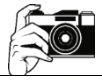
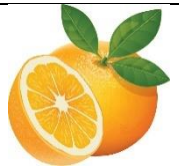
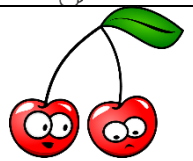
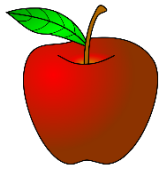
Weekly Plan

The following is a sample weekly plan to support your online learning. It is important when working from home to keep a normal daily routine.

Sessions	Monday	Tuesday	Wednesday	Thursday	Friday
9am – 9:40am	English - Student Learning Materials (SLM)	English - Student Learning Materials (SLM)	English - Student Learning Materials (SLM)	English - Student Learning Materials (SLM)	English - Student Learning Materials (SLM)
9:40am – 10:10am	English – Letter writing	English – Letter writing	English – Letter writing 	English – Letter writing	English – Letter writing
Fruit Break 10:10am – 10:20am					
10:20am – 11:10 am	English – Spelling & Reading	English – Comprehension, Spelling & Reading	English – Punctuation, Spelling & Reading	English – Grammar, Spelling & Reading	English – Editing, Spelling & Reading
Morning Tea					
12 – 1:00 pm	Mathematics - Student Learning Materials (SLM)	Mathematics - Student Learning Materials (SLM)	Mathematics - Student Learning Materials (SLM)	Mathematics - Student Learning Materials (SLM)	Mathematics - Student Learning Materials (SLM)
1:00pm – 1:30pm	Wellbeing Bingo Bounce Back	Wellbeing Bingo Dance	Wellbeing Bingo French	Wellbeing Bingo Physical Education	Wellbeing Bingo Reflection Music
Lunch					
2pm– 3pm	Family Based Activity	Family Based Activity	Family Based Activity	Family Based Activity	Family Based Activity

Reading Log

Day	Book Title & Author	No. of Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Family Based Activities

Play a board game	Jigsaw Puzzle	Bake or cook something for the family	Make something with lego	Play dress-ups	Play marbles	Have a pyjama party	Create something with playdough or kinetic sand
Create a campsite in the backyard	Create a time capsule	Yoga	Take a nature walk around your yard – What can you find?	Make a cubby house	Play a game of hide and seek	Plan a family holiday and research locations	Walk the family pet
Do some painting	Play catch	Card game	Make a marble race track	Obstacle course	Create your own board game	Design your own toy	Paper plane competition
Plastic bottle/can bowling	Complete an art project	Make a home cinema	Go Noodle	Call a relative	Draw a hopscotch	Make a comedy show	Play a game of bingo
Do some origami	Recreate a famous image (draw, act, make out of something)	Do a science experiment	Scavenger Hunt	Make sock puppets	Make/fly a kite	Play Tag	Make shadow shapes
Outdoor Sport Game	Create a newsletter to send to family	Have a dance party	Balloon Tennis	Make your own instruments	Pictionary	Play charades	Skipping rope

DANCE CHOICE BOARD

Macarena	Gangnam Style	Disco – Hustle	Chicken Dance	Whip Nae Nae
Heel & Toe Polka	Cha Cha Slide	Hokey Pokey	Bunny Hop	Nutbush
Hoedown throwdown	Limbo Game	Thriller	Single Ladies	Conga
Running Man Challenge	Y.M.C.A	Time Warp	Vogue	Hula Dance
Hand Jive	The Twist	Just Dance	The Floss	Zumba

CHOOSE 1 DANCE (OR MORE) TO LEARN EACH WEEK

Spelling
Homework Ideas

- **ABC order:** Write your words in alphabetical order.
- **Word Sort:** Sort your words by vowel sounds, patterns, syllables, etc.
- **Repetition:** Write your words 3 times each
- **Sentences:** Write a sentence for each spelling word.
- **Word Art:** Draw a picture and write your words in the picture.
- **Story time:** Write a short story using all your words.
- **Creative Letters:** Write your words by cutting out letters in an old newspaper or magazine and glue them on a paper.
- **Pyramid:** Write your words adding or subtracting one letter at a time. The result will be a pyramid shape of words.
- **Good Clean Words:** Write your words in shaving cream on a counter or some other surface that can be cleaned safely.
- **Handwriting:** Write each word 3 times in your best handwriting.
- **Cheer your words:** Pretend you are a cheerleader and call out your words!
- **Sound Words:** Use a tape recorder and record your words and their spelling. Then listen to your tape, checking to see that you spelled all the words correctly.
- **Choo-Choo Words:** Write the entire list end-to-end as one long word, using different colors of crayon or ink for different words.
- **Flashwriting:** In a darkened room, use a flashlight to draw letters in the air.
- **Timer:** Get a timer. Set it for 3 minutes. See how many times you can write your words before the timer goes off.
- **Scramble:** Have a parent scramble your spelling words. You unscramble them.
- **Chalk:** Write your words outside using sidewalk chalk.
- **Letters:** Write each word as many times as there are letters in the word.
- **Out loud:** Spell your words out loud 2 times to a brother or sister, mom or dad.
- **Trace Around:** Print your spelling words neatly. Take a colored pen and draw an outline around the word, closely following the shapes of the letters. Close your eyes and remember the shape.
- **Colorful Words:** Use two different color pens to write your spelling words. Use one color to write the consonants and the other for the vowels.
- **Military spelling:** Do jumping jacks, as you clap say a letter to spell your words.
- **Finger Tracing:** Use your finger to spell out each of your words one letter at a time on your Mom or Dad's back. Then it's YOUR turn to feel and spell. Try to guess the word.
- **Practice Test:** Have an adult give you a practice test.
- **Scratch n' Sniff:** Write letters with glue on paper, and then sprinkle with Jell-O. Makes a super scratch n' Sniff when tracing over the letters.
- **Computer Words:** Have your child type their spelling words ten times each on the computer. Use different colors and fonts and print it out!
- **Words-in-words:** Write your word and then write at least 2 words made from each.
- **Snap and Spell:** Snap on each letter, clap when you say the word at the end.
- **Create an activity:** Can you think of a fun way to do your spelling activities? Try it out.

© Caitlin Hynst 2013