





# Raymond Terrace Public School

## Stage 1 – Year 1

	Monday 4 <sup>th</sup> October	Tuesday 5 <sup>th</sup> October	Wednesday 6 <sup>th</sup> October	Thursday 7 <sup>th</sup> October	Friday 8 <sup>th</sup> October						
Wellbeing Task	PUBLIC HOLIDAY	What is something nice you can do for your family today?	Take some time to listen to your favourite music today and relax.	Tidy up your toys today and make sure they are put away neatly.	Try to go for a walk today and get some fresh air.						
Morning		<p><b>Singing</b> - Let It Go  <a href="https://youtu.be/gS8nZ8p-xnU">https://youtu.be/gS8nZ8p-xnU</a>            (If possible)</p> <p><b>English</b>  <u>Reading, Viewing</u>            Click the link to view the story 'Window' by Jeanie Baker.  <a href="https://www.youtube.com/watch?v=4JLVneJa1Is">https://www.youtube.com/watch?v=4JLVneJa1Is</a></p> <p><u>Speaking &amp; Listening</u>  <b>Visualising:</b> Imagine you were looking out this window. Tell a family member what you:</p> <ul style="list-style-type: none"> <li>- See</li> <li>- Hear</li> <li>- Smell</li> <li>- Feel</li> <li>- Taste</li> </ul> <p>See a bigger version of the picture on the resources page.</p> 	<p><b>Singing</b> - Do Re Mi  <a href="https://youtu.be/jp0opnxQ4rY">https://youtu.be/jp0opnxQ4rY</a>            (If possible)</p> <p><b>English</b>  <u>Reading &amp; Viewing</u>            Click the link to view the story 'Window' by Jeanie Baker.  <a href="https://www.youtube.com/watch?v=4JLVneJa1Is">https://www.youtube.com/watch?v=4JLVneJa1Is</a></p> <p><u>Speaking &amp; Listening</u>  <b>Connecting:</b> Fill in the gaps to the passage below. Write it down in your book and tell a family member what you wrote.</p> <p><b>When I saw the part about .....</b>  <b>it reminded me of .....</b></p> 	<p><b>Singing</b> - Roar  <a href="https://youtu.be/iqIFXcsoQEE">https://youtu.be/iqIFXcsoQEE</a>            (If possible)</p> <p><b>English</b>  <u>Reading &amp; Viewing</u>            Click the link to view the story 'Window' by Jeanie Baker.  <a href="https://www.youtube.com/watch?v=4JLVneJa1Is">https://www.youtube.com/watch?v=4JLVneJa1Is</a></p> <p><u>Speaking &amp; Listening</u>  <b>Questioning:</b> Write down three questions you would like to ask the author 'Jeanie Baker'. Tell a family member what your questions are.</p> 	<p><b>Singing</b> - One Small Voice  <a href="https://youtu.be/zwlHi99vVHY">https://youtu.be/zwlHi99vVHY</a>            (If possible)</p> <p><b>English</b>  <u>Reading &amp; Viewing</u>            Click the link to view the story 'Window' by Jeanie Baker.  <a href="https://www.youtube.com/watch?v=4JLVneJa1Is">https://www.youtube.com/watch?v=4JLVneJa1Is</a></p> <p><u>Speaking &amp; Listening</u>  <b>Summarising:</b> Talk about what happens in the <b>beginning, middle and end</b> of the story with a family member.</p>  <table border="1" data-bbox="1789 1133 2148 1289"> <thead> <tr> <th>Beginning</th> <th>Middle</th> <th>End</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p>Make this table in your book and write or draw what you talked about.</p>	Beginning	Middle	End			
Beginning	Middle	End									

### Writing

It's time for you to become a historian and find out how things have changed over time (like in the book Window).

Watch this video about how much technology has changed.

<https://www.youtube.com/watch?v=DENG7Q7VRgo>

You are now going to think about and write down some questions about how technology has changed so that you can ask different people (of different ages) in your family.

Your questions might be something like:

1. How did you contact your friends when you were little?
2. What is something that we have now that you didn't have when you were little?
3. What were phones like when you were little?
4. Did you have a tv when you were little?
5. What was your car like when you were little?

Write your questions down in your book.

### Writing

Today you are going to call your grandparents, grandparent figures or someone you know that is older than your parents.

You can also interview someone in your house about how technology has changed.

Use your questions from Tuesday.

Write down their answers in your book.

### **HANDWRITING**

Watch the following clip on lowercase letter formation

<https://www.youtube.com/watch?app=desktop&v=DlojiV3yszA&form=MY01SV&OCID=MY01SV>



Using your handwriting sheet copy the sentence that contains all the letters of the alphabet using correct letter formation and height.

*The five boxing wizards jump quickly.*

### Writing

Choose your favourite page in the book Window. Aren't the illustrations clever?



Look at everything in the picture. Think about what is happening in the picture.

Write down a description of what is happening in the picture in your book.

### Writing

Rewatch the book 'Window' or read it if you have a copy at home.

You need to find all the nouns in the story.

Remember- a noun is a 'thing' (book, window, car, person, fence).

Write the nouns down as a list in your book.

e.g. Some of the nouns that I found in the book are:

Fence, car, baby, person, window, street, building, grass, tree, and sky.

### **HANDWRITING**

Watch the following clips on lowercase letter formation

<https://www.youtube.com/watch?app=desktop&v=mu17QOtw0m0&form=MY01SV&OCID=MY01SV>



<https://www.youtube.com/watch?app=desktop&v=UOyWQ8x9CEU&form=MY01SV&OCID=MY01SV>

### HANDWRITING

Watch the following clip on lowercase letter formation

<https://www.youtube.com/watch?app=desktop&v=u-KIAkZr0I&form=MY01SV&OCID=MY01SV>



Using your handwriting sheet copy the sentence that contains all the letters of the alphabet using correct letter formation and height.

*The quick brown fox jumps over the lazy dog.*

### Reading

Log on to Reading Eggs and read a book or complete some activities

OR

Get a book from your house and read it to your family

### Reading

Log on to Reading Eggs and read a book or complete some activities

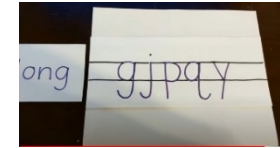
OR

Get a book from your house and read it to your family

### HANDWRITING

Watch the following clip on lowercase letter formation

<https://www.youtube.com/watch?app=desktop&v=pZ1V62eGEIw&form=MY01SV&OCID=MY01SV>



Using your handwriting sheet copy the sentence that contains all the letters of the alphabet using correct letter formation and height.

*All questions asked by five watched experts amaze the judge.*

### Reading

Log on to Reading Eggs and read a book or complete some activities

OR

Get a book from your house and read it to your family



Using your handwriting sheet copy the sentence that contains all the letters of the alphabet using correct letter formation and height.

*How vexingly quick daft zebras jump.*

### Reading

Log on to Reading Eggs and read a book or complete some activities

OR

Get a book from your house and read it to your family

Break


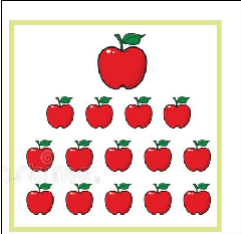
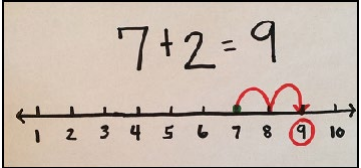

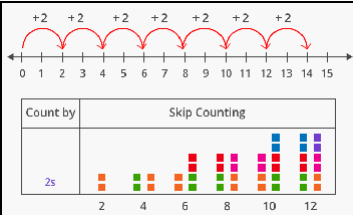
Recess

Recess

Recess

Recess

Recess

<p><b>Middle</b></p>		<p><b>Mathematics</b></p> <p>Look at the number sentences</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> <math>5 + 5</math>  <math>5 + 7</math>  <math>5 + 9</math> </div> <p>What answers did you get?</p> <p>What strategies did you use to solve these problems?</p> <p>Record your answers.</p> <p><u>Number Line</u> Can you make a number line starting from 0 all the way to 20?</p>  <p>The difference between 9 and 5 is 4.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 5px;">9</td> <td style="padding: 5px;">-</td> <td style="padding: 5px;">5</td> <td style="padding: 5px;">=</td> <td style="padding: 5px;">4</td> </tr> </table> <p>What is the difference between 12 and 8?</p> <p>If the difference between two numbers is 5. What might the two numbers be?</p> <p>If the difference between two numbers is 7. What might the two numbers be?</p>	9	-	5	=	4	<p><b>Mathematics</b></p> <p>Look at the number sentences</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> <math>4 + 6</math>  <math>4 + 8</math>  <math>4 + 9</math> </div> <p>What answers did you get?</p> <p>Can you record the strategies you used to solve these problems?</p> <p>I have 15 apples. Some are green, some are red. How many green apples do I have? How many red apples do I have? Record all the possible combinations.</p> <p>Write the number sentence and show your thinking on your number line.</p> 	<p><b>Mathematics</b></p> <p>Look at the number sentences</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> <math>6 + 4</math>  <math>6 + 6</math>  <math>6 + 8</math> </div> <p>What answers did you get?</p> <p>You can use a number line to record your answers.</p> <p>Here is an example:</p>  <p>Find five objects around the home. Pretend the five objects belong to two people. Work out how many objects might belong to each person.</p> <p>Record what you found out.</p> 	<p><b>Mathematics</b></p> <p>Look at the number sentences</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> <math>8 + 2</math>  <math>8 + 5</math>  <math>8 + 7</math> </div> <p>What answers did you get?</p> <p>Can you record your strategies? Did you use any new strategies?</p> <p>If possible, do this counting workout:  <a href="https://www.youtube.com/watch?v=g_vUC1NCFkE">https://www.youtube.com/watch?v=g_vUC1NCFkE</a></p> <p>What things do you know come in twos or pairs? Make a list of them. For example, two eyes and two ears.</p> <p>Can you use your number line to skip count by 2s? Can you choose another number to skip count by?</p> 
9	-	5	=	4						
<p><b>Break 12:00</b></p>	<p>Water break/fruit</p>	<p>Water break/fruit</p>	<p>Water break/fruit</p>	<p>Water break/fruit</p>	<p>Water break/fruit</p>					

Afternoon  
12-1:10pm

### PDHPE

#### Tricky Tuesday

Today we are going to further our skill of kicking a soccer ball.

Search 'How to kick a soccer ball' or use this link to improve your skills.

<https://www.youtube.com/watch?v=ICbt65ZwKjs>

**Once you have practiced your kicking, set up targets and see if you can hit them with your kicks!**



#### Playful learning

Create a tower and make it as tall as you can! You may use any materials you like. You might like to make it from blocks, pillows, cups, rocks, cards etc. Anything that you have around the house. Check with an adult before you make your tower to ensure the materials you choose are suitable. Take a photo and upload it onto seesaw or dojo.

### PDHPE

#### Workout Wednesday

It's a race against the clock!

See if you can complete the following exercise routine in 3 minutes!

15 Star jumps

10 Lunges

10 Squats

5 Push-ups (Use your knees if its tricky or too hard)

5 Sit ups

### Science

#### SOUND: Make your own instrument.

Find some rice or small pasta that your family don't want to use.

You will also need an empty bottle or container as well. Fill your container with rice. Make sure you seal the lid tightly. Use some sticky tape if you have any.

You can decorate the outside of the bottle with anything you have at home: stickers, paint, coloured paper, textas – have fun!



### PDHPE

#### It's Thursday: Time to relax

Click on the link below and follow the yoga poses to complete the Cosmic yoga exercise.

Search 'Minecraft Cosmic Yoga' or use this link.

<https://www.youtube.com/watch?v=02E1468SdHg>



### Creative arts

Look out of *your* window. What can you see?

Can you create an artwork like the art of Jeannie Baker in 'Window'?

Can you use things found around your house to create your art? Paper, cardboard, material, bark, leaves, sticks?

If you don't have any materials, could you draw a picture out of your window?

### PDHPE

#### Free Fun Friday

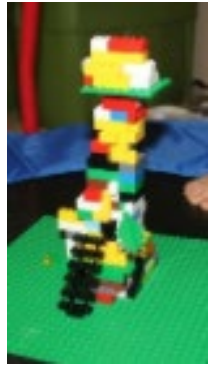
You have the choice on what physical activity you do today! Can you convince your family members to join in? How could you make sure that your family members join in with you?

Some examples include jumping on the trampoline, doing star jumps, riding your bike, or even meditating.

### PDHPE- Invasion Game

When we play Invasion games, it is all about judging both your own and the other teams' actions in order to win. Today you are going to practice your Soccer penalty shots.

Set up a goal and a goalkeeper (family member) and see if you can score a goal against them. As you are getting ready to kick, see if you can notice the goalkeeper making any movements which might show the direction they're going to dive. Use these hints to help you choose a spot in the goal to aim for. See how many goals you can score!



Once you have made your instrument, click on this link and film yourself shaking along to the beat of the song – we would love to see you making some music, and even showing off your dance moves!

<https://www.youtube.com/watch?v=afQcYH2nw0M>



End of day  
1:15pm

What did you enjoy most from today's learning?

Write one thing you learnt today.

Write one thing you're grateful for.

Write one thing you learnt today.

What did you enjoy most from today's learning?

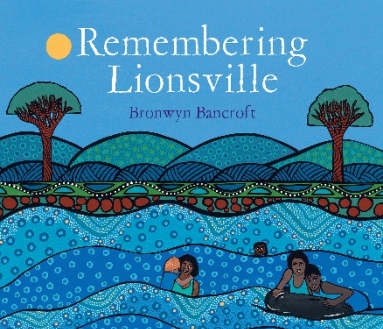
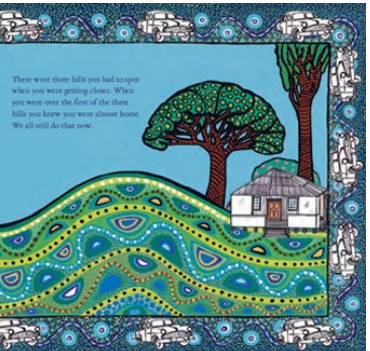
Monday 11<sup>th</sup> October

Tuesday 12<sup>th</sup> October

Wednesday 13<sup>th</sup> October

Thursday 14<sup>th</sup> October

Friday 15<sup>th</sup> October

Wellbeing Task	Do some stretches this morning to wake up and be ready for the day!	How are you feeling today?	Ask your parents if you can help them with something today.	Make sure your room is neat and tidy!	What was something that made you happy this week?
<p><b>Morning</b></p>	<p><b>Singing</b> - My Island Home  <a href="https://youtu.be/8Zh3U-8rX5I">https://youtu.be/8Zh3U-8rX5I</a>                      (If possible)</p> <p><b>English</b>  <u>Speaking &amp; Listening</u>  <b>Predicting:</b> Use the picture below and finish off this sentence. <b>“By looking at this picture I predict .....</b>”</p>  <p><u>Reading &amp; Viewing</u>                      Watch the clip of Ms Krisenthal reading 'Remembering Lionsville' by Bronwyn Bancroft  <a href="https://www.youtube.com/watch?v=gsJJHjJcDA4">https://www.youtube.com/watch?v=gsJJHjJcDA4</a> .</p>	<p><b>Singing</b> - Roar  <a href="https://youtu.be/iqIFXcsoQEE">https://youtu.be/iqIFXcsoQEE</a>                      (If possible)</p> <p><b>English</b>  <u>Reading &amp; Viewing</u>                      Watch the clip of Ms Krisenthal reading 'Remembering Lionsville' by Bronwyn Bancroft.  <a href="https://www.youtube.com/watch?v=gsJJHjJcDA4">https://www.youtube.com/watch?v=gsJJHjJcDA4</a></p> <p><u>Speaking &amp; Listening</u>  <b>Visualising:</b> In the story there is an old house in a place called Lionsville. Imagine what this place looks like in your mind and draw a picture of what you see. Tell a family member about your drawing.</p> 	<p><b>Singing</b> - Happy  <a href="https://youtu.be/cmCDqX3ngfA">https://youtu.be/cmCDqX3ngfA</a>                      (If possible)</p> <p><b>English</b>  <u>Reading &amp; Viewing</u>                      Watch the clip of Ms Krisenthal reading 'Remembering Lionsville' by Bronwyn Bancroft.  <a href="https://www.youtube.com/watch?v=gsJJHjJcDA4">https://www.youtube.com/watch?v=gsJJHjJcDA4</a></p> <p><u>Speaking &amp; Listening</u>  <b>Questioning:</b> Write down three questions you have about the story. Tell a family member your three questions. Use this phrase .....</p> <p><b>“I have a question about.....”</b></p> <p><u>Writing</u>                      Rewatch the book “Remembering Lionsville” or read it if you have a copy at home.                      You need to find some adjectives in the story.                      Remember- an adjective is a</p>	<p><b>Singing</b> - The Climb  <a href="https://youtu.be/PpAEncw-H5Q">https://youtu.be/PpAEncw-H5Q</a>                      (If possible)</p> <p><b>English</b>  <u>Reading &amp; Viewing</u>                      Watch the clip of Ms Krisenthal reading 'Remembering Lionsville' by Bronwyn Bancroft.  <a href="https://www.youtube.com/watch?v=gsJJHjJcDA4">https://www.youtube.com/watch?v=gsJJHjJcDA4</a></p> <p><u>Speaking &amp; Listening</u>  <b>Sumarising:</b> Think about what the important parts of the story are. Write down three main ideas you got from the story. Tell a family member about what you wrote.</p> <p><u>Writing</u>                      The author used to go to Lionsville on holidays. Have you ever had a holiday?                      Write down your memory of your holiday.                      Here's one of mine as an example:</p>	<p><b>Singing</b> - Hakuna Matata  <a href="https://youtu.be/mbom691n-14">https://youtu.be/mbom691n-14</a>                      (If possible)</p> <p><b>English</b>  <u>Reading &amp; Viewing</u>                      Watch the clip of Ms Krisenthal reading 'Remembering Lionsville' by Bronwyn Bancroft.  <a href="https://www.youtube.com/watch?v=gsJJHjJcDA4">https://www.youtube.com/watch?v=gsJJHjJcDA4</a></p> <p><u>Speaking &amp; Listening</u>  <b>Connecting:</b> Fill in the gaps to the passage below. Write it down in your book and tell a family member what you wrote.</p> <p><b>When I heard the part about ....., it reminded me of .....</b></p> <p><u>Writing</u>                      Prepositions task                      Prepositions tell you where something is in a story. (examples: in, on, in front of, under)</p>

### Writing

Remembering Lionsville tells the story of Bronwyn Bancrofts childhood. It is a really interesting story about childhood in the past.

Today we are going to think about questions to ask our family about their childhood. This is how we can learn about history.

Your questions might be something like:

1. Where did you grow up?
2. What games did you play when you were little?
3. Did you go away for holidays when you were little?
4. What did you eat for lunch and dinner?
5. Who did you play with when you were little?

Write these questions down in your book.

### Writing

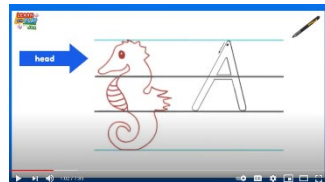
Use your questions from yesterday to find out some historical answers. Call your grandparents or talk to the family in your house and ask them your questions!

Write down the answers to your questions in your book.

### HANDWRITING

Watch the following clip on uppercase letter formation

<https://www.youtube.com/watch?v=yCU6EiUWm28&form=MY01SV&OCID=MY01SV>



Using your handwriting sheet copy the alliteration sentence using correct letter formation and height.

*Billy built a bonfire to burn the broken toys that Bill had thrown away.*

'describing word'. Adjectives describe the noun.

adjective	noun
sweet	cake
green	leaves
funny	teacher
kind	friend

Write the adjectives and their nouns down in your book.

Here's some that I found!

adjective	noun
special	place
secret	place
old	people
old	tin cubby

### HANDWRITING

Watch the following clip on uppercase letter formation

<https://www.youtube.com/watch?v=uqBjTzdj4AA&form=MY01SV&OCID=MY01SV>



Every year, my family and I go on holidays to Manning Point. We stay in our camper trailer next to the ocean. At night, I go to sleep and listen to the waves crashing against the shore. Every day we walk to the beach and we build sandcastles, go swimming and walk along the sand. I love my family holidays!

### HANDWRITING

Watch the following clip on uppercase letter formation

<https://www.youtube.com/watch?v=Q0fzBK1Q1No&form=MY01SV&OCID=MY01SV>



Using your handwriting sheet copy the alliteration sentence using correct letter formation and height.

*The lazy little lizard lounged in the late afternoon sunshine.*

Listen to the story 'Remembering Lionsville' again and try to find the prepositions.

Here are some that I have found:

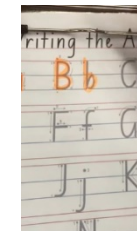
in  
around the back  
on  
away

Write them down in your book.

### HANDWRITING

Watch the following clip on uppercase letter formation

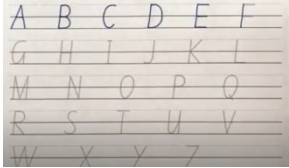
<https://www.youtube.com/watch?v=-95Oar7wKko&form=MY01SV&OCID=MY01SV>



Using your handwriting sheet copy the alliteration sentence using correct letter formation and height.

*Chad calls Charlie and Connie*



<p><b><u>HANDWRITING</u></b></p> <p>Watch the following clip on uppercase letter formation</p> <p><a href="https://www.youtube.com/watch?app=desktop&amp;v=fK4RKS2vVKg&amp;form=MY01SV&amp;OCID=MY01SV">https://www.youtube.com/watch?app=desktop&amp;v=fK4RKS2vVKg&amp;form=MY01SV&amp;OCID=MY01SV</a></p>  <p>Using your handwriting sheet copy the alliteration sentence using correct letter formation and height.</p> <p><i>The Ant and the Aardvark are awesome animals</i></p> <p><b><u>Reading</u></b> Log on to Reading Eggs and read a book or complete some activities</p> <p>OR</p> <p>Get a book from your house and read it to your family</p>	<p><b><u>Reading</u></b> Log on to Reading Eggs and read a book or complete some activities</p> <p>OR</p> <p>Get a book from your house and read it to your family</p>	<p>Using your handwriting sheet copy the alliteration sentence using correct letter formation and height.</p> <p><i>The graceful gazelle grazes on the great green grass.</i></p> <p><b><u>Reading</u></b> Log on to Reading Eggs and read a book or complete some activities</p> <p>OR</p> <p>Get a book from your house and read it to your family</p>	<p><b><u>Reading</u></b> Log on to Reading Eggs and read a book or complete some activities</p> <p>OR</p> <p>Get a book from your house and read it to your family</p>	<p><i>comes to visit.</i></p> <p><b><u>Reading</u></b> Log on to Reading Eggs and read a book or complete some activities</p> <p>OR</p> <p>Get a book from your house and read it to your family</p>
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Break	Water break/fruit	Water break/fruit	Water break/fruit	Water break/fruit	Water break/fruit
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Middle

Mathematics

Look at this Lego brick.

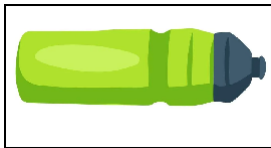


What pattern do you see?

Write down your pattern

Length

Find a water bottle in your home.



Fill up the following table:

The water bottle is longer than	
The water bottle is the same length as	
The water bottle is shorter than	

Mathematics

Look at this Lego brick.



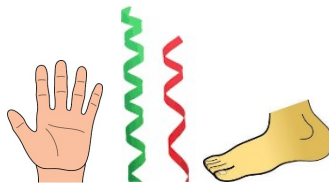
How many number sentences can you record?

Here is an example:

4 + 4 = 8

Length

Cut a streamer so it is longer than your hand but shorter than your foot.

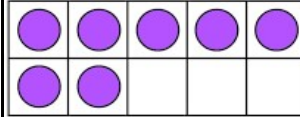


Find things in your house that are the same height as you are. Make a list of the things you find.



Mathematics

Look at this tens frame.



What can you see?

Can you record the patterns you can see?

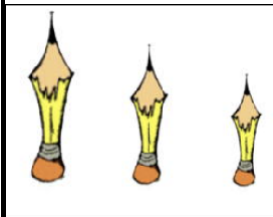
How many number sentences can you write?

Length

Find something in your house that is shorter than you. Now find something that is longer.

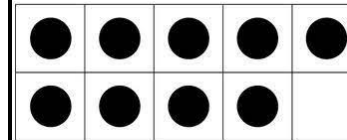
Shorter than me	
longer than me	

Find five objects in your house and order them by length from longest to shortest. Record your findings.



Mathematics

Look at this tens frame.



Can you record the patterns you see?

How many number sentences can you write?

Length

Find things as long as a pencil.



Draw two towers that are the same height. Explain how you know the towers are the same height.



Mathematics

Look at this Lego brick.



What patterns do you see?

How many number sentences can you record?

Here is an example: 8 and 8

Length

Use your hand (handspan) to measure a book. How many handspans did you need?



How many objects can you find that are longer than three handspans but shorter than two handspans?

Longer than 3 handspans	
Shorter than 2 handspans	

Break

Lunch

Lunch

Lunch

Lunch

Lunch

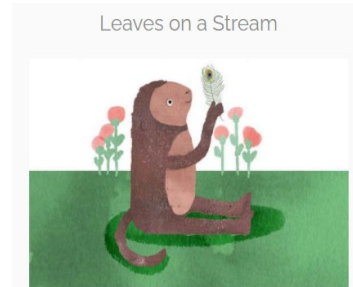
Afternoon

PDHPE

**Monday Mindfulness**

Let's start the week off being nice and relaxed. Click on the link and follow along with the voice over for the 'Leaves on a stream' activity.

<https://www.peacefulkids.com.au/meditations1.html>



**Creative arts**

Bronwyn Bancroft art

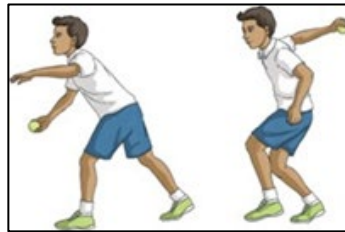
– either colour, paint, or cut and paste coloured paper onto the outline of the Bronwyn Bancroft artwork.

Create your own artwork!

PDHPE

**Tricky Tuesday**

Time to put our skills to the test. Use your underarm throw skill, to throw a ball against a **brick, cement, or outdoor wall**. See if you can **predict** where the ball will bounce back to, and attempt to catch it. See if you can catch it and then record how many you can get in 5 minutes.



**Playful learning**

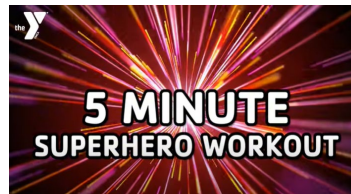
Spring is in the air; the sun is shining and it's important to play outside in the fresh air. Go into the garden or on a walk and collect objects such as, leaves, flowers, grass, sticks, twigs, feathers, small pebbles or rocks, shells etc. Create a mandala or picture with everything you've collected. Take a photo and upload it onto seesaw or dojo.

PDHPE

**Workout Wednesday**

Today we are going to join in on a quick 5minute Superhero workout! Pretend to be your favourite superhero and join in!

Search '5minute superhero kids' workout' or use this link. <https://www.youtube.com/watch?v=cvMbkw2572k>



Science

**SOUND: Create your own telephone**



PDHPE

**Turn it up Thursday**

Time to get our groove on and get dancing! Search 'Just dance – dance monkey' or use this link to complete the dance.

<https://www.youtube.com/watch?v=bl7QZHzva-E>



History

**Past and Present**



People used to send letters and postcards through the mail, and it could take weeks for someone to get their messages!

PDHPE

**Free Fun Friday**

You have the choice on what physical activity you do today! Can you convince your family members to join in? How could you make sure that your family members join in with you?

Some examples include jumping on the trampoline, doing star jumps, riding your bike or even meditating.





**PDHPE- Invasion Game**

An important skill in most Invasion games is Dodging! Today you are going to build up your dodging skills.

Search 'Kiddo – learn how to dodge' or use this link below.

<https://www.youtube.com/watch?v=8d-3pTZrmSw&t=87s>



		 	<p>Using the 2 cups you have been given in your work pack, carefully poke a hole through the bottom of each cup. Thread the string through from the bottom to inside the cup. You will need to tie a knot in the string, so it doesn't fall out of the hole.</p> <p>Once you have done this on both cups, give one cup to a family member and ask them to put it up to their ear. You use the other cup and talk into it like a telephone. Can you family member hear you? Swap over. Can you hear them?</p>	<p>If we didn't have the internet today, how could we still communicate?  <b>List your ideas or design a machine</b> that could deliver messages to your friends and family</p>  	<p>Start practicing on your own but once confident, see if you can get a family member to try and tag you as you dodge them! <b>Remember: This is a new skill we are practicing, so don't panic if you get tagged a couple of times.</b></p>
<b>End of day</b>	What did you enjoy most from today's learning?	Write one thing you learnt today.	Write one thing you're grateful for.	Write one thing you learnt today.	What did you enjoy most from today's learning?