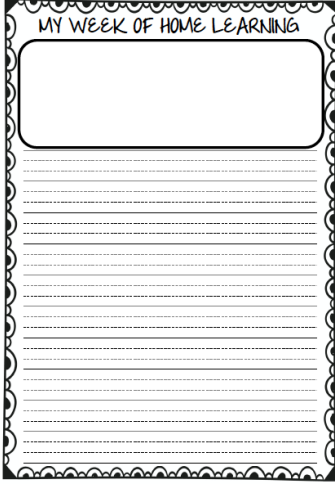
Day 3

9:00 - 11:00		11:30 - 1:00		1.30 - 2.30pm
English		Maths	Physical Activity	Well Being Wednesday
<p>READING EGGS PRESS Complete 15 minutes of reading eggs lessons. https://readingeggs.com.au</p> <p>Read a book either by yourself or to someone in your house. Write down what you read about in your reading diary.</p> <p>SPELLING & SOUND WAVES Log in and find a different sound to the one you did on Day 1. Play some of the interactive games. https://online.fireflyeducation.com.au/services/student_login <i>Extension:</i> using your five words from yesterday, write them two different ways. You might like to try rainbow writing, bubble writing, spiral writing, capitals or fancy writing.</p>	<p>WRITING Create an acrostic poem that uses your first name. Use a word, or words that describe you.</p> <p>J - JUMPING AROUND A - ALWAYS ON THE GO C - CHEERFUL K - KIND TO EVERYONE</p> <p>Create another one for someone special in your life. If they don't live in your house, you might be able to post it to them or send it to them as a photo.</p>	<p>Count a collection of items at home. It could be a handful of pretzels, grapes, rocks, legos or even a bunch of leaves from outside.</p> <p>Collect 20 things. Using the 20 items: Make 4 groups, how many are in each group? Make 2 groups, how many are in each group? Make groups of 4, how many groups did you make? Make groups of 2, how many groups did you make?</p>	<p>minute per activity, 30 seconds rest. Repeat as many times as you need to. You could also record how many you can do in the minute.</p> <ul style="list-style-type: none"> ★ Star Jumps ★ Push ups ★ Squats ★ Sprinting ★ Bouncing a ball ★ Running on the spot ★ Skipping (jumping on the spot if you don't have a skipping rope) 	<p>Well being Wednesday is all about mindfulness today.</p> <p>Choose (or do all three):</p> <ol style="list-style-type: none"> 1. Find a quiet spot and pop on some music and colour in the pattern tile attached. Think about the colours you are using in which sections, the more detailed you are the better the final outcome! If you prefer, you can create your own pattern tile. Think about what shapes you could use and the different line patterns. 2. Youtube Cosmic Kids yoga and do one of the videos 3. Youtube Just Dance and have a good dance! <p>Talk about what makes you feel happy and relaxed with someone in your house. Are the things that make you happy and relaxed the same as theirs?</p>

Day 4

9:00 - 11:00		11:30 - 1:00	1.30 - 2.30pm												
English		Maths	Physical Activity												
<p>READING EGGSPRESS Complete 15 minutes of reading eggs lessons. https://readingeggs.com.au</p> <p>Read a book either by yourself or to someone in your house. Write down what you read about in your reading diary.</p> <p>SPELLING Using the star or cloud words that you are up to, put them into alphabetical order. Ask someone you live with for help if you need it. <i>Extension:</i> using your five words from yesterday, use them in sentences today.</p>	<p>WRITING Today we are writing a cinquain poem. A cinquain poem doesn't rhyme. It follows a pattern of five lines and a total of 11 words. Noun = naming words Adjective = describing word Verb = doing/action words Line 1 - one word (noun: title) Line 2 - two words (adjectives: describe the title) Line 3 - three words (verbs: actions of the title) Line 4 - four word phrase (describe a feeling or statement) Line 5 - one word (synonym: refer back to the title)</p> <p>Example:</p> <p style="text-align: center;">Chocolate Sweet, creamy Unwrap, chew, swallow Yummy in the tummy Heaven</p> <p>Using the template attached, write your own cinquain poem. It can be about anything. You could even write one about someone special to you.</p>	<p>Practice skip counting, 2s, 5s and 10s. How high can you go? Can you start at different numbers? 2s - start at 3 5s - start at 4 10s - start at 7 Write these skip counting down, remember to show how high you went!</p> <p>Go to TopMarks and play some of the addition or counting Games, you can change the age if you need to. https://www.topmarks.co.uk/maths-games/5-7-years/addition-and-subtraction</p>	<p>Let's Play Charades!</p> <table border="1"> <tr> <td>Lick an Ice Cream Act Like a Dinosaur</td> <td>Reading a Book Doing the Limbo</td> </tr> <tr> <td>Rowing a Boat Blowing Out Candles</td> <td>Using a Telescope Mopping the Floor</td> </tr> <tr> <td>Eating Spaghetti Pulling Weeds</td> <td>Ironing Clothes Sawing a Log</td> </tr> <tr> <td>Playing Hide and Seek Cutting Hair</td> <td>Making a Sandwich Blowing Out Candles</td> </tr> <tr> <td>Juggling Trying on Clothes</td> <td>Playing Soccer Eating Soup</td> </tr> <tr> <td>Taking Medicine Painting a Wall</td> <td>Sharpen a Pencil Laying an Egg</td> </tr> </table> <p><small>Cut out the squares and put them in a container. Pull out a square and pick which action you would like to act out!</small></p>	Lick an Ice Cream Act Like a Dinosaur	Reading a Book Doing the Limbo	Rowing a Boat Blowing Out Candles	Using a Telescope Mopping the Floor	Eating Spaghetti Pulling Weeds	Ironing Clothes Sawing a Log	Playing Hide and Seek Cutting Hair	Making a Sandwich Blowing Out Candles	Juggling Trying on Clothes	Playing Soccer Eating Soup	Taking Medicine Painting a Wall	Sharpen a Pencil Laying an Egg
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			<p>Create a beat using body percussion. Think about how you can use different parts of your body to make different sounds. Can you repeat the beat five times over and over?</p> <p>Record yourself if you are able to.</p> <p>Repeat with another beat.</p> <p>Turn on your favourite songs and have a sing and dance!</p>												

Day 5

9:00 - 11:00		11:30 - 1:00		1.30 - 2.30pm
English		Maths	Physical Activity	Play Based Learning
<p>READING EGGSPRESS Complete 15 minutes of reading eggs lessons. https://readingeggs.com.au</p> <p>Read a book either by yourself or to someone in your house. Write down what you read about in your reading diary.</p> <p>SPELLING & SOUNDWAVES Log in and find a different sound to the two that you have done on days one & three. Play some of the interactive games. https://online.fireflyeducation.com.au/services/student_login <i>Extension:</i> have someone in your house test you on your five words. Record how many you got correct.</p>	<p>WRITING Write a letter to your teacher about what you have done over the last week. You can use the template that is attached, or you can write your own letter. Remember to include an illustration.</p> 	<p>Can you find two toys or items in your house that weigh the same?</p> <p>Hold one item in each hand and heft to see if they are the same.</p> <p>Can you find 2 things that are heavier?</p> <p>Can you find 2 things that are lighter?</p> <p>Line them up in order from lightest to heaviest.</p> <p>You can take a photo or draw a picture of your work.</p>	<p>Pick one or two activities to complete today.</p> <p>Play 'catch' with a family member, or bounce and catch a ball. <i>Can you make up a game?</i></p> <p>Make up a dance to your favourite song, and practise it a few times.</p> <p>Go for a walk with your family.</p> <p>Skip with a skipping rope. <i>What moves can you do? Can you skip for 1 minute without stopping?</i></p>	<p>No technology time. Find some of your favourite things.</p> <p>You could: CONSTRUCT with some Lego or blocks CREATE with some craft supplies ROLE PLAY with characters or dolls COUNT one type of toy WRITE a letter to your favourite toy PLAY a board or card game READ some of your favourite books</p> <p>Talk with someone in your family about what you did.</p>