



Term 3 Week 9 - Home Learning Program Year 1

 = PM Reader App



= Mathletics Set Task



= Seesaw activity or post work to Seesaw



= Zoom Meeting

[Access to printable resources](#)

	Monday 6 September	Tuesday 7 September	Wednesday 8 September <i>Reduced Screen Time Day</i>	Thursday 9 September	Friday 10 September
Morning check-in	Class Zoom call 9:00am. Click your class for link: 1G 1J 1M 1W 	Class Zoom call 9:00am. Click your class for link: 1G 1J 1M 1W 	Check Seesaw for a morning message from your teacher.  Stage 1 Grade Zoom 2:00pm with Mr Shuster, Mrs Lockhart and Ms Rhodes- bring your pet to zoom 	Class Zoom call 9:00am. Click your class for link: 1G 1J 1M 1W 	Check Seesaw for a morning message from your teacher. 
Wellbeing Activity	Mindful Monday Smiling Mind Mindfulness 204 -Emotions meditation (My programs-7-9yrs-Mindfulness 204-Emotions meditation) This meditation helps you tune into where you feel emotions in your body.	Play Synchronised drawing game with someone. Have a laugh. Watch and join in Take 5 breathing . This will help you to calm down if you are in the yellow zone. What zone are you in right now?	Have a picnic in your favourite spot today. Make or draw a healthy snack you would like to take. Paint a kindness rock and place in your garden or on a path you walk along. It will bring a smile to someone's face and joy to you. (at home).	Watch Zones of Regulation Home Check-In and create your own for your family to use to show how you are feeling. You might like to make it together. Follow these steps and copy Zones Check-In proforma (for school).	What zone are you in? Remember we change zones throughout the day. Use Lazy 8 breathing as a strategy to calm. 
Morning	ENGLISH Reading 	ENGLISH Reading 	ENGLISH Reading Read a fiction or non-fiction	ENGLISH Reading 	ENGLISH Reading 

Read a book on the PM reader app or a book of your own.

After reading: Summarise the story. Tell someone in your family what happened in the story including; who, what, where, when and why.

FRUIT BREAK

Spelling Unit 27



In Seesaw, click the link to listen to how to pronounce this week's sound.

Listen and read the postcard on the second slide and see if you can find and circle any words with this week's sound.

Go on a word hunt around your house and add to the list of oo, u words.

Writing: Journal

This week year 1 will be learning all about Fantastic Fruit and Veg to celebrate the NSW Healthy Kids Association Fruit and Veg Month.

Today in your journals, reflect on what you already know about fruits and vegetables and why they are so important.

- Do you like eating fruits and vegetables?

Read a **fiction** book on the PM reader app or a book of your own.

After reading: Describe the setting of the story to someone in your family. A setting is **where** and **when** the story takes place.

FRUIT BREAK

Writing: Why is it important to eat Fruits and Vegetables?

Watch the video link to learn about the importance of eating fruits and vegetables.

Show younger children...

The video explains that fruits and vegetables help our bodies to grow by giving us essential vitamins and minerals.

Mr Shuster wants to encourage the students at Balgowlah Heights to pack more fruits and vegetables in their lunchboxes.

Design a poster for him to hang around the school with the heading 'Fantastic Fruit and Veg'

Include pictures and information to help persuade children to eat healthy.

You might like to include

- How they give us energy
- Vitamin C which helps our body to heal and stops us getting sick
- Vitamin B1 which helps

book from your bookshelf.

After reading: Did you read any new or interesting words?

Point out your interesting words to someone in your family. Tell them why this word was interesting to you.

FRUIT BREAK

Writing: Creating a Healthy Snack

Today year 1 will be creating a healthy and fun snack using fruits and vegetables they have in the fridge, fruit bowl or garden. You might like to include some yogurt or spread to make it extra tasty.

We have learnt that it is important to eat a variety of fruits and vegetables to keep our bodies healthy.

Write a short paragraph

- Describing what you have created
- Why you chose your ingredients
- Why it is a healthy snack.

Take a photo or make a drawing to go with your writing to share with your teacher at tomorrow's Zoom meeting.

REMEMBER: SAFETY

FIRST! If you need to chop or peel anything, you will

Read a non-**fiction** book on the PM reader app or a book of your own.

After reading: Find any new or unknown words in the story.

Ask someone in your family to help you find out the meaning of the unknown words.

FRUIT BREAK

Spelling Unit 27

Choose 5-10 of the words from Monday's Word Hunt. Using one or more of the following, write/make your words.

Write with chalk outside
Paint (watercolours) or use textas

Make the words with playdough

Use Lego to spell out the words

Write them in the sand



Writing: What is the difference between fruits and vegetables?

Watch the video to learn about the ways we can tell the difference between fruits and vegetables. Play along by trying to answer the quiz questions at the end.

What's the Difference ...

Write a short paragraph describing the difference

Read a **fiction** book on the PM reader app or a book of your own.

After reading: Choose a setting from your favourite part in the story. Draw a picture of the setting and describe where and when the story takes place to someone in your family.

Spelling Unit 27

On Seesaw, look at the beach scene picture. Can you find 13 tiny **oo**, **u** words hidden in the picture? Type them beside the picture or write them on paper and upload a photo.

FRUIT BREAK

Writing: Design your own Fruit and veg patch.




Today year 1 will be creating a design for their own fruit and vegetable patch.

Use a blank piece of paper and coloured pencils to draw a rectangle as an outline.





On the inside, draw and label the fruits and vegetables you would include.




You might like to consider

- How will you organise your seeds (roots together, flowering fruits together)
- Will you organise your patch by the colour of






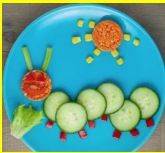

<ul style="list-style-type: none"> • What is your favourite fruit or vegetable? • Anything you would like to find out. <p>Write a short paragraph to discuss with your teacher at tomorrow's zoom meeting.</p>	<ul style="list-style-type: none"> • our body release energy so we don't get tired. • Fiber to keep our digestive systems healthy. <p>Take a photo of your poster and upload it to Seesaw</p> 	<p>need an adult to help you.</p> <p>If you are learning at school, you can design your own snack using any fruits and vegetables you can think of. Make your creation with an adult on the weekend.</p>	<p>and how we know.</p> <p>You might like to include:</p> <ul style="list-style-type: none"> • If it is an edible plant part (root/stem/leaf/unopened flower bud) it is a vegetable. • If it is part of a flowering plant that has a seed in it, then it is a fruit. • Fruits or vegetables you aren't sure about • Facts about fruits or vegetables you didn't know. <p>Take a photo of your work and upload it to Seesaw</p> 	<p>your fruits and vegetables?</p> <ul style="list-style-type: none"> • What will you need to include so that your whole family has some things that they like too? • What fruits and vegetables do you all eat the most, so what will you need the most of? <p>Write a short paragraph to go with your design to explain the fruits and vegetables you chose and why you picked them.</p> <p>Take a photo on Seesaw and upload it to your teacher</p> 
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Break

<p>Middle</p>	<p>MATHEMATICS</p> <p>Complete the activity on Seesaw, using place value to partition numbers. This activity is in 3 parts.</p>  <p>Activity 1: Move the base ten blocks to partition the numbers into tens and ones.</p> <p>Activity 2: Partition the two-digit number into tens and ones. Add the remaining number to find the total.</p> <p>Activity 3: Partition 2 two-digit numbers into tens and ones. Add the numbers together to find the total.</p>	<p>MATHEMATICS</p> <p>Complete the activity on Seesaw, recording equal number sentences.</p>  <p>Watch the video explanation.</p> <p>Draw a line to match the correct number sentences.</p> <p>Fill in the missing numbers to create an equal number sentence.</p> <p>You can use items around your house as counters.</p> <p>Example:</p> <ul style="list-style-type: none"> - Lego - Blocks - Leaves 	<p>MATHEMATICS</p> <p>Create your own equal number sentences. Write them on paper.</p> <p>If you have dice:</p> <ul style="list-style-type: none"> - roll two numbers and add them together, write the equal number sentence. <p>OR</p> <p>If you have cards:</p> <ul style="list-style-type: none"> - Take out the kings, queens and jacks, use the ace as the number 1. - Flip two cards and add them together, write the equal number sentence. 	<p>MATHEMATICS</p> <p>Volume and Capacity</p> <p>We will measure the volume of two different containers.</p>  <p>Watch: Math Mania: Volumes</p> <p>Volume is the amount of space used by a solid object.</p> <p>Think about what you discovered about volume and capacity last week. Which unit was the best to measure the volume of rectangular containers? Remember you will need to choose the same size unit to measure your different containers.</p>	<p>MATHEMATICS</p> <p>Volume and Capacity</p> <p>We will measure the capacity of two different containers. Use your lunch box and drink bottle.</p>  <p>Complete the Seesaw activity</p> <p>Plan and explain the strategy you would use to pack and count units to fill your drink bottle and lunch box.</p> <p>Which container can hold the most?</p> <p>What unit would you use to measure?</p>
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	<p>Optional: Log on to Mathletics</p> <ul style="list-style-type: none"> - Place Value 1 - Repartition two-digit numbers 	<p>Optional: Log on to Mathletics</p> <ul style="list-style-type: none"> - Commutative property of addition 	<p>If you have neither, use your own numbers to create the number sentences.</p> <p>Reflection: What is your favourite strategy to use for addition and subtraction and why? Tell someone in your family.</p> <p>Optional challenge activities:</p> <p>Write number sentences with missing numbers and see if a family member can work them out.</p> <p>Can you write an equal number sentence using subtraction?</p>	<p>Estimate how many units (blocks) you will need to fill each container. eg The number of blocks my container can hold is.....</p> <p>Measure by counting each unit as you fill the container.</p> <p>Take a photo of the volume of your container and explain how you packed and counted your units. Use the microphone to record your answers on Seesaw.</p> 	<p>Remember to estimate then measure. Take a photo of your drink bottle and lunchbox. Explain how you packed and counted your units. Use the microphone to record your answers on Seesaw.</p> <p>When you complete the Seesaw activity you can log on to Mathletics and complete How Full? Comparing Volume</p>
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Break

<p>Afternoon</p>	<p>SCIENCE</p>  <p>Week 9 and 10 we are going to make a landscape diorama. On Seesaw there will be activities to show you how to complete your landscape diorama.</p> <p>For your diorama you will need a shoe box and craft materials.</p>	<p>CREATIVE ARTS</p> <p>Music</p> <p>Go to seesaw for some fun with Funky Veggies and Fruity Rhythms.</p> 	<p>Health</p> <p>Using healthy food you have at home make an artwork picture. Then enjoy eating it.</p>     <p>OR</p>	<p>PDHPE PE</p> <p>Dynamic Balance</p> <ol style="list-style-type: none"> 1. Watch Mr Smith's Video 2. Watch SISA levels 1-3 video 3. Watch SISA levels 4-6 video 4. Watch and complete the fitness circuit to help with our agility, balance and coordination. 	<p>GEOGRAPHY</p> <p>Where do our fruits and vegetables come from?</p> <p>We will explore farm life.</p> <p>How do the seasons affect our fruit and vegetables?</p> <p>What do farmers do?</p> <p>Complete the Seesaw activity</p> 
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			Draw a still life bowl of fruit or vegetables. Don't forget to colour it in.  zoom 2.00pm Stage one zoom .: Join Mr Shuster, Mrs Lockhart and Ms Rhodes for some afternoon games. This week it is themed ' bring your pet to zoom '. If you don't have a pet, bring a photo or drawing of a pet you would like to have.		
Make sure you have submitted to your teacher:	<ul style="list-style-type: none"> • Spelling • Mathematics • Science 	<ul style="list-style-type: none"> • Writing • Mathematics • Music 		<ul style="list-style-type: none"> • Spelling • Writing • Mathematics • PE 	<ul style="list-style-type: none"> • Spelling • Writing • Mathematics • Geography

Incorporate at least **20 minutes** of independent reading into your daily routine.



Year 1 Class Zoom Links 9:00am Monday, Tuesday and Thursday

<p>1G Maddison Goldrick's Personal Meeting Room 9:00am</p> <p>Join Zoom Meeting : https://nsweducation.zoom.us/j/4185352586?pwd=ZlpTL3hwR01FLzR0Zyt5Sk53cEZndz09 Meeting ID: 418 535 2586 Passcode: bhps20</p>	<p>1W Ashlee Wyngaard's Personal Meeting Room 9:00am</p> <p>Join Zoom Meeting: https://nsweducation.zoom.us/j/2313810821?pwd=Z3NOd0wrK0w0M1RpU3RKNko2eIAzZz09 Meeting ID: 231 381 0821 Passcode: bhps20</p>	<p>1J Monday/Tuesday Josie Conn's Personal Meeting Room 9:00am</p> <p>Join Zoom Meeting https://nsweducation.zoom.us/j/69445678672?pwd=THVpWWZDWjQweTlCMzVjVE5GYjdudz09 Meeting ID: 694 4567 8672 Passcode: 148904</p>	<p>1J Thursday Justine Oakley's Personal Meeting Room 9:00am</p> <p>Join Zoom Meeting https://nsweducation.zoom.us/j/63157417878?pwd=V1Z0d1lyQTY1cGVtbzBtTHRvNFVdQT09 Meeting ID: 631 5741 7878 Passcode: 363283</p>	<p>1M Linda McWhirter's Personal Meeting Room 9:00am</p> <p>Join Zoom Meeting https://nsweducation.zoom.us/j/4800360327?pwd=Rmw0UkZxeUIYQU9LZGJrVjQ5YnNaZz09 Meeting ID: 480 036 0327 Passcode: 099294</p>
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Stage 1 Grade Zoom Link Wednesday 2.00pm: <https://nsweducation.zoom.us/j/64969392015?pwd=eJF5VNI3BsSC9UTmh6ZzdURmt6UT09>