

Set 2

Day 1

MORNING MEETING VIDEO

SeeSaw

FAMILY MORNING FITNESS

Fitness Monopoly – see attached sheet

LITERACY

Daily Reading – Each morning have your child read a book to you of their choice. Encourage them to use reading strategies such as sounding out, chunking, point to the words, looking at the pictures, flipping the vowel sound (short and long) and re-reading.

Phonics

qu, ch, sh, th, ng, ai

Watch the video posted on SeeSaw to review the digraphs qu, ch, sh, th, ng, ai. Go on a scavenger hunt around the house to find words that have these sounds. You might find things like a cloth, sheet, cheese, ring, quilt or drain.

Reading

Comprehension – 10 Fascinating Facts about Beaches

In this article, children learn ten facts about beaches that range from how waves are formed to the record for the tallest sandcastle. Children read the article and then use the worksheet to answer comprehension questions related to what they have read – a great activity to check for understanding of the text.

Spelling

Look, Cover, Say, Write & Check

Use List 11 of the High Frequency Words and practise using LSCWC on the attached sheet.

BREAK

LITERACY

Writing

Journal Writing: School Holiday Reflection

In your journal, write three (or more) simple sentences about something you did over the school break. Remember to use 'COIP' while writing your simple sentences. *COIP = Capital Letter, One Idea, Punctuation.*

Example: Yesterday I baked some pink cupcakes at my house. I had to measure all the ingredients correctly. They were delicious to eat while they were still warm.

BREAK

MINDFULNESS CHOICES www.smilingmind.com.au,

Journal Writing, Colouring

NUMERACY

Basic Facts

2-Card Addition

Select two number cards from your number card pile in your resource pack. Add these two numbers together as quick as you can. Complete 20 sums.

Place Value Activity

Number Think Boards

Watch 'Number Think Board' video posted on SeeSaw this morning. Use your laminated Number Think Board and complete it for the following numbers:

251, 148, 529, 327, 830, 410, 602, 915, 280, 512

BREAK

ART

If you have internet access watch this video all about warm and cool colours:

<https://www.youtube.com/watch?v=LhtJ6Eeqm90>

See attached activity sheet for the art instructions which are separate in the coloured file.

BEDTIME STORY

Choose a book you could read with your child and/or family before bed 😊

FITNESS MONOPOLY

- Take turns rolling the dice, moving your game piece, and completing the activity in the square.
- When your piece gets around to the **START**, get a drink of water and give yourself 1 point!

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**SKIP TO
START!**

15 JUMPING JACKS!

**10 ABC
Push-Ups**

Mountain Climbers x 14

Star Jumps
7 x

**15 ABC
Push-Ups**

Wall Sit
15 sec

High Knees
20 x

10 JUMPING JACKS!

Squat Jumps
7 x

START

BURPEES
5 x

Butterfly stretch!
10 sec

15 JUMPING JACKS

ABC PUSH-
UPS
20 x

10 JUMPING JACKS

TOUCH
EVERY
DOOR IN
THE
HOUSE!

Mountain Climbers
10 x

Toe
Touches!

8 x

Squat Jumps!

5 x

Star Jumps
7 x

Elbow Plank
10 sec

10 JUMPING JACKS!

Wall Sit
20 sec

10 ABC Push-Ups

15 JUMPING JACKS!

V-SIT
10 sec

**20 ABC
Push-Ups**

Arm Circles
20 x

**Elbow
Plank
15 sec**

10 JUMPING JACKS

Mountain Climbers
10 x

Butterfly stretch!

10 sec

15 JUMPING JACKS

Squats
10 x

**Burpee in
your
bedroom!**

V-SIT
7 sec

ABC PUSH-UPS
15 x

**START
BACK TO**

SKIP 5 SPACES!

10 Fascinating Facts About

BEACHES

1

Beaches change every day. The ocean washes sand from one place to another, making beaches bigger or smaller.

2

Sand dunes protect the land behind a beach. They help stop wind and large waves during storms.



3

A rip current is a strong stream of water that flows out to sea. Always swim between the flags at patrolled beaches to avoid swimming near a rip.

4

Waves are created when wind blows on top of water. Waves break when they reach shallow water. Some people like to surf on waves.

5

Plastic straws and bottles make up a lot of litter on beaches. You should always take your rubbish with you when you leave.

6

Mother sea turtles return to the beach they were born on when they are ready to lay eggs. They bury the eggs under the sand. When the baby turtles hatch, they scurry to the water.



7

Some beaches glow in the dark! When tiny creatures known as 'sea sparkles' wash ashore, they make the waves glow bright blue.



IsabellaMiller/Shutterstock.com

8

Some sand is parrotfish poop! The parrotfish eats algae that grows on coral. It crunches coral down into tiny pieces and poos them out as white sand.



RichardWhitcombe/Shutterstock.com

9

The island of Saint Martin in the Caribbean has a beach at the end of an airport runway. Planes take off and land just metres from people swimming. Protect your sandcastle or it might blow over when a plane lands!



SkyColors/Shutterstock.com

10

The tallest sandcastle made so far was over 17 metres high. That's taller than five school buses stacked on top of each other!



Andrea_w/Shutterstock.com

Name: _____

Date: _____

10 Fascinating Facts About Beaches

Questions

1. _____ type of fish poops out sand?

2. _____ do mother sea turtles go to lay their eggs?

3. _____ are 'sea sparkles'?

4. _____ is it important for people to protect sand dunes?

5. _____ a list of things you would need to take if you were going to the beach. Draw a picture of each item.



