

Set 3

Day 5

FAMILY MORNING FITNESS

Complete the Scorchers mascot challenge activities (sheet attached)

LITERACY

Daily Reading - Each morning read a book of your choice and add it to your Reading Log (from the Monday section).

Phonemic Awareness - Learning Intention: To hear the final sound in a one syllable word.

Follow the instructions on the “phonemic awareness - final sounds” sheet to complete the activity.

Phonics - Learning Intention: To read and write words with the digraph “zz”.

To see Mr Thorne demonstrate the “zz” digraph, watch the following video:

<https://www.youtube.com/watch?v=036uprV52rE>

An overview of our digraphs this week with Geraldine Giraffe: <https://www.youtube.com/watch?v=y0VL4Vn97n0>

Children independently sound out and blend (read) the “zz” words on the sheet, then ask a family member to call out each word and write it in your writing journal.

* If your child needs a challenge: write your ‘zz’ words into sentences.

Reading - Learning Intention: To demonstrate an understanding of a heard text.

Please check the Seesaw video of the teacher’s reading the story “Henny Penny” from Tuesday. We have also included the text from the story in the pack. Find the “Roll and Retell” laminated A5 activity card from your Resource Pack. Ask your child to roll a dice (if you do not have one at home, use the one you made previously) and ask them the question according to what number they roll. Encourage your child to attempt several rolls to ensure they answer several different questions.

Spelling - Test day. Please get a family member to call out your spelling words one at a time and write them in your journal. Make sure you take a photo of your test words so that an updated spelling list can be sent to you via Seesaw. Remember you are not to have help to write these words – it is OK to have mistakes ☺

PLEASE SEND US A

PHOTO OF THIS PIECE OF WORK ON SEESAW.

BREAK

LITERACY

Handwriting - Learning Intention: To form upper and lower-case letters correctly on dotted thirds.

Complete all lower-case and upper-case letters on the laminated handwriting sheet (from your Resource Pack).

Writing - Learning Intention: To sound out and write my words by myself.

Use your writing journal to write one thing that you are proud of and one thing that you found difficult this week.

(Parents: it is really important in Year 1 that your child attempts to sound out and write unknown words

independently. We understand that all words will not be spelt correctly. If a word is unrecognisable, we would appreciate if you wrote their intended word above in pen to support us with marking.)

BREAK

MINDFULNESS CHOICES www.smilingmind.com.au/

Journal Writing / Colouring

NUMERACY

Please watch the following “Big Numbers” video as a warm-up: <https://www.youtube.com/watch?v=e0dJWfQHF8Y>

Basic Facts - Learning Intention: *To understand that a whole number is broken into two parts to create an addition equation.*

Complete the laminated Number Bonds activity from the ‘Resource Pack’. If you do not have dice at home, use the ones you made previously from the template provided.

Place Value Activity - Learning Intention: *To skip count by 10s to 100 and beyond.*

Complete the ‘skip counting by 10s’ sheet attached. Count by tens and draw a circle around the numbers you land on (eg. 10, 20...)

BREAK

SCIENCE

Autumn leaf activity - discuss the season of Autumn which we are in. Look around outside and find a leaf to glue or rub. Complete the ‘All about my leaf’ sheet.

BEDTIME STORY

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

COMPLETE THE MASCOT CHALLENGE WEEK 1 CATCHING



Complete **EACH** activity before moving on!

ACTIVITY
1

Throw the ball up with one hand and catch it with two hands.

ACTIVITY
2

Throw the ball up with one hand and catch it with the opposite hand, then start with the ball in your other hand.

ACTIVITY
3

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, each time catching the ball with TWO hands.

ACTIVITY
4

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, this time catching the ball with ONE hand.

CONGRATS
YOU HAVE NOW COMPLETED
THE MASCOT CATCHING CHALLENGE!



THE MASCOT CHALLENGE COACHING TIPS WEEK 1 CATCHING



TIP
1

Make sure you watch the ball all the way into your hands.

TIP
2

Try to make your hands into a big bowl for the ball to land in.

TIP
3

Stand with your feet shoulder width apart.

TIP
4

Catch the ball in your hands with your elbows in front of your body.

TIP
5

Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PRODUCT
PRESENTED BY
 Woolworths

COMPLETE THE MASCOT CHALLENGE WEEK 2 THROWING



Complete **EACH** activity before moving on!

ACTIVITY
1

Throw the ball into the ground and try and make it bounce above your head then catch it on its way down.

ACTIVITY
2

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball into the ground so it bounces up and your partner can catch it without moving.

ACTIVITY
3

Find a partner and stand with your toes touching theirs, now take four big steps backwards. One person stands with their feet apart, the other person tries to throw the ball between their legs.

ACTIVITY
4

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball to your partner so they can catch it before the ball bounces.

FANTASTIC
YOU HAVE NOW COMPLETED
THE MASCOT THROWING CHALLENGE!



THE MASCOT CHALLENGE COACHING TIPS WEEK 2 THROWING



TIP
1

Try and stand side on to your target when throwing.

TIP
2

Your arm should nearly straighten behind you before you throw it.

TIP
3

Step towards your target with your front foot when you throw.

TIP
4

Finish with your throwing arm down and across your body.

TIP
5

Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PRODUCT
PRESENTED BY
 Woolworths

COMPLETE THE MASCOT CHALLENGE WEEK 3 BOUNCING



Complete **EACH** activity before moving on!

- ACTIVITY 1** Throw the ball into the ground and try and make it bounce above your head then catch it on its way back down with one hand.
- ACTIVITY 2** Throw the ball into the ground, make the ball bounce up and catch it with two hands with your palms facing down.
- ACTIVITY 3** Throw the ball into the ground and push the ball back down without catching it. Try to keep the ball bouncing by pushing it to the ground five times in a row.
- ACTIVITY 4** Throw the ball into the ground and push the ball back down without catching it. Now try to move around, keeping the ball bouncing and under control for 10 seconds.

AWESOME
YOU HAVE NOW COMPLETED
THE MASCOT BOUNCING CHALLENGE!



THE MASCOT CHALLENGE COACHING TIPS WEEK 3 BOUNCING



- TIP 1** Make sure you watch the ball closely while you are bouncing the ball.
- TIP 2** Try and keep the ball bouncing up to the height of your hip.
- TIP 3** Try to use your fingers to control the ball.
- TIP 4** Use your wrist and elbows to push the ball.
- TIP 5** Bend your hips slightly to help you keep control of the ball and move around.
- TIP 6** Keep the ball in front and to the side of your body, this will make it easier to control.



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



COMPLETE THE MASCOT CHALLENGE WEEK 4 GAMES



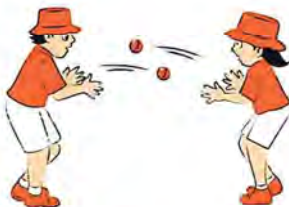
GAME 1 PAIRS CATCH AND RELEASE

In Pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. Underarm the ball to each other at the same time and catch it with 2 hands.

DIFFICULTY

Points
4 points for attempting this game

For an extra challenge, try working with your partner to say the letters of the alphabet, names of countries or even names of animals each time you take a catch rather than counting.



GAME 2 PAIRS BOUNCING CATCHING

In Pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. One person throws the ball overarm and bounces it to their partner. One person throws an underarm catch to their partner without the ball bouncing.

DIFFICULTY

Points
4 points for attempting this game

For an extra challenge, try swapping roles each time so that ball 1 is always bouncing and ball 2 is always catching.



COMPLETE THE MASCOT CHALLENGE WEEK 4 GAMES



GAME 3 CROSS COUNTRY SKIING

In Pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. Underarm the ball to each other at the same time and catch it in one hand without the ball bouncing.

DIFFICULTY

Points
4 points for attempting this game

Ball 1 should remain on your right hand side and ball 2 on your left hand side. You will find yourself swinging your arms like a cross country skier.

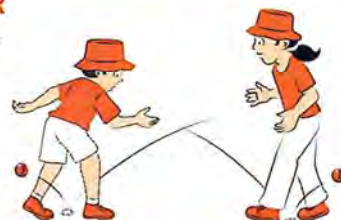


GAME 4 GOAL GETTER

In Pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball and be standing with your feet shoulder width apart. Each person tries to score a goal by under arm catching the ball through their partner's legs.

DIFFICULTY

Points
4 points for attempting this game



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



Phonemic Awareness - Final Sounds

Choose a box of words below. Ask a family member to complete the following listening activity with you. The final sound is the last sound you hear in the word (not the letter name).

Family Member: "Say the word ____" (eg. bat)

Child: "____" (eg. bat)

Family Member: "What is the final sound you hear?"

Child: "____" (eg. 't')

<p>Word: cat</p> <p>bat, big, bat, hut, hat, rat, bag, sat, mat</p>	<p>Word: bed</p> <p>red, fed, bet, wed, peg, led</p>	<p>Word: bit</p> <p>hit, tip, sit, rat, big, lit</p>
<p>Word: dog</p> <p>log, fog, mad, jog, hog, sun, bog, bit</p>	<p>Word: hug</p> <p>but, bug, sun, rug, tug, mug, pun, lug</p>	<p>Word: bed</p> <p>fed, red, let, pet, led</p>
<p>Word: cap</p> <p>tap, sap, cat, rap, lap, fan, map, bag</p>	<p>Word: pin</p> <p>big, bin, hip, fin, win, bit, tin, pig</p>	<p>Word: bun</p> <p>fun, cut, bug, hut, sun, hug, hut, rug, run</p>

zz

fuzz

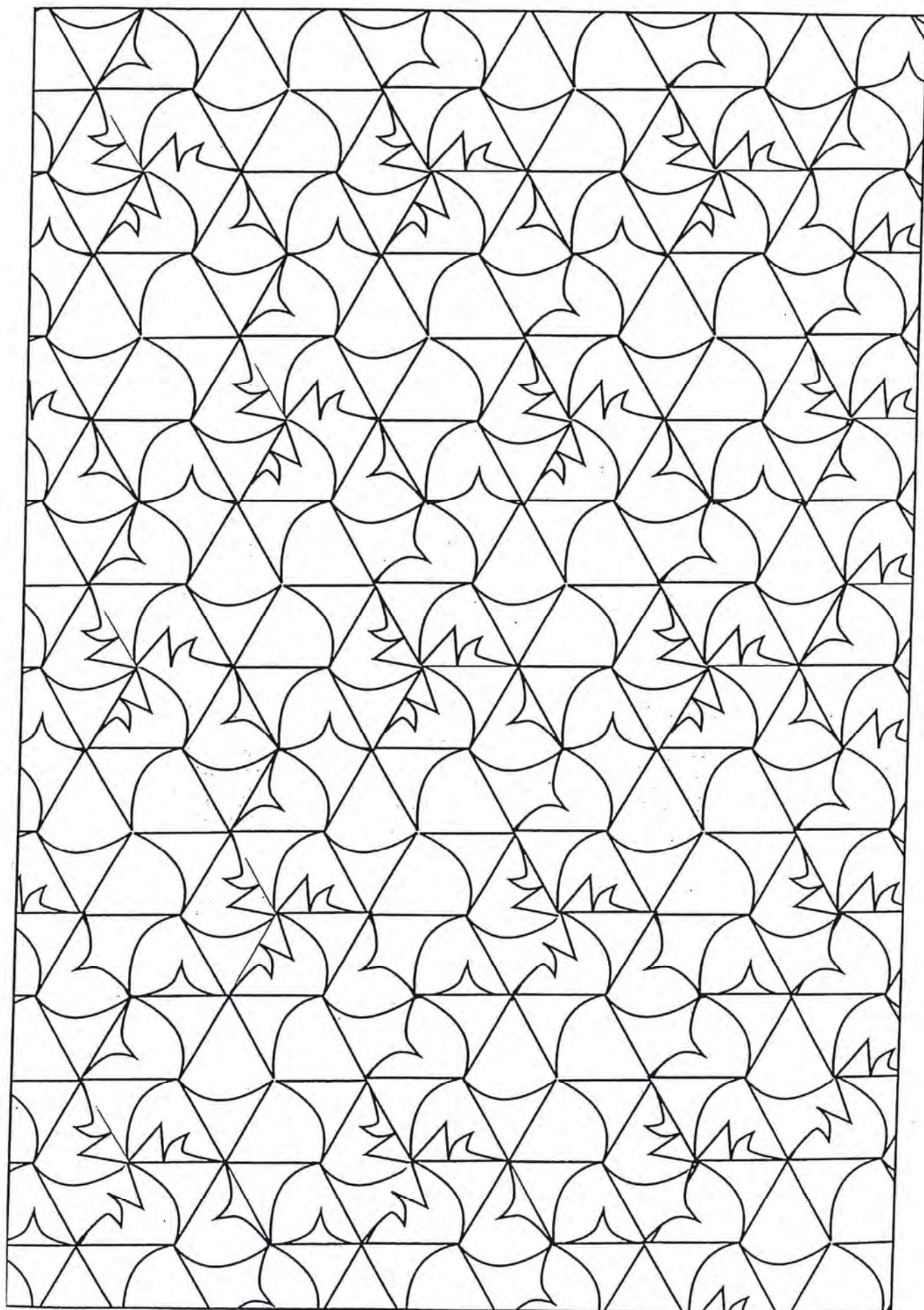
jazz

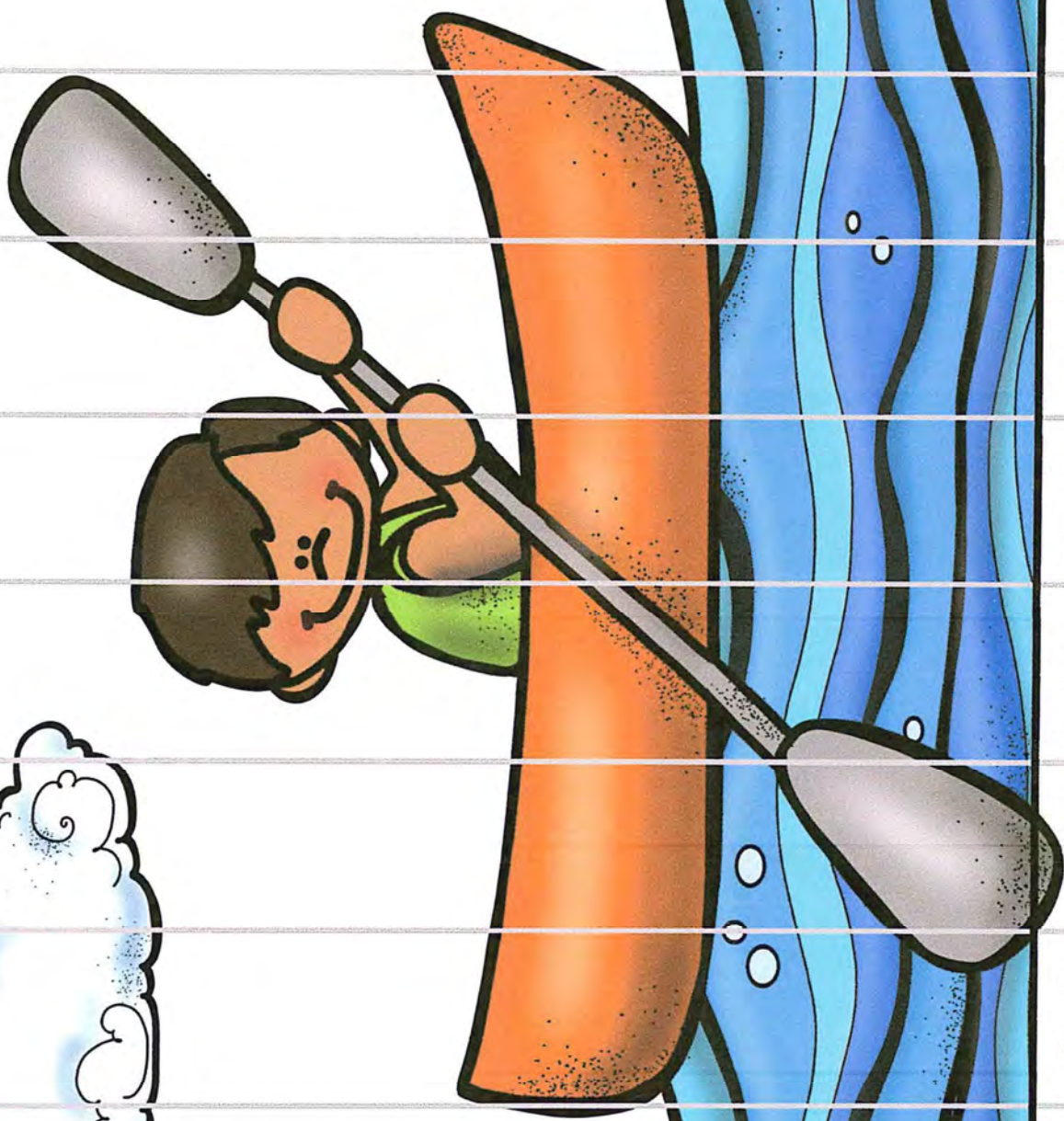
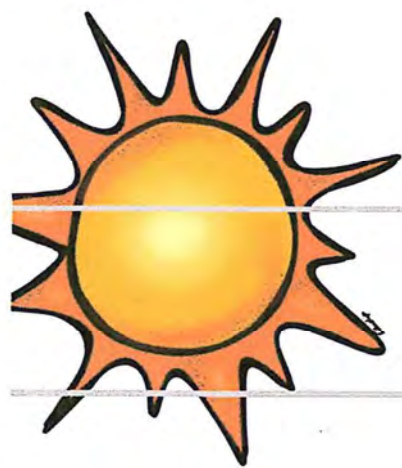
pizza

fizz

frizz

buzz



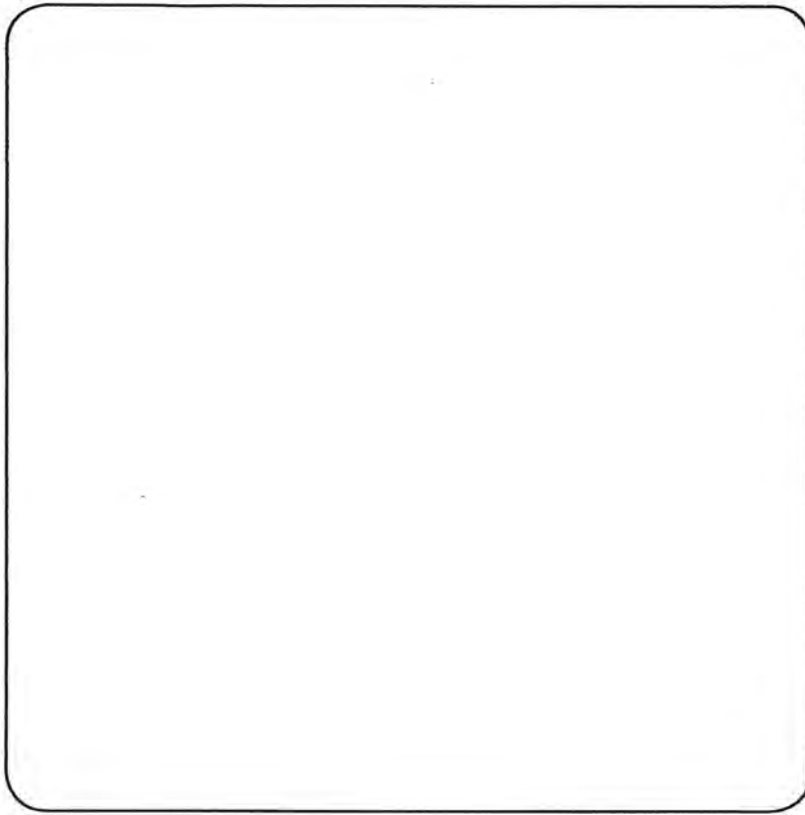


Liz's Early Learning Spot

10 20 30 40 50 60 70 80 90 100

All About My Leaf

This is my leaf.



The size of my leaf is...

large

medium

small



The colour of my leaf is...

red

orange

green

brown

purple

yellow

I like my leaf because...

