



LEARNING AT HOME

Lesson guide – year 1

We've created a suite of lessons for students learning at home due to COVID-19.

You'll find lessons and additional guides for students from reception to year 10 on [Our Learning SA](#).

Using this guide

This guide gives an overview of the lessons for year 1.

Students

Students and families can use this guide to:

- complete the lessons in order; we recommend starting from lesson 1, series 1 in each learning area
- track your progress through the lessons.

Teachers

Teachers can use this guide to:

- find lessons developed from the department's curriculum resources
- support professional learning.



Literacy

[Series 1](#)

- Lesson 1: Learn grapheme [ai]
- Lesson 2: Learn grapheme [ay]
- Lesson 3: Learn grapheme [ee]
- Lesson 4: Learn grapheme [-y]
- Lesson 5: Learn grapheme [oi]
- Lesson 6: Review grapheme [oy]
- Lesson 7: Review grapheme [ea]
- Lesson 8: Review grapheme [oo]
- Lesson 9: Review grapheme [oo]
- Lesson 10: Review grapheme [ou]
- Lesson 11: Review grapheme [ow]
- Lesson 12: Review the alternate phoneme of [ow]
- Lesson 13: Review grapheme [-y] representing /ee/ at the end of a 2 syllable word
- Lesson 14: Review grapheme [igh]
- Lesson 15: Learn split digraph [a_e] and the word 'friend'
- Lesson 16: Review split digraph [a_e] and the word 'friend'
- Lesson 17: Learn split digraph [i_e] and the word 'about'
- Lesson 18: Review split digraph [i_e] and the word 'about'
- Lesson 19: Learn split digraph [o_e] and the word 'little'
- Lesson 20: Review split digraph [o_e] and the word 'little'
- Lesson 21: Review split digraphs [a_e] and [i_e]
- Lesson 22: Learn split digraph [e_e] and the word 'saw'
- Lesson 23: Review split digraph [e_e] and the word 'saw'
- Lesson 24: Learn split digraph [u_e] and the word 'put'
- Lesson 25: Review split digraph [u_e] and the word 'put'
- Lesson 26: Review split digraphs and high frequency, irregular words
- Lesson 27: Learn suffix [-es] as a plural noun
- Lesson 28: Learn grapheme [ar]
- Lesson 29: Learn grapheme [er] and the word 'who'
- Lesson 30: Learn grapheme [ir] and the word 'were'
- Lesson 31: Learn digraph [ur] and the word 'Saturday'
- Lesson 32: Learn digraph [or] and the word 'here'
- Lesson 33: Review digraphs [ar], [er], [ir], [ur] and [or]
- Lesson 34: Learn digraph [aw] as an alternate to [or] and the word 'give'
- Lesson 35: Learn digraph [au] as an alternate to [or] and the word 'oh'
- Lesson 36: Review the alternate spellings [or], [aw] and [au]
- Lesson 37: Learn suffix [-ing] to change the meaning of verbs (part 1)
- Lesson 38: Learn suffix [-ing] to change the meaning of verbs (part 2)
- Lesson 39: Learn digraph [ph] as an alternate spelling for [f] and the word 'because'
- Lesson 40: Learn trigraph [tch] as an alternate to [ch] and the words 'Mr, Mrs, Ms'

Literacy

[Series 2](#)

- Lesson 41: Learn trigraph [dge] as an alternate spelling for soft [g]
- Lesson 42: Learn closed syllables and open syllables
- Lesson 43: Learn open syllable [a] as an alternate spelling for long /a/
- Lesson 44: Learn digraph [ey] as an alternate spelling for long /a/
- Lesson 45: Learn digraph [ea] as an alternate spelling for long /a/
- Lesson 46: Learn digraph [eay] as an alternate spelling for long /e/
- Lesson 47: Learn open syllable [e] as an alternate spelling for long /e/
- Lesson 48: Learn digraph [ie] as an alternate spelling for long /e/
- Lesson 49: Learn schwa /ə/ in unstressed syllables
- Lesson 50: Learn suffix [-er] which changes a verb to a noun
- Lesson 51: Learn suffix [-er]
- Lesson 52: Learn digraph [ie] as an alternate spelling for long [i]
- Lesson 53: Learn open syllable [i] as an alternate spelling for long [i]
- Lesson 54: Learn morpheme vowel suffix [-y]
- Lesson 55: Learn morpheme [-ly]
- Lesson 56: Learn digraph [oa] as an alternate spelling for long /o/
- Lesson 57: Learn digraph [oe] as an alternate spelling for long /o/
- Lesson 58: Learn digraph [o] as an alternate spelling for long /o/
- Lesson 59: Learn prefix [re-]
- Lesson 60: Learn digraph [ew] as an alternate spelling for long /u/
- Lesson 61: Learn digraph [ue] as an alternative spelling for long /u/
- Lesson 62: Learn open syllable [u] as an alternative spelling for long /u/
- Lesson 63: Learn suffix [-ed] with phoneme /t/
- Lesson 64: Learn suffix [-ed] with phoneme /d/
- Lesson 65: Learn suffix [-ed] with phoneme schwa /ə/

Numeracy

[Series 1](#)

- Lesson 1: Number – count to 100 and make groups
- Lesson 2: Number – count forwards and backwards by 2s
- Lesson 3: Number – count by 2 and 10
- Lesson 4: Number – review counting up to 100 by 2, 5 and 10
- Lesson 5: Number – create number lines from 0 to 10 and 10 to 20
- Lesson 6: Counting and locating numbers to 100
- Lesson 7: Subitising to 10
- Lesson 8: Magic of 10 – number bonds to 10
- Lesson 9: Magic of 10 – making a ten frame
- Lesson 10: Review number lines
- Lesson 11: Counting to 100

Numeracy

- Lesson 12: Place value – addition facts to 10 and more
- Lesson 13: Multiple 10 frames
- Lesson 14: Counting collections to 100
- Lesson 15: Review of number concepts and strategies
- Lesson 16: Addition to 10 and beyond
- Lesson 17: Addition – make larger numerals
- Lesson 18: Addition – counting on
- Lesson 19: Subtraction
- Lesson 20: Putting it all together – addition and subtraction
- Lesson 21: Addition and subtraction on a number line 0 to 30
- Lesson 22: Discovering a missing part (addend)
- Lesson 23: Developing number fluency with forwards and backwards counting
- Lesson 24: What is between zero and 1 on a number line?
- Lesson 25: Sharing collections equally in half
- Lesson 26: Noticing equal and not equal amounts
- Lesson 27: Doubles
- Lesson 28: Near doubles
- Lesson 29: Can we add more than 2 doubles?
- Lesson 30: Addition and subtraction on the hundreds chart
- Lesson 31: Measurable attributes
- Lesson 32: Language of length
- Lesson 33: Uniform informal units to measure length
- Lesson 34: Estimating before measuring – working out the total
- Lesson 35: Applying knowledge of measurement – length
- Lesson 36: Language of capacity
- Lesson 37: Uniform informal units to measure capacity
- Lesson 38: Estimating then measuring capacity
- Lesson 39: Comparing capacity of different containers
- Lesson 40: Applying knowledge of capacity

[Series 2](#)

- Lesson 41: Understanding words to describe location and direction
- Lesson 42: Understanding words needed to give and follow directions
- Lesson 43: Understanding directional words
- Lesson 44: Following instructions using location words
- Lesson 45: Understanding and following directions
- Lesson 46: Understanding and comparing longer and shorter durations
- Lesson 47: Ordering events from shortest to longest duration
- Lesson 48: Comparing the duration of months, weeks, days and hours
- Lesson 49: Understanding the duration of months, weeks, days and hours
- Lesson 50: Sequencing familiar events of a day in order of time
- Lesson 51: Understanding clocks – why and how we measure time
- Lesson 52: Reading o'clock times

Numeracy

- Lesson 53: Understanding clocks – use o'clock times to follow a schedule
- Lesson 54: Reading half-hour times
- Lesson 55: Using o'clock and half-hour times
- Lesson 56: Understanding 2 and 3 dimensional shapes
- Lesson 57: Recognising 2 dimensional shapes
- Lesson 58: Describing attributes of 2 dimensional shapes
- Lesson 59: Classifying 2 dimensional shapes
- Lesson 60: Using knowledge of 2 dimensional shapes

Physical activity

[Series 1](#)

- Lesson 1: Building strength
- Lesson 2: Building strength
- Lesson 3: Building strength
- Lesson 4: Building strength
- Lesson 5: Building strength
- Lesson 6: Let's move
- Lesson 7: Let's move
- Lesson 8: Let's move
- Lesson 9: Let's move
- Lesson 10: Let's move
- Lesson 11: All sports
- Lesson 12: Jumping into the day
- Lesson 13: Build your strength – whole body
- Lesson 14: All sports
- Lesson 15: Coordination and agility challenges
- Lesson 16: Build your strength – upper body
- Lesson 17: All sports
- Lesson 18: Object control
- Lesson 19: Build your strength – core
- Lesson 20: All sports
- Lesson 21: Locomotor movements
- Lesson 22: Build your strength
- Lesson 23: Virtual surf life saving event
- Lesson 24: Coordination
- Lesson 25: Build your strength
- Lesson 26: Follow your dreams
- Lesson 27: Strength, flexibility and mindfulness
- Lesson 28: Build your strength and fitness
- Lesson 29: Canoe racing
- Lesson 30: Flexibility

Physical activity

- Lesson 31: Build your strength and fitness
- Lesson 32: Athletics
- Lesson 33: Being active helps your memory
- Lesson 34: Building your fitness
- Lesson 35: Dragon boat racing
- Lesson 36: Balance
- Lesson 37: Build your fitness
- Lesson 38: Surf life saving super series 1000
- Lesson 39: For the love of moving
- Lesson 40: Build your strength and fitness – whole body

[Series 2](#)

- Lesson 41: Mountain bike challenge
- Lesson 42: Strength and agility
- Lesson 43: Build your strength and fitness – whole body
- Lesson 44: Olympic swimming
- Lesson 45: Strength and flexibility
- Lesson 46: Building your strength and fitness – upper body
- Lesson 47: Aussie rules football
- Lesson 48: Skills – throw and catch with a partner
- Lesson 49: Building your strength and fitness – lower body
- Lesson 50: Junior triathlon
- Lesson 51: Reaction time and agility
- Lesson 52: Whole body workout
- Lesson 53: Line dancing
- Lesson 54: Hand-eye coordination and agility
- Lesson 55: Upper body workout
- Lesson 56: Winter Olympics
- Lesson 57: Hand-eye coordination and agility
- Lesson 58: Lower body workout
- Lesson 59: Spin session
- Lesson 60: Volleyball basics
- Lesson 61: Whole body workout
- Lesson 62: Choose your own adventure
- Lesson 63: Mobility and range of motion
- Lesson 64: Whole body workout
- Lesson 65: Dragon boats

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