

# **Year One Resources**

# Writing Resources

The quick brown fox  
jumps over the lazy  
dog.

The five boxing  
wizards jump quickly.

Sixty zippers were  
quickly picked from  
the woven jute bag.

How to \_\_\_\_\_

First

Next

Then

Last

# Procedures



Write the instructions for riding a bike.

# Procedures



Write the instructions for making a sandcastle.

# Procedures



Write the instructions for packing away at the end of the day.

# Procedures



Write the instructions for getting ready in the morning.

# Procedures



Write the instructions for making your breakfast.

# Procedures



Write the instructions for making your bed.

# Procedures



Write the instructions to play your favourite game.

# Procedures



Write the instructions for writing a story.

# Procedures



Write the instructions for making a pizza.

# Procedures



Write the instructions to look after your pet.

# Procedures



Write the instructions for being a superhero.

# Procedures



Write the instructions for reading a book.

# Procedures



Write the instructions for brushing your teeth.

# Procedures



Write the instructions to tie your shoelaces.

# Procedural Writing Prompt Words

## 4 steps

How to .....

First

Next

Then

Last

## 5 steps

How to .....

First

Next

After that

Then

Last

## 6 steps

How to .....

First

Then

Next

After that

Then

Last or Finally

## 7 steps

How to .....

First

Then

Next

After that

Then

Next

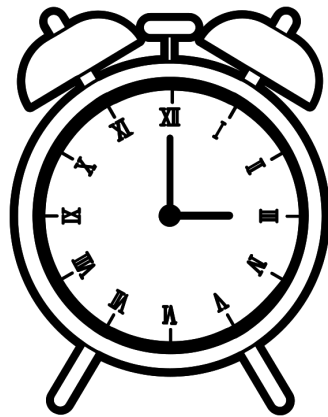
Last or Finally

# Reading Resources





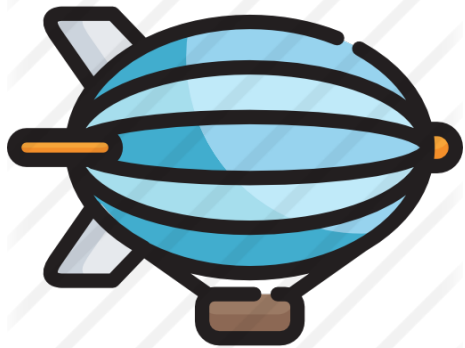
sloth



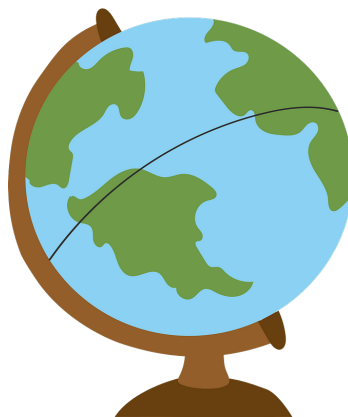
clock



flame



blimp



globe



plant

|          |          |           |           |           |           |
|----------|----------|-----------|-----------|-----------|-----------|
| <i>a</i> | <i>b</i> | <i>c</i>  | <i>d</i>  | <i>e</i>  | <i>f</i>  |
| <i>g</i> | <i>h</i> | <i>i</i>  | <i>j</i>  | <i>k</i>  | <i>l</i>  |
| <i>m</i> | <i>n</i> | <i>o</i>  | <i>p</i>  | <i>q</i>  | <i>r</i>  |
| <i>s</i> | <i>t</i> | <i>u</i>  | <i>v</i>  | <i>w</i>  | <i>x</i>  |
| <i>y</i> | <i>z</i> | <i>sh</i> | <i>ch</i> | <i>th</i> | <i>ck</i> |

|          |          |           |           |           |           |
|----------|----------|-----------|-----------|-----------|-----------|
| <i>a</i> | <i>b</i> | <i>c</i>  | <i>d</i>  | <i>e</i>  | <i>f</i>  |
| <i>g</i> | <i>h</i> | <i>i</i>  | <i>j</i>  | <i>k</i>  | <i>l</i>  |
| <i>m</i> | <i>n</i> | <i>o</i>  | <i>p</i>  | <i>q</i>  | <i>r</i>  |
| <i>s</i> | <i>t</i> | <i>u</i>  | <i>v</i>  | <i>w</i>  | <i>x</i>  |
| <i>y</i> | <i>z</i> | <i>sh</i> | <i>ch</i> | <i>th</i> | <i>ck</i> |

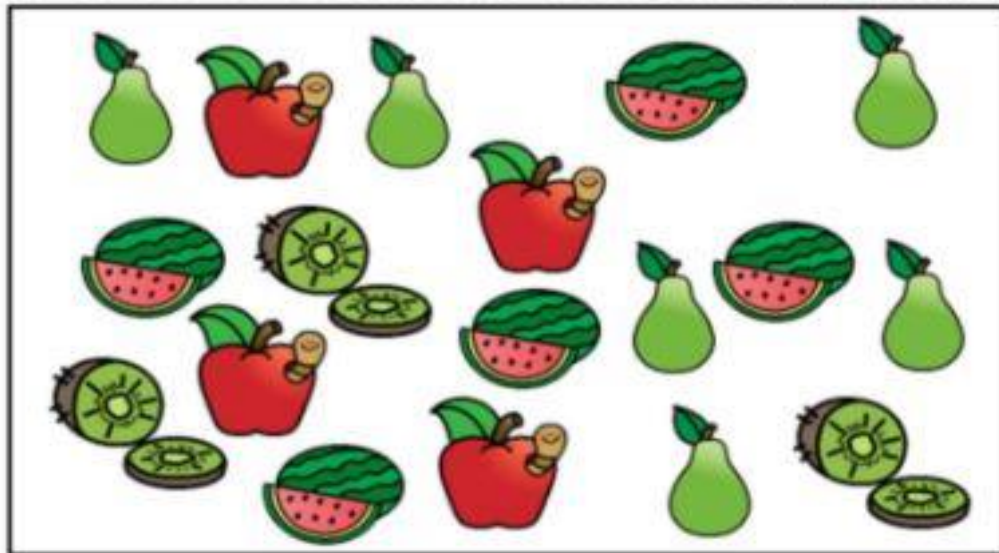
# Maths Resources





# Count, Tally & Graph!




Count the items, complete the frequency table and color the chart. 

★ ★ ★ ★ Which fruit is the most popular?

Record yourself explaining what you notice. 



|   |   |   |   |
|---|---|---|---|
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|  |  |  |  |

|   | Tally | Total |
|---|-------|-------|
|   |       |       |
|  |       |       |
|  |       |       |
|  |       |       |

T Which is the most popular? \_\_\_\_\_

How many more people liked watermelon than apple? \_\_\_\_\_


Which is the least popular? \_\_\_\_\_

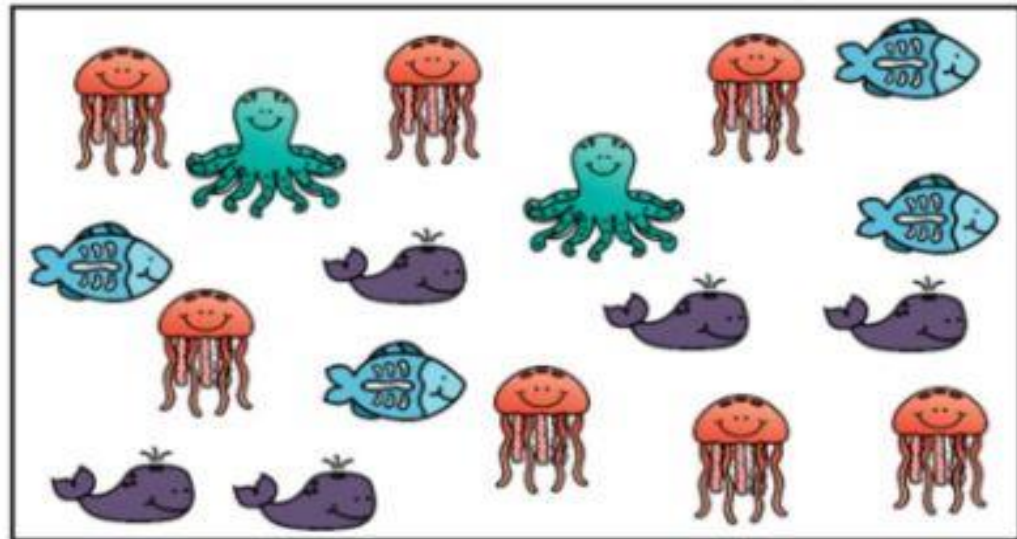
How many people were asked altogether? \_\_\_\_\_





# Count, Tally & Graph!





Count the items, complete the frequency table and color the chart. 

★ ★ ★ ★ Which ocean animal is your favorite?

Record yourself explaining what you notice. 



|   |   |   |   |
|---|---|---|---|
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|   |   |   |   |
|  |  |  |  |

|   | Tally | Total |
|---|-------|-------|
|   |       |       |
|  |       |       |
|  |       |       |
|  |       |       |

T Which is the most popular? \_\_\_\_\_

How many more people liked jellyfish than octopus? \_\_\_\_\_

Which is the least popular? \_\_\_\_\_

How many people were asked altogether? \_\_\_\_\_

# ASK, TALLY & GRAPH

Question: Write your question below.

Ask and Tally: (Fill in the 4 answer options down the side first)

Ask 10-15 people your question and tally their answers.

| Answers | Tally | Total |
|---------|-------|-------|
|         |       |       |
|         |       |       |
|         |       |       |
|         |       |       |

*Graph: (Fill in the 4 answer options at the bottom first)*

*Graph your results using your tally data.*

|    |  |  |  |  |
|----|--|--|--|--|
| 10 |  |  |  |  |
| 9  |  |  |  |  |
| 8  |  |  |  |  |
| 7  |  |  |  |  |
| 6  |  |  |  |  |
| 5  |  |  |  |  |
| 4  |  |  |  |  |
| 3  |  |  |  |  |
| 2  |  |  |  |  |
| 1  |  |  |  |  |
|    |  |  |  |  |

*Answer: Answer the following questions about your graph.*

*Which is the most popular? \_\_\_\_\_*

*Which is the least popular? \_\_\_\_\_*

*Were there any that had the same amount? \_\_\_\_\_*

*What is the difference between the most popular and the least popular?*

\_\_\_\_\_

*How many people were asked altogether? \_\_\_\_\_*



**Scientist:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Prediction:**

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**Observations:**

Draw a picture of your cup before and after adding the vinegar to the water and bicarb soda mixture.

| <b>Before</b> | <b>After</b> |
|---------------|--------------|
|               |              |

**Conclusion:**

What happened when you added the vinegar to the water and bicarb soda mixture? Why do you think it happened?

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# Art Resources



# **P.E.**

# **Resources**

# Grade 1 & 2 PHYSICAL EDUCATION

## STRIKING- FOREHAND AND TWO HANDED STRIKE

This week we are working on the forehand strike and two handed strike. A forehand strike is like what we use in Tennis, while the two handed strike is like what we use when hitting in Baseball.

### EQUIPMENT NEEDED:

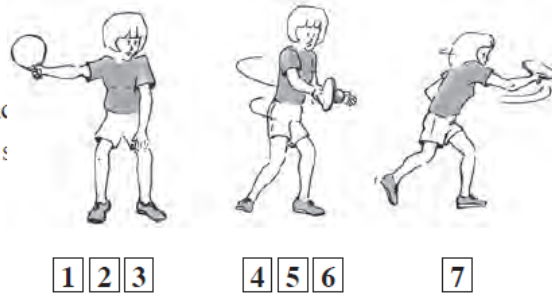
- A bat or racquet that you can hit with. It may even be an empty plastic bottle or rolled up newspaper
- A tee (stand) to place the ball onto so it can be hit e.g. cardboard box with plastic cup sitting on top to place ball on
- Markers to use to create target zones e.g. empty bottles, clothing, toys etc.
- A ball (e.g. tennis ball or medium sized ball) you can hit. It can also be a pair of rolled socks, scrunched up newspaper or balloon

Here are some teaching tips for each of the skills

### Forehand Strike

#### Performance Criteria

1. Eyes are focused on the ball throughout the strike
2. Stand side-on to the target with bat held in one hand
3. Striking hand nearly straightened behind shoulder at end of backswing
4. Step towards target with foot opposite striking arm during the strike
5. Marked sequential hip to shoulder rotation during the strike
6. Ball contact made opposite front foot with straight arm
7. Follow through towards the target then around body



### Two Handed strike



#### Skill Components

1. Eyes are focused on the ball throughout the strike.
2. Preferred hand grips bat above non-preferred hand.
3. Stand side-on to the target.
4. Bat held behind shoulder prior to the strike.
5. Step towards target with foot opposite preferred hand during the strike.
6. Marked sequential hip to shoulder rotation during the strike.
7. Ball contact made opposite front foot with straight arms.
8. Follow through with bat around body.

### ACTIVITY 1 –Exploring the strike (Forehand strike)

#### Steps:

- Find a soft ball or pair of socks/newspaper ball/balloon and an open space to practice in.
- Put one arm out straight and hold the ball out in front of you with one hand. Have your other hand out to your side with your hand flat like a bat. Let it go and try to hit it with your other hand (use your palm) – practice *watching the ball* when you let go and hit it, and *following through* so your hand goes over your shoulder after you have hit the ball.
- Challenges – can you strike the ball:
  - With a hard/soft swing?
  - Up high/down low?
  - At a target?
  - With your opposite hand? With a bat instead of your hand?

## **ACTIVITY 2 – Off the tee (Forehand & 2 hand strike)**

### **Steps:**

- Find something to make a tee/stand which is about waist height (e.g. cardboard box with a plastic cup on top) – you will put a ball on top of this box and cup). Get a ball and something to use as a bat (rolled up newspaper, empty plastic bottle)
- Stand side on to your tee, hold your bat with straight arms using two hands. Practice watching the ball, and swinging through the ball.
- Try and strike the ball off the tee 5 times using a forehand strike and then 5 times using a two handed strike.
- If you have another family member who can join you, have one person striking and the other fielding and then swap roles

## **ACTIVITY 3 – Target striking**

### **Steps:**

- Set up some targets for you to aim at when striking the ball. I suggest putting some markers on the ground (3-4 metres apart) and depending on how close they are and wide you make them, award points (e.g. 5 points, 3 points etc.) for hitting the ball through the target. The targets that are narrower and further away would typically be worth more points.
- You may like to have 5 hits and see how many points you can score. You may even challenge someone else.

## **Activity 4- GAME**

### **Steps**

- You will need two or more players.
- One player strikes the ball off the tee using either a forehand strike or two handed strike
- After striking the ball they then run around two cones placed 3-4 meters apart and to the side of the tee. Each time they get around the cone and back, they score a run.
- The other player/s are fielders. After the batter strikes the ball and begins running, they must field the ball and get it back on to the tee as quickly as possible and then call out 'STOP'
- The batter takes note of how many runs they scored and a new batter takes their turn.

## **Activity 5- OPTIONAL ACTIVITY**

### **Steps**

- Hang a ball attached to a string from the clothesline, tree branch etc. so the ball is at about waist height. If attaching the ball is an issue, you can place the ball in an old pair of stockings legs and then tie the stocking to the string.
- Using your hand or a bat practice hitting the ball using a forehand and or two-handed strike.
- If using a forehand strike it may even swing back and forth for you so you can strike the ball each time it swings back.
- How many hits in a row can you do?