

Ngunnawal Primary School

Year 2 Life Skills Learning Matrix

Physical Education	Health	Mindfulness	Science
Learning Intention: I can practise throwing and catching with a family member. Can I throw underarm and overarm? Success Criteria: I make a successful 'catch and throw'. Learning Task: Find a space that is big enough to throw with a family member. Practice throwing under arm first. Remember to put your non throwing foot out in front as you throw with your throwing arm. For each successful throw take a step back. What do you need to do as you get further away? When you throw over arm, remember to change your body so that your non throwing shoulder is facing towards your partner.	Learning Intention: I can keep a record of what I am eating while I am at home. Are you eating enough fruit and vegetables? Success Criteria: I write down what I eat for each meal I decide if I am eating enough fruit and vegetables. Learning Task: For each meal write down what you eat. Make sure you list each of the ingredients used.	Learning Intention: I can take some time during the day to practise mindfulness. Success Criteria: I set a time limit to practise mindfulness. Learning Task: Practice mindfulness to a set time eg. 10 minutes	Learning Intention: I can find water sources in my home. Success Criteria: I discuss where water is used at home with a sibling or adult. I record where and how water is used at home in my book. Learning Task: Identify and record water sources that are found in the home.
Physical Education	Health	Mindfulness	Science
Learning Intention: I can do 25 Star Jumps, 25 Burpees and 25 Squats each day. Success Criteria: I can keep a record of how many I can do successfully.	Learning Intention: I can wash my hands each time after going to the toilet and before each time I eat. Success Criteria:	Learning Intention: I can take some time out during the day to practise mindfulness. I can find another place to practice mindfulness	Learning Intention: I can predict what will happen to water in different places in my home. Success Criteria:

Learning Task: Find a space in the house for you to complete each of the activities. Make sure that you do each activity.	I can create a song or jingle with my family to demonstrate the importance of hand washing. Learning Task: Create a song that you can use while you are washing your hands. Record your song.	Success Criteria: I find a suitable place by myself. Learning Task: Find a suitable place to practice mindfulness where you can focus on your breathing.	I place cups of water in at least 2 different rooms of the house/ backyard for 3-4 days. I predict what will happen to the cups of water before I begin. I check on the cups each day and record in my book, what has changed/ what I can see. After a few days I will look at my prediction and compare it to what has happened. Learning Task: Set up an experiment using water in cups in different rooms to see what happens to them over a period of days.
Physical Education	Health	Mindfulness	Art
Learning Intention: I can spend 15 minutes during the day to practise my skipping. Success Criteria: I can do 10 skips in a row. Learning Task: Find an open space and practice your skipping skills.	Learning Intention: I can drink at least two glasses of water each day. Success Criteria: I will talk to a family member about why it's important to stay hydrated. Learning Task: In the morning fill up a drink bottle and see how much you drink during the day. Keep a record of what time you take a drink. What happens after you exercise? Did you need to drink more water?	Learning Intention: I can practise mindfulness with a family member. Success Criteria: I will explain and show a family member how mindfulness is done. Learning Task: Practice mindfulness using the link https://www.youtube.com/user/CosmicKidsYoga	Learning Intention: I can draw a picture of a family member using a Picasso style. Success Criteria: I have one side of the face and a different view to the other. I have drawn the parts of the face using a funny look. I used this link as a guide; https://www.youtube.com/watch?v=qEKgOBASgik Learning Task: Draw a family member in Picasso style, using the link above.

Physical Education	Health	Mindfulness	Art
Learning Intention: I can create a chatterbox with 8 different exercises that I can do at home. Success Criteria: I can create a chatterbox that has 8 exercises that I can complete successfully. Learning Task: Watch the Youtube video to show you how to make a chatterbox. https://www.youtube.com/watch?v=OGVkIVWJ0i8	Learning Intention: I can be a good friend. Success Criteria: List 5 things to be a good friend. Create a card for a friend. Learning Task: Choose a friend you haven't seen for a while and make a card saying why he/she is a good friend. You can give the card when you see them next.	Learning Intention: I can think of another way to practise mindfulness (read a book, colour in). Success Criteria: I will continue to practice mindfulness whilst reading a book or colouring in. Learning Task: Practice mindfulness whilst colouring in or reading a book.	Learning Intention: I can make a collage using natural materials. Success Criteria: I will collect natural materials from outside, such as sticks, grass, leaves and small stones. I will use these to make a collage picture of our choice. Learning Task: Create a collage of a picture of your choice using natural materials found outside.