



Lethbridge Park Public School - Preschool Red Class

Learning from Home Educational Program/Schedule

Week 2 Term 3 2021 Monday 19th to Tuesday 20th July 2021

Monday Home Skills: Making Breakfast. Cleaning up after. Brush your teeth and get yourself dressed.

Tuesday Home Skills: Tidy a space, make your bed. Sweeping the floor or garden with a broom or dustpan.

Monday: Show and Tell Zoom Meeting with the Preschool Teachers@ 10 am

Come and share what you have been up to, introduce us to a family pet or a favourite toy.

Tuesday: Zoom Story Time and **play the "Hairy Maclary Language Game"** with your Preschool Teachers @10am

❖ See below for Zoom links, meeting ids and passcodes

Monday drawing time: Name writing practice. Learning how to draw shapes

Tuesday drawing time: Drawing your favourite character from the story "Hairy Maclary from Donaldson's Dairy." Who could it be? Is it Scar Face Claw? Watch the animation for some more inspiration <https://youtu.be/x8eGwfE4I9g>

Art for Kids Hub: <https://www.youtube.com/user/ArtforKidsHub> to support children in their drawing

Break Time - Have a piece of fresh fruit or vegetable. Try a new fruit or vegetable today.

Play outside

Monday & Tuesday: developing our Fundamental Movement Skills. This week's focus is **Running**

Watch the Munch and Move videos to support correct posture to support children's balance when running and how to play Rabbit Tag

Running: <https://youtu.be/QsSeNKnOcMo>

Rabbit Tag: <https://youtu.be/dgTfvNlnCdl>

Rabbit Tag

Have your child and family members tuck a scarf, ribbon or small piece of rope into their waistbands of clothing. Participants run around an area and try to steal the scarves off the other players. If they steal a scarf, they need to place it in a container. If their scarf is stolen, they can get another scarf from the container.

Running

Eyes looking straight ahead.



Swing your arms.

Knees up.

Fundamental Movement Skills in Action

FMS for 3 – 5 year olds

Lunch time Help make lunch, sit and eat together.

Jacket Potatoes

Time: Approximately 35 minutes

Ingredients	Serves		
	4	20	60
Potatoes	4	20	60
Filling 1			
Frozen peas	½ cup	2 ½ cups	7 ½ cups
Sweet corn kernels	½ cup	2 ½ cups	7 ½ cups
Filling 2			
Diced tomato	½ cup	2 ½ cups	7 ½ cups
Diced onion	½ cup	2 ½ cups	7 ½ cups
Lean ham	2 slices	10 slices	30 slices
Filling 3			
Spicy salsa or bolognaise sauce (warmed)	½ cup	2 ½ cups	7 ½ cups
Filling 4			
Baked beans	½ cup	2 ½ cups	7 ½ cups
Toppings			
Reduced fat cheese (grated)	½ cup	2 ½ cups	7 ½ cups
Light sour cream	½ cup	2 ½ cups	7 ½ cups
Reduced fat plain yoghurt	½ cup	2 ½ cups	7 ½ cups

Directions:

1. Educators to cook whole potatoes until soft: boil, bake or microwave.
2. Let the potatoes cool enough to touch and cut the potatoes in half.
3. Provide each child with one or two potato halves and their own bowl. Children can scoop out the flesh from the centre of the potato into their bowl, leaving about a 1 cm shell.
4. Assist children to mash with a fork.

Monday is cooking time!

Exploring and trying different healthy foods cooking experience

5. Children can then add their choice of the filling ingredients to the mashed potato and mix.
6. Educators assist the children to spoon the filling into the potato shells.
7. Place the potatoes in the microwave and cook on high for 5–10 minutes, or bake in the oven until heated through and golden brown (about 15 minutes).



Recipe adapted and image sourced from www.healthykids.nsw.gov.au

Tuesday: Play a game that tests you brain. Shape and colour memory card game. Do you know the names and colours of the shapes?

Pack Away

Relaxation Time (Suggestions):

YouTube: Cosmic Kids Yoga.

Listen to a story from <https://storyboxlibrary.com.au/>

Username: LPPS

Password: Read

Playlist: Preschool Learning from Home Booklist

Additional Information and Resources

You Tube: **Go Noodle** for interactive dancing.

Go on a virtual tour.

Australian Museum: <https://artsandculture.google.com/partner/australian-museum-sydney>

Great Barrier Reef: <https://attenboroughsreef.com/>

Lone Pine Koala Sanctuary: <https://youtu.be/V6rU02TLGe8>

Sea Life aquarium: <https://www.visitsealife.com/sydney/whats-inside/virtual-aquarium/>

Taronga Zoo: <https://taronga.org.au/taronga-tv>

Science Experiments: <https://coolscienceexperimentshq.com/>

Little Penguins: <https://www.penguins.org.au/virtual/>

Mars: <https://accessmars.withgoogle.com/>

Virtual farm tour: <https://www.tocal.nsw.edu.au/farm-and-facilities/tocal-farms/virtual-farm>

Scheduled Zoom Session Links



Monday Topic: Preschool Red Class - Show and Tell meeting Monday 19.07.2021 Week 2 Term 3

Time: Jul 19, 2021 10:00 AM Canberra, Melbourne, Sydney

Join Zoom Meeting

<https://nsweducation.zoom.us/j/66175770230?pwd=NkZUbVpHQzdqMkxNT045bnNGQm5DQT09>

Meeting ID: 661 7577 0230 Passcode: 002059

Tuesday Topic: Preschool Red Class - Zoom Story time and Language Game Tuesday 20.07.2021

Time: Jul 20, 2021 10:00 AM Canberra, Melbourne, Sydney

Join Zoom Meeting <https://nsweducation.zoom.us/j/67176261241?pwd=K1E4U1hWaDFLMkdDcGNMbUhKK0dMUT09>

Meeting ID: 671 7626 1241 Passcode: 606363