



# Lethbridge Park Public School - Preschool Red Class

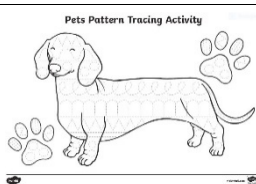
## Learning from Home Educational Program/Schedule

### Week 6 Term 3 2021 Monday 16.08.2021 to Tuesday 17.08.2021

**Monday Home Skills:** Help sort the recycling at your house. Are there any items that you could use for our creative experience this week?  
**Tuesday Home Skills:** Making Breakfast. Cleaning up after. Brush your teeth and get yourself dressed.

**Monday preschool singing Zoom Session @ 11am**  
**Tuesday preschool Story time and \*creative session @ 10am**

#### Fine Motor focused experiences



Pencil control pattern tracing activity

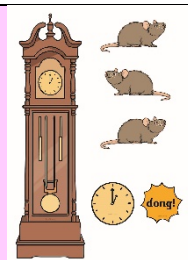
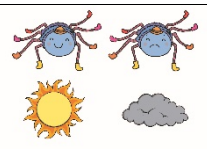


Using 2D shapes, cut and colour and then arrange to make your own cat

Use your play dough and various loose parts to make a model of a spider inspired by the nursery rhyme Incy Wincey Spider



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

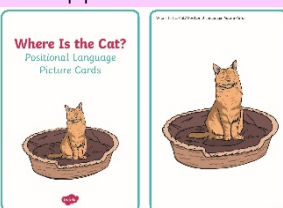


**Monday:**

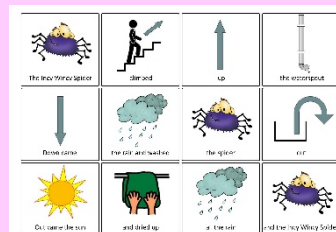
Sing some of our new songs using the puppet props included in this week's 'learning from home' resource pack. Can you put on a show for your family?

- Hickory Dickory Dock song link <https://youtu.be/FHFO04s3DTk>
- 5 Cheeky monkeys swinging in a tree <https://youtu.be/WQ14sWuvaUM>
- Incy Wincey Spider <https://youtu.be/p77hQrdjPVk>

**Experiences supporting children's language development and mathematical understanding...**  
**Exploring and using positional language.** Use the cards to support children to verbally communicate the position of the cat is to the various items. For example: in/out, in front/behind, over/under, next to/ beside, top, above. When children have become more familiar with positional language terms, pick an item, place it somewhere within your house, they must listen to your verbal clue, using positional language to locate the item.



Exploring story sequencing, ordinal numbers - what came 1<sup>st</sup>, 2<sup>nd</sup> etc, last.



**\*Tuesday:** with support cut out the shadow images and arrange them to make the neighbourhood Slinky Mailinki likes to visit during the night. (Zoom meeting Creative experience)



Play outside

# This week's FMS focus: Side Sliding

## Side-sliding

Take a side step.



Slide together, slide together.

Draw a line (drape/slide) with the other foot to meet.

**Fundamental Movement Skills in Action** FMS for 3 – 5 year olds

### Old Grey Cat

Ask children to form a circle with two or three children in the middle (they are the 'old grey cat'). Children hold hands and to dance either clockwise or anti-clockwise together. As they move they sing: 'In a little tree and I live in a tree, you're an old grey cat and you can't catch me'. Once the children finish the song they have to run away from the cat. The 'old grey cat' have to try and catch them. Then choose other children to be the 'old grey cat'.

### Snail Relay

Separate children into teams. Mark out a relay track. Children will be running a relay, but instead of running they will be sliding like snails. The first child slides up and back and has to high five the next child in line. They then do the same until the whole team has finished.

### Shape Game

Cut out coloured shapes from laminated paper. Have a variety of different colours for each shape. Place them around a designated area on the ground. When the music starts, ask children to side-slide around the shapes. When the music stops they have to stand on one of the shapes. If there are not enough shapes, the children can share by either having a body part touching the shape or touching someone who is touching the shape. You can ask children questions like 'who is standing on a square?' and 'what colour is the square you are on?'. To make it harder, next time specify that children have to find a red shape or everyone has to find a circle. You can change the mode of travel such as running or hopping.

### Line Sliding

Mark out a line with chalk or masking tape and ask the children to side-slide along the line.



**Fundamental Movement Skills in Action** FMS for 3 – 5 year olds

### SIDE SLIDING

for preschool 3-5 year olds **Fun Friday the Frog!**

**DESCRIPTION**  
This activity is designed to help children develop their side-sliding skills. It is a fun and engaging way to practice this fundamental movement skill.

**OBJECTIVES**  
• To develop children's side-sliding skills.  
• To improve children's balance and coordination.  
• To have fun and enjoy physical activity.

**TEACHING AIDS**  
• Frog cutouts  
• Coloured paper  
• Masking tape

### SIDE SLIDING

for preschool 3-5 year olds **Fun Friday the Frog!**

**WARM-UP ACTIVITY**  
Children perform a warm-up activity to get their bodies ready for the main activity. This can be a simple set of stretches or a fun game.

**MAIN ACTIVITY**  
**WHO CAN SLIDE LIKE A FROG FAMILY THE FROG!**  
Children are divided into groups and each group is given a frog cutout. They are then asked to side-slide like a frog. The group that slides the furthest in the shortest time wins.

**RELAXATION**  
Children perform a relaxation activity to calm their bodies down after the main activity. This can be a simple set of stretches or a fun game.

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### SIDE SLIDING

for preschool 3-5 year olds **Fun Friday the Frog!**

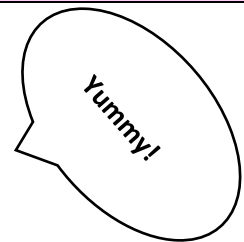
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Support video: <https://youtu.be/ZhDBTQuNxzw>

Lunch time. Help make lunch, sit and eat together.





## Our PRECHOOL COMMUNITY COOKING CHALLENGE

Have you shared your families favourite healthy snack/meal recipe yet with Ms Jacqui to go into our PRESCHOOL Community Cookbook?

Have you shared your recipe yet to  
Ms Jacqui???



### 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

**Explore the adventures of 'Pete the Cat'** – Video links can be found on the preschool's remote learning page on the school website.

### 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 16.08.2021 Term 3 Week 5

**Topic:** Preschool Red Class Term 3, Week 5 Singing Zoom session (learning from home)

**Time:** Aug 16, 2021 11:00 AM Canberra, Melbourne, Sydney

**Join Zoom Meeting** <https://nsweducation.zoom.us/j/66278691614?pwd=OFI3NEtSQTlFQ1pVcVVDTFZRTVBNQT09>

**Meeting ID:** 662 7869 1614      **Passcode:** 215327

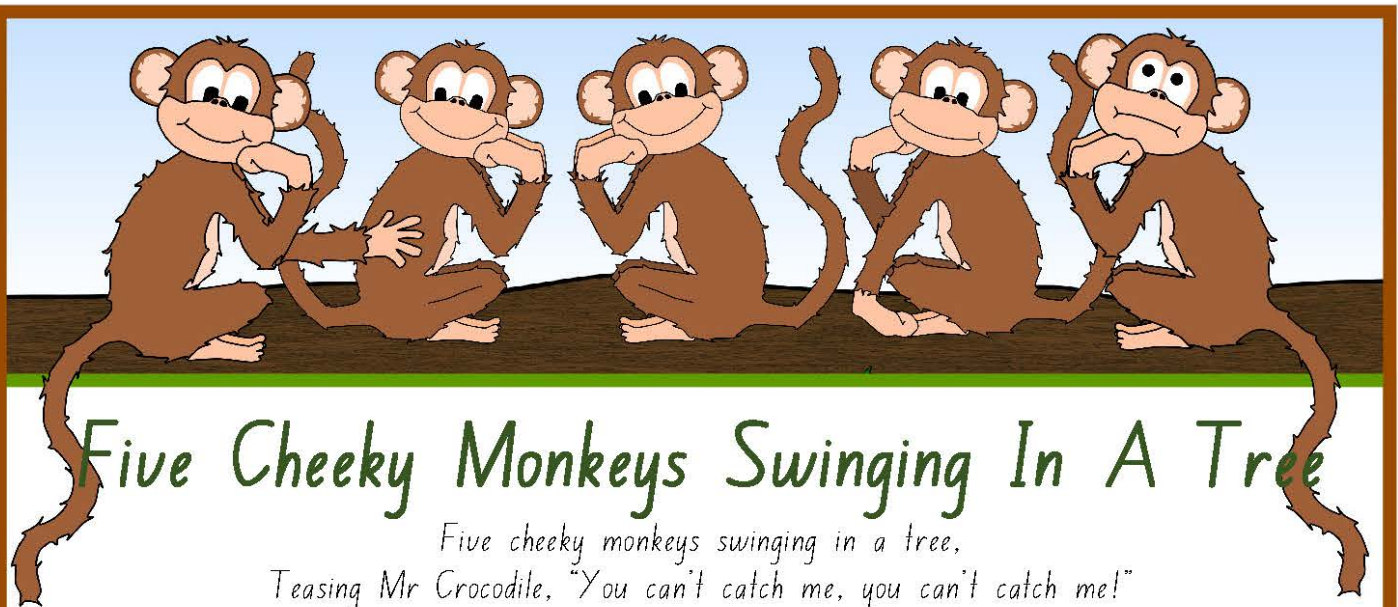
### Tuesday 17.08.2021 Term 3 Week 5

**Topic:** Preschool Red Class Term 3, Week 5 Story time and creative arts session Tuesday 17.08.2021

**Time:** Aug 17, 2021 10:00 AM Canberra, Melbourne, Sydney

**Join Zoom Meeting** <https://nsweducation.zoom.us/j/62406261404?pwd=R29oRW5Ub0V6SzZsMnU4L2tqUEtKdz09>

**Meeting ID:** 624 0626 1404      **Passcode:** 529802



## Five Cheeky Monkeys Swinging In A Tree

Five cheeky monkeys swinging in a tree,  
Teasing Mr Crocodile, "You can't catch me, you can't catch me!"  
Along comes Mr Crocodile swimming through the swamp,  
Along comes Mr Crocodile, **CHOMP, CHOMP, CHOMP!**

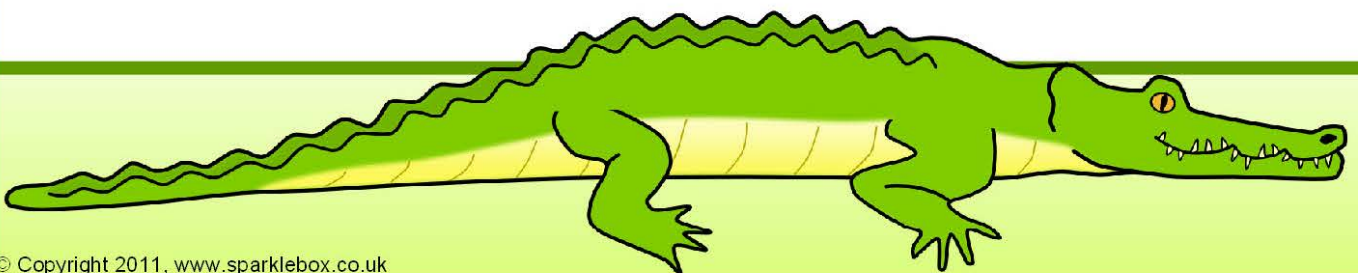
Four cheeky monkeys swinging in a tree,  
Teasing Mr Crocodile, "You can't catch me, you can't catch me!"  
Along comes Mr Crocodile swimming through the swamp,  
Along comes Mr Crocodile, **CHOMP, CHOMP, CHOMP!**

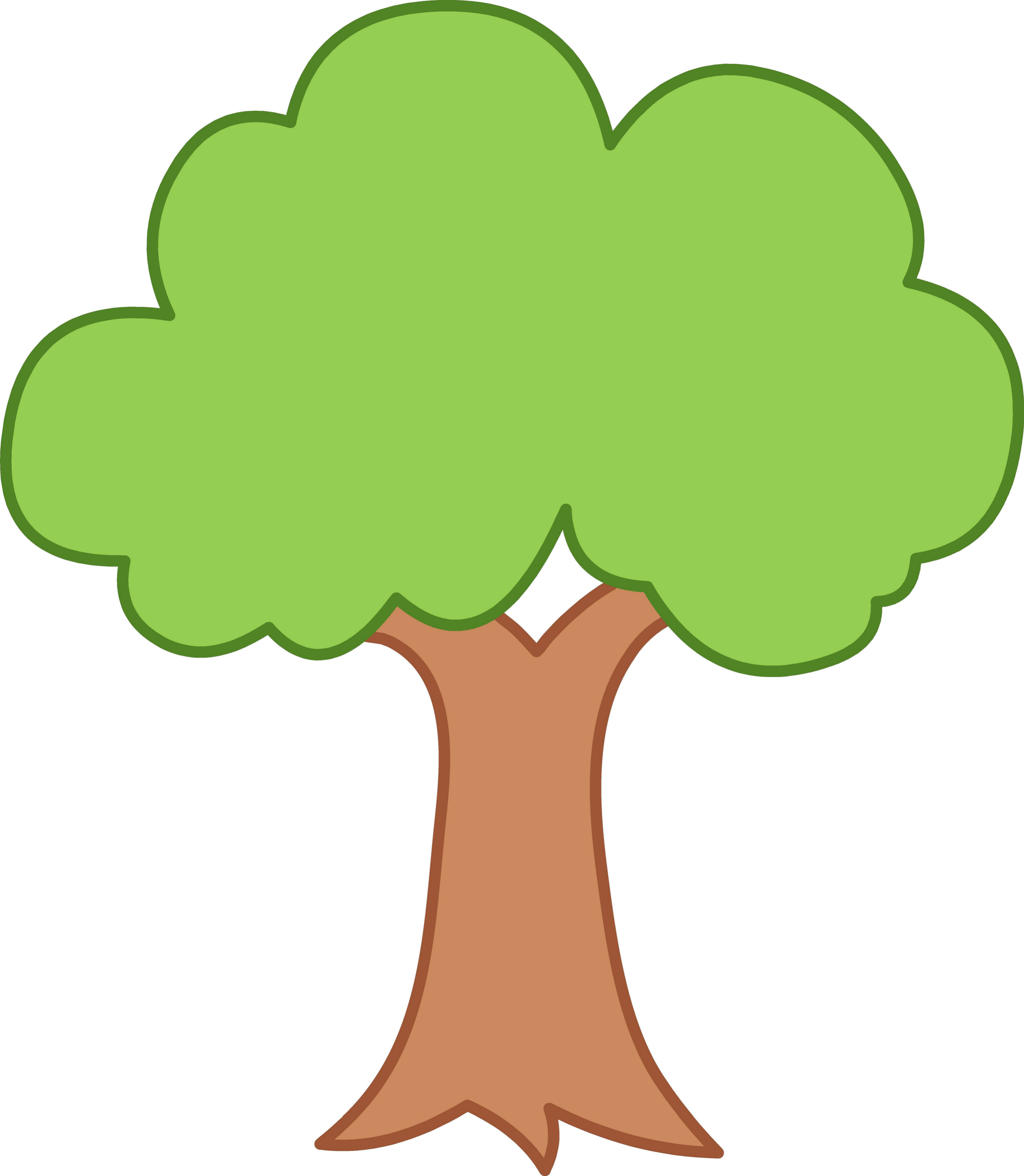
Three cheeky monkeys swinging in a tree,  
Teasing Mr Crocodile, "You can't catch me, you can't catch me!"  
Along comes Mr Crocodile swimming through the swamp,  
Along comes Mr Crocodile, **CHOMP, CHOMP, CHOMP!**

Two cheeky monkeys swinging in a tree,  
Teasing Mr Crocodile, "You can't catch me, you can't catch me!"  
Along comes Mr Crocodile swimming through the swamp,  
Along comes Mr Crocodile, **CHOMP, CHOMP, CHOMP!**

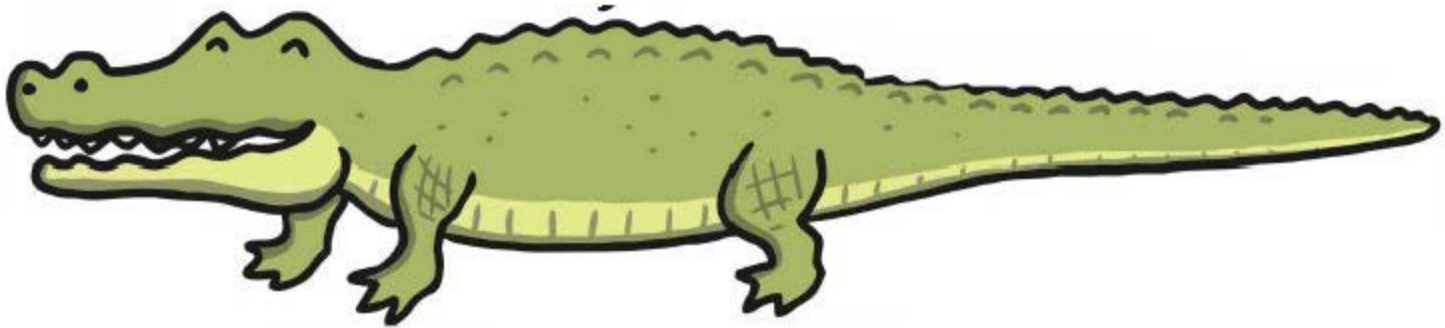
One cheeky monkey swinging in a tree,  
Teasing Mr Crocodile, "You can't catch me, you can't catch me!"  
Along comes Mr Crocodile swimming through the swamp,  
Along comes Mr Crocodile, **CHOMP, CHOMP, CHOMP!**

Away swims Mr Crocodile, as full as can be.

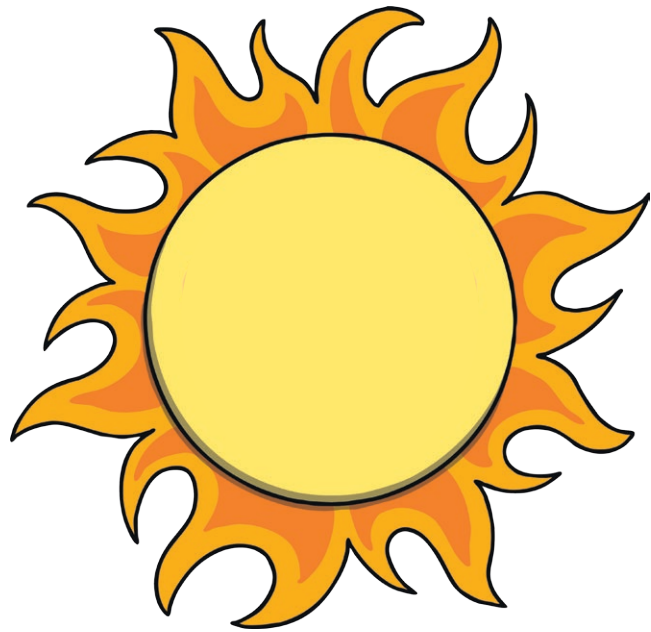
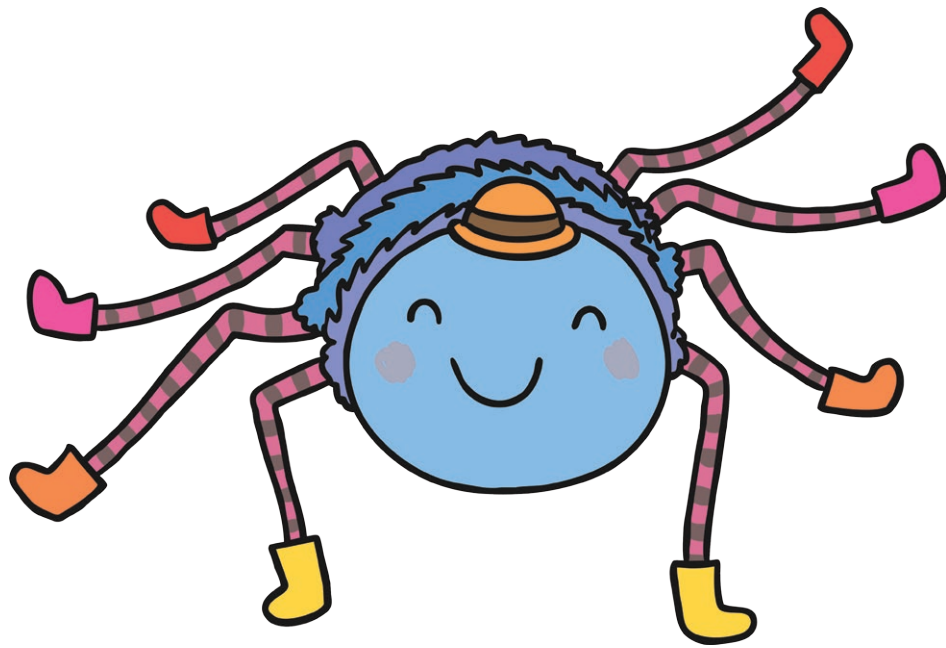


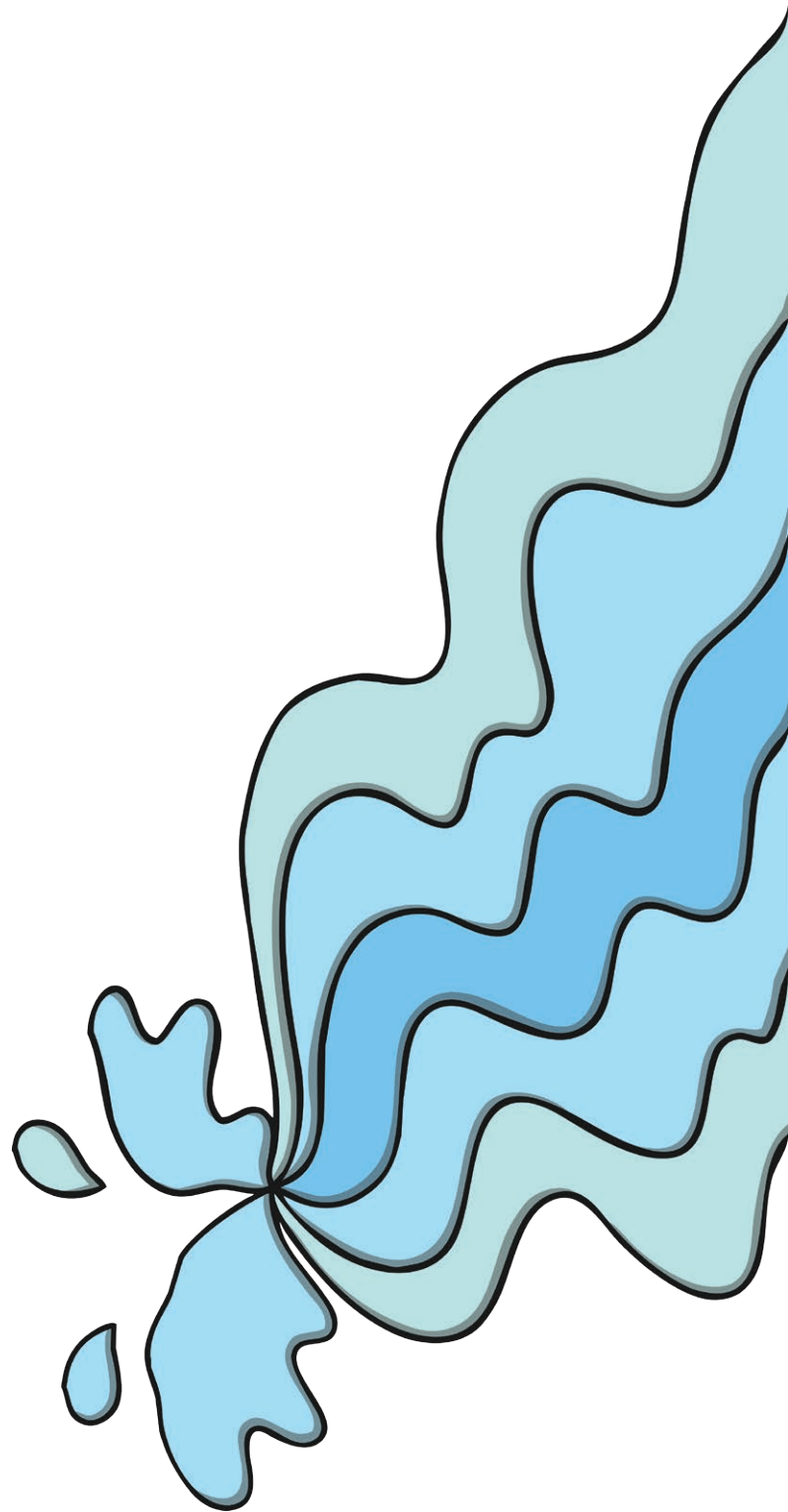
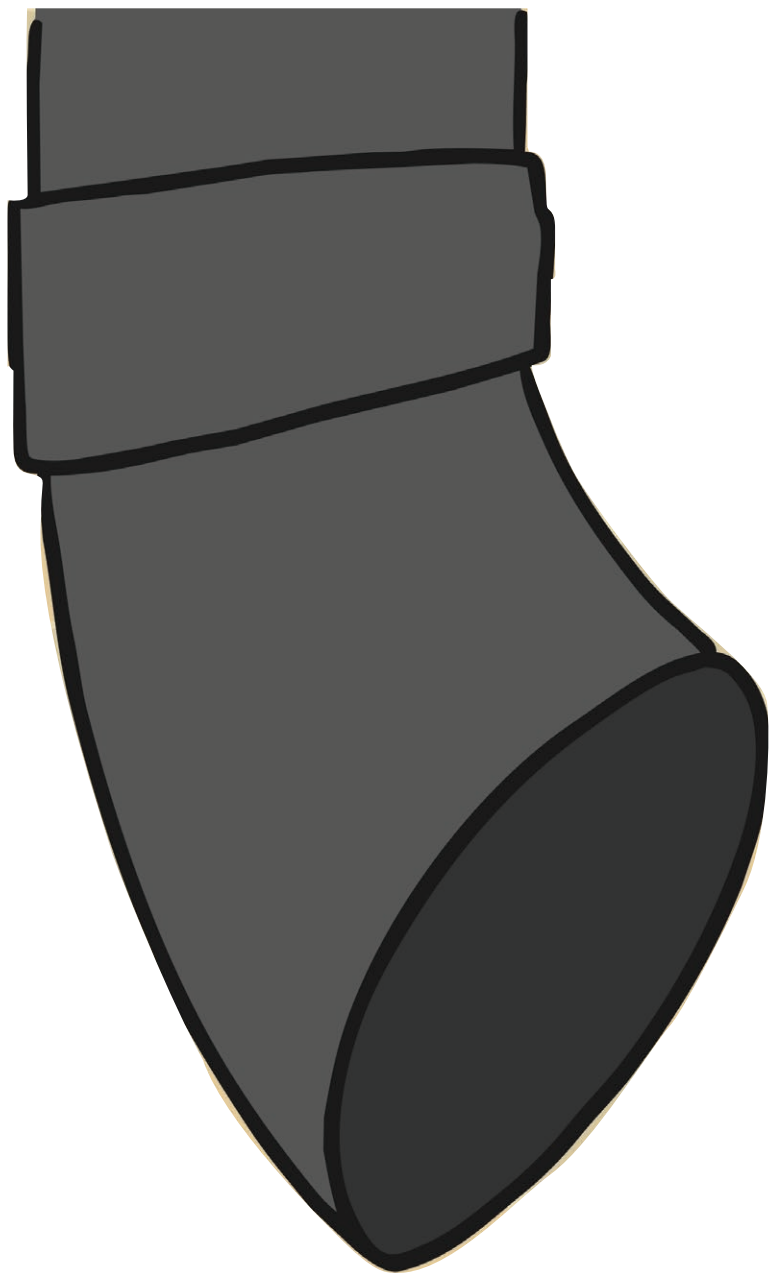


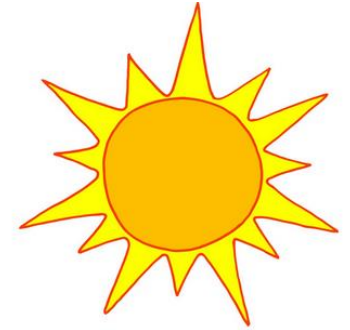
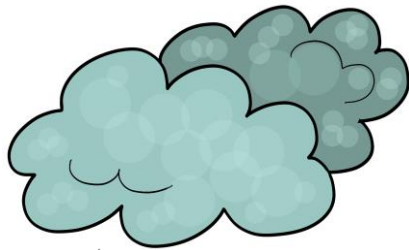






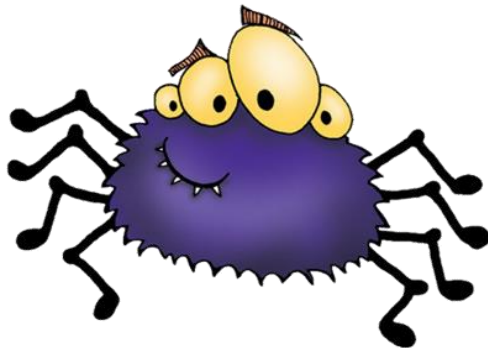


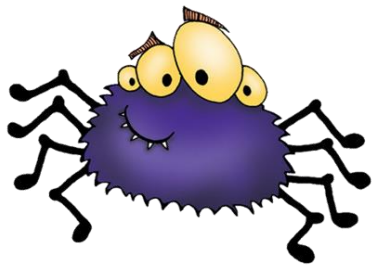




## Incy Wincy Spider

The Incy Wincy Spider climbed up the waterspout.  
Down came the rain and washed the spider out.  
Out came the sun and dried up all the rain  
And the Incy Wincy spider climbed up the spout again.





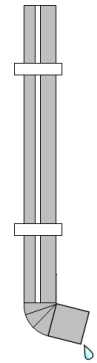
The Incy Wincy Spider



climbed



up



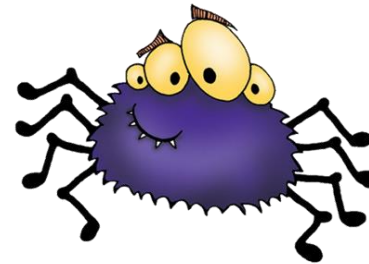
the waterspout



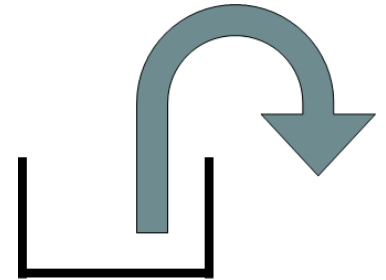
Down came



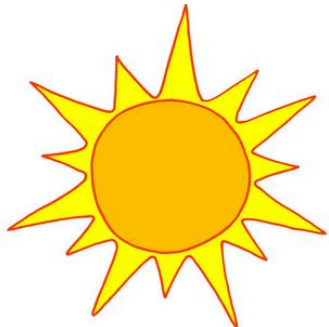
the rain and washed



the spider



out



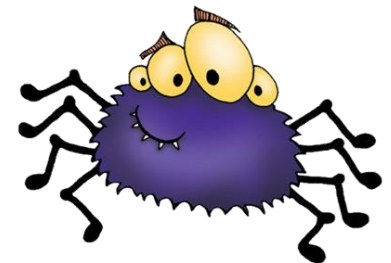
Out came the sun



and dried up



all the rain



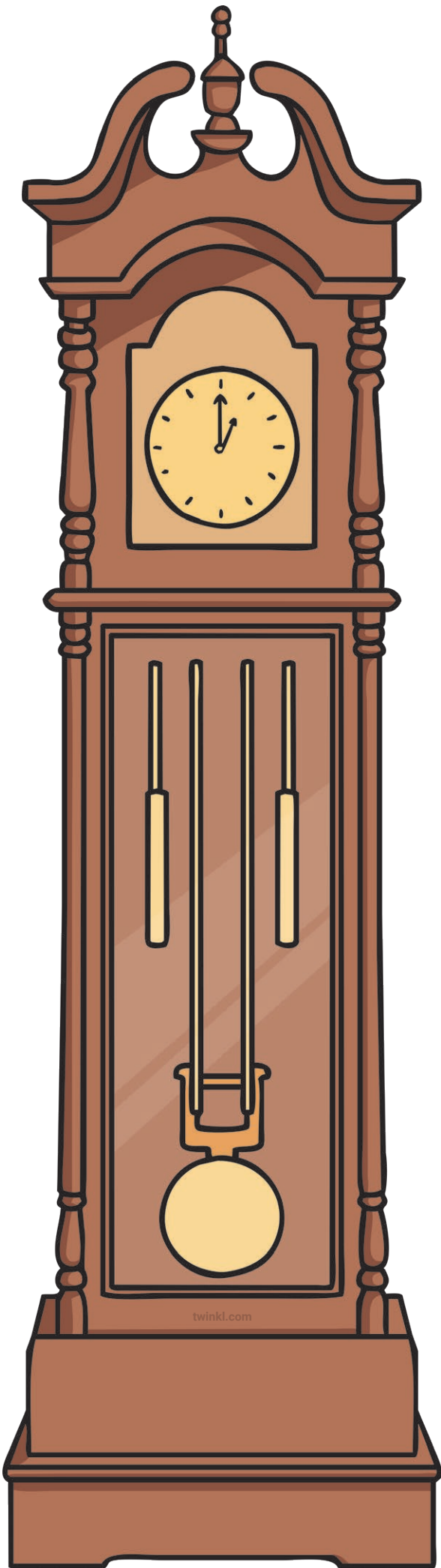
and the Incy Wincy Spider

# Hickory Dickory Dock

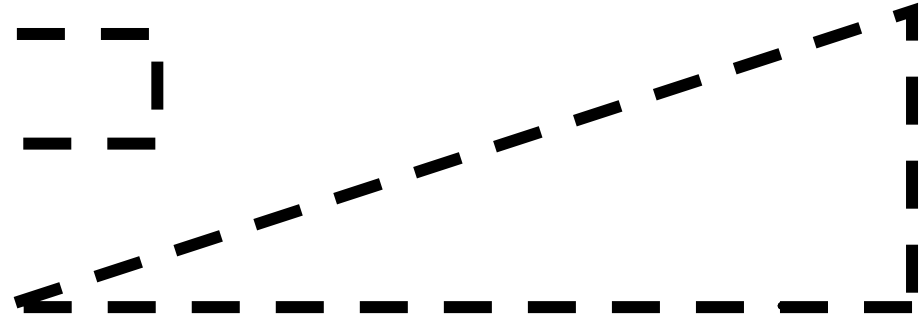
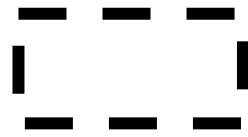
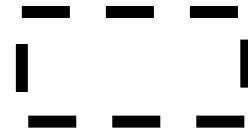
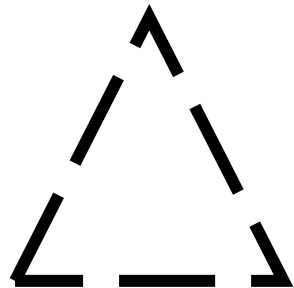
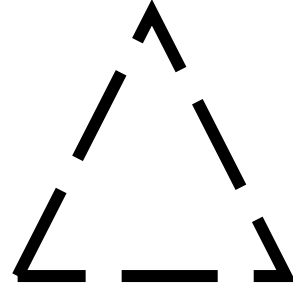
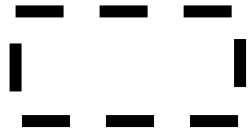
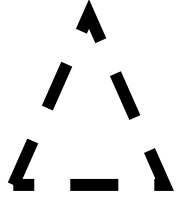
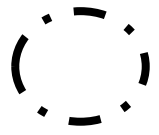
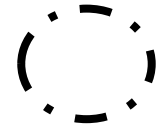
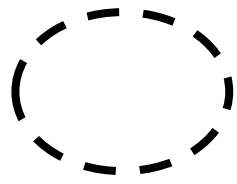
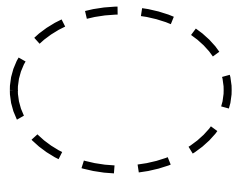
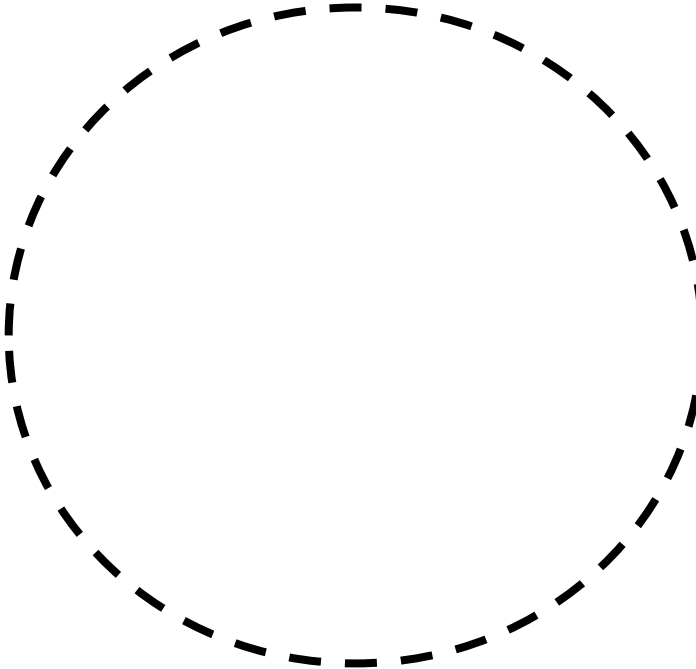
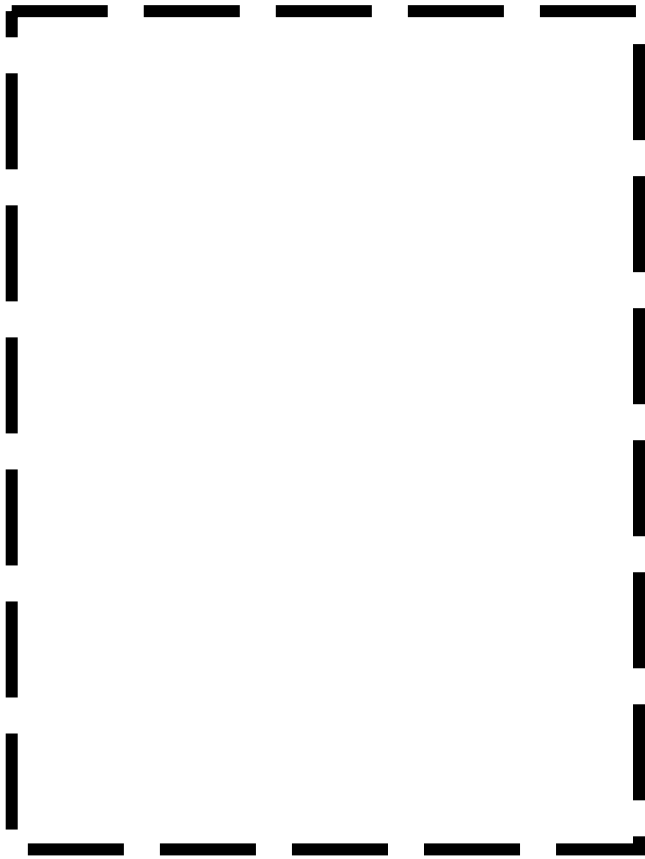
Hickory Dickory Dock,  
The mouse ran up the clock.

The clock struck one,  
The mouse ran down,  
Hickory Dickory Dock.









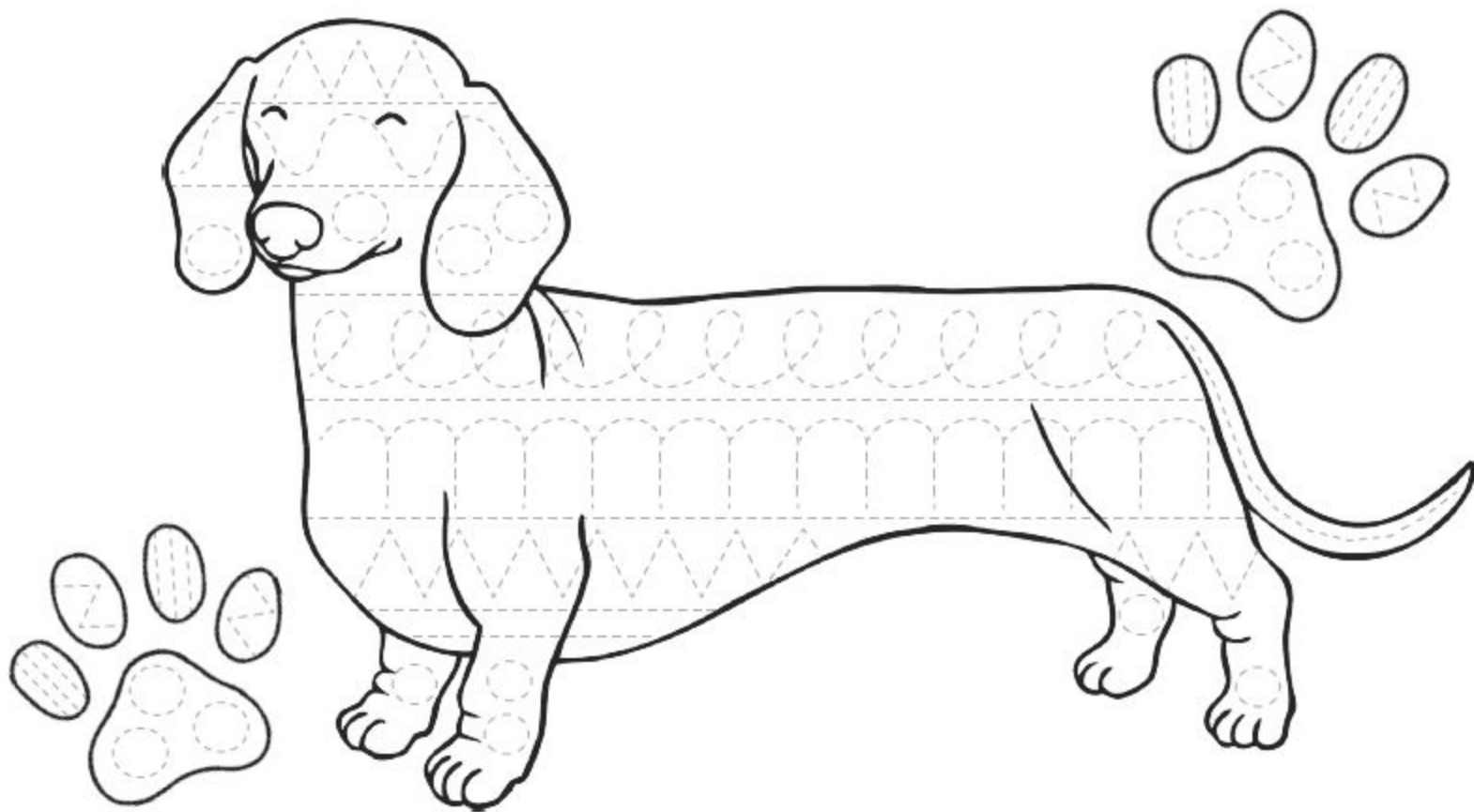
Cut, colour and arrange the shapes to create a cat as your house pet

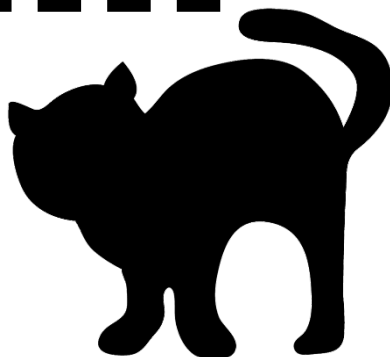
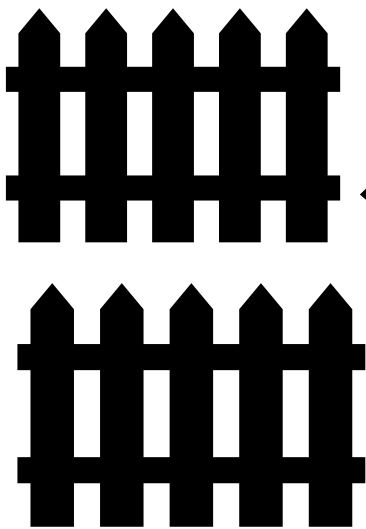
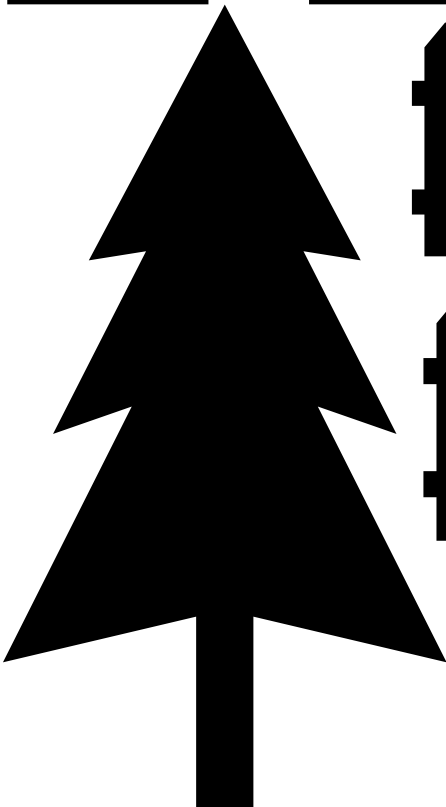
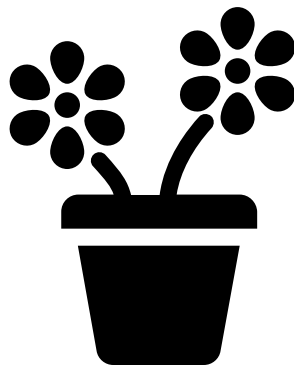


# Pencil Control



# Pets Pattern Tracing Activity





*Slinky Mailinki is out and about. Use the different shadow images to make the neighborhood he visits during his nighttime adventures. Preschool Red Class Term3 Week 6 Learning from Home*



# Side-sliding

Take a  
side step.



Draw a line  
(drag/slide)  
with the  
other foot to  
meet.



Slide  
together,  
slide  
together.



## Old Grey Cat

Ask children to form a circle with two or three children in the middle (they are the 'old grey cats'). Children hold hands and side-slide either clockwise or anti-clockwise together. As they move they sing "I'm a little bird and I live in a tree, you're an old grey cat and you can't catch me". Once the children finish the song they have to run away from the cats. The 'old grey cats' have to try and catch them. Then choose other children to be the 'old grey cats'.

## Snail Relay

Separate children into teams. Mark out a relay track. Children will be running a relay but instead of running they will be sliding like snails. The first child side-slides up and back and has to high five the next child in line. They then do the same until the whole team has finished.

## Shape Game

Cut out coloured shapes from laminated paper. Have a variety of different colours for each shape. Place them around a designated area on the ground. When the music starts, ask children to side-slide around the shapes. When the music stops they have to stand on one of the shapes. If there are not enough shapes, the children can share by either having a body part touching the shape or touching someone who is touching the shape. You can ask children questions like 'who is standing on a square?' and 'what colour is the square you are on?'. To make it harder, next time specify that children have to find a red shape or everyone has to find a circle. You can change the mode of travel such as running or hopping.

## Line Sliding

Mark out a line with chalk or masking tape and ask the children to side-slide along the line.



# SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog

## DESCRIPTION

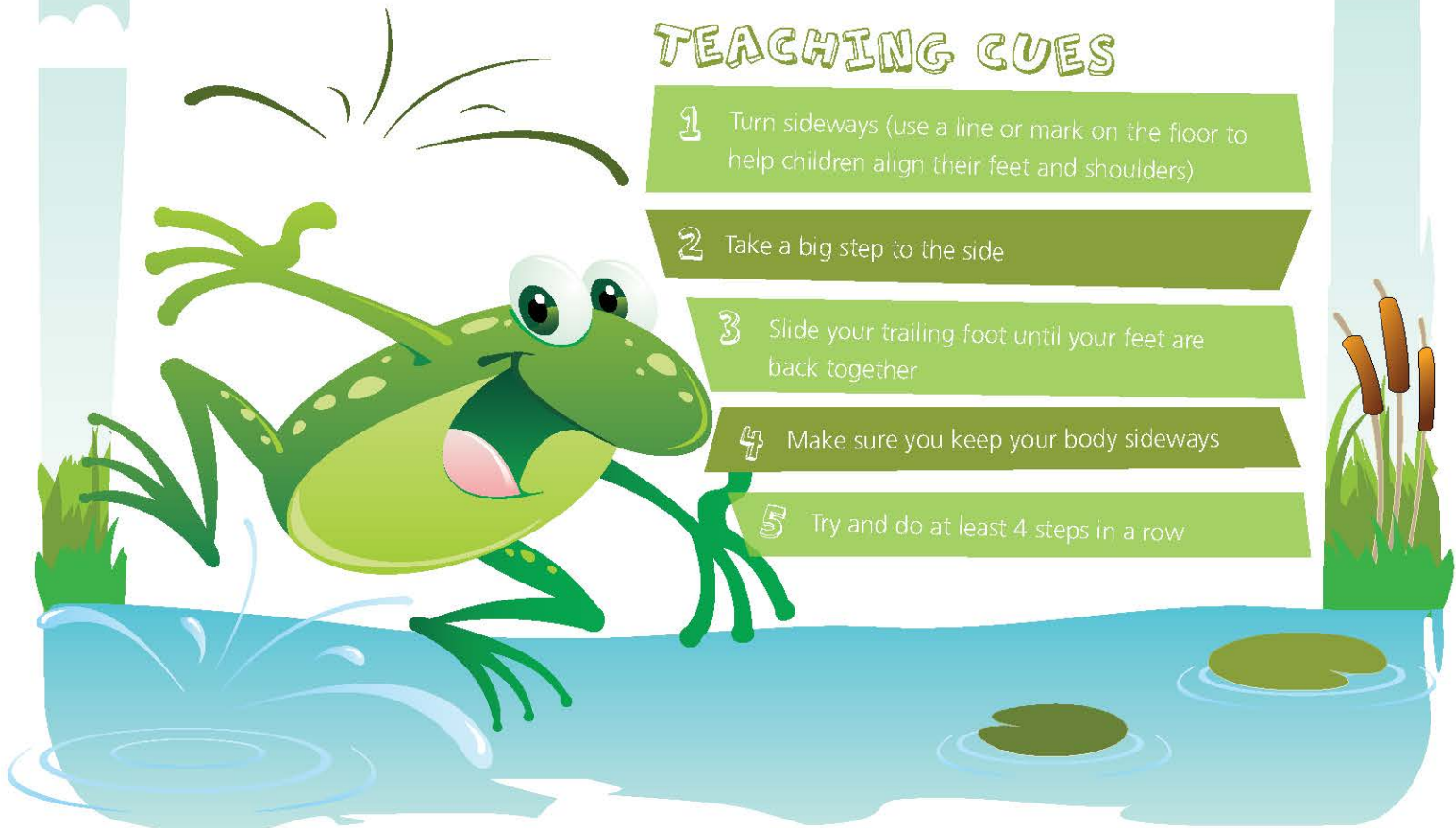
Side sliding is a side to side gallop with minimal bounce. The movement should look smooth and children stay low to the ground.

## POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for side sliding
- Start with the 'Who can side slide like Franky the Frog?' activity, most children will find this movement simple so challenge them to go a little faster or to follow a line on the floor
- If a child is having difficulty side sliding, try breaking up the action into simpler parts. Work on single components such as keeping the body side on, making sure feet touch in the middle and turning the head to watch where they are going without moving their shoulders
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of side sliding
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Turn sideways (use a line or mark on the floor to help children align their feet and shoulders)
- 2 Take a big step to the side
- 3 Slide your trailing foot until your feet are back together
- 4 Make sure you keep your body sideways
- 5 Try and do at least 4 steps in a row



# SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

The Ants Go Marching.

## WHO CAN SIDE SLIDE LIKE FRANKY THE FROG?

### Game Set up

Children spread out in a defined area

### Activity

Who can side slide:

- Slow
- Fast
- In a straight line
- Along a balance beam
- On their tip toes
- Sneakily

Franky says "Don't forget to use the FMS lanyard to help you detect and correct!"

## FOLLOW THE FOOTPRINTS

### Equipment

- Footprints (could be laminated paper cut from cardboard, stickers or drawn with chalk)

### Game Set up

- Create a course throughout the yard or inside the room
- Place footprints all around and in different directions

### Activity

- Get children to side slide along the course making sure they slide over every footprint
- This helps children practice bringing their feet together, so they can step their lead foot to the footprint and bring their trailing foot alongside

- Play music to make it fun, try the song 'Sliding' (track 6 of the Munch & Move CD)

Sliding, sliding, sliding, side sliding together

- Encourage older children to slide in both directions





# SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog



## PARACHUTES

### Equipment

A parachute, if you do not have one this activity could also be done using a bed sheet

### Game Set up

- Spread the parachute out in an open space
- Make sure you have adequate staff participating

### Activity

- Children form a circle holding hands and spreading out
- Educators open out the parachute and all children take hold with both hands
- Children and educators side slide around the circle still holding the parachute
- Variations can include:
  - Side sliding with the parachute held up high (above heads)
  - Side sliding with the parachute held down very low
  - Taking 4 steps left and then 4 steps right
  - After a number of side slides an educator calls 'under' and children run underneath the parachute

## SIDE SLIDING SONGS

### Equipment

No equipment is needed, but you may like to use a CD player

### Game Set up

Have children form a circle in an appropriate space

### Activity

Incorporate side sliding into circle songs. Have children hold hands and side slide around the circle singing songs such as:

Here we go round the mulberry bush  
Here we go round the mulberry bush,  
The mulberry bush,  
The mulberry bush.  
Here we go round the mulberry bush  
So early in the morning



# SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog

## SIDE SLIDING SONGS

**Cows in the Meadow**  
(alternate rhyme to Ring around the Rosey)

Fishes in the water,  
Fishes in the sea  
We all jump up  
With a one-two-three!

Cows in the meadow  
Eating all the grass,  
They all fall down  
With a one two three!

**One Grey Elephant...**

One grey elephant balancing,  
step by step on a piece of string,  
thought it was such a wonderful stunt  
so he called for another elephant.

Two grey elephants balancing,  
step by step on a piece of string,  
thought it was such a wonderful stunt  
so he called for another elephant.

Repeat until all children are sliding, then final line:

And what do you think happened??  
THEY ALL FELL OFF!

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

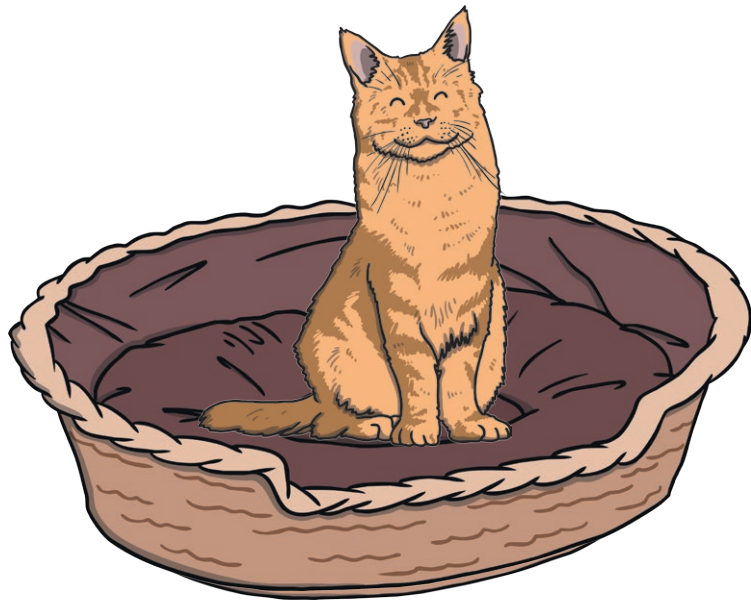
**Transition songs or stories make great cool down activities, try: The Belly Button Game.**

Have children imagine their belly button is at the centre of a circle. Ask them to draw big circles as if they have a hula hoop around their waist. Try 3 circles one direction and then 3 the other way, you could also try circles with their eyes closed, up high, down low and end with children seated making tiny circles with their belly buttons.



# Where Is the Cat?

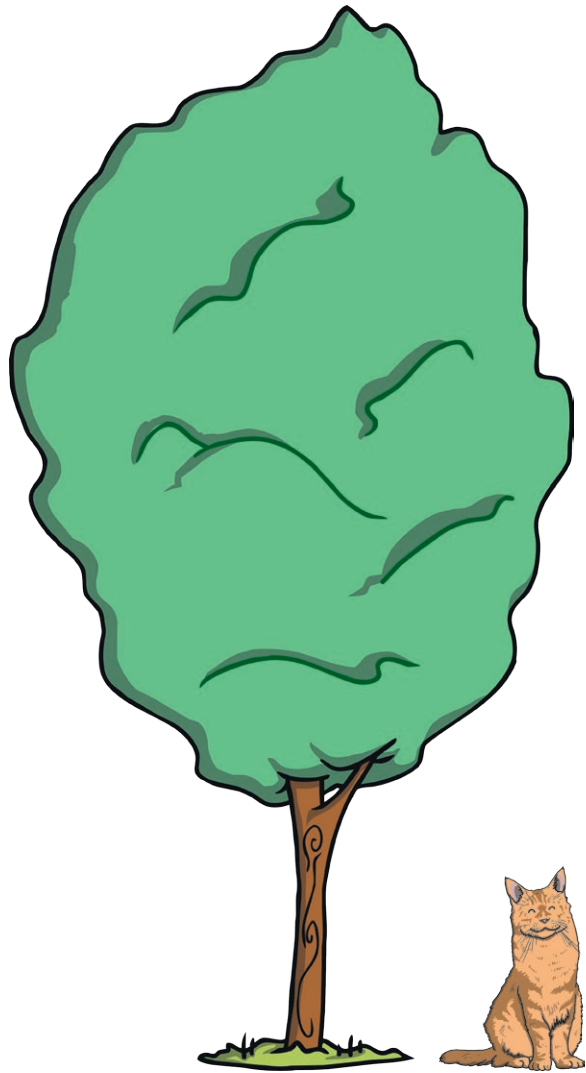
## Positional Language Picture Cards



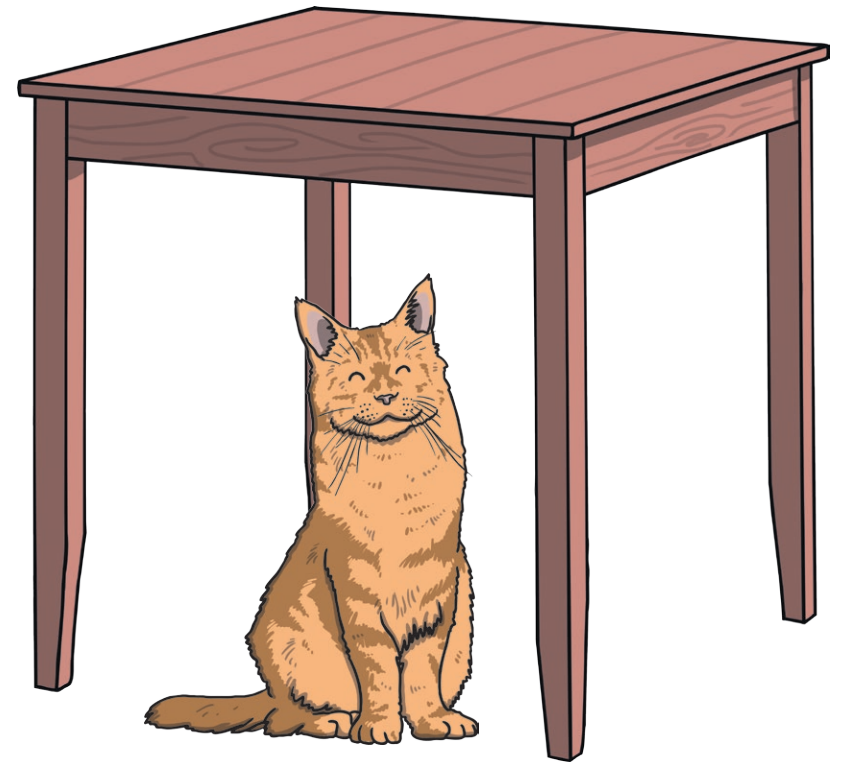
Where Is the Cat? Positional Language Picture Cards



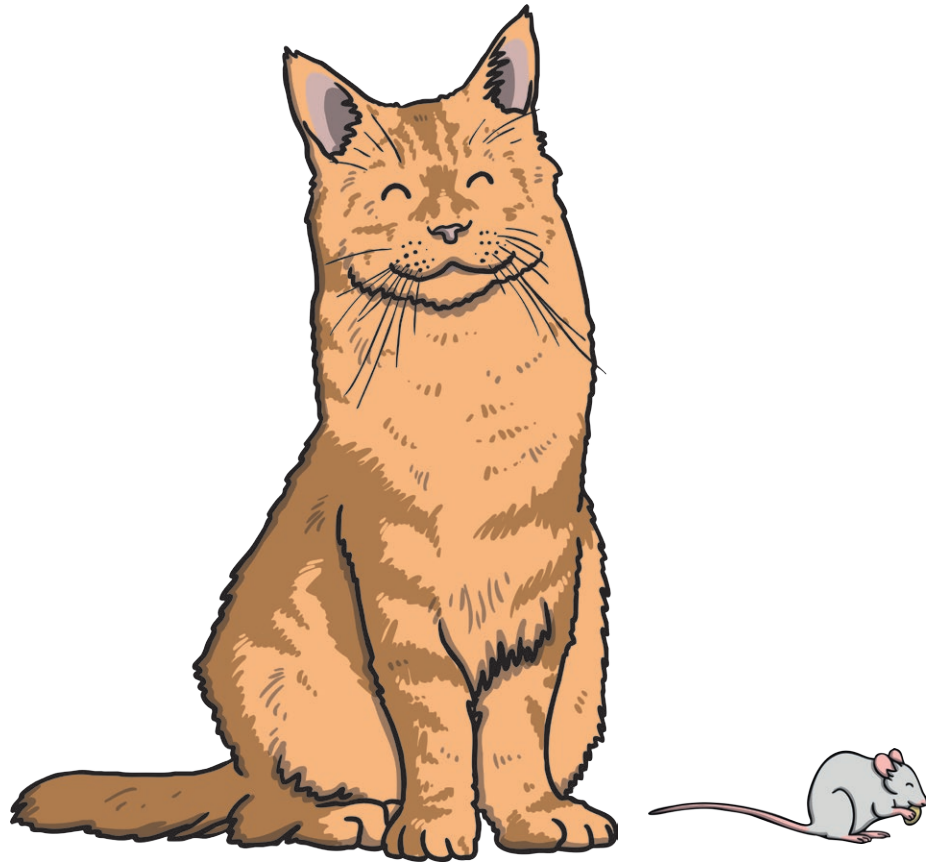
Where Is the Cat? Positional Language Picture Cards



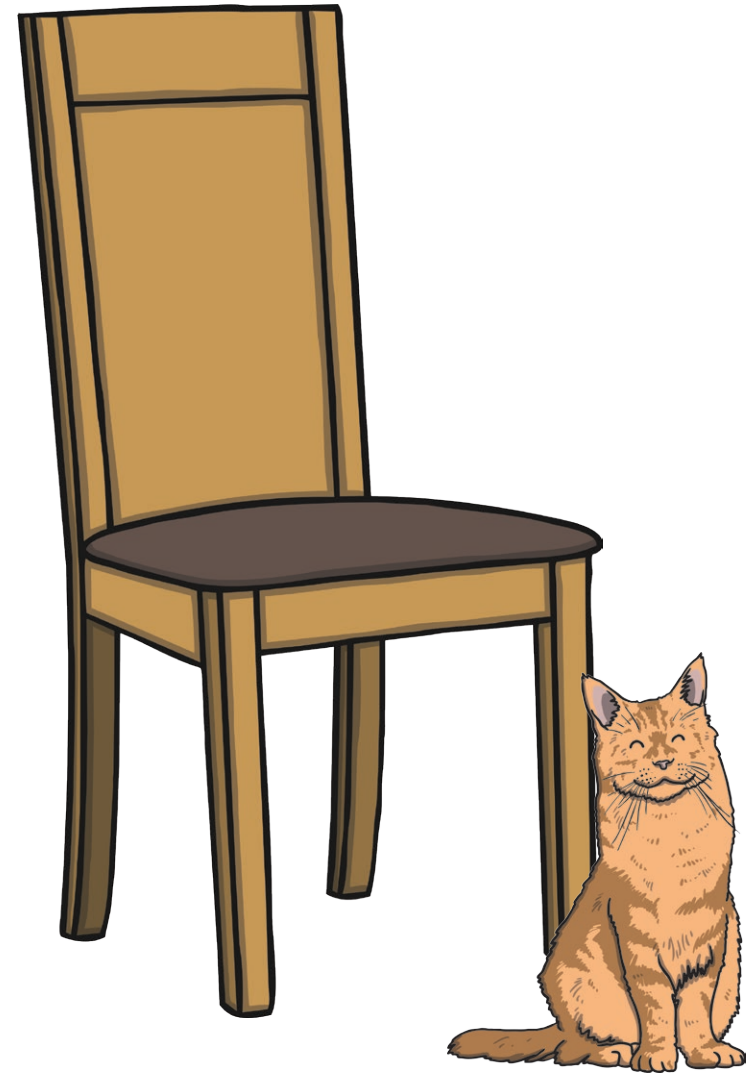
Where Is the Cat? Positional Language Picture Cards



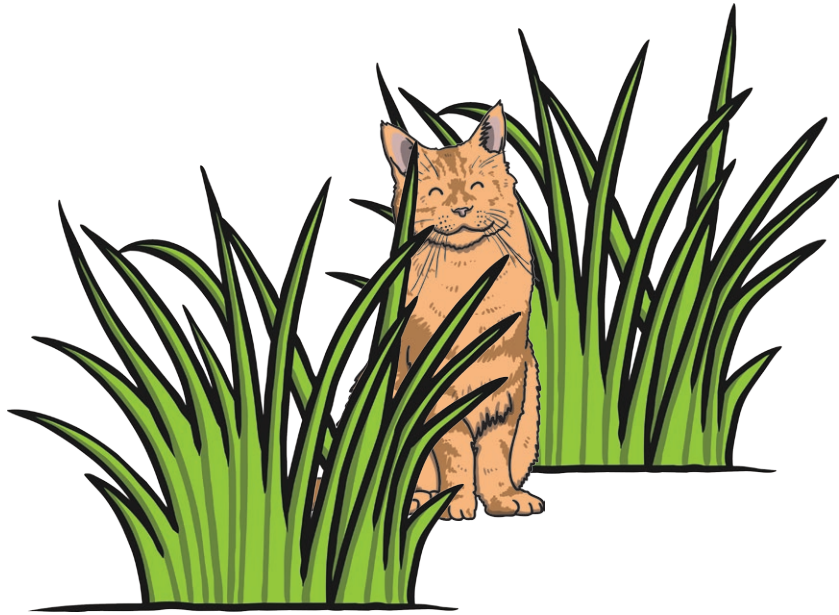
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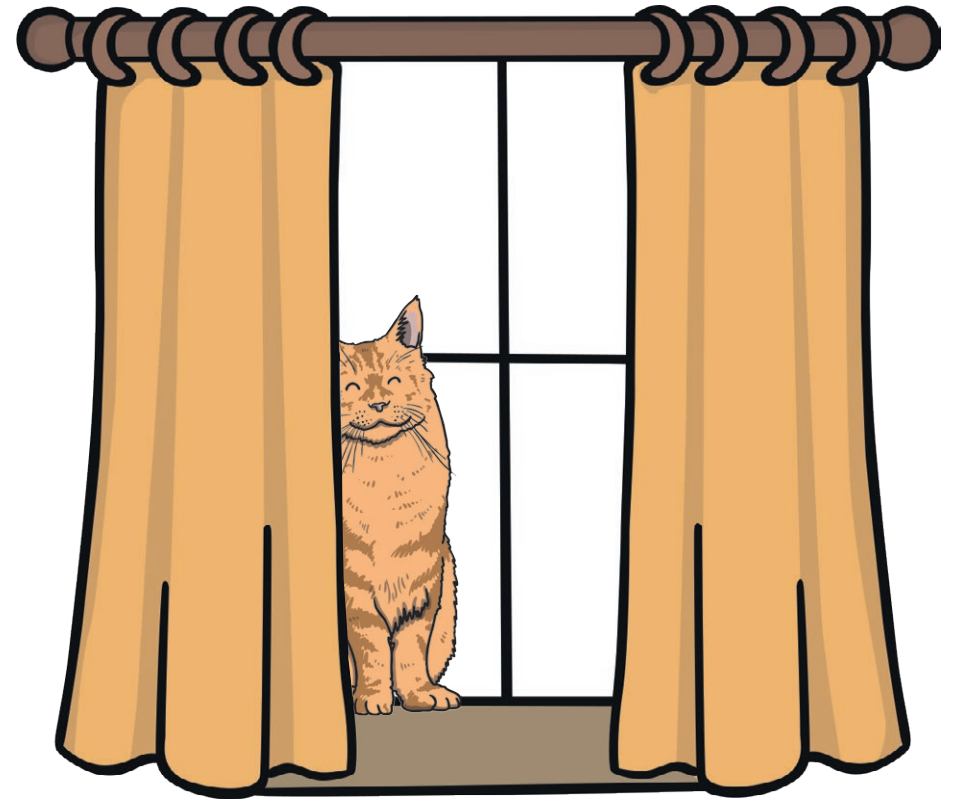
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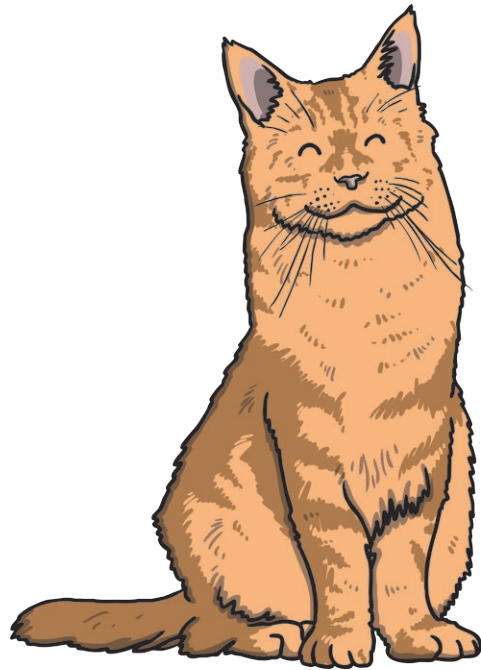
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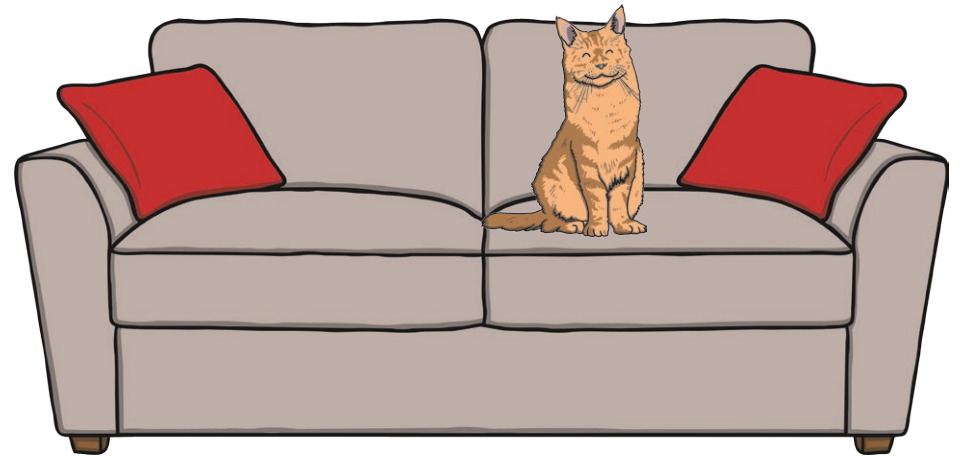
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