



# Tuart Hill Primary School

## Suggestions for home schooling

This document has been created by Tuart Hill Primary staff including specialist teachers, with input from Department resources and other schools who are currently sharing resources on various sites.

We have tried to make these resources closely align with the resources we currently use. Activities have not been broken into Junior, Middle and Upper Primary, but the Department's [Learning From Home](#) website is categorised by year level.

In the event that full closure does occur, we will update you on specific learning content.

This collection of activities and links have been collated as a guide not as a curriculum.

Although we feel it's important to maintain an academic routine while children are not attending school, we understand that this may be difficult.

The links have been selected to support student engagement, but it is important to remember that they should always be viewed by an adult for suitability before student access as we have no control over ads and pop ups.

Some of the websites also require logging in or creating accounts. We have tried to keep the majority of the resources free from this, but there are some that are really useful that do require the creation of an account.

### Tips:

- We would recommend saving this document to a personal device.
- **Every image or underlined text is a hyperlink** and will take you to the direct website when clicked on.
- This document will be saved in the [THPS Web Page](#) under **Curriculum**.
- Don't forget the **Department of Education** has also released '[Learning at home](#)' resources.

# Daily Schedule

Children thrive in an environment where there are clear routines. This does not mean there is no opportunity for free choice within these routines. Setting routines provides children with times of the day to work towards while also providing clear boundaries.

Before 9:00am	Morning Routine	Before 9:00am Get up, make bed, put dirty clothes in laundry, make breakfast, read a book, play with toys (non-electronic)
9:00 – 9:30	Morning Exercise	To remain healthy, it is important to keep moving and lift the heart rate. See suggestions on the following pages.
9:30 - 11:00	Academic time	Children can develop their academic skills, playing games, solving puzzles, keeping a journal, investigating and inquiring. See suggestions on the following pages.
11:00 - 12:00	Creative time	A big part of learning is developing creative thinking and problem-solving skills. Creative time can include the following activities: Lego, Drawing, craft, playing a musical instruments, cooking. See suggestions on the following pages.
12:00 -12:30	Chores	Chores can be any jobs that need doing around the house. <i>The chores do not need to last 30 minutes. If they are done prior to the time or done quickly, children can have free time for the remaining time prior to lunch.</i> Chores can include the following activities doing the dishes, wiping surfaces, taking out the rubbish, making beds, folding laundry. See suggestions on the following pages.
1:00 -1:30	Lunch	Children who participate in the creation of their own food get a better understanding of how much effort it takes to prepare. Try and encourage them to help during lunch prep. See suggestions on the following pages.
1:30 -2:00	Quiet Time	After eating (healthy food) they will be reenergised, but it can take a little time for the brain to process the nutrients. After lunch is an ideal time to have some quiet time. i.e. reading, colouring, mindfulness activities. This is not time for electronics.
2:00 – 4:00	Academic time	Children can develop their academic skills, playing games, solving puzzles, keeping a journal, investigating and inquiring. In this session electronic learning could be included. Educational apps, online apps, educational TV. See suggestions on the following pages.
4:00 – 5:00	Free time out side	Get outside and play, enjoy what the back yard has to offer. Kick a ball, feed the chickens, watch the clouds. See suggestions on the following pages.
	Dinner	
After Dinner	Free time/bed time routine	This free time includes showering and teeth brushing ready for bed
After free/ bed time routine	Reading	Parent read to children for as long as possible, 20 minutes is a good starting point. It is a good idea to read to children while they are in bed as they become relaxed and ready to sleep while you read.
Bedtime (as per normal school night)	Bedtime	All children ( <b>Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health. Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health.</b> )
Reward + 30mins	Bedtime	All children who followed the schedule <b>and</b> did not fight with siblings

# Our Home Time Table

		Monday	Tuesday	Wednesday	Thursday	Friday
Before 9:00am	<b>Morning Routine</b>					
9:00 – 9:30	<b>Morning Exercise</b>					
9:30 - 11:00	<b>Academic time</b>					
11:00 - 12:00	<b>Creative time</b>					
12:00 -12:30	<b>Chores</b>					
1:00 -1:30	<b>Lunch</b>					
1:30 -2:00	<b>Quiet Time</b>					
2:00 – 4:00	<b>Academic time</b>					
4:00 – 5:00	<b>Free time out side</b>					
	<b>Dinner</b>					
After Dinner	<b>Free time /bedtime routine</b>					
After free/ bed routine	<b>Reading</b>					
Bedtime (as per normal school night)	<b>Bedtime</b>					
Reward + 30mins	<b>Bedtime</b>					

## STUDENT LOGIN TRACKER

**You can write your log on information for sites you may sign up to here.**

[illegible]

# CONTENTS PAGE

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[Free Time & Creative Ideas](#)

# Physical Education

It is important to remain active as part of daily life. The Australian Government recommends that adults need to “Find 30” every day. Children need closer to 60 minutes a day.

Below are some helpful links and information. (Click on images for links)



[Take the Tiny Trainer Challenge](#)



**EXERCISE IDEAS** *(please check suitability for your child)*



**MUSIC AND DANCE WEBSITE**



# Maths

Ensure that you practice the tables for your year level and beyond if your child is ready.

STUDENTS TO LEARN UP TO 12 TIMES TABLES											
PP	Skip count by 2s to 20 and skip count by 10s to 100										
1	x5	x10									
2	x5	x10	x2	x11							
3	x5	x10	x2	x11	x9	x3					
4	x5	x10	x2	x11	x9	x3	x6	x7			
5	x5	x10	x2	x11	x9	x3	x6	x7	x4	x8	x12
6	Revise all tables										

1: Help reorganise cupboards and drawers. Talk about what will fit and how to make best use of the space. Use words like, Angles, Area, Capacity, Distance, Length, Perimeter, Right-angle, Rotation, Symmetry, Tessellation, Volume, Weight. [Maths Link](#)

2: Teach some basic DIY skills like, measuring and cutting wood, putting up hooks, digging and planting plants

3: Treasure Hunts, draw maps and locate the treasure. Alternatively create clues to find the treasure.

4: Lego, following building instruction. If you have lost the instruction you can find them at the Lego website.



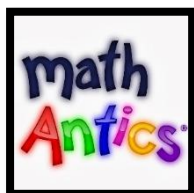
5: Sewing, plan, measure and create a simple sewing task. How much material is needed? How much cotton?



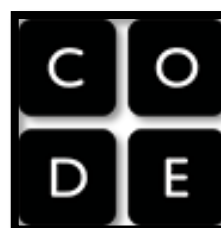
6: Play card games, that require making collections or runs of numbers

Below are some helpful links and information. (Click on images for links)

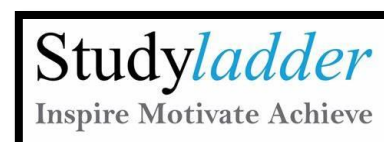
## General Maths



## Coding



## Multiple Learning Areas





# English

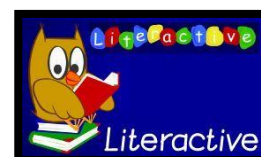
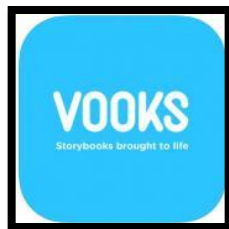
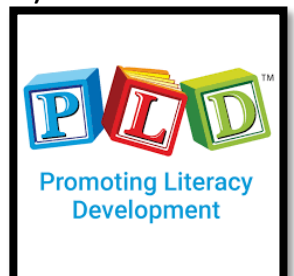
- 1: Write a play. Use Sock puppet to perform it.
- 2: Design a magazine or newspaper, on paper, using a word processor or create a web page.
- 3: Role Play a job, for example a waiter, miner, policeman. Think about the conversations they might have and the vocabulary specific to the job.
- 4: Dress up in clothes that are not yours. Create different characters with the clothes, use the clothes in ways that they were not designed for.

[Character link younger children](#)

[Character link older children](#)

5: Read to children or children read. Read; books, magazines, webpages, food packaging. There are great activities in the West Australian (Sudoku, Ken Ken, Puzzles etc)

**Below are some helpful links and information.** (Click on images for links)



6: Writing is an important part of life and there are many different occasions we may need to write for. Ask Children to try using different genres. **Below is a table of Writing Genres.**

<p><b>Report:</b></p> <p><i>To describe or classify our living and non-living environment (natural/social/synthetic)</i></p> <p><i>A Report commences with a general statement of classification, a definition of what type of report this is. Then there is a sequence of facts, arranged by topic paragraphs or subheadings. Labelled illustrations, diagrams, graphs, tables may accompany and support the written text.</i></p> <p><b>Report:</b></p> <p>Title Classification Description Conclusion</p>	<p><b>Recount:</b></p> <p><i>The purpose of a factual recount is to retell events in the order in which they happened.</i></p> <p><i>Examples of factual recounts</i></p> <p><i>include:</i></p> <ul style="list-style-type: none"> <li>• journals</li> <li>• historical texts.</li> </ul> <p><b>Recount:</b></p> <p>Title Orientation Events in order Conclusion</p>	<p><b>List:</b></p> <p><i>A list is a number of connected items, picture or names, written or printed consecutively, typically one below the other.</i></p> <p><i>Examples of list include:</i></p> <ul style="list-style-type: none"> <li>• Shopping list</li> <li>• Play list</li> <li>• Things to do</li> <li>• Class list</li> </ul> <p><b>List:</b></p> <p>Title Item 1 Item 2 Item 3 Item 4</p>
<p><b>Procedure:</b></p> <p><i>The purpose of a procedure is to provide instructions about how to achieve a goal by following a series of steps.</i></p> <p><i>Examples of procedures include:</i></p> <ul style="list-style-type: none"> <li>• recipes</li> <li>• instruction manuals.</li> </ul> <p><b>Procedure:</b></p> <p>Title Materials Sequence of steps</p>	<p><b>Persuasive text:</b></p> <p><i>The purpose of a persuasive text is to convince the reader or listener to agree with a particular viewpoint.</i></p> <p><i>Examples of persuasive texts include:</i></p> <ul style="list-style-type: none"> <li>• advertisements</li> <li>• debates.</li> </ul> <p><b>Persuasive text:</b></p> <p>Title Opening Statement Arguments Concluding Statement</p>	<p><b>Journal:</b></p> <p><i>A record of information, news and events. To inform, report, and make available ideas and original research and new findings. Often devoted to a single concept or the development of an idea.</i></p> <p><i>Examples of a journal include:</i></p> <ul style="list-style-type: none"> <li>• Dairy</li> <li>• Newspaper</li> <li>• Visual diary</li> </ul> <p><b>Journal:</b></p> <p>Title Entry day 1 Entry day 2 Entry day 3 Entry day 4</p>
<p><b>Narrative:</b></p> <p><i>The purpose of a narrative is to tell a story which entertains the reader or listener.</i></p> <p><i>Examples of narratives include:</i></p> <ul style="list-style-type: none"> <li>• picture books</li> <li>• traditional tales</li> <li>• novels.</li> </ul> <p><b>Narrative:</b></p> <p>Title Orientation Complication Resolution</p>	<p><b>Explanation Text:</b></p> <p><i>The purpose of an explanation is to describe how or why things happen, how things work or how certain tasks are done.</i></p> <p><i>Examples of explanations include:</i></p> <ul style="list-style-type: none"> <li>• flow charts</li> <li>• reasons for natural phenomena.</li> </ul> <p><b>Explanation Text:</b></p> <p>Title Introduction Description conclusion</p>	<p><b>Survey:</b></p> <p><i>To query someone in order to collect data for the analysis of some aspect of an idea, group or area.</i></p> <p><i>Examples of Surveys include:</i></p> <ul style="list-style-type: none"> <li>• census</li> <li>• class surveys</li> <li>• phone poll</li> <li>• a <a href="#">kahoots</a></li> </ul> <p><b>Survey:</b></p> <p>Title Questions Responses Analyses Conclusion</p>

# Science

1: Make bubbles. Use different items to make bubbles, explore which items allow you to create bigger bubbles. Experiment with the mixture and observe the differences. [Bubble Link](#)

2: Create a weather station and measure the weather. Think about how you could measure: wind, rain, sun and how you might record the clouds and conditions. Keep a journal of the weather data in morning and afternoon. Graph each week



Science Kids  
Fun science & technology for kids!

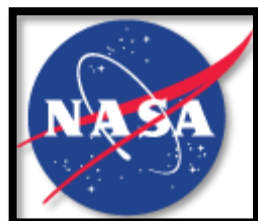
3: Human energy comes from food we eat. Create a list of the food in the cupboard. Investigate the kJ of each food. And discover which food gives the highest amount of energy per 100g. List the ingredients in the top 10 what do you notice are there any patterns of ingredients. What is nutrition value of the top 10.



4: Recycling is important in all homes. It helps reduce waste and recycled objects can be used for other things. Audit (list) what you put in the recycling bin. Categorise the objects in the bin. Develop some ideas of how you can use these items around the house.



5: We are part of a large solar system. Create a model or drawing of the solar system. Include planets, moons and information on each planet. Try to think about scale.

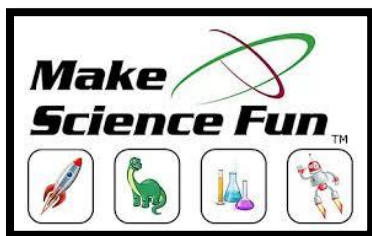


[KIDS WORLD TRAVEL](#)

6: The human body is an amazing thing. Do your children know all the parts of the body? Use a big piece of paper/fabric/cardboard, ask your child to lay on the paper and trace around the child. On the tracing start putting all the body parts. Bones, muscles and organs.



Below are some helpful links and information. (Click on images for links)



## Science at Home: The Tuart Hill Way!

This STEM activity is suitable for all ages!

Make your very own **Rube Goldberg Machine**. Rube was a cartoonist who draw complicated machines to do simple tasks.

**Step One:** Watch some video's showing these machines – there are lots on *YouTube* but some good ones are:

- Ok Go! This too Shall Pass (Music Video Clip)  
<https://www.youtube.com/watch?v=qybUFnY7Y8w>
- Honda The Cog (Advertisement)  
<https://www.youtube.com/watch?v=Z57kGB-mI54>
- Home Made Machine – feeding the dog  
<https://www.youtube.com/watch?v=OHwDf8njVfo>

Also recommend for  
Years 1 - 3 Sci Show Kids  
found on You Tube - lots  
of great information at a  
suitable level.

**Step Two:** Choose a simple task such as opening a door; turning a page in a book; making a matchbox car be put away; turning off a light and make a Rube Goldberg Machine!!

**Step Three:** Video it on a phone or I pad explaining how it works or draw and label a diagram to show the forces.

Note: Simple machines such as ramps, levers, pulleys, pendulums, magnets, make the machine work so use your imagination and everyday household items to create your magnificent machine!! I can't wait to see the videos!!!

**Some other great ways to consolidate our learning and have some hands on fun include:**

**LIGHT ENERGY:** Make a shadow puppet play using opaque card for your family. Explore how light works to make the shadows when you are close to the light source or far away.

**HEAT ENERGY:** Make a list of everything that is a source of heat in your house – classify the sources in groups together e.g those that use the sun, electricity or burning.

**SOUND ENERGY:** use everyday household containers to make a new instrument – remember you can shake, tap, strum and blow to make them work.



# Humanities

1: Make a time capsule: Write about current events collect photos and objects for this time.

2: Use old cardboard boxes to create a Time machine to take you 100 years into the past and a 100 years into the future.

[Awesome Cardboard Box Creations](#)

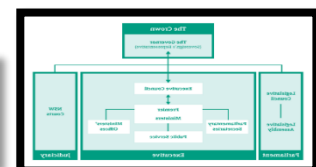
[31 Things You Can Make With A Cardboard Box That Will Blow Your Kids' Minds](#)

3: Look through old photos and memories and create a timeline.

4: Imagine yourself as an explorer, where would you go what and who would you take with you. Find out about famous Australia explorers and what they did to survive. Design an explorer backpack what would go in it.



5: Imagine if your family (full extended) forms a government who would perform the different roles? What are the different roles, what does each person have to do? Draw a diagram of your government. Think about what laws you might pass and what your governments policies might be.



6: The world we live in is an amazing place, full of many different cultures and countries. Mapping is an import part of understanding the world. Can you draw a map of Australia showing the states, capital cities, major rivers, mountains, and deserts? Maybe if you would like a challenge you could create a world map showing the same features.



AUSTRALIA'S MAGNA CARTA INSTITUTE  
RULE OF LAW EDUCATION



# Health

1: Create a happy thoughts jar: Write positive memories onto pieces of paper and place in the jar (try to write at least 15). Once done ask someone to pull them out and read them to you. Have a conversation together about what the memories mean to you.

2: Start practising Mindfulness.



3: Having a Growth mindset is very important. Having the capacity to persevere when challenged, starting again when mistakes are made. What is your default learning disposition? Why do you believe this? What are some examples of this trait in action and how could you integrate others into your daily learning?

Active listening	Managing Impulsivity
Curiosity	Listening and understanding with Empathy
Questioning and posing problems	Striving for accuracy
Responsibility	Gathering data through all the sense
Perseverance	Responding with wonder and awe
Agility and flexibility	Creating, imagining and innovating
Motivation and drive to learn	Remaining open to continuous learning
Metacognition (thinking about thinking)	Communicating with clarity and precision
Problem-solving and questioning	Seeking to improve
Finding Humour	Fixed Mindset? Growth Mindset? Thinking Interdependently
Open to mistakes	Embracing passion



4: Staying in contact with friends and relatives is important for our mental health. Create a contact list of the people you would like to keep in touch with. Try to write an email to at least two people a day. In your emails use a letter writing framework.

# Music

Below are some helpful links and information. (Click on images for links)



**Junior Choir** have begun to prepare for the 'One Big Voice' Festival.

Go to students' page.

Type in the password; **wombat**

Then go to the music.

(Our School has been given specific parts, please take note).

1. 'One big Voice' (Part 1)
2. 'Weary will' (Part 2)
3. 'Our Jig saw family' (Part 1)
4. 'Can you hear the rain' (Canon)
5. Shotgun (Part 1)
6. Upstanding Citizen (Part 2)
7. War Medley (Part 1)
8. 'I have a voice' (Part 1)
9. 'When the lights all shine' (Part 2)
10. 'From now on' (Part 2)
11. 'It's gonna be ok' (Part 2)

**Senior Choir** have begun to prepare for the Massed Choir Festival.

Go to student page.

Type in the password; **odds2020**

Then go to the Music (Our School are side 1, which are our specific parts)

1. Another Op'nin' (Soprano)
2. Gundulla (Alto)
3. Livin' in the bush (Soprano)
4. Don't stop (Alto)
5. Against the odds (Soprano)
6. All swans (Alto)
7. Enjoy the storm (Soprano)
8. Pride (Alto)
9. Raining on the Rock (Soprano)
10. Take to the Sky (Alto)
11. I'm still standing (Soprano)

# Music Games

Games and activities for **Pre Primary to Year 3**

Pitch Game, Comparing Sound Game, Pitch & Rhythm Game:

<http://creatingmusic.com/BlockGames/NewGames/BlockGames.html>

Pitch Examples:

<http://creatingmusic.com/wom/about/>

Alice in Wonderland: 12 steps of the Scale

<http://www.musicgames.net/livegames/12steps/12steps2.htm>

Orchestra Game: Matching Instruments to their Sounds

<http://www.musicgames.net/livegames/orchestra/orchestra2.htm>

Sound Match:

[http://www.bbc.co.uk/northernireland/schools/4\\_11/music/mm/sound01.shtml](http://www.bbc.co.uk/northernireland/schools/4_11/music/mm/sound01.shtml)

Mood Music (Match the Music to the Mood):

[http://www.bbc.co.uk/northernireland/schools/4\\_11/music/mm/mood01.shtml](http://www.bbc.co.uk/northernireland/schools/4_11/music/mm/mood01.shtml)

Listening Guide – Dvorak's New World Symphony No. 9:

<https://listeningadventures.carnegiehall.org/nws/splash.html>

Other Music Games:

[https://www.learninggamesforkids.com/music\\_and\\_art\\_games/music\\_and\\_art\\_games\\_music\\_memory.html](https://www.learninggamesforkids.com/music_and_art_games/music_and_art_games_music_memory.html)

## Online Games

A game for Note Improvisation (Based on the Pentatonic Scale, play notes to make your own melodies and design your own pieces)

<https://tonematrix.audiotool.com/>

Turn your Computer Keyboard into a piano and play along with all of your favourite songs!

[https://apps.musedlab.org/aqwertyon/?video=R7iNSUoQ4Lk&sound=rock\\_organ&](https://apps.musedlab.org/aqwertyon/?video=R7iNSUoQ4Lk&sound=rock_organ&)

Drum Machine: Compose your own 16 beat drum lines using this online generator!

<https://www.onemotion.com/drum-machine/>

Don't Worry Be Happy: Arranging and Mixing the famous Bobby McFerrin song

<http://bobbymcferrin.com/dont-worry-be-happy-song/>

New York Philharmonic Orchestra GAMES:

<https://www.nyphilkids.org/games/main.phtml>

## Videos

<https://youtu.be/jmQS-CxDzio>

<https://youtu.be/eCh13a51GgA>

<https://youtu.be/Ka4UBTK8Kr4>

[https://youtu.be/bynYf\\_K9mF8](https://youtu.be/bynYf_K9mF8)

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

<https://www.youtube.com/watch?v=YN5vsSitLK0>

<https://www.youtube.com/watch?v=nxpRHDsTOI4>

<https://youtu.be/2UcZWxvgMZE>

[https://youtu.be/x-YtK\\_EvmiY](https://youtu.be/x-YtK_EvmiY)

<https://youtu.be/lrgXAiAWplg>

<https://youtu.be/HdRkFFdkhm4>

<https://youtu.be/NKGVzDX3zmk>

<https://youtu.be/O5FsqliX1KY>



# Languages Other Than English

Below are some helpful links and information. (Click on images for links)



Spanish for Children



FabuLingua

Spanish language games

Free to use games for home and school use.

**OnlineFreeSpanish**  
a fun way to learn Spanish

languagesonline

**RockAlingua**  
MUSIC BASED SPANISH LEARNING

## Art



kidspot

the best  
IDEAS FOR  
KIDS



ART PROJECTS FOR KIDS

# FREE TIME (CREATIVE TIME)

1. Make a silly sign to put by each sink to encourage hand washing (here are 20+ free printable [handwashing posters](#) if you prefer).
2. Teach kids why it's important to wash hands with this [handwashing activity](#).
3. Bake Cookies, or cake, or bread (try our melt-in-your-mouth [sugar cookie recipe](#) that are so much fun to cut out into various shapes and frost).
4. Celebrate [fun holidays](#) with silly crafts and activities.
5. Build a Fort out of couch cushions, furniture and blankets, or this super cool [fort kit](#).
6. Make special popcorn (like oreo popcorn, caramel popcorn, etc. just search pinterest) and watch a movie together.
7. Play in the backyard (as of now, experts say you are fine to be outside as long as you are 6 feet from your neighbour).
8. Draw on the driveway with [chalk](#).
9. Ride your bike up and down the street.
10. Play [backyard games](#) like tic-tac-toe, jenga, twister, connect four, croquet, badminton, volleyball, etc.
11. Kick a soccer ball back and forth or have a friendly family game.
12. Fly a kite.
13. Work on a [1000+ piece puzzle](#) as a family.
14. Colour a picture with crayons, markers, gel pens, or coloured pencils.
15. Deep clean your house as a family.
16. Call Grandma & Grandpa, Aunts & Uncles, Cousins, and friends on face time / skype / facebook
17. Make some silly playdough creations.
18. Blow bubbles! Don't have any bubble solution on hand? Try our amazing [homemade bubbles recipe](#)
19. Make an epic train track all around your living room.
20. Try Amazing [Bubble Painting](#) for Kids.
21. Whip up a batch of kid favourite SLIME! Here are our favourite [slime recipes](#).
22. Use this [puffy paint recipe](#) or these [puffy paint recipe ideas](#) to make a fun "3d" project
23. Younger students can seize the opportunity to learn about countries around the world with a less intense activity – they can colour these [Countries Around the World Colouring Pages](#) to explore famous landmarks and cultures.
24. Play a board game.... or two or three.
25. Prepare as scavenger hunt around your house (give clues on post it notes, picture clues, colour scavenger hunt, alphabet scavenger hunt, etc.)
26. Make some music. If your kids play instruments they can each work on a piece to perform. Or, make your own [musical instruments](#) to make your own music.
27. Put on a circus at home where everyone works on an act.
28. Have a fashion show where you make a runway out of towels and put on some music.
29. Travel around the world by preparing meals from different countries by googling recipes online.
30. Have you children write and illustrate a story you can actually publish into a book.
31. Look through old family photobooks, scrapbooks, and pictures and tell your kids stories about your family history.
32. Make an obstacle course for kids out of furniture, crepe paper, string.
33. Play your favourite video game or [buy a new game](#) to make the time extra fun!
34. Have a family reading competition! Here are some great [books lists for kids](#).
35. Play store by making or printing your own pretend money, put a price on everything in their play kitchen, and let kids go shopping and practice adding and subtracting money!
36. Make your own pizza night – make a yeast crust and let people pick their own toppings.
37. Follow our simple instructions for [how to make a lava lamp](#) – this will amaze kids!
38. Become super heroes! Have everyone create their own super hero name, power, costume.
39. Build your own Sundaes – have lots of fun toppings for kids to make their own ice cream creations.
40. Take a bubble bath, play with toys in the bath, or have a themed bath.
41. Have an EPIC game of hide and seek with your family throughout your house.
42. Make paper airplanes and have a competition to see whose goes the farthest.
43. Make an [epic marble run](#) out of the toy or [DIY marble run](#).
44. Have a fun dance party with your favourite music.