



Modern Waldorf Online
Sunshine Bridge Education

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SAMPLE ONLY Year 1, Term 1

Developmental Phase: magic happens everywhere - moving into magic happens sometimes.

At this age, many young children believe magic still occurs everywhere: gnomes, fairies, angels, pixies, nymphs, goblins, unicorns, royalty, dragons, and knights are woven through the curriculum. Prep and grade one are good times to explore traditional fairy folk tales that are rich in language. Try not to change the wording of stories to make them simpler. Stories and poetry rich in language are just perfect for English immersion, even if some words are not yet completely understood. Moving towards the end of grade one (sometimes sooner, sometimes later) children may start to believe magic only happens to certain people or at certain times.

Main Lesson Overview	
Weeks 1-3	“The Number Gnomes” The Four Processes (Mathematics)
Weeks 4-7	“Adventures in Reading.” Reading (English/The Arts)
Weeks 8-10	“Wonder, Wonder” Simple Science Experiments (Science/HASS)

Materials List (required):

Main Lessons Books - no lines

Scrapbook or similar for Maths and English work

Block Crayons

Triangular Giant Pencils: coloured and lead

Watercolour paints

Art Paper (small, medium, large)

An up to date library card for the borrowing of books

A deck of cards (Week 1)

Counters. These can be bought or collected - shells, stones etc (Week 1)

Fruit for cutting into halves (Week 2)

<http://www.mercurius-australia.com/>

<https://www.dragonflytoys.com.au/>

Recommended Materials (not required):

Index or System Cards

<https://goo.gl/qeuGJa>

Natural Fleece

Blackboard and good quality chalk

Kite or Crepe paper - coloured

Waldorf Book Ideas

Hay for my Ox by Isabel Wyatt

The Seven Year Old Wonder Book by Isabel Wyatt

Hans Christian Andersen Fairy Tales

Grimm's Fairy Tales

The Kingdom of Beautiful Colours by Isabel Wyatt

<http://www.mercurius-australia.com/>

<https://www.dragonflytoys.com.au/>

Weekly Timetable Suggestion

Times	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Session	Main Lesson	Main Lesson	Main Lesson	Main Lesson	Main Lesson
Middle Session	English and/or Mathematics	English and/or Mathematics	English and/or Mathematics	English and/or Mathematics	English and/or Mathematics
Afternoon Session	Hands on activities/real world experiences/physical activities	Hands on activities/real world experiences/physical activities	Hands on activities/real world experiences/physical activities I	Hands on activities/real world experiences/physical activities	Hands on activities/real world experiences/physical activities

Afternoon session ideas: watercolour painting, dance, recorder/music, martial arts, sports, gymnastics, building, bush play, outdoor exploration, family outings, special interest projects.

The Number Gnomes

Mathematics - Introduction to the Four Process

Numbered Levels of difficulty 1-3

Have children choose their own level of difficulty. If it is too easy, guide to the next level, and vice versa.

Week 1

Story to tell the night before Lines Main Lesson

The Number Gnomes

Some gnomes don't live in the ground. They roam the Earth, fearless of humans. These brave gnomes are called Sun Gnomes because they live above ground. While they still love to learn, and share knowledge with the Ground Gnomes, Sun Gnomes are a special kind of magical folk. They are not nomads, like the Ground Gnomes. They live in small villages, almost invisible to the human eye. One particular group is famously known as the Number Gnomes. They are the ones to go to if you have a number problem.

Day One

Main Lesson - The Little Gnome

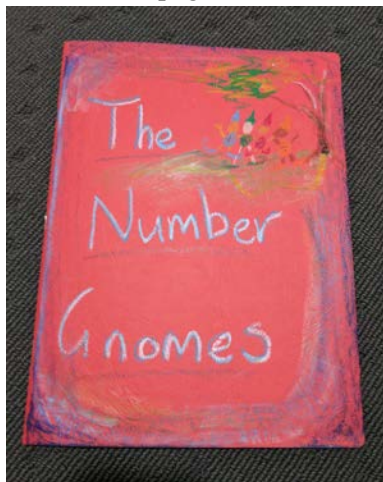
Verse/Song: All the Numbers Song (appendix)

Questions: What do you know about numbers? What do you think the Number Gnomes will teach us?

Retell: Ask children to retell who the Number Gnomes are.

Book Work:

Create a title page for The Number Gnomes (idea below)



Story 1: Pleasant Plus

Among the Sun Gnomes lived a young gnome called Pleasant. She was not given this name at birth, though, because in the land of the Sun Gnomes, names are given based on who one 'becomes'. And Pleasant was just that. It wasn't that she was oh so very polite. In fact, she often had dirt all over her from racing through the hot bushland and scrub. She never wore shoes, unless it was Sunday, and she sometimes forgot to get home in time for dinner! But Pleasant loved to give. If she was going to take something for herself she would ALWAYS give some to others.

One day she decided to pick some wildflowers. She picked 2 flowers for herself to take home and put in a vase. Then she had a thought! Perhaps her mother would like some flowers, too. So, she picked 3 more. Being very good at adding things up, she said aloud: $2 + 3 = 5$.

Break

English

- Spelling (CVC Refresh)

-review the vowels (a, e, i, o, u) and their SHORT sounds

A says apple

E says egg

I says igloo

O says orange

U says up

Level 1: Simply review the short vowels above and create some words with these as the initial sounds in books. It is a good idea to have children do small illustrations with the words for full effect.

Level 2: Review the term 'consonant'. Create a list of several CVC words (pet, cat, sun, dot, pin)

Each time the children sound out the word, use movements like claps for each sound. Emphasise the SHORT vowel sound.

Level 3: Ask students to create a giant list of CVC words with little to no help. Emphasise the SHORT vowel sound.

Maths

- Ordering the Numbers

-use the worksheets below to fill in the missing numbers (ask children to choose the level of difficulty that is right for them).

Day Two

Main Lesson

Verse/Song/Physical:

All the Numbers Song and One, Two, Three - Mamma Caught a Flea! (appendix)

Use counters to do some quick addition at children's level.

Questions: In our story from yesterday, who did we learn about? What is Pleasant Plus like?

Retell: Ask the children to retell the story from yesterday in their own words.

Book Work:

Model 'Pleasant Plus gives' in books.

Say: plus is when we add things together. We did this with our counters today.

Level 1: Create a page for Pleasant Plus with addition sum from the story: $2 + 3 = 5$

Level 2: Add some simple addition problems

Level 3: Add some more difficult addition problems



Story 2: Minus Loses his coins

In the land of the Sun Gnomes lived a sweet little gnome called Minus. One day his grandfather sent him out to buy some wood from the woodcutter up the road. Minus set off with 6 golden coins in his pocket. They jingled and jangled. Minus loved the sound, but he soon became distracted by the beauty of The Sun Gnome Village. The wild trees blew in the breeze, and he soon forgot about the jingle in his pocket.

When Minus arrived at the woodcutter's home, he reached into his pocket and only 3 coins were there!

Oh no! He thought to himself. $6 - 3 = 3$.

'What's the matter?' said the kind woodcutter,

'I've lost 3 coins,' Minus replied dejectedly. 'And I need logs for the fire or we'll go without supper.'

The woodcutter smiled. 'Minus. You are very good at losing things. But I tell you what... I remember a time when I needed help loading my cart not long ago, and there was a certain little gnome there to help free of charge.'

'Oh,' said Minus. 'That was me.'

'Yes. And for that, I shall charge you half price for your logs today.'

Minus' heart skipped a happy beat. 'Oh, thank you, sir!'

Minus took the logs and skipped home. *Once I've dropped these logs off home, I shall go back and search for those coins,* he thought. *And I shall return them to Papa and tell him the truth of it.*

Break

English

- Spelling (CVC)

-use the words in the list (appendix) and change the short vowels to change the words

-for a challenge, think of some more alternatives

Maths

- Skip counting

-practise skip counting in twos!

Level 1: Hang socks in pairs on a line and count in twos up to 10

Trick: whisper 1, shout 2, whisper 3, shout 4 and so on.

Level 2: Hang socks in pairs on a line and count in twos up to 10. Write the numbers 2, 4, 6, 8, 10 and draw the sock pairs in books.

Level 3: Hang socks in pairs on a line and count in twos up to 10. Come back to the start and keep counting in twos as far as you can go.



Day Three

Main Lesson

Verse/Song/Physical: All the Numbers Song and One, Two, Three - Mamma Caught a Flea!

Children to add actions.

Use counters to take away sums at children's level.

Questions: What did Minus lose? Why did the woodcutter give him half price? How much did he pay?

Retell: Ask the children to retell the story from yesterday in their own words.

Book Work:

Model 'Minus loses EVERYTHING' in books

Say: Minus is when we subtract things, or when we take them away. We did this with our counters today.

Level 1: Create a page for Minus with subtraction sum from the story: $6 - 3 = 3$

Level 2: Add some simple subtraction problems

Level 3: Add some more difficult subtraction problems



Story 3: Speedy Times Tables Goes Fast

On the other side of the village lived a young girl called Speedy Times Tables! She liked to cartwheel everywhere she went. She was so fast that she sped past leaving all the other gnomes behind. One day, she was speeding along, and something shimmery caught her eye! 3 coins lay in a ditch on the side of the road. Speedy Times Tables picked them up and placed them in her pocket. She was careful to place them in her left pocket and zip that pocket up (afterall, she did love a good cartwheel). In her right pocket were her own 3 coins and she wouldn't want to mix them up. 2 lots of 3 coins makes 6, she thought to herself. $2 \times 3 = 6$. She sped on down the road a little farther. She knew exactly who those coins would belong to. Her good friend, Minus, was always losing things.

Break
English

- Handwriting

-Practise writing the letters (and rehashing initial sounds) through the QLD alphabet pack:

<https://learningplace.eq.edu.au/cx/resources/file/6ec3c227-4ee7-9d60-91cc-1eb43021a9d4/3/pages/resources.html>

-You may prefer a handwriting book from your state/country. If so, please ensure it utilises the practise of initial sounds as well as handwriting.

Maths

- Greater than, less than.

Using a normal deck of playing cards, divide the pack between the players like a game of snap. Each player turns one card over each. The one with the highest cards wins them both and sets them aside. The player with the most collected cards at the end wins.

A=1

J= 12

Q= 13

K= 14

Level 1: Players flip 1 card each.

Level 2: Players flip 2 cards and add them to see who has the highest number (take out picture cards).

Level 3: Players flip 2 cards and add them to see who has the highest number (include picture cards).



*All the numbers 1, 2, 3
Can be added, you will see
1 plus 1, it equals 2
1 plus 2, it equals 3
All the numbers 1, 2, 3
Can be added, you will see*

*All the numbers up to five,
Add ... so many ways to try!
1 and 4
2 and 3
3 and 2
4 and 1
All the numbers up to five,
Add so many ways, you try.*

*All the numbers up to ten,
Ready, here we go again:
1 and 9
2 and 8
3 and 7
Yes, that's great!
4 and 6
5 and 5
Then go backwards,
Now you try!
10, 9, 8, 7, 6, 5, 4, 3 ... 2... 1*

Fill in the missing numbers

1	2		4
	6	7	
	10	11	12

	2	3	
5			8
9		11	

1			4
		7	
		11	

Fill in the missing numbers

1		3	
5		7	
	10		12
		15	
		19	

	2		4
	6		
	10		12
	18		

Fill in the missing numbers

1		3		5
		8		
11	12		14	
	17		19	
21		23		25
		28		30
	32			
36	37			40
41				
46		48		

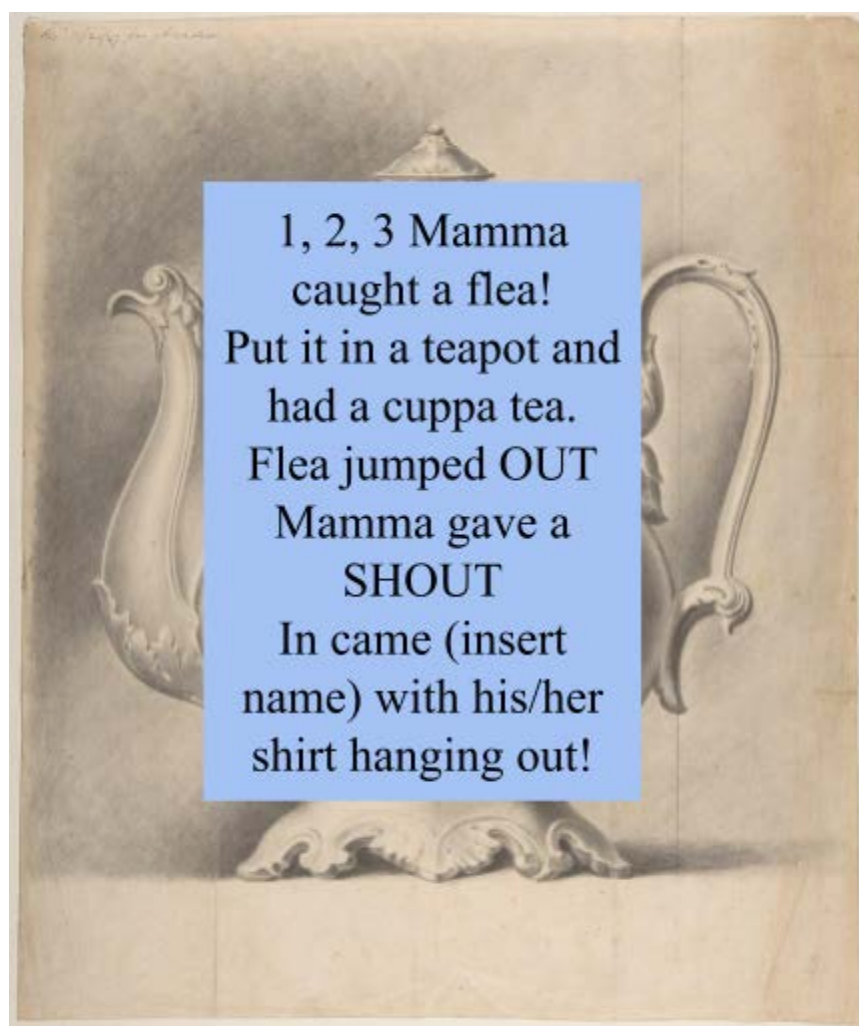
82, 83, 84 ____

76, 75, 74, 73, 72 ____

29 ____ 26, 25, 24, 23, 22

10, 20, 30, 40 ____

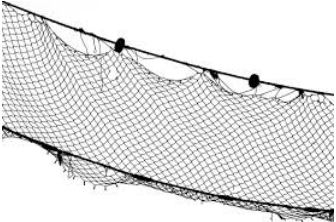
2, 4, 6, 8, ____ 10



1, 2, 3 Mamma
caught a flea!
Put it in a teapot and
had a cuppa tea.
Flea jumped OUT
Mamma gave a
SHOUT
In came (insert
name) with his/her
shirt hanging out!

Change the SHORT Vowels

a, e, i, o, u

	cat	c_t	
	mat	m_t	
	hut	h_t	
	not	n_t	
	pot	p_t	

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