

Extended Learning Activities during Full HBL
Primary 1 to Primary 3

You may choose your learning activities from below.

Subject	Instructions	Duration
PE	<p>Activity 1: Let's Get Moving!</p> <p>You will need the following:</p> <ol style="list-style-type: none"> 1) An empty space in front of the computer, big enough for you to do your stretches and workout safely. 2) Water bottle for hydration purposes. 3) Be in PE/workout attire with school/ sports shoes <p>REMINDER: Please stop and rest if you feel tired, breathless or unwell and seek help from parents or adults immediately. Only exercise before meals or at least two hours after meals</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Warm up stretches: https://youtu.be/FaC-DVQy2Aw - Water break - Workout exercise: https://www.youtube.com/watch?v=7bC69h57Bbw - Water break - Cooling down exercise: https://www.youtube.com/watch?v=aYMSd0vvujo - Water break 	30 minutes
PE	<p>Activity 1: Let's Get Moving!</p> <p>You will need the following:</p> <ol style="list-style-type: none"> 1) An empty space in front of the computer, big enough for you to do your stretches and workout safely. 2) Water bottle for hydration purposes. 3) Be in PE/workout attire with school/ sports shoes <p>REMINDER: Please stop and rest if you feel tired, breathless or unwell and seek help from parents or adults immediately. Only exercise before meals or at least two hours after meals</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Warm up stretches: https://youtu.be/OoG005_yvQg - Water break - Workout exercise: https://youtu.be/3YMDVTvLbtY - Water break - Cooling down exercise: https://www.youtube.com/watch?v=aYMSd0vvujo - Water break 	30 minutes

Science	<p>Activity 1: Amazing Mammals</p> <p>https://kids.nationalgeographic.com/animals/mammals</p> <p>Instructions</p> <ul style="list-style-type: none"> - Read about 2 mammals - Write 2 cool facts in your HBL handbook and share them with your family members 	20 minutes
Science	<p>Activity 2: Planet Protector</p> <p>https://www-science-edu-sg-admin.cwp.sg/docs/default-source/scs-documents/visit-us/kidsstop/planet-protectorac8fb88cc01c4b6bb7797e77ae1259d6.pdf</p> <p>Instructions</p> <ul style="list-style-type: none"> - Complete the activities in the booklet to learn more about how you can help to save the Earth! (You may get your parents to help you print the booklet.) 	30 minutes
Science	<p>Activity 3: All the Water is Mine</p> <p>https://www.youtube.com/watch?v=Ko3066mb16g</p> <p>Instructions</p> <ul style="list-style-type: none"> - Watch the story above and find out more about how you can help to save water! 	10 minutes
English Language	<p>Activity 1: Fun with Stories</p> <p>https://storylineonline.net/</p> <p>Resources needed: Art/ writing materials</p> <p>Instructions:</p> <ol style="list-style-type: none"> 1) Choose a story that you are interested in and view the story. 2) After reading the story, you can do the following: <ol style="list-style-type: none"> a) retell the story to your parents/ a younger sibling b) make a bookmark by drawing your favourite scene in the story c) design a book cover for the story d) make a puppet of your favourite character in the story 	45 minutes

English Language	<p>Activity 2: Fun with Grammar</p> <p>Instructions:</p> <p>1) Access the following links to watch the grammar videos and complete the quizzes.</p> <p>a) Present continuous tense: https://learnenglishkids.britishcouncil.org/grammar-videos/the-woolly-jumper</p> <p>b) Simple past tense https://learnenglishkids.britishcouncil.org/grammar-videos/grans-fishing-trip</p> <p>c) Prepositions https://learnenglishkids.britishcouncil.org/grammar-videos/heros-adventure</p> <p>d) Countable and uncountable nouns https://learnenglishkids.britishcouncil.org/grammar-videos/how-many-sweets</p> <p>e) Other grammar practices and games https://learnenglishkids.britishcouncil.org/grammar-practice</p>	15 – 45 minutes
Chinese Language	<p>Activity 1: Xuele</p> <p>https://www.mtl.moe.edu.sg/xuele/MOE_web/main.html</p> <p>Instructions</p> <ul style="list-style-type: none"> - Explore the website and complete an activity that interests you 	30 minutes
Chinese Language	<p>Activity 2: Vocabulary</p> <p>Access the following links to watch the videos on phrases</p> <p>https://www.languagecouncils.sg/mandarin/en/learning-resources/singaporean-mandarin-database</p> <p>Instructions</p> <ul style="list-style-type: none"> - look at videos from the various level tabs (Primary 1 - Primary 3) - Pick five new words you have learned and share it with your family members or write in your HBL handbook. 	30 minutes

Malay Language	<p>Activity 1</p> <p>https://www.mtl.moe.edu.sg/ecekap/</p> <p>Instructions</p> <ul style="list-style-type: none"> - look at videos from the various level tabs (Primary 1 - Primary 3) - Share your thoughts verbally with your family members or write in your HBL handbook 	30 minutes
Malay Language	<p>Activity 2</p> <p>https://www.youtube.com/watch?v=Vqm9MhjWEPM</p> <p>Instructions</p> <ul style="list-style-type: none"> - Watch the story on 'Sang Kancil dan Kerbau' - Write the lessons you can learn from the story in your HBL handbook 	30 minutes
Tamil Language	<p>Activity 1: Theen Thamizh</p> <p>https://www.mtl.moe.edu.sg/theenthamizh/primary.html</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Explore the website and complete an activity that interests you 	30 minutes
Tamil Language	<p>Activity 2: Letter Introduction</p> <p>https://www.youtube.com/watch?v=hFbciVNxN0w https://www.youtube.com/watch?v=pkVuWVhfsjo</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Learn to pronounce and write the letters 	30 minutes
Math	<p>Activity 1: 3D Shapes</p> <p>https://www.youtube.com/watch?v=ZnZYK83utu0</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Take pictures/list down the items that you can find at home that are in the shape of a: Cylinder, Cone, Cuboid, Cube, Sphere, or - Create an animal/robot using shapes <p>https://www.notimeforflashcards.com/2009/01/dino-mite.html</p>	45 minutes

Math	<p>Activity 2: Create Your Multiplication City</p> <p>https://deck.toys/a/711X_Y_n8</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Build blocks of flats/houses using multiplications facts (E.g. facts of 2, 5, 3, 4) - Use Lego blocks or draw out the picture - Label your buildings with the correct multiplication facts - Take photo and upload into google drive <p>https://drive.google.com/drive/folders/1vkQl-UDOrO6CKfDzE7gw1mNnr1hZr1U?usp=sharing</p>	30 minutes
Art	<p>Activity 1: Origami</p> <p>https://www.youtube.com/watch?v=aMKYAcI8vO8 https://origami.me/diagrams/</p> <p>Materials required: Square paper, Rectangular paper</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Practice your origami skills - Choose an origami project that you want to try - Use the different basic origami folds that you learnt to create animals, flowers etc. 	15 minutes
Art	<p>Activity 2: Pointilism</p> <p>https://www.youtube.com/watch?v=D4hqKPX6d68</p> <p>Instructions:</p> <ul style="list-style-type: none"> - If you have paint at home - you can use paintbrush/disposable chopsticks/cotton buds to create dots of different sizes for your artwork - If you do not have paint at home - you can use whiteboard markers/marker pens to create your artwork. 	30 minutes
Music	<p>Activity 1: Match the Rhythm</p> <p>https://www.classicsforkids.com/games.html</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Select the game "Match the Rhythm" 	15 minutes

Music	<p>Activity 2: Play Note Names</p> <p>https://www.classicsforkids.com/games.html</p> <p>Instructions:</p> <ul style="list-style-type: none">- Select the game "Play Note Names"	15 minutes
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