

The following timetable can be used by students to support learning at home. All tasks have been linked to syllabus outcomes. If technology is available at home, please use the attached links to support learning.

ATTENTION PARENTS: please note that we have tried to vary the learning to give options for all students. The learning activities are colour coded so you can choose activities from one of the colour groups to suit your child. We have tried to make sure activities that require resources are available in most homes. If not, please do not go out and buy resources. Just do what you can. Stay safe!

Monday - Week 7, Term 3	
Daily Task - Match socks and sort washing.	
Blue Group	<p>English: Speaking and Listening:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Listen to Wombat Stew by Marcia Vaughan and Pamela Lofts https://www.youtube.com/watch?v=8Z6MapiRNWY. Tell an adult about your favourite part of the story. Draw a picture. <input type="checkbox"/> OR ask an adult to read your favourite book with you. Draw a picture of the characters in the story. <p>Phonics:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Today's letter is 'w' for wombat. Can you find some letters or words that start with the letter 'w' in a magazine? Cut them out and glue them into your workbook. Can you think of some words that start with the 'w' sound? <input type="checkbox"/> Complete the 'w' craft activity. <p>Writing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Practice tracing/writing the letter 'w' with different coloured pencils or with chalk outside on the concrete. (See resources pack)
Yellow Group	<p>English: Speaking and Listening:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Listen to Wombat Stew by Marcia Vaughan and Pamela Lofts https://www.youtube.com/watch?v=8Z6MapiRNWY. Tell an adult about your favourite part of the story. OR ask an adult to read your favourite book with you. <p>Writing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Draw a picture in your workbook, of one of the characters in the story. Who will you choose? Dingo, Wombat, Lizard, Koala ??? <p>Spelling:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read your spelling words from your spelling list. Write your words into your workbook or type them up on the computer.
Green Group	<p>English: Reading and Writing:</p> <p>Listen to or read - Wombat Stew by Marcia Vaughan and Pamela Lofts https://www.youtube.com/watch?v=8Z6MapiRNWY</p> <ul style="list-style-type: none"> <input type="checkbox"/> In your workbook, write out some adjectives (describing words) from the text that DESCRIBE the stew. For example- ooey. Write out some other words that you would use to describe the stew. See the adjectives sheet in the resource section for some ideas. <input type="checkbox"/> OR Read a book you have at home and write some adjectives to DESCRIBE a character or place from your book.

	<p>Spelling:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read your spelling words from the list (In the resource section). Write your list out in your workbook. <input type="checkbox"/> Try and sound each word out and count how many sounds are in each word. <input type="checkbox"/> Talk to someone about what the words might mean and how they might be linked to one another.
<p>Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.</p>	
Blue Group	<p>Maths:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Listen to the Big Number Song https://www.youtube.com/watch?v=e0dJWfQHF8Y You can also listen to other counting songs, some other suggested YouTube channels may be Super Simple Songs, Cocomelon, NumberRock. <input type="checkbox"/> Number of the day – 1. Complete worksheet Summer Number Activity: Number One. Can you find the number 1 in your house? Or maybe in a magazine (you can cut them out and stick them on some paper). Can you count out 1 toy from your bedroom? Maybe you can take a photo and send it to your teacher. <input type="checkbox"/> Multiplication and Division – take a piece of paper. Can you cut it in half? How many pieces do you have now? Now try and cut each piece in half. How many pieces do you have now? <input type="checkbox"/> Try this game out! https://pbskids.org/curiousgeorge/busyday/dogs/
Yellow Group	<p>Maths: Number and Multiplication</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete the Goanna Addition resource <input type="checkbox"/> Complete Determining The Number of Groups resource. <input type="checkbox"/> If you have online access play https://www.topmarks.co.uk/maths-games/robot-more-or-less <input type="checkbox"/> Or collect some of your toys and sort them into equal groups. Change the number and each group and re-sort them. Explain to someone in your family how you have arranged them.
Green Group	<p>Maths: Multiplication & Division</p> <ul style="list-style-type: none"> <input type="checkbox"/> https://www.youtube.com/watch?v=p2NYeVU-Me4 <input type="checkbox"/> Complete the Fairy lights resource. If you are unable to print it just write them in your workbook or on a piece of paper. <input type="checkbox"/> Choose a number 2, 5 or 10. Step out the length of your yard and count by 2s, 5s or 10s for each step you take. Return to the start by skip counting a different number. Challenge: Try skip counting by 4s or 6s.
<p>Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.</p>	
Blue Group	<p>PBL/Bounce Back:</p> <ul style="list-style-type: none"> <input type="checkbox"/> What is Kindness? Watch this clip and talk to an adult about what kindness is https://www.youtube.com/watch?v=UPO7P1qHAmo. Make a card for someone in your family.
Yellow Group	<p>PBL/Bounce Back:</p> <ul style="list-style-type: none"> <input type="checkbox"/> What is Kindness? Watch this clip and talk to an adult about what kindness is https://www.youtube.com/watch?v=UPO7P1qHAmo. Make a card for someone in your family.
Green Group	<p>PBL/Bounce Back:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Random Acts of Kindness https://www.youtube.com/watch?v=mdA2sByFX1I

- Talk to your family about what kindness is. In your workbook write or draw 5 ways you can be kind to others. Random acts of kindness are things you can do to be kind to others. This can be things you say or things that you do.
- Plan one act of kindness you can do for each member of your family this week. Record what you did in your work book.

Tuesday Week 7, Term 3

Daily Task – Wash the dishes

Blue Group	<p>English: Speaking and listening</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go for a walk outside and listen to the sounds that you can hear. Can you hear any animals or birds? What do they sound like? Are they loud or soft? Go inside and draw what you heard and ask an adult to help you write the names. <p>Reading</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go to PM Ereaders and access your selected books. https://app.pmecollection.com.au/login. <input type="checkbox"/> Or get you favourite book and read it to a member of your family or one of your toys might like to listen. <p>Phonics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Today’s letter is ‘d’ for dingo. Can you make the letter ‘d’ from things around your house, maybe use some pegs or sticks? <input type="checkbox"/> Complete the craft activity for ‘d’.
Yellow Group	<p>English: Speaking and Listening:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Listen again to the story Wombat Stew https://www.youtube.com/watch?v=8Z6MapiRNWY . <p>Writing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Using your drawing from yesterday, write 3 - 5 describing words (adjectives) about your animal e.g., brown, furry, spikey, small, cheeky, clever, big. Write a sentence using one of your describing words. If you need some help you can tell a grown up your sentence and they can write it for you and you can copy it into your book. <p>Reading:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go to PM Ereaders and access your selected books. https://app.pmecollection.com.au/login. <input type="checkbox"/> Or get you favourite book and read it to a member of your family or one of your toys or even your dog or cat might like to listen.
Green Group	<p>English Reading:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go to PM Ereaders and access your selected books. https://app.pmecollection.com.au/login or read a book from home. In your workbook name the characters and the setting. <input type="checkbox"/> Discuss or write in your book what the complication (problem) was and how it was resolved. <p>Writing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose an Australian animal. In your workbook, write some adjectives to describe your animal (Use the adjectives resource to help with ideas). Remember to use the animal’s name as your title. Think about how it might feel to touch, look, smell and sound. <input type="checkbox"/> Write 1-2 sentences about the animal you have chosen. Be sure to use some of these adjectives.



Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.

Blue Group

Maths:

- Listen to the Big Number Song <https://www.youtube.com/watch?v=e0dJWfQHF8Y> You can also listen to other counting songs, some other suggested YouTube channels may be Super Simple Songs, Cocomelon, NumberRock.
- Number activity – can you make the number 1 using different objects? Maybe you could use pencils, or playdough, you could even use sticks from outside to make the number 1. You could take a photo and send it to you teacher.
- Multiplication and Division – can you split your lunch into two parts? With help from a family member can you split your toys into two equal groups. Using the resource sheet (red lollies), cut out lollies and share between your family members.
- Play the game from yesterday: <https://pbskids.org/curiousgeorge/busyday/dogs/>

Yellow Group

Maths: Number and Multiplication

- Complete the Animal Addition resource
- Complete Using Arrays to Make Equal Groups resource
- Get some counters (or sultanas or M&Ms or Tiny Teddies or similar)
- Take a handful of counters (or sultanas or M&Ms or Tiny Teddies or similar) and, without looking, estimate how many you have in your hand. Write your estimate down in your workbook.
- Organise your counters into arrays. Draw your counter arrangement in your maths book. Ask a family member to work out how many you have by looking and thinking (without counting).

Green Group

Maths: Position

- Watch clip <https://www.youtube.com/watch?v=1vfHkq-dVpl>
- Use the Grid Reference resource below to locate the treasure in the grid. You can write your answers in your workbook or on the sheet.
- Game - with a partner (other household member) place an object (toy) or in the middle of your yard. Give your partner directions to get to the object from different starting points in your yard. For example: 'Take four steps forward, then turn left, take 6 steps forward, turn right around the clothesline, then take 2 steps and you are there!'

Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.

Blue Group

Geography:

- Go outside and search your backyard for somewhere a wombat might live. They like to dig burrows and crawl into small spaces. Maybe with help from a family member you could build a home for a wombat that might visit your home.

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Yellow Group	<p>Geography:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read the Wombat facts sheet, and discuss that wombats have pouches. <input type="checkbox"/> Suggest going on a wombat walk. Create a wombat pouch, and instead of carrying babies, say we are going to collect rubbish. <input type="checkbox"/> Collect rubbish in wombat pouches. <input type="checkbox"/> Draw the rubbish on your pouches (use any bag you have- shopping bag) and keep the rubbish for later.
Green Group	<p>Geography:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Look at the Recycling Poster in the resource section. <input type="checkbox"/> Think of ways you can recycle and re-use things at your home. Design your own recycling poster to go on your recycling bin at home to remind everyone what you can put in the recycling bin. Keep a record of things you recycle this week in your workbook.
<p>Wednesday - Week 7, Term 3 Daily Task – Make your bed.</p>	
Blue Group	<p>English:</p> <p>Speaking and Listening:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a game of Simon Says with your family. Take turns at being Simon. <p>Reading</p> <ul style="list-style-type: none"> <input type="checkbox"/> Access reading eggs and complete your next lesson. <input type="checkbox"/> Go outside with a pillow and read your favourite book or look at a magazine. <p>Phonics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch Jolly phonics songs https://www.youtube.com/watch?v=74klrFdOaPw <input type="checkbox"/> Today's letter is 'l' for lizard. Can you see the letter 'l' on things around the house? Complete the 'l' craft. <p>Writing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete the 'l' handwriting activity.
Yellow Group	<p>English</p> <p>Speaking and Listening:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch Animal Tales with Tim Faulkner Episode 18 Dingoes https://www.youtube.com/watch?v=63C8r85hbhQ&list=PLQD_qJVx0NfDQCJ_cMX7Vxd4F-EXAVwWv&index=18 <input type="checkbox"/> Tell someone 2 things you have learned about Dingoes or you can write them in your workbook. <p>Writing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Parts of a Dingo Worksheet – cut and paste the parts of the dingo and stick them onto the sheet. Stick it into your workbook.
Green Group	<p>English</p> <p>Speaking and Listening:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch Animal Tales with Tim Faulkner Episode 18 Dingoes https://www.youtube.com/watch?v=63C8r85hbhQ&list=PLQD_qJVx0NfDQCJ_cMX7Vxd4F-EXAVwWv&index=18 <p>Reading:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read the Dingo fact file

	<input type="checkbox"/> Complete the information in the cloze passage from what you have learnt from both the fact file and video clip. Spelling: <input type="checkbox"/> Use the spelling menu (In resources) and choose one way to write out your spelling words for the day.
Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.	
Blue Group	Maths: <ul style="list-style-type: none"> <input type="checkbox"/> Listen to the Big Number Song https://www.youtube.com/watch?v=e0dJWfQHF8Y You can also listen to other counting songs, some other suggested YouTube channels may be Super Simple Songs, Cocomelon, NumberRock. <input type="checkbox"/> Number of the day – 2. Complete worksheet Summer Number Activity: Number Two. Can you find the number two in your house? Maybe you have a picture book with the number 2 in it. Give it a read and spot the number 2. <input type="checkbox"/> Position – listen to this song https://www.youtube.com/watch?v=idJYhjGyWTU Do you have a memory card game? You can play this with a family member. Or you could go outside and point out different objects in your backyard. <input type="checkbox"/> Try this position game: https://au.mathgames.com/skill/F.58-positions-above-below <input type="checkbox"/> And this one: https://au.mathgames.com/skill/F.60-positions-top-middle-bottom
Yellow Group	Maths: Number and Division <ul style="list-style-type: none"> <input type="checkbox"/> Complete the Number Sequencing resource <input type="checkbox"/> Sharing Between Two resource- use small objects from around your home to practice sharing into equal groups. <input type="checkbox"/> Ask someone to help you collect 20 objects. Practise counting your collection, forwards and backwards. You could even try starting from different numbers (for example, start with 5 objects and keep counting). Count how many steps it takes to get from your bedroom to the kitchen and back.
Green Group	Maths: <ul style="list-style-type: none"> <input type="checkbox"/> Watch this video https://www.youtube.com/watch?v=w-Zu57RY6ms <input type="checkbox"/> Collect a group of 20 objects. (pegs, pasta shells, small pieces of crumpled paper). Arrange the objects in groups making sure each group has the same number. For example 2 groups of 10 or 5 groups of 4. <input type="checkbox"/> How many different groups can you make? Draw them in your workbook. <input type="checkbox"/> Challenge: Can you write the multiplication fact to match your groups? ($2 \times 10 = 20$)
Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.	
Blue Group	Science: Let's make Wombat Stew <ul style="list-style-type: none"> <input type="checkbox"/> Listen to or read Wombat Stew. With help from your family, grab a spare container and make your own 'Wombat Stew' at home with your family. You could add things like rocks, sticks, leaves. <input type="checkbox"/> Make sure to not put any creepy crawlies in, you need to keep them in your garden. <input type="checkbox"/> Mix up your wombat stew and take a photo to send to your teacher.
Yellow Group	Science: <ul style="list-style-type: none"> <input type="checkbox"/> Watch natural and man-made things https://www.youtube.com/watch?v=S6sC0HOIN9s <input type="checkbox"/> Discuss natural and man-made things.

- Go for a walk and find things that are natural and man-made. Divide the objects that you find into a natural and man-made. Discuss the things you found.



Green Group

**Science:
Classifying Animals**

- Animals can be classified into different groups. Use the resource to find information about mammals, birds, reptiles, amphibians and fish. Use the worksheet provided or write these up in your book.

Thursday - Week 7, Term 3

Daily Task – Help an adult with an outside activity.

Blue Group

**English:
Speaking and listening**

- Listen to the story Diary of a Wombat by Jackie French <https://www.youtube.com/watch?v=7qMMhJ4iiu8>. Talk to an adult about the things that wombat did during the week. Draw a picture of something you thought was funny.

Reading

- Complete alphabet matching activity. (See resources pack)
- Or read your favourite book to your pet.

Phonics

- Today's letter is 'e' for emu and egg. Complete the craft activity for letter 'e'. (See resources pack).

Yellow Group

**English:
Spelling:**

- Read your spelling words from your spelling list. Choose one of the activities from the Spelling Menu to complete.

Reading:

- Log onto www.readingeggs.com.au and complete your next activity.

Writing:

- Sentence builder. Cut and make your wombat stew sentences. Stick the page into your workbook when you are finished. Or write the words in order into your workbook.

Green Group

**English:
Reading and Writing:**

- Listen to or read Wombat Stew again <https://www.youtube.com/watch?v=8Z6MapiRNWY>.

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	<ul style="list-style-type: none"> <input type="checkbox"/> Look at the Wombat Stew recipe in the resources section. Take notice of the features of a recipe/procedure. <input type="checkbox"/> In your workbook, write your own horrible, disgusting recipe using a variety of ingredients you find in your fridge and pantry. <input type="checkbox"/> Remember to include the name for your yucky food, the aim, the ingredients, the method (how to make it) and whether you think it will be any good. <p>Speaking and Listening:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pretend you are the dingo in the story. Act out a part of the story for your family members. Try and use a funny voice, big movements and don't forget some props like a bucket and wooden spoon. If you don't have access to the story, choose a story from home and act out part of the story.
Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.	
Blue Group	<p>Maths:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Listen to the Big Number Song https://www.youtube.com/watch?v=e0dJWfQHF8Y You can also listen to other counting songs, some other suggested YouTube channels may be Super Simple Songs, Cocomelon, NumberRock. <input type="checkbox"/> Number activity – Can you make the number 2? You could draw it in the dirt outside, or you use rocks to form the number 2. <input type="checkbox"/> Position – choose a toy to play hide and seek with a family member. Take turns to hide the toy in your room for the other person to find. You could hide it <u>under</u> your pillow or <u>inside</u> a drawer or even <u>behind</u> another toy in your room. <input type="checkbox"/> Complete the 'What's the 'Position' worksheet. <input type="checkbox"/> Try this position game: https://www.tinytap.com/activities/q19mh/play/positional-words
Yellow Group	<p>Maths: Number and Division</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch - https://www.youtube.com/watch?v=At0quRa90rs <input type="checkbox"/> Complete the Near Doubles resource <input type="checkbox"/> Complete the Working With Equal Groups resource
Green Group	<p>Maths:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete the number of the day resource. <input type="checkbox"/> Play the fishing game https://mathsframe.co.uk/en/resources/resource/306/Maths-Fishing-Multiplication
Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.	
Blue Group	<p>Creative Arts:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Follow the directions in the drawing lesson to draw a wombat https://www.youtube.com/watch?v=V7mQm5dolwE <input type="checkbox"/> Or draw your own picture of a wombat
Yellow Group	<p>Creative Arts: Masks</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose an Australian animal and create a mask using things you find at home. Some things you could use, include paper plates, paper, newspapers. Use whatever materials you have - brown paint/textas/pencils. Do not buy anything.



www.ActivityVillage.co.uk

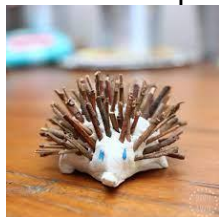
Green Group

Creative Arts:

Art – Australian Animal Model

- Choose an Australian Animal and create a model using things you can find at home. Some of the things you could use are sticks, foil, newspaper, playdough, plastic bottles, egg cartons or sticks and leaves.
- Use images to help you make sure you have included all of the animals' features.

Some examples



- If you can, take some photos and upload to the Google Classroom to show the class.

Friday - Week 7, Term 3

Daily Task – Clean up your room.

Blue Group

English:

Reading

- Access reading eggs and complete your next lesson.
- Go outside with a pillow and read your favourite book or look at a magazine.

Phonics

- Can you find some letters or words that start with the letter 'p' in a magazine? Cut them out and glue them into your workbook. Can you think of some words that start with the 'p' sound?
- Complete 'p' craft. (See resources pack)

Writing

- Can you write your own name? Ask an adult to write your name on a piece of paper so that you can trace/copy it.

	<ul style="list-style-type: none"> <input type="checkbox"/> Complete the 'p' handwriting activity (See resources pack)
<p>Yellow Group</p>	<p>English:</p> <p>Spelling:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read your spelling words from your spelling list. Choose one of the activities from the Spelling Menu to complete. <p>Reading:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Listen to the story Diary of a Wombat by Jackie French https://www.youtube.com/watch?v=7qMMhJ4iiu8. Talk to an adult about the things that wombat did during the week. <input type="checkbox"/> Or go outside with a pillow and read your favourite book or look at a magazine. <p>Writing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete the Wombat Handwriting Page. Read the sentences and copy into your workbook?
<p>Green Group</p>	<p>English</p> <p>Spelling:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read your spelling words from your list. Choose an activity from the spelling menu resource to complete. <p>Reading:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go to PM Ereaders and access your selected books. https://app.pmecollection.com.au/login or read a book from home. <p>Writing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> In your workbook, write down some interesting facts that you have learnt or you already knew about Australian Animals. You can do some of your own research if you would like to find out some extra information. -Did you know that a baby echidna is called a puggle?
<p>Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.</p>	
<p>Blue Group</p>	<p>Maths:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Listen to the Big Number Song https://www.youtube.com/watch?v=e0dJWfQHF8Y You can also listen to other counting songs, some other suggested YouTube channels may be Super Simple Songs, Cocomelon, NumberRock. <input type="checkbox"/> Number activity – Can you count out 1 toy? Now count out 2 toys. Go on a search around your house to find things in groups of 1, like the fridge, or your toaster. Then see if you can find things in groups of two, it could be two bananas in the fruit bowl or two birds outside on the fence. <input type="checkbox"/> Position – Use the Monster Design sheets to design a monster. <input type="checkbox"/> Try this position game: https://pbskids.org/peg/games/hungry-pirates
<p>Yellow Group</p>	<p>Maths: Number and Position</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete the Near Doubles resource <input type="checkbox"/> Watch the you tube clip- https://www.youtube.com/watch?v=HnIJzWhsNnw <input type="checkbox"/> Complete the Following Directions to Position an Object resource.
<p>Green Group</p>	<p>Maths:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Division is sharing. Using 20 objects (toys, pegs, squishees, stones, pasta shells/penne) share the 20 items out between yourself and a family member. How many did each person get? Were there any left over?

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- Change the number of objects you share and record your results on the Sharing Table resource.
- Challenge: Can you write the division fact for each time you share the objects? Eg, 20 objects shared between 2 people means each person gets 10 objects so the number fact is $20 \div 2 = 10$.

Break – Time to stop and refuel. Eat, play, have fun. Self-directed outside activities where possible.

Blue Group

PDHPE

- Play some turn taking games with your family e.g What's the time Mr Wolf, Duck Duck Goose or play cards 'Go Fish or Uno'.

Yellow Group

PDHPE:

- Talk about what makes us feel safe and unsafe
- Complete the safe and unsafe cut and paste

Green Group

PDHPE:

- Look at the PE grid in the resource section and choose two of the grid tasks. You can cross them out on the grid when you have completed them. Keep this grid for later because you can use it again to do different grid tasks.
- Talk to a family member about why we need to be physically healthy? Write a list of ways you can keep physically healthy at home.
- This short video explains the benefits of physical exercise. <https://www.youtube.com/watch?v=lqz67GIIENS>

