



ASCOT PARK PRIMARY SCHOOL

R-7 SPECIALIST PHYSICAL EDUCATION & SPORT SCHOOL

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HOME LEARNING SUGGESTIONS FOR FAMILIES WHO ARE SICK OR SELF-ISOLATING













If you have chosen to keep your child at home and provide a home-based learning program, here are some resources to support you and provide engaging learning opportunities for your child.

Set up a learning space

Create an area in the house for your child to be able to focus on learning, free from distractions with the necessary equipment eg pencils, paper, books, water bottle, technology.

Structuring the day

Maintain a structure and have routines to provide balance to each day, which will support you and your child. We have developed an example you could use below:

WHAT TO DO	SUGGESTIONS
Morning routine	<ul style="list-style-type: none"> • Make your bed • Eat a healthy breakfast • Get dressed 
Physical activity	Yoga, walk, bike, scooter, play outside, ball games, get some fresh air! 
Reading and writing	<ul style="list-style-type: none"> • Daily 3 - read to self, read to someone, listen to reading • Online learning - Reading Eggs or Literacy Pro • Selection of writing prompts 
Word work, handwriting and keyboard skills	<ul style="list-style-type: none"> • Sight words and spelling activities • Handwriting practice • Keyboard practice - Typing Club 
BREAK	
Maths	<ul style="list-style-type: none"> • Everyday maths experiences eg cooking, patterns, money, budgeting, telling time, maps and timetables • Practise times-tables x2-x10 (years 3-7) • Online learning - Prodigy 
Physical activity	Yoga, walk, bike, scooter, play outside, ball games, get some fresh air! 
BREAK	
Passion project	A student driven research/inquiry project designed and implemented around their own interests and wonderings. 
Creative time	Drawing, painting, colouring, craft, making, performing, singing, dancing, imaginative play 
BREAK	
Community	<ul style="list-style-type: none"> • Household chores • Life skills eg cooking, sewing, gardening, recycling • Write letters to people in aged care who may be feeling lonely 
Social skills	Activities with siblings and parents/carers which focus on our school values, good manners, sharing, taking turns etc <ul style="list-style-type: none"> • Play board game or cards • Play with construction toys or puzzles 
Reflection	Keep a daily journal of: <ul style="list-style-type: none"> • your learning • this whole experience - what's happening, how you are feeling <p style="text-align: center;"><i>You are part of history!</i></p> 
Evening routine	<ul style="list-style-type: none"> • Free time • Dinner • Bath time / shower • Bedtime 

But most importantly use this time spending quality time as a family, connecting and doing things together!

Resources

1. There is a multitude of workbooks you can purchase quite cheaply in many stores, some targeted specifically to certain year levels. The best options are ones that align with the Australian Curriculum or NAPLAN.
2. We have developed a 'home learning' tab on our website which we will keep updating. There are links for websites and apps that teachers use at school to support learning which you can use at home. Students should know their logins for sites that require it eg [Reading Eggs](#) (R-2), [Literacy Pro](#) (years 3-7).
3. An overwhelming amount of **free online resources** are available to you which provide opportunities for children to engage with a mix of reading, writing, maths, science, arts, history, geography and much much more! *Please read the [eSafety Commissioner](#) website for advice to parents to help children be safe online.*

LITERACY

- **Storyline Online** - streams videos featuring celebrated actors reading children's books. <https://www.storylineonline.net/>
- **Audible** - instantly stream an incredible collection of stories <https://stories.audible.com/start-listen>
- **Writing - Scholastic Story Starters** - Creative writing for students, prompts explore the themes of Adventure, Fantasy, or Sci-Fi. Story Starters gives ideas for character, plot, and setting. <http://www.scholastic.com/teachers/story-starters/>
- **Scribblitt** - using tools provided and collaboration with other kids, teachers, writers and publishers, making their own characters, story and illustrations come to life. <https://www.scribblitt.com/>
- **Storyboard that** - digital storytelling creator <https://www.storyboardthat.com/>
- **Quizlet** - makes simple learning tools like flashcards, games and learning tools <https://quizlet.com/en-gb>
- **Typing Club** - learn touch typing <https://www.typingclub.com/>

NUMERACY

- **Prodigy** - engaging, curriculum-aligned maths platform. <https://www.prodigygame.com/>
- **Math Playground** - includes a wide variety of maths topics, from problem solving and mathematical art to real world math and thinking games. <https://www.mathplayground.com/>
- **Matific** - activities and lessons aligned to the Australian Curriculum, free access for 60 days <https://www.matific.com/au/en-au/galaxy>

TECHNOLOGIES

- **Maker's Empire** - engaging and educational design missions <https://www.makersempire.com/learning-at-home/>
- **Scratch** - teaches students all about coding. <https://scratch.mit.edu/>
- **Code** - fun science tutorials, videos and build your own projects. <https://code.org/>

THE ARTS

- **Craft activities** - thousands of fun kid's activities like crafts, worksheets, colouring pages, printable mazes, dot to dot, hidden pictures and more. <https://www.allkidsnetwork.com/>
- **Cooking** - illustrated recipes designed to help kids cook. Recipes encourage culinary skills, literacy, maths and science. <https://www.nomsterchef.com/nomster-recipe-library>
- **Drawing** - Mo Willems, the author of 'Don't let the Pigeon Stay up Late' is uploading daily drawing lessons. <https://youtu.be/MjaYnyCJDdU>

PHYSICAL ACTIVITY

- **GoNoodle: Good Energy at Home** provides ways for kids and families to move and learn together. <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>
- **Cosmic Yoga** and mindfulness for kids. <https://youtu.be/0ImHIWzP49M>

HUMANITIES AND SOCIAL SCIENCES (HASS)

- **Cool Australia** - packed with all sorts of info - video clips, documentaries, images, articles and stories <https://www.coolaustralia.org/>
- **ABC Education** - 4000+ videos, games and resources mapped to the curriculum. <https://education.abc.net.au/home#!/home>
- **Young Explorers** is a magazine designed specifically for young children. <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>
- **National Geographic Kids** - large collection of videos, interactive activities, and fun games. <https://www.natgeokids.com/au/>
- **SBS Learn** - educational resources linked to SBS documentaries, dramas, news and current affairs and sport aligned to the Australian Curriculum. <https://www.sbs.com.au/learn>
- **Behind the News (BTN)** is a long-running news program on the ABC made in Adelaide and aimed at school-aged children with the hope of helping them understand issues and events outside their own lives. <https://www.abc.net.au/btn/>

GENERAL

- **NSW Education** – lessons and advice about learning from home <https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home>
- **Twinkl** - lesson plans, interactive activities, resource packs, PowerPoints, enter the code AUSTRCODE (1-month free membership) www.twinkl.co.uk/offer
- **KidsNews** - daily tasks and fun activities in year levels, aligned to the Australian Curriculum. <https://www.kidsnews.com.au/learning-at-home>
- **Home Education Australia** – useful resources and links <http://www.heau.edu.au/discounts-resources/free-resources>

VIRTUAL TOURS AND EXCURSIONS

Just because you're stuck inside, doesn't mean you can't still explore - many SA (eg Art Gallery), Australian (eg Vic Zoo) and international sites and tourist attractions offer virtual tours - just search! eg <https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002/>