



Framework Timetable for Support Unit students, Term 4 Week 2, Monday - Friday

Below is a learning framework/timetable for you to follow. You will need access to a digital device to complete some of the activities. Your teacher will also have a daily Zoom to check-in with how you are going. Please log in to your Google Classroom. There will be worksheets from your teacher for you to print and complete. You may need help from a parent/carer. You are also able to access Mathletics and other websites. Complete all activities in your workbook and keep worksheets in your book too. Write the date on your activities to keep track. Bring all of your completed activities and workbook when you next come in to school.

If you are looking for more to do, here are some FABULOUS Web-sites for you to check out!

The Best Ideas for Kids: <https://www.thebestideasforkids.com/indoor-activities-for-kids/> **This has some really fun activities!**

Storyline Online – The SAG-AFTRA Foundation’s award-winning children’s literacy website, Storyline Online, streams videos featuring celebrated actors reading children’s books. <https://www.storylineonline.net/about-us/>

Free and Original Stories for Kids: <https://www.freechildrenstories.com/>

Learn How To Type: <https://www.typingclub.com/>

Weatherzone: <https://www.weatherzone.com.au/nsw/sydney/glenmore-park>

Mathletics: <https://login.mathletics.com/> Student log ins should be in front cover of Communication Book or Homework Book

Behind The News: <https://www.abc.net.au/btn/stories/>

ABC TV Education: <https://www.abc.net.au/tveducation/programs/primary/>

Also, click on this link: <https://iview.abc.net.au/show/mini-lessons/series/2021>

World Book Log in to World Book Online – <https://www.worldbookonline.com> ID – scps1 Password – scps1

Some good YouTube links:

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

Let’s Get Fit: Count to 100: <https://www.youtube.com/watch?v=1dkPouLWCyc>

Cosmic Kids Yoga: https://www.youtube.com/results?search_query=cosmic+kids+yoga

Elf Sight words #1: <https://www.youtube.com/watch?v=Epplgniltw> Elf Sight words #2: <https://www.youtube.com/watch?v=Rs1Sr-AtK3Y>


Elf Sight words #3: <https://www.youtube.com/watch?v=25n6hqUAZuo> Elf Sight words #4: <https://www.youtube.com/watch?v=glHYbA4L5Jw>

Phonics songs: <https://www.youtube.com/watch?v=BELIZKpi1Zs>

Solar System song: https://www.youtube.com/watch?v=BZ-qLUIj_A0 and Planets Song: <https://www.youtube.com/watch?v=mQrlgH97v94>

Planet comparisons: <https://www.youtube.com/watch?v=i93Z7zljQ7I>

On YouTube, students also enjoy: JustDance, Go Noodle and Blazer Fresh

T4	W2	Morning Session	Middle Session	Afternoon Session
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Monday 11/10/21</p>	<p>KLA English</p> <p><u>Task 1: Morning Routine</u> Good morning song on YouTube. Check in 'How are you feeling?' What is the weather like today? <i>Look outside and check on Weatherzone</i> www.weatherzone.com.au/nsw/sydney/glenmore-park Watch BTN Newsbreak https://www.abc.net.au/btn/stories/daily/</p> <p><u>Task 2: Fitness</u> Get Fit 100 or GoNoodle or Just Dance on YouTube or go for a walk/ run.</p> <p><u>Task 3: Snack & Story</u> Listen to a story (You Tube, Storyline Online), parent read or read a book whilst eating some fruit or vegetables.</p> <p><u>Task 4: Sight Words</u> Watch, listen and read Elf Sight Words on YouTube. Or read word list provided by teacher.</p>	<p><u>Task 5: News</u> Tell some news about what things you have done over the weekend. Write at least three sentences about what you did (ask an adult to write it for you to copy if you need help). Draw a picture to illustrate your news.</p> <p><u>Task 6: Handwriting</u> Practise writing your name, address and either your home phone number (if you have one) or a parent's mobile phone number. Ensure that you are correctly forming the letters in your name. There may be a "trace sheet" for some students.</p> <p><i>If finish early, draw on whiteboard or paper.</i></p> <p>11am RECESS</p>	<p>Drop Everything and Read 10-15 minutes of quiet reading.</p> <p>KLA Mathematics <u>Task 1: Warm Up</u> Complete ONE colour of the Place Value Mystery Picture 1 sheet. <i>Ask a grown up if you need help.</i></p> <p><u>Task 2: Maths worksheet/s</u> Complete the maths worksheet assigned by your teacher.</p> <p>Have an ACTIVE BREAK</p> <p>1pm LUNCH</p>	<p>Drop Everything and read or draw Dot to Dot or colour-in or complete a maze. 10 - 15 minutes of a quiet activity.</p> <p>LIBRARY Lesson Watch and listen to the story Too Much Glue https://www.youtube.com/watch?v=Je39PxniveY Who are the characters in this story? What is the setting of the story? What is something that happened at the beginning of the story? What is something that happened in the middle of the story? What is something that happened at the end of the story? Did you like this story? Why or why not? Tell someone what you think.</p> <p style="text-align: center;">Play Simon http://www.freesimon.org/</p> <div style="text-align: center;">  </div> <p>End of day bell goes at 3.10pm</p>

T4	W2	Morning Session	Middle Session	Afternoon Session	
Tuesday 12/10/21	<p>KLA English</p> <p><u>Task 1: Morning Routine</u> Good morning song on YouTube. Check in 'How are you feeling?' What is the weather like today? <i>Look outside and check on Weatherzone</i> www.weatherzone.com.au/nsw/sydney/glenmore-park Watch BTN Newsbreak https://www.abc.net.au/btn/stories/daily/</p> <p><u>Task 2: Fitness</u> Get Fit 100 or GoNoodle or Just Dance on YouTube or go for a walk/run.</p> <p><u>Task 3: Snack & Story</u> Listen to a story (You Tube, Storyline Online), parent read or read a book whilst eating some fruit or vegetables.</p> <p><u>Task 4: Sight Words</u> Watch, listen and read Elf Sight Words on YouTube. Or read word list provided by teacher.</p>	<p><u>Task 5: Spelling activity</u> Do spelling set by your class teacher (sheet).</p> <p><u>Task 6: Handwriting</u> Complete one page of handwriting. Trace and copy neatly – check that you have correct pen/pencil grip and are sitting with good posture.</p> <p><i>If finish early, draw on whiteboard or paper.</i></p>	<p>Drop Everything and Read 10-15 minutes of quiet reading.</p> <p>KLA Mathematics <u>Task 1: Warm Up</u> Complete the next colour of the Place Value Mystery Picture 1 sheet. <i>Ask a grown up if you need help.</i></p> <p><u>Task 2: Maths worksheet/s</u> Complete the maths worksheet assigned by your teacher.</p>	<p><u>Task 3: Word problem</u> Solve ONE of the worded problems on the Matharoo Worksheet LP – 29 21 Do one worded problem each day.</p> <p><u>Task 4: online maths</u> Targetting maths activity or Log in to Mathletics and complete activities, until you have earned at least 500 mathletics points, then play "Mathletics Live" or "Cool Maths Games".</p> <p>Have an ACTIVE BREAK</p>	<p>Drop Everything and read or draw Dot to Dot or colour-in or complete a maze. 10 - 15 minutes of a quiet activity.</p> <p>Watch Behind the News, BTN Classroom Episode 29</p> <p>Discuss the areas that interested you with your family.</p> <p>Challenge: Write a sentence about a new fact you learnt and how you feel about it.</p> <p>Do two JUST DANCES</p>
		11am RECESS		1pm LUNCH	End of day bell goes at 3.10pm

Good morning!

Sing and dance to your favourite song on YouTube.

Check in 'How are you feeling?'

What is the weather like today?

Look outside and check on Weatherzone – but only if you feel like it!

Today is
Wellbeing Wednesday

- You do NOT have to do any school work today.
- There will be NO school Zooms
- But there is LOTS of fun activities, Mindfulness exercises and other things you can do today...

If you are at home, please have a look at the pages, with your mum or dad, of the different activities you could do and together "choose what you like".

For those students who are at school, you and the teacher can decide which fun things you can do today.

Some suggestions:

- Dress-ups
- Build a blanket fort
- Outside scavenger hunt
- Watch a movie
- Do some gardening
- Go for a walk/run
- Make paper planes and see whose can fly the furthest, highest, fastest..
- Make Tacos
- Do yoga
- Blow and chase bubbles.

11am RECESS

Wave on the Ocean Beach
Lie on the floor in a comfortable position. Close your eyes and take deep breaths. As you breathe in, imagine the waves crashing against the shore. As you breathe out, imagine the waves receding. Repeat for 5 minutes.

The Bubble
Sit on the floor in a comfortable position. Close your eyes and take deep breaths. As you breathe in, imagine a bubble forming in your chest. As you breathe out, imagine the bubble rising and popping. Repeat for 5 minutes.

Rainbow Beach
Stand with your feet shoulder-width apart. Close your eyes and take deep breaths. As you breathe in, imagine a rainbow appearing in the sky. As you breathe out, imagine the rainbow fading away. Repeat for 5 minutes.

Butterfly Beach
Sit on the floor in a comfortable position. Close your eyes and take deep breaths. As you breathe in, imagine a butterfly landing on your chest. As you breathe out, imagine the butterfly flying away. Repeat for 5 minutes.

Seaside I Spy and Add to 20

Count the items in each category and add them up to reach a total of 20.

Make Tacos

Ingredients: Ground beef, taco shells, shredded cheese, salsa, tomatoes, onions, lettuce.

Instructions: Cook the beef, fill the shells, and top with the other ingredients.

Five Minute Boredom Busters

- Using construction toys (building blocks, connecting rings, unstacking tins):** In the tallest tower you can make before it falls over? Is it taller than you?
- Choose your dream house:** Draw it. How does it look? How many rooms does it have? How many windows? How many doors? How many stairs? How many floors? How many balconies? How many gardens? How many trees? How many flowers? How many lawns? How many swimming pools? How many hot tubs?

Screen-Free Mindfulness Challenge Cards

- At the Beach:** Lie on the floor, in a position that is comfortable for you. Close your eyes and imagine you are lying on a beach. Listen to the waves crashing against the shore. How does it feel? How does it sound? How does it smell? How does it taste? How does it look?
- Musical Drawing:** Play some relaxing classical music. As you listen to it, draw the picture that comes into your mind. Use any materials you like.
- Balloon Bubble:** Blow up a balloon and tie it to a wall. Stand next to it. Breathe in and out. How does it feel? How does it sound? How does it smell? How does it taste? How does it look?

Mindfulness Challenge Cards

- Lie down with a teddy on your tummy, breathe in and out. How does it feel?**
- Try a maze if you go writing, it is okay. Go back and try again. Can you get to the end?**
- Keep your pencil on the paper and draw as you breathe. Don't lift your pencil! What did you draw?**
- 1, 2, 3... Draw a big spiral getting smaller. How many times did you go around?**

Go to: **The Best Ideas for Kids**

<https://www.thebestideasforkids.com/indoor-activities-for-kids/>

1pm LUNCH – eat outside on a rug/mat.

Drop Everything and read or draw or colour-in or word search.

Under the Sea

Word search: Find the names of sea creatures hidden in the grid.

Drawing: Draw a sea creature.

COSMIC KIDS!
Yoga Adventures

MINECRAFT
EDUCATION EDITION

JUST DANCE 2021

End of day bell goes at 3.10pm

T4	W2 Morning Session		Middle Session	Afternoon Session
Thursday 14/10/21	<p>KLA English</p> <p><u>Task 1: Morning Routine</u> Good morning song on YouTube. Check in 'How are you feeling?' What is the weather like today? <i>Look outside and check on Weatherzone</i> www.weatherzone.com.au/nsw/sydney/glenmore-park Watch BTN Newsbreak https://www.abc.net.au/btn/stories/daily/</p> <p><u>Task 2: Fitness</u> Get Fit 100 or GoNoodle or Just Dance on YouTube or go for a walk/run.</p> <p><u>Task 3: Snack & Story</u> Listen to a story (You Tube, Storyline Online), parent read or read a book whilst eating some fruit or vegetables.</p> <p><u>Task 4: Sight Words</u> Watch, listen and read Elf Sight Words on YouTube. Or read word list provided by teacher.</p>	<p><u>Task 5: Spelling activity</u> Do spelling set by your class teacher (sheet).</p> <p><u>Task 6: Handwriting</u> Complete one page of handwriting. Trace and copy neatly – check that you have correct pen/pencil grip and are sitting with good posture.</p> <p><i>If finish early, draw on whiteboard or paper.</i></p> <p style="text-align: center;">11am RECESS</p>	<p>Drop Everything and Read 10-15 minutes of quiet reading.</p> <p>KLA Mathematics</p> <p><u>Task 1: Warm Up</u> Complete the pink, black and yellow colours of the Place Value Mystery Picture 2 sheet. <i>Ask a grown up if you need help.</i></p> <p><u>Task 2: Maths worksheet</u> Complete the maths worksheet assigned by your teacher.</p> <p style="text-align: center;">1pm LUNCH</p>	<p>Drop Everything and read or draw Dot to Dot or colour-in or complete a maze. 10 - 15 minutes of a quiet activity.</p> <p>KLA ART: See sheet</p> <p>Art Activity – Week 2</p> <p>Pattern Landscape</p> <div data-bbox="1720 632 2002 1050" data-label="Image"> </div> <p style="text-align: center;">End of day bell goes at 3.10pm</p>

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Have an older person, sibling, parent or teacher test you on your spelling.</p> <p><u>Task 6: Reading Comprehension</u> Complete reading comprehension activity set by your teacher.</p> <p><i>If finish early, draw on whiteboard or paper.</i></p> <p>11am RECESS</p>	<p>Drop Everything and Read 10-15 minutes of quiet reading.</p> <p>KLA Mathematics <u>Task 1: Warm Up</u> Complete the brown colour of the Place Value Mystery Picture 2 sheet. <i>Ask a grown up if you need help.</i></p> <p><u>Task 2: Maths worksheet/s</u> Complete the maths worksheet assigned by your teacher.</p> <p>Have an ACTIVE BREAK</p>	<p><u>Task 3: Word problem</u> Solve ONE of the worded problems on the Matharoo Worksheet LP – 29 21 <i>Do one worded problem each day.</i></p> <p><u>Task 4: online maths</u> Targetting maths activity or Mathletics and earn at least 500 mathletics points, then play "Mathletics Live" or "Cool Maths Games".</p> <p>1pm LUNCH</p>	<p>Drop Everything and read or draw Dot to Dot or colour-in or complete a maze. 10 - 15 minutes of a quiet activity.</p> <p>SPORT – Roll The Dice Activities Roll a dice then complete the dice number activity from column 1, roll dice again and again until you have completed one activity from each column.</p> <div style="border: 1px dashed red; padding: 5px; text-align: center;"> <p>Maths Dice Fun</p> <table border="1"> <thead> <tr> <th></th> <th>Column 1</th> <th>Column 2</th> <th>Column 3</th> <th>Column 4</th> <th>Column 5</th> </tr> </thead> <tbody> <tr> <td>Roll 1</td> <td>Roll 1 die 10 times. Jump.</td> <td>Wiggle your whole body for 20 seconds.</td> <td>Bring R elbow to L knee and L elbow to R knee 5 times.</td> <td>Jump on the spot for 15 seconds.</td> <td>Rub your whole R arm with your L hand.</td> </tr> <tr> <td>Roll 2</td> <td>Squeeze your R hand firmly with your L hand for 20 seconds.</td> <td>5 push ups.</td> <td>Move ONLY the top half of your body for 15 seconds.</td> <td>Spin in a circle 3 times clockwise.</td> <td>Touch L hand to bottom of R foot. 5 times.</td> </tr> <tr> <td>Roll 3</td> <td>Move ONLY the right side of your body for 10 seconds.</td> <td>Spread legs apart and bend at your waist looking between your knees, count to 10, stand and do it again.</td> <td>Make 10 small circles with your hands.</td> <td>Put a pencil on the floor in front of you and jump over it 10 times.</td> <td>Wiggle your wrist around your body and squeeze while you count to 25.</td> </tr> <tr> <td>Roll 4</td> <td>Rub your L arm with your R hand.</td> <td>Touch your R hand to the bottom of L foot 5 times.</td> <td>Twist your waist 10 times with your arms stretched out.</td> <td>Spin in a circle 3 times then touch your toes 5 times.</td> <td>Make 15 large circles with your arms.</td> </tr> <tr> <td>Roll 5</td> <td>Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 7 times.</td> <td>March on the spot with your knees as high 25 times.</td> <td>Squeeze your L hand firmly with your R hand.</td> <td>Move ONLY the left side of your body.</td> <td>Touch your R hand to L foot and then your L hand to your R foot.</td> </tr> <tr> <td>Roll 6</td> <td>Run on the spot for 25 seconds.</td> <td>Move only the lower half of your body.</td> <td>Reach to the roof and try to balance on one leg for 15 seconds.</td> <td>Tap your feet on the carpet while making 10 small circles with your fingers.</td> <td>Take 10 big deep breaths.</td> </tr> </tbody> </table> </div> <p>End of day bell goes at 3.10pm</p>		Column 1	Column 2	Column 3	Column 4	Column 5	Roll 1	Roll 1 die 10 times. Jump.	Wiggle your whole body for 20 seconds.	Bring R elbow to L knee and L elbow to R knee 5 times.	Jump on the spot for 15 seconds.	Rub your whole R arm with your L hand.	Roll 2	Squeeze your R hand firmly with your L hand for 20 seconds.	5 push ups.	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