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† This guide is intended for students learning at home due to COVID-19.

† This guide is intended for students learning at home due to COVID-19 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 reception.

Students

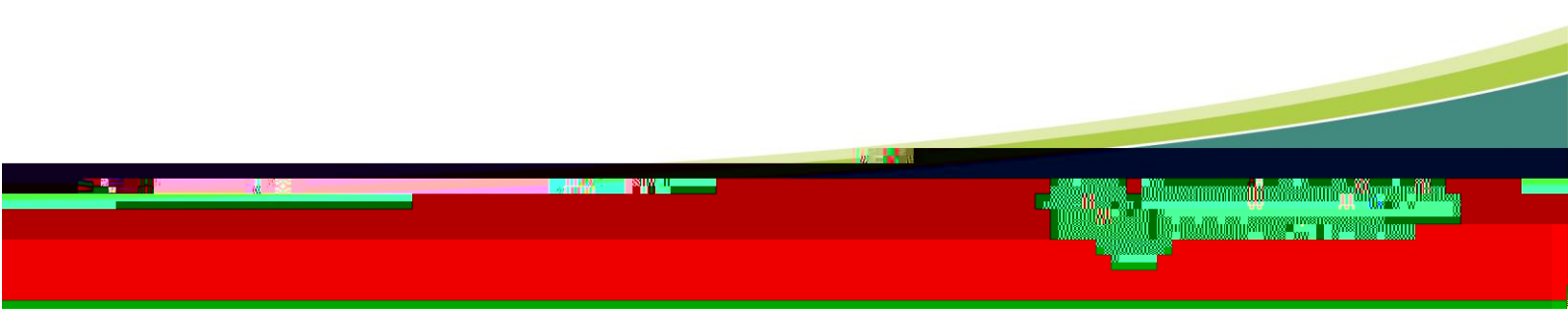
Students and families can use this guide to:

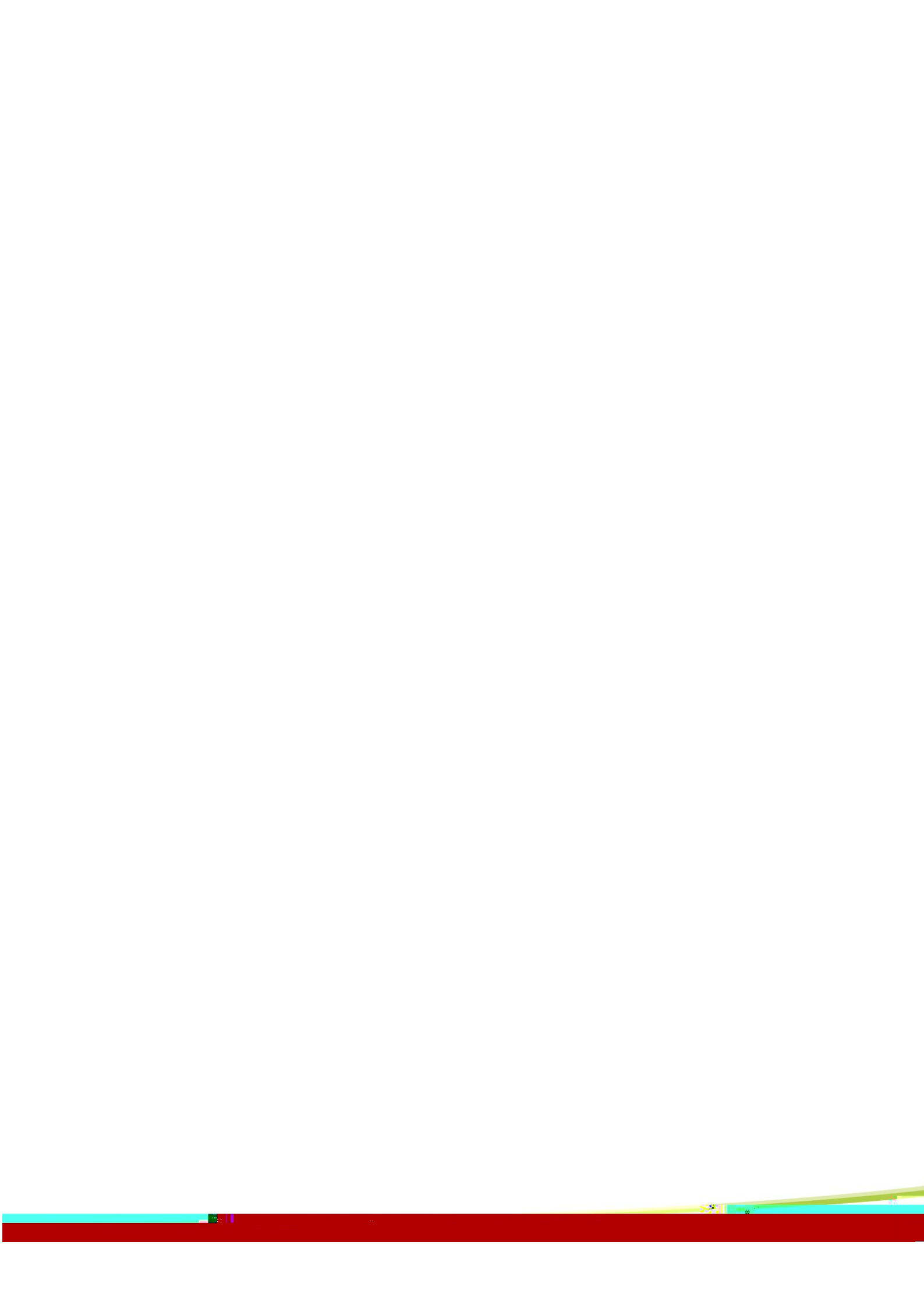
- complete the lessons in order; we recommend starting from lesson 1, series 1 in each learning area
- track your progress through the lessons.

Teachers

Teachers can use this guide to:

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





Literacy

[Series 2](#)

Lesson 41: Read and write phoneme /f/ as in fish

Lesson 42: Practise phoneme /f/

Lesson 43: Read and write phoneme /e/ as in egg

Lesson 44: Practise phoneme /e/

Lesson 45: Practise phonemes /f/ and /e/

Lesson 46: Read and write phoneme /h/ as in hat

Lesson 47: Practise phoneme /h/

Lesson 48: Read and write phoneme /b/ as in bed

Lesson 49: Practise phoneme /b/

Lesson 50: Read and write phonemes /h/ and /b/

Lesson 51: Read and write phoneme /l/ as in ladder



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