

Home Learning Activities for Year 1 students – Week 10

一年级学生的家庭学习活动 – 第 10 周

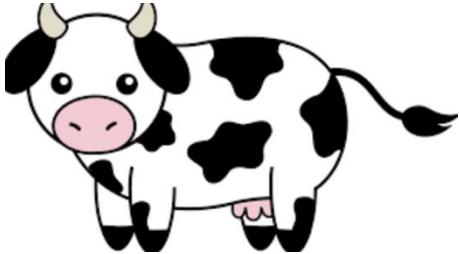
The following ideas may support families who have chosen not to send their child/ren to school while the school continues to be open.

以下想法可以支持那些选择在学校仍然开放时不送孩子上学的家庭。

WALT (We are learning to...) This describes the focus skill for the lesson

我们正在学习...) 讨论了本课程的重点技能。

Monday	Tuesday	Wednesday	Thursday	Friday
English 英语				
<p>WALT: Spell unknown words</p> <ul style="list-style-type: none"> Put the first 10 of your spelling words in alphabetical order Choose 3 words and put them in a sentence Using your spelling words, write the vowels in blue and consonants in red <p>拼写未知单词</p> <ol style="list-style-type: none"> 按字母顺序排列拼写单词的前 10 个 选择 3 个单词，并把它们放在一个句子中 	<p>Choose a book you are familiar with and read it aloud -focus on fluency and expression</p> <p>选择一本你熟悉的书，大声朗读- 关注流利和表达</p> <p>WALT – Make a verbal prediction</p> <p>Looking at the cover, make a prediction about the text. Whilst reading, check your prediction.</p> <p>做出口头预测</p>	<p>WALT: Speak clearly to entertain</p> <p>Practise reading a book with fluency and expression.</p> <p>说清楚娱乐</p> <p>练习读一本流利和流利的书。</p> <p>WALT: Parts of speech</p> <p>From your book, find 5 nouns, 5 adjectives, 5 verbs and 5 adverbs.</p> <p>部分演讲</p>	<p>Choose a book you have never read before and read it aloud -focus on fluency and expression</p> <p>选择一本你从未读过的书，并大声阅读- 专注于流利和表达</p> <p>WALT – Comprehend what I have read</p> <ul style="list-style-type: none"> What does your character want in the story? What is the problem? 	<p>WALT: Write neatly</p> <p>Practice your handwriting – copy out the sentence “She sells seashells by the seashore”</p> <p>写得整齐</p> <p>练习你的笔迹 - 抄出“她在海边卖贝壳”的句子</p> <p>WALT: Recognise when words are spelt correctly</p> <p>Get someone to test you on your spelling words; can you spot any mistakes?</p>

<p>3. 使用拼写单词，用蓝色书写元音，用红色辅音书写</p> <p>WALT: Communicate effectively to entertain Talk about something that made you laugh yesterday</p> <p>DID YOU KNOW? Cows sleep standing up! 알고 계셨나요? 소는 일어서 잠을!</p> 	<p>查看封面，对文本进行预测。阅读时，请检查您的预测</p> <p>WALT – Write to entertain After reading your book - Character Description</p> <ul style="list-style-type: none"> • What does the main character from your story look like on the outside? • What is your character like on the inside (personality) • How does your character feel? <p>写作娱乐 读完你的书后 字符描述</p> <ol style="list-style-type: none"> 1. 你故事中的主角在外边是什么样子的？ 2. 你的性格在内心是什么样子（个性） 3. 你的性格感觉如何？ 	<p>从你的书中，找到5个名词，5个形容词，5个动词和5个副词。</p>	<p>Write about and draw how the problem is solved</p> <p>理解我所读的内容</p> <ol style="list-style-type: none"> 1. 你的角色在故事中想要什么？ 2. 问题出在哪里？ <p>写和画如何解决问题</p> <p>WALT: use Seesaw to communicate</p> <p>Log into Seesaw and tap the Activity tab. Find the activity “Get to Know you” and follow the directions. Draw a picture of yourself and record your voice telling us all about you.</p> <p>使用跷跷板进行通信</p> <p>登录跷跷板并点击“活动”选项卡。找到活动“了解您”并按照说明操作。画一张自己的画像，记录你的声音告诉我们所有关于你。</p>	<p>识别单词拼写正确时</p> <p>找人测试你的拼写单词;你能发现任何错误吗？</p> <p>识别单词拼写正确时</p> <p>找人测试你的拼写单词;你能发现任何错误吗？</p>
<p>Maths</p>				

数学

WALT: represent numbers in tens and ones

Resources: 20 small square pieces of paper/card.

Write a different number on each slip of paper (between 1 and 99). Represent that number in tens and ones on another slip of paper. Have a go at matching the numbers and the tens by playing the memory game. Shuffle cards and place face down, pick 2 cards. If the picture and the number match, you get to keep both cards. You can play this by yourself or with a partner. The winner is the person with the most pairs at the end. Extension – increase the number of cards and numbers.

以数和 1 表示数字

资源：20张小方形纸/卡。

在每张纸条上写一个不同的数字（介于 1 和 99 之间）。在另一张纸条上以数十和一表示这个数字。通过玩内存游戏来匹配数字和数十。洗牌和放置正

WALT: skip count in 2, 5 and 10

Use raisins, grapes, cereal pieces etc. To help you practise counting in multiples of 2, 5 and 10.

Group into 2's to practise counting in 2s, group into 5s to practise counting in 5s and into 10 to practise counting in 10s.

跳过计数在 2, 5 和 10

使用葡萄干、葡萄、麦片等。帮助您练习以 2、5 和 10 的倍数进行计数。

组成2个练习计数在2，组成5s练习计数在5和到10练习计数在10s。

WALT: Describe the weather

Go outside and watch the weather for 5 minutes. Think about what we have been learning at school about temperature, clouds, wind and rain.

WALT: Add numbers together

Play by yourself or with a partner. Using a pack of cards turn over two cards and add the numbers together. If you are playing with a partner, deal the cards equally. Each player turns over a card at the same time. They add the numbers together and call out the answer as soon as they know (picture cards are worth 10). The first to answer gets a point and explains how they worked out their answer. Extension – work out the addition and then double the answer.

将数字加在一起

自己或与伴侣一起玩。使用一包卡片翻两张牌，并将数字相加。如果您正在与合作伙伴玩，则平等处理卡片。每个玩家同时交出一张牌。他们添加数字在一起，并在他们知道后立即叫出答案（图片卡值10）。第一个回答得到一个点 并解释他们如

WALT: Addition and Subtraction using mental strategies

Play 24 with a pack of cards by yourself or with a partner. Deal out all the cards, an equal number to each player. The first person turns over a card and places it face up. The next player turns over a card and adds it to the card already played and says the sum out loud. Play continues until someone adds a card that makes 24 or more. If the sum is exactly 24 that player wins. If the sum is over 24 the value of the card is taken away from the previous total. Play continues until someone gets a total of exactly 24. If playing by yourself, write the numbers on your whiteboard.

WALT: measure length using informal units

Find something in your house to measure with, eg. counters, pegs, paperclips etc.. Remember, they all need to be the same size. Choose different objects around your house to measure. Estimate how long your item will be and then measure it. You could measure a spoon, a pen, the table legs or your book.

使用非正式单位测量长度

在你的房子里找些东西来测量，例如。柜台、钉、回形针等。请记住，它们都需要大小相同。选择房子周围的不同对象进行测量。估计项目将持续多久，然后测量它。你可以测量勺子、钢笔、桌腿或你的书。

WALT: recognise and manage our feelings

面向下，挑选2张牌。如果图片和数字匹配，您可以保留两张牌。您可以自己或与合作伙伴一起玩。获胜者是最后配对最多的人。扩展 + 增加卡数和数字。



WALT: Recognise and describe 2D shapes

How many 2D shapes can you name? Draw the shapes and label them. How many sides does each shape have?

Go around your house/garden and make a list of all the circles, squares, rectangles and triangle shapes you can see. Can you find any other 2D shapes?

识别和描述 2D 形状

你能说出多少个 2D 形状？绘制形状并标记它们。每个形状有多少面？

环绕您的房子/花园，列出所有可以看见的圆圈、正方形、矩形和三

Complete the weather report worksheet for the weather around your home.

Practise giving your weather report. You could stand in front of a large map just like the reporters on TV. You could dress up and make your own weather symbols to add to the map. Perform your weather forecast to some members of the family.

You could even video it to see how you could make improvements. Have fun and don't forget to use our 'weather words'!

描述天气

到外面看5分钟。想想我们在学校学到的关于温度、云、风和雨的情况。

完成您家周围天气的天气预报工作表。

练习给你天气预报。你可以像电视上的记者一样站在一张大地图前。您可以打扮自己，并制作自己的天气符号添加到地图中。对家庭的一些成员进行天气预报。您甚至可以对它进行视频访问，了解如何进行改进。玩

何制定他们的答案。扩展 = 计算出添加，然后将答案加倍。

WALT: make fractions with shapes

Help Mum or Dad make lunch. Find things you can cut into halves and quarters eg. bread/sandwich, a cake, an apple.

Ask someone to draw some 2D shapes on a piece of paper. Can you split them into halves and quarters.

使用形状制作分数

帮助妈妈或爸爸做午餐。找到你可以切成两半和两个季度的东西，例如。面包/三明治，蛋糕，苹果。

请某人在一张纸上绘制一些 2D 形状。你能把它们分成两半吗？

使用心理策略的加法和减法

自己或和伴侣一起玩一包牌玩24。处理所有卡，每个玩家的同等号码。第一个人翻过一张卡片，然后朝上。下一个玩家翻过一张牌，把它加到已经玩过的牌上，大声说出来。播放将继续，直到有人添加一张牌，使24或更多。如果总和正好是24，玩家获胜。如果总和超过

24，则该卡的值将从上一个总数中拿走。播放将继续，直到某人得到总共24。如果自己玩，把数字写在白板上。

Describe (written or verbal) how you are feeling today.

Complete attached FIBS sheet, describing the feeling, intensity (on the feelings strength bar) and inner body signs (what you feel on the inside) and outer body signs (what others see when they look at you). If you are in the red or yellow zone, what can you do now to get yourself to the green zone.

You could repeat this activity, describing how someone in your family is feeling.

识别和管理我们的感受

描述（书面或口头）你今天的感受。

完整的附加FIBS表，描述的感觉，强度（在感觉强度栏）和内体体的迹象（你的感觉在内侧）和外体标志（别人看到什么，当他们看到你）。如果你在红色或黄色区域，你

<p>角形状。您能找到任何其他 2D 形状吗？</p>	<p>得开心，别忘了用我们的"天气话"！</p>			<p>现在可以做些什么来让自己到达绿色区域。</p> <p>你可以重复这个活动，描述你家里的人的感受。</p>
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Mindfulness
觉知

<p><u>WALT:</u> recognise and practise strategies that nurture mental health and wellbeing 认识并实践培养心理健康和福祉的策略</p> <p>WILF: I can be kind to myself</p> <p>Watch and follow: Be Kind to Yourself</p> <p>Choose ANY activity that makes you happy and allows you to be kind to yourself. eg reading a book, playing a game, lego. Set a timer for 15 minutes.</p> <p>Mindful Reflection: Tell someone how you feel after doing this activity. Do you feel happier, more relaxed?</p>	<p><u>WALT:</u> recognise and practise strategies that nurture mental health and wellbeing 认识并实践培养心理健康和福祉的策略</p> <p>WILF: I can focus my attention on one activity</p> <p>Click on the link and find the episode 'Hide and Seek'</p> <p>Watch: Bluey Episode - Hide and Seek</p> <p>Put the timer on for 10 minutes. Ask a sibling or parent to play hide and seek with you.</p>	<p><u>WALT:</u> recognise and practise strategies that nurture mental health and wellbeing 认识并实践培养心理健康和福祉的策略</p> <p>WILF: I can explore the outdoors using my mind to focus on nature</p> <p>Set a timer for 15 minutes.</p> <p>Silent search for beautiful natural objects</p> <ul style="list-style-type: none"> - What does it look like? - What colour is it? - What does it smell like? - Can I touch it? - What does it feel like? 	<p><u>WALT:</u> recognise and practise strategies that nurture mental health and wellbeing 认识并实践培养心理健康和福祉的策略</p> <p>WILF: I can get energized with music</p> <p>Click on the link below or move to your favourite song. Mindful Movement</p> <p>Mindful Reflection: Getting your body moving is good for your physical wellbeing. Do you feel different after moving to the music?</p>	<p><u>WALT:</u> recognise and practise strategies that nurture mental health and wellbeing 认识并实践培养心理健康和福祉的策略</p> <p>WILF: I can notice my emotions</p> <p>Trace your hands. On one hand, describe nervous feelings about an event. On the other hand, describe hopeful and excited feelings about the same event.</p> <p>Decorate your hands with colours and patterns.</p>
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我可以善待自己

观看并关注：
[善待自己](#)

选择任何让你快乐的活动，让你善待自己。比如看书，玩游戏，乐高。设置计时器 15 分钟。

正念反射：

告诉某人你做这个活动后的感受。你感觉更快乐、更放松吗？



Mindful Reflection:

How is playing with someone else good for your wellbeing? Tell your play buddy.

我可以把注意力集中在一项活动上

点击链接，找到“隐藏和寻找”一集

观看：[蓝色情节-隐藏和寻找](#)

将计时器打开 10 分钟。请兄弟姐妹或父母玩捉迷藏，并与您一起寻找。

正念反射：

和别人玩对你的幸福有多好？告诉你的玩伴

Silent search for minibeasts and other creatures that move. DO NOT TOUCH THE MINIBEAST.

When you find a creature, watch the creature in silence
- What does it look like?
- How does it move?
- What colours can you see on its body?

Mindful Reflection: How has this quiet time of being in the ‘present’ made you feel?

You might like to create an artwork based on what you discovered, adding how this mindful activity made you feel.

我可以我的头脑去探索户外，专注于自然

设置计时器 15 分钟。

默默地寻找美丽的自然物体 -它看起来像什么？- 它是什么颜色？- 它的气味是什么？-

Find a sibling/parent to do the activity with you again.

我可以用音乐激发活力

单击下面的链接或移动到您最喜爱的歌曲。

[正念运动](#)

正念反射：

让你的身体移动对你的身体福祉有好处。进入音乐后，你感觉不一样吗？找到一个兄弟姐妹/父母来再次与您一起执行活动。



Mindful Reflection:

Talk to someone about the feelings you have added to each hand.

我能注意到我的情绪

追踪你的手一方面，描述一个事件的神经感。另一方面，描述对同一事件充满希望和兴奋的感觉。

用颜色和图案装饰你的手。

正念反射：

和某人谈谈你给每只手增加的感觉。



我能触摸它吗？-
它是什么感觉？

静默寻找迷你野兽和其他移动的生物。不要触摸迷你野兽。

Other
其他

WALT: Move in different ways

Choose a designated area as your 'nest'. Time how long it takes you to gather the items below and place them in your nest. You can only collect and place 1 item at a time!

- 5 sticks
- 10 leaves
- 12 sticks
- 20 leaves

以不同的方式移动

选择指定区域作为您的"鸟巢"。收集下面的项目并将其放置在嵌套中所需的时间。您一次只能收集和放置 1 个项目！

1. 5 支
2. 10 叶

WALT: Move in different ways

Learn **How to Floss** from Blazer Fresh, and then make up our own dance tutorial to teach someone your favourite dance move!

Follow Link:

以不同的方式移动

学习如何从布拉泽新鲜，然后组成我们自己的舞蹈教程，教别人你最喜欢的舞蹈动作！

关注链接：

WALT: Move in different ways

Roll a dice or flip a playing card to get a number. Move through the list performing each skill that number of times. E.g. if you rolled a 5. You would perform 5 star jumps, 5 push-ups and 5 toe touches

- Star jumps
- Push-ups
- Toe touches

以不同的方式移动

掷骰子或翻转扑克牌以获得数字。在列表中移动，执行每个技能的次数。例如，如果您轧制了 5。您将执行 5

WALT: Move in different ways

Nature to Nature:
One player starts as the nature guide and chooses an interesting object from the ground. The nature guide shows their item to the rest of the players for 10 seconds, and then hides it away. The rest of the players have until the count of 100 is up to find another item that resembles what the nature guide found. The person with the most similar item becomes the nature guide in the next round.

以不同的方式移动

WALT: Move in different ways

Set up your own obstacle course inside or outside. Make sure you include objects that you can:

- Run around
- Jump over
- Crawl under

Time yourself going through the obstacle course. See if you can beat your time.

以不同的方式移动

设置您自己的障碍路线内或外部。请确保包含可以：

<p>3. 12 根棍子 4. 20片叶子</p>	<p>https://www.youtube.com/watch?v=TGiYrY2bUPc</p>	<p>星跳跃、5 次俯卧撑和 5 次俯卧撑 脚趾触摸</p> <ol style="list-style-type: none"> 1. 星星跳跃 2. 俯卧撑 3. 脚趾触摸 	<p>自然对自然： 一个玩家开始作为自然指南，并从地面选择一个有趣的对象。自然指南显示他们的项目给其余的玩家 10秒，然后隐藏它。其余的玩家有直到计数100是找到另一个项目，类似于自然指南发现。最相似项目的人将成为下一轮的自然指南。</p>	<ol style="list-style-type: none"> 1. 四处跑 2. 跳转 3. 爬网下 <p>时间自己通过障碍课程。看看你是否能打中你的时间。</p>
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Science
科学

<p>Lesson 1 第 1 课</p> <p>WALT: observe, question and collect data 观察、提问和收集数据</p> <p>WILF: I can tell you what I already know about soil I can ask scientific questions about soil</p>	<p>Lesson 2 第 2 课</p> <p>WALT: observe, question and collect data 观察、提问和收集数据</p> <p>WILF: I can observe soil and talk about what I have seen</p>			
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Task 1- Reflection & I wonder...
'Flower Garden'- Draw flowers in a garden on the top half of a piece of paper. Write down everything you have already learnt about soil under the flowers.

任务1- 反思和我想知道...
"花圃"-
在一张纸的上半部分的花园里画花。写下你已经学到的关于花下土壤的一切。



'Thought Bubble'- Draw a thought bubble and write down everything you are wondering about soil. For example: What is soil made of? Is soil always brown?
"思想泡沫"-
画一个思想泡沫，写下你想知道的关于土壤的一切。例如：土壤是由什么构成的？土壤总是棕色的吗？

Note# Please make sure you have done Lesson 1 before you do this lesson.

我可以观察土壤，谈论我所看到的

注意*在做本课之前，请确保您已完成第 1 课。

Task 3: Science Experiment - Examining Soil

Note: (Please do this activity with an adult and wear gloves when touching the soil)

Step 1: Fill a jar halfway with dirt. Add water nearly to the top of the jar. Put the lid on, and tighten it securely.

Step 2: Shake the jar vigorously for a half a minute, and then put it down. Let the jar stand until the dirt and water settle. What happens?

Step 3: Observe the layers in the jar, and see what you can tell about them. How many layers are there? Can you describe them?



Task 2 : Watch

What's the dirt on dirt?

Tell a sibling/parent what you have learnt about soil

任务 2 : 观看

污垢上有什么？

告诉兄弟姐妹/父母你对土壤了解

Task 4: What do you now know?

- What have you learnt so far about soil? Add this to your 'Flower Garden'(Lesson 1) in another colour.
- What new questions do you have about soil? Add this to your 'Thought Bubble'.(Lesson 1)

任务3：科学实验-土壤检测

注意：（请与成人一起进行此活动，并在接触土壤时戴手套）

第1步：用泥土填充半罐。几乎加水到罐子的顶部。戴上盖子，牢固地拧紧。

第2步：用力摇动罐子半分钟，然后放下。让罐子站住，直到泥土和水稳定下来。发生什么事了？

第 3

步：观察罐子中的图层，看看您可以告诉它们什么。有多少层？你能描述一下吗？

	<p>任务4：你现在知道些什么？</p> <p>1. 到目前为止，你对土壤学到了什么？以另一种颜色添加到您的"花园"（第1课）。</p> <p>2. 关于土壤，你有什么新问题？将其添加到"思想气泡"中。（第1课）</p>			
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Term 1 Week 9-10 - LOOK, SAY, COVER, WRITE (neatly), CHECK

		Monday	Tuesday	Wednesday	Thursday
1	out				
2	about				

3	house				
4	mouse				
5	how				
6	down				
7	what				
8	when				
9	May				
10	many				

11	outside				
12	inside				

13	cousin				
14	aunt				
15	uncle				
16	now				
17	brown				
18	why				
19	where				
20	who				
21	around				
22	mouth				

23	found				
24	crown				
25	drowned				
26	cloudy				
27	colour				
28	frowning				
29	powder				
30	proud				

F

I

BS

Inner Body Signs:

Outer Body Signs: |