



Framework for teaching (non-digital) – Early Stage 1

You will not need access to a digital device to complete the following activities. You may need help from a parent/carer. You will need a scrapbook or workbook to complete some of the activities.

	Monday	Tuesday	Wednesday	Thursday	Friday
Task	Have you made your bed?	Could you organise your toys today?	Can you help make lunch today?	How can you help a family member today?	Can you tidy your room?
Morning	<p>English</p> <p>Sight word memory: Duplicate your sight words on two pieces of card/paper. Cut them up and turn the word face down. Play memory by turning two cards over at the same time.</p> <p>Retell: Read a book of your choice with a parent/carer. Draw/write or retell what happened at the beginning, middle and end of the story.</p>	<p>English</p> <p>Hide and seek: Hide your sight words around your bedroom. Read each word as you find them.</p> <p>Silly sentences: Create silly sentences using your sight words</p> <p>All About Me: Create a book all about you. Draw/write information about yourself, include:</p> <ul style="list-style-type: none"> - name and age -picture of yourself and your family -things you like to eat and games you like to play. <p>Share your 'All about me' book with a family member.</p>	<p>English</p> <p>Leap frog/hop scotch: Write your sight words on the ground in chalk. Say each sight word as you jump from on to the next.</p> <p>Use magazines or junk mail from your letterbox to find letters in your name.</p> <p>Alphabet Book: Create an alphabet book where one page represents one letter. Cut pictures from magazines, newspapers or junk mail and glue to the corresponding letter of the alphabet book.</p>	<p>English</p> <p>Alphabet snap: Make 3-4 copies of the alphabet on card and cut out. Shuffle the alphabet cards and place in a pile. Turn one card over at a time. Snap if you get the same letter twice. Play again with a family member.</p> <p>Role-Play: Open a pretend café/restaurant. What will you cook? How much will you charge for your meals? Set a table, create a menu, make a shop sign and cook some make-believe food. Invite your family to come and visit your café.</p>	<p>English</p> <p>Tactile writing: Practice writing your name, alphabet letters or your sight words using different materials such as paint brushes, chalk, or practice forming the letters in flour or sand.</p> <p>Read a book with a family member. Can you find any of your sight words in the story? Tell your parent/carer what the story is about – who are the characters, what happens? Why would you recommend/not recommend this story to your school friends?</p>
Break	Break	Break	Break	Break	Break

	Monday	Tuesday	Wednesday	Thursday	Friday
Middle	<p>Mathematics</p> <p>Pretend you are going on a bear hunt by creating an imaginary journey in your back yard or bedroom. What can you go over, under, through, between, next to? Draw your journey and explain it to a family member using positional language (over, under, between, next to, inside, behind).</p>	<p>Mathematics</p> <p>Sort your toys into different groups (for example teddies, toy cars, dolls). Count how many are in each group and record. What toys do you have the most of? What toys do you have the least of?</p> <p>Choose 10 toys and role-play the song 'ten in the bed'.</p>	<p>Mathematics</p> <p>Count and collect 20 objects from around the house. Draw each object and write each number below it.</p> <p>Count how many steps it takes to get from your bedroom to your fridge? Your fridge to your front door? Your front door to the TV? Draw and record.</p>	<p>Mathematics</p> <p>Count as high as you can today! Order the kitchen utensils and cutlery (butter knives only) in order of smallest to largest and draw a picture of it.</p> <p>Look at a calendar and find today's date. What was the day yesterday? What will the day be tomorrow? Record and label what you did yesterday, today and what you might do tomorrow.</p>	<p>Mathematics</p> <p>Count forwards and backwards from 20.</p> <p>Go for a shape hunt around your house. Draw at least 1 circle, triangle, square and rectangle of the objects you find. eg. tissue box for a rectangle, clock for a circle.</p> <p>Design a robot using the following shapes: circle, triangle, square, rectangle. Name the shapes to your parent/carer.</p>
Break	Break	Break	Break	Break	Break
Afternoon	<p>Science and technology</p> <p>Create a weekly weather diary. Draw what the weather was like for each day of the week. Record the type of clothes you could wear and the activities you could do to match the weather each day. Label your picture with weather words (sunny, cloudy, rainy, stormy).</p>	<p>History</p> <p>Draw a picture of your home and the people that live there with you. Label who is in your picture.</p>	<p>Creative arts</p> <p>Sing and dance to your favourite song! You might do one we've learnt at school like Walk the Dinosaur, Agadoo or I'm Gonna Catch You. You could even perform for your family!</p>	<p>PE</p> <p>Have a balancing competition with a family member. Who can balance for the longest time? Try on your left leg, then your right. Increase the challenge by changing the position of your leg, lift it out to the side or behind you.</p>	<p>PD/H</p> <p>Open your fridge or food pantry. Name the foods that are healthy for you to eat all the time and the 'sometimes' foods that you should only eat occasionally.</p> <p>Mindfulness time. You could do some mindfulness colouring, yoga or relaxation breathing.</p>