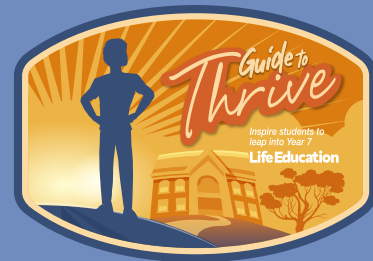


# Extracurricular Activities

## Managing schoolwork expectations



**This resource adds to what students are doing in class related to:**

- Managing time for homework
- Extracurricular activities

### Managing time for homework

Students have been assigned a number of tasks to complete in class that have asked them to think about their time management. They include ways to plan and organise their homework time.

Students have also been asked to complete the following task at home. It is a discussion task to be completed with one or more family members.

Choose one or two items that you can discuss together with your child – after your discussion, students will talk about your discussion with their classmates.

**Discussion Topics may include:**

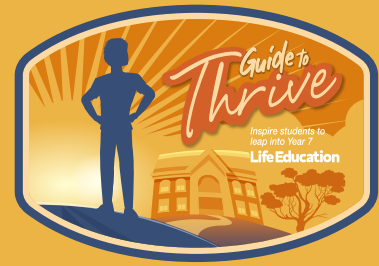
- **Mobile phones or other devices:** are these useful for homework or a distraction?
- If there is no set homework, should you take the night off?
- If you can't work something out while completing my homework, what can I do?
- When I receive a large assignment or project, what is the best way to plan time to get it done?
- Do we have any resource glitches at home – e.g., running out of internet data, broken devices, no-one to supervise or help? How can we solve or ease these challenges?

If you would like further information on how family members can help with homework, please also see the following resources:

**NSW Government: Help with homework** ([nsw.gov.au](http://nsw.gov.au))

**How homework can be supported at home** (Dawson, 2010)





# Extracurricular Activities

**Extracurricular activities are sports, hobbies, creative pursuits or community activities that are organised and run on a regular basis.**

It is important that students take part in extra-curricular activities if they can, as they have a number of benefits, including:

- Meeting people outside of school who share their interests;
- Seeing how community activities are organised (including sports and creative activities);
- Experiencing volunteer work (perhaps in a giving or receiving role);
- Gaining a sense of belonging to a variety of communities; and
- They are fun! We get to participate in activities that we are very interested in and want to do!

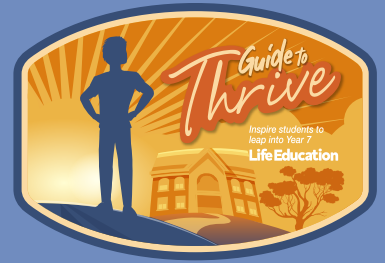
**Students have been discussing their extracurricular activities with their classmates. They have also discussed how these activities fit with other demands on their time, like school, homework, and family responsibilities. Your student might share their class discussions with you, especially if they need to find ways of fitting everything into their day!**



## Discussion ideas:

- Students interview family members about their extracurricular participation. This could provide a valuable historical record for your family and lead to some great conversations!
- Students interview as many family members as they can and record the information. This could include parents and/or carers, siblings, grandparents, aunts, uncles, cousins, and so on. You could even extend to close family friends or neighbours, depending on how extensive you wish your historical record to be.
- If you are writing down responses, use an Excel spreadsheet to record responses. Then you can keep adding extra people to the right as you conduct more interviews.
- Or, you might choose to use a voice recording app or device. Save these recordings in a way where you can easily see whose recording belongs to whom.

# Extracurricular Activities



## Interview ideas:

Students interview family members



- **What extracurricular activities did you do when you were in primary school?**

Person 1

Person 2

Person 3

- **What extracurricular activities did you do when you were in secondary school?**

Person 1

Person 2

Person 3

- **What extracurricular activities did you do after leaving school?**

Person 1

Person 2

Person 3

- **Why did you like these activities?**

Person 1

Person 2

Person 3

