

Activities and ideas for Year 3 to Year 6

EVERYDAY ACTIVITIES

READ



- Read a book, comic, magazine or letter. *Talk about what you read, your favourite part and anything that you found interesting.*

MOVE



- Get up and moving throughout the day. *Talk about the importance of regular movement breaks and try out different ways to move your body.*

DRAW OR WRITE



- Draw/write something about your family. *Talk about what you have drawn/written. Consider what you can add or change to make it more interesting or detailed.*

SPEAK AND LISTEN



- Talk about something new you have learnt or something you want to learn more about.

DURING THE WEEK

FINE MOTOR



- Throw and catch a ball or scrunched up piece of paper with one hand. *How many times can you do this without dropping it?*

CREATIVE



- Collect leaves and flowers. Trace, rub or press them to create an artwork. *What will you choose to use? Will colours, shape and size be important to you?*

CONSTRUCTION



- Make a house for a character from a book or TV show. *What will you build it from? How big/small will it be?*

COOK



- Make lunch with your family. *What will you make? What ingredients will you need? What will the steps be? What rules are there when helping in the kitchen? How will you keep yourself and your work area clean? How will you remain safe?*

GAMES



- Go on a scavenger hunt. *What items will you need to find? What are the rules? How will you know you are finished?*

CONNECT



- Draw a plan of your garden and send it to a family member or friend. *How will you show off different areas?*

ACTIVE



- Create an obstacle course. *Where will you set it up? What items will you need? Will it be safe? How easy or hard will it be?*

RELAXATION



- Find a quiet space outside and look up at the sky. *Can you see any clouds? What do they look like? Can you think of a story?*

MUSIC



- Change the lyrics of a popular song to be about washing hands and germs. *Why is a song like this important?*

TECHNOLOGY



- Make a boat that can float on water. *What materials will you use? Will it be able to float? Can it hold additional weight?*

HELPING



- Choose an area of the house to clean. *Why is it important to keep your home clean?*

FREE CHOICE



- This is an opportunity for children to have some independence. *Talk about options that can be part of free choice.*

WEBSITES TO CHECK OUT

- ABC EDUCATION- <https://education.abc.net.au/home#!/home>
- LEARNING POTENTIAL- <https://www.learningpotential.gov.au/>
- BRAIN POP- <https://www.brainpop.com/>

