

Term 3 Week 10 2021

Websites for Learning

- TNPS school website: <u>https://turramurrn-p.schools.nsw.gov.au</u> For our Learning From Home Packages
- Department of Education Learning from Home: <u>https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home</u>

Should you need to contact your child's teacher please use the following emails:

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ENGLISH

- Word Book Online (username: tnps and password: tnps) https://www.worldbookonline.com/kids/home
- Story Box Library (username: tnps and password: tnps) www.storyboxlibrary.com.au
- <u>Creepy Carrots by Aaron Reynolds https://www.youtube.com/embed/NJnIEbVLq90</u>
- Zog by Julia Donaldson https://www.youtube.com/embed/9_LmS3q4E6k
- Storyline Online https://www.storylineonline.net/ videos featuring celebrated actors reading children's books
- The Literacy Shed https://www.literacyshed.com/
- Dance Mat Typing <u>www.dancemattypingguide.com Typing training with levels for children</u>
- The State Library <u>https://www.sl.nsw.gov.au/learning/kids-and-families</u>
- Ku-ring-gai Library online reader platform for ebooks <u>https://www.krg.nsw.gov.au/Community/Ku-ring-gai-Library</u>

MATHEMATICS

- Mathletics <u>https://www.mathletics.com/au/</u>
- Fuzz Buzz Graphing Game https://www.abcya.com/games/fuzz_bugs_graphing
- Number Grid Fireworks Game https://www.abcya.com/games/100_number_grid
- ABC Splash Mathematics activities for K-10 <u>https://education.abc.net.au/home#!/resources/-/mathematics</u>
- Mathematics activities for K-10 <u>https://nrich.maths.org/</u> with a focus on developing mathematical thinking and problem-solving skills
- <u>https://education.nsw.gov.au/campaigns/mathematics/everyday-maths</u> Fun, creative and practical activities to develop everyday Maths skills

SCIENCE AND TECHNOLOGY

- Making your own Lava Lamp https://www.questacon.edu.au/outreach/programs/science-circus/videos/lava-lamp
- Pop Top Fountain Experiment https://www.questacon.edu.au/outreach/programs/science-circus/videos/pop-top-fountain
- ABC Education- Pushing and Pulling Game https://www.scootle.edu.au/ec/viewing/L700/index.html
- Coding Activities for Kids https://code.org/
- <u>https://thekidshouldseethis.com/</u> for Years 2-10. A collection of 4,300+ kid-friendly videos
- NASA Kids Club: <u>https://www.nasa.gov/kidsclub/index.html</u>
- Science for kids has some great experiments you could try at home. <u>http://www.sciencekids.co.nz/</u>

HSIE – HISTORY AND GEOGRAPHY

National Geographic Kids https://www.natgeokids.com/au/category/kids-club/

ABC Education- Garden Detective Game https://www.scootle.edu.au/ec/viewing/L1118/L1118/index.html

CREATIVE ARTS

- Dance exploration <u>https://www.gonoodle.com/</u>
- Drama Activities https://www.teachstarter.com/au/blog/drama-games-lesson-ideas-activities-for-kids-k-3/

PERSONAL DEVELOPMENT / HEALTH / PHYSICAL EDUCATION

- <u>000 Hero http://kids.triplezero.gov.au/</u> for K-2 children. An interactive game that promotes safety messages and how to act in an emergency.
- Cosmic Yoga has great creative yoga videos that are easy for children to follow. <u>https://www.youtube.com/user/CosmicKidsYoga</u>



1F Zoom Classes WEEK 10 TERM 3 2021

PLEASE NOTE THE CHANGE FOR Wellbeing Wednesday.

• On Wednesday students will participate in a range of wellbeing activities outlined in their Learning from Home package.

Monday 13/9/21	Zoom Meeting ID		Zoom Meeting Password				
Tuesday 14/9/21	Morning am	Afternoon pm	Morning am	Afternoon pm			
Thursday 16/9/21	616 6662 6856	684 9678 2423	046406	047681			
Friday 17/9/21							
Wednesday 15/9/21	Kindness, Wellbeing and House Spirit activities as outlined in the Learning from						
	Home Pack						
	(No Zoom classes today)						

Students need to access Zoom via <u>https://nsweducation.zoom.us/</u> and are required to use their **DoE** student portal login to gain access. The DoE user ID and DoE password will be the same as last week. Monday 13/9/21, Tuesday 14/9/21, Thursday 16/9/21, Friday 17/9/21

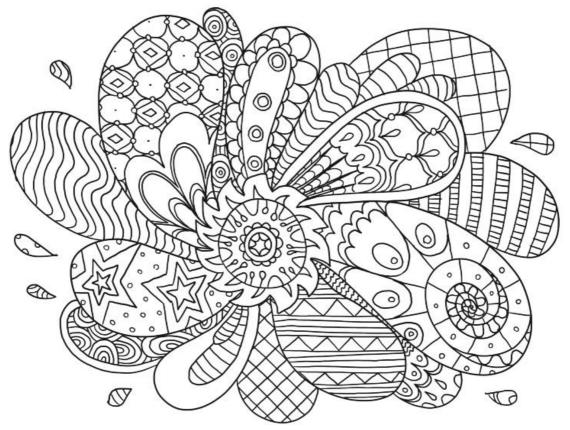
Time	Class
9.30am	KK & KW & 5T & 6B
10.30am	1F & 1W & 2M & 2R
11.30am	3R & 3H & 4H
12.15pm	KK & KW & 5T & 6B
1.30pm	1F & 1W & 2M & 2R
2.15pm	3R & 3H & 4H

Week 10 Term 3 – Learning from Home Stage 1 Year 1 and 2

You may need help from a parent/carer and possibly resources from your teacher.

The House Spirit Week activities have been selected for feedback. They are highlighted on the timetable.

	Monday	Tuesday Wednesday		Thursday	Friday
Morning	House Spirit Spelling Reading Writing ZOOM 10:30am	House Spirit Spelling Reading Writing ZOOM 10:30am	House Spirit Spelling Reading No ZOOM	House Spirit Spelling Reading ZOOM 10:30am	Spelling Reading ZOOM 10:30am
Break	Break	Break	Break	Break	Break
Middle	Mathematics	Mathematics	Mathematics	Mathematics	Mathematics
Break	Break	Break	Break	Break	Break
Afternoon	ZOOM 1:30pm Science	ZOOM 1:30pm Art	No ZOOM Wellbeing & Kindness	ZOOM 1:30pm PDHPE	ZOOM 1:30pm Funday





This week is Spirit Week.

Within your pack you will find some SPIRIT Challenges for you to complete.

For each SPIRIT challenge you complete, you will receive a house token.

There are bonus tokens available for students who show extra SPIRIT.

You should share your completed challenges with your teacher during your Zoom lessons.

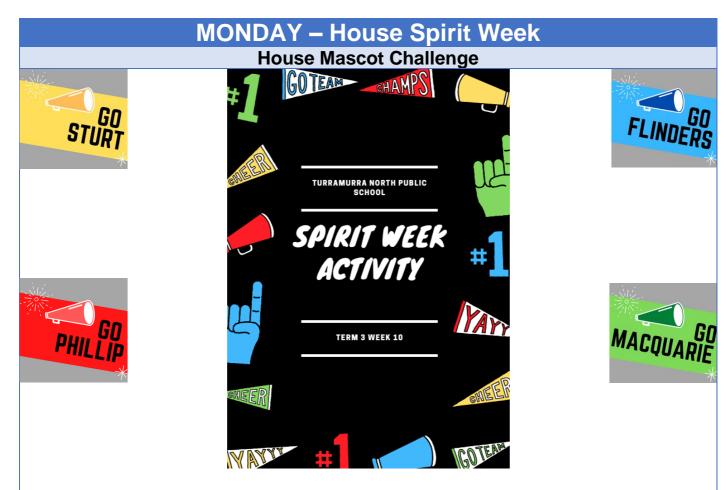
Monday: House Mascot Challenge Tuesday: Design a House Poster Wednesday: Create a House Cheer Thursday: House Sporting Challenges and Invitation for Friday's Zoom Friday: House Colour Dress Up Zoom Meetings











House Mascot Competition

Dress your soft toy, pet or willing sibling in your best house colours!

Or

Design a costume for a brand new house mascot that could attend the TNPS Carnivals.

Don't forget: house points are on offer!



Design your house mascot here:

MONDAY - English

Spelling

• Ask a family member to pre-test you with the Week 10 spelling words. If a family member cannot help you, choose words that you find tricky to spell.

Year 1 students should choose 10	`
words from the spelling list to	
complete the daily activities.	

Year 1 V	Veek 10 Spell	ing Words]	Yea
	y u (yoo) yoy o comp u	tor		
Core	Extension	Theme	-	Cor
уар	уитту	mascot		yes
yet	huge	spirit		yet
yes	human	challenge		уог
yell	used	invitation		уои
yells	using	competition		you'i
yelled	usually	costume		yea
yelling	yacht	advertise		yar
yellow	yawn	carnival		yello
уоуо	yearly	Sturt		yuck
year	yesterday	Phillip		yumr
yard	yoga	Flinders		feu
yawn	yoghurt	Macquarie		knei
уои	young	Demon		neu
your	youngest	yield		USE
yolk	yours	yellowed		USE
yabby	yourself	yuckiest		cub
	5	yodel		tub
		yourselves		cut
		unchewable		, уои
		preview	21	you'i
		renewable		
	X			
WE B-	E-E SP	ELLING 🚽		Cost
				7

Year 2 students should choose 12 – 15 words from the spelling list to complete the daily activities.

Year 2 W	Year 2 Week 10 Spelling Words						
y u (yoo)							
Core	oyo comput	er Theme					
	beautiful	mascot					
yes							
yet	computer	spirit					
уои	duty	challenge					
your	huge	invitation					
you're	million	competition					
year	musical	costume					
yard	nephew	advertise					
yellow	pupil	carnival					
уиску	rescue	Sturt					
уитту	stew	Phillip					
few	tune	Flinders					
knew	usual	Macquarie					
new	yacht	Demon					
USE	yawn	yield					
used	yearly	yellowed					
сиве	yeast	yuckiest					
tube	yoghurt	yodel					
cute	young	yourselves					
you'll	yourself	unchewable					
you've	youth	preview					
	6 00	, renewable					
AB AB		GHI JKL					
MNC MNC	ST	1.4.					
P	DR 7 SI	0 11/2					

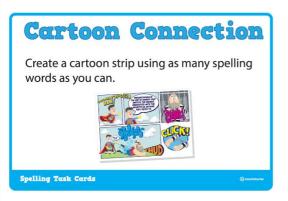
Must do:

• Practise your spelling words each day.

Remember to look, say, cover, write, check and correct each word.



Can do:



Reading

Must Do

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What do you know about bees?

Watch 'Junior Beekeepers' on BTN

https://www.abc.net.au/btn/classroom/junior-beekeepers/10811702

1. What do the kids in the junior beekeeping club learn about?

2. Bees can hear each other even if they're not near each other. True or false?

3. What do bees do after they have eaten pollen?

4. Bees go from plant to plant collecting _____

5. How do bees help plants produce seeds and fruit?

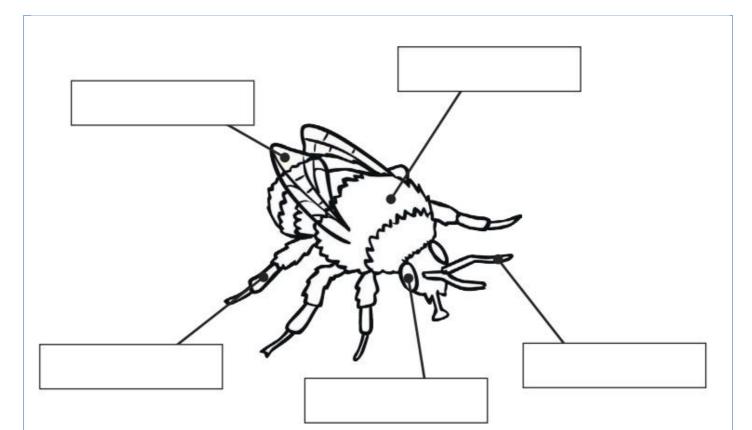
Match the descriptions of the bee body parts and then use the answers to label the parts of a bee.

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Bees collect the pollen in flowers using these. They also use them to stand.	antenna
These help the bees to smell but also help them measure how fast they are flying!	thorax
These help the bee to fly.	legs
This is the main body of the bee.	wings
These help the bee know if danger is coming from any direction.	eyes





Amazing Fact

Bees have 5 eyes; 3 simple eyes and 2 compound eyes (made up of lots of lenses).

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Challenge

æ Unscramble these words using the clues provided.

Clue	Answer
nohyebocm	
This is where bees store the honey.	
veih	
Bees live in this.	
tecran	
Bees collect this from flowers.	
neque	
This bee is the leader of the bees.	
nexghao	
This is the 2D shape of honeycomb.	
giwns	
Bees use these to fly from flower to flower.	
twees	
This is how honey tastes.	

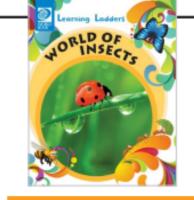
Can Do

Want to know more about bees and other insects?

http://www.worldbookonline.com/wb/ebooks/mall/instt/catalog/urn:ISBN:9780

716677864/detail.do





LEARNING LADDERS

In World of Insects, learn about fierce praying mantises, busy honey bees, beautiful butterflies, and other amazing insects.

What did you learn?

QUESTIONS

- Insects cannot live in ...
 - a. Lakes
 - b. Rivers
 - c. Ponds
 - d. Oceans
- 2. The male stag beetle has huge ...
 - a. Wings
 - b. Jaws
 - c. Feet
 - d. Antlers
- Honey bees collect a sugary liquid called ...
 - a. Sweat
 - b. Juice
 - c. Nectar
 - d. Pollen

TRUE OR FALSE?

- Leaf-cutter ants live on the damp floor of the rain forest.
 - Butterfly's wings are crumpled at first.
 - A praying mantis can measure up to 7 inches long.

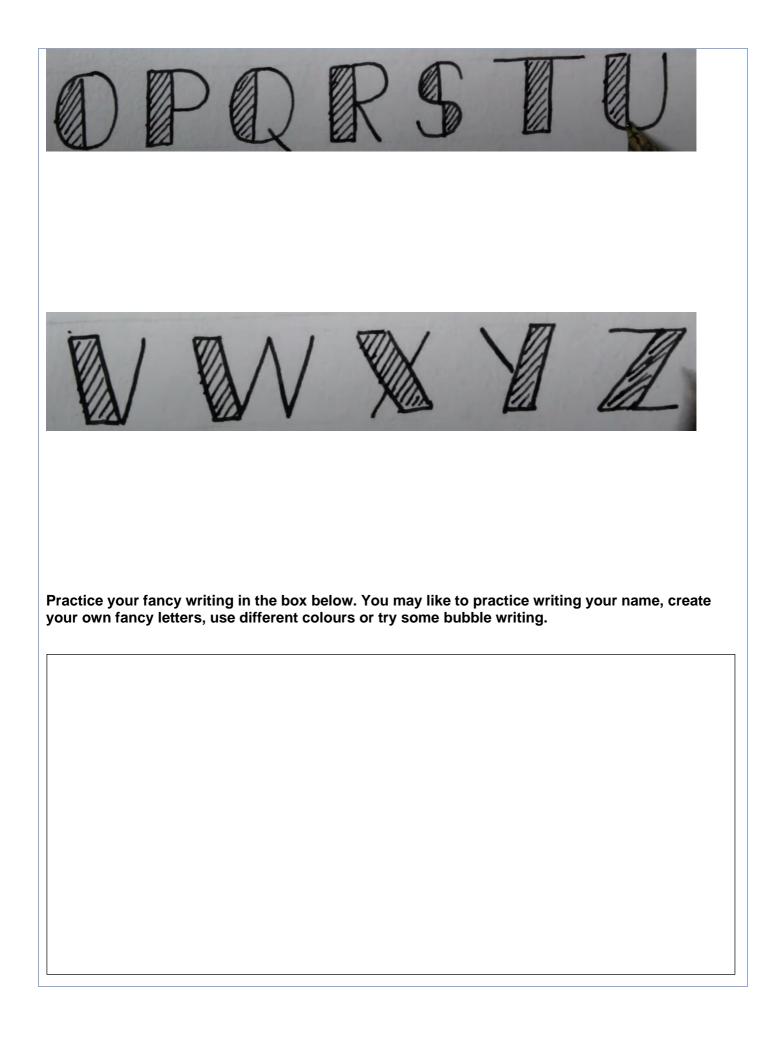
- Dragonflies like to eat ...
 a. Fruit juice
 - b. Tiny mosquitos
 - c. Frog eggs
 - d. Smaller dragonflies
- 5. What color is the butterfly in the book?
- 6. How many wings do dragonflies have?

- Rain forests are hot, steamy places, but it rarely rains.
- The grasshopper rubs its back legs against its front wings to make a chirping sound.
- 6. Diving beetles eat pond snails.

Writing

Today for handwriting, you will be learning how to do some fancy letters.





MONDAY - Mathematics Minute Maths Describe what an odd number is: True or false: 15 is an even number. Write a sentence and draw a picture to explain your answer: **Arctic Odds & Evens** Colour the odd numbers light blue and the even numbers dark blue! Number of light blue boxes:_ _ Number of dark blue boxes:_

Emoji Code Breaker Addition

Crack the code by working out the addition calculations. Once you have an answer, look for the matching letter in the table and fill in the blank.

a	b	с	d	e	f	g	h	i	j	k	ι	m
22	44	35	64	21	31	88	50	81	7	26	18	34
n	0	р 15	q	r	S	t	u	v	W	X	у 11	Z
75	20	15	30	10	6	13	45	99	71	53	11	62
$\frac{10+3}{10+3} \frac{1}{40+5} \frac{1}{6+4} \frac{1}{73+2} \frac{1}{7+4} \frac{1}{15+5} \frac{1}{41+4} \frac{1}{8+2}$ $\frac{1}{30+1} \frac{1}{9+1} \frac{1}{12+8} \frac{1}{70+1} \frac{1}{71+4}$												
		40	+ 5 1		-					12		
)	0 + 4	16 +	4 68	3 + 3	70 +	5			

Number and Algebra - Can Do

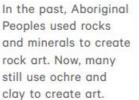
Can you draw a line to match this addition or subtraction counting patterns on the left, with their rule on the right?

	- I
76, 66, 56,	My rule is
46, 36, 26	+5
10, 25, 40,	My rule is
55, 70, 85	+12
280, 260, 240,	My rule is
220, 200, 180	+15
5, 7, 9,	My rule is
11, 13, 15	+10
2, 22, 42,	My rule is
62, 82, 102	-6
20, 32, 44,	My rule is
56, 68, 80	+2
36, 30, 24,	My rule is
18, 12, 6	+20
15, 20, 25,	My rule is
30, 35, 40	-20

MONDAY – Science

How do Aboriginal and Torres Strait Islander Peoples use and care for Earth's resources?













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Medicine		Page
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Fire		Page
Sea		Page
Water		Page
Conclusion		Page

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Rock carvings and scarred trees pointed the way to water sources that were difficult to find. Gnamma holes in rocks and hollow tree trunks are used as natural water tanks. Stones and bark are used to cover them up from the sun and animals. Imagine if you were to go shopping in Nature's Shopping Centre. Make a shopping list of items you learned about in the eBook.

Item	Location (where you would find it)	Use (why you would need it)
Tea Tree leaves.	On a Tea Tree bush.	To put on skin sores.

Aboriginal and Torres Strait Islander Peoples used symbols to tell others where to find natural resources.



Why do you think circles are often used to show water?

Design your own symbols to show Earth's different resources.

Plants	Animals	Water	Air			



Design your own House Poster

Today your task is to create a poster that advertises your school house: Finders, Macquarie, Sturt or Phillip.

Your poster should show how great your house is!

Don't forget to use lots of your house colour.

Don't forget: house points are on offer!



Design your house poster here:

TUESDAY - English Spelling Must do: • Using the table in Monday's spelling, practise your spelling words. Remember to look, say, cover, write, check and correct each word. Look Write Check Cover Say Read the sentence below. Can you find the common sound? Underline, circle or highlight the letter / letters that make the common sound. The beautiful yabby was watching the yacht and eating yucky yogurt. The table below, brainstorm as many words that you can think • of. You may use the spelling lists to help you.

у	уоуо,
u (yoo)	comp u ter,
others	f ew , c u b e ,

Can Do:

Circle a 3 letter word inside each word. **Write** it on the line. The first one is done for you.

your you	cube	yu	ımmy	
year	knew	yc	ou're	
cute	used	yc	u'll	
tube	yellow	yc	u've	
Unjumble these word	s. Join the dots in the c	order of these v	vords. 🔰	- mel
1. sye	7. dyra		yellow	
2. uyo	8. wyleol			
3. beut	9. wen			
4. uyo're	10. aydr	new •	yard •	knew
5. esu	11. wekn	yes	used	use
6. esud	12. eolywl	you •	tube •	you're •

Reading

Read Biggest, Fastest, Smallest, Slowest

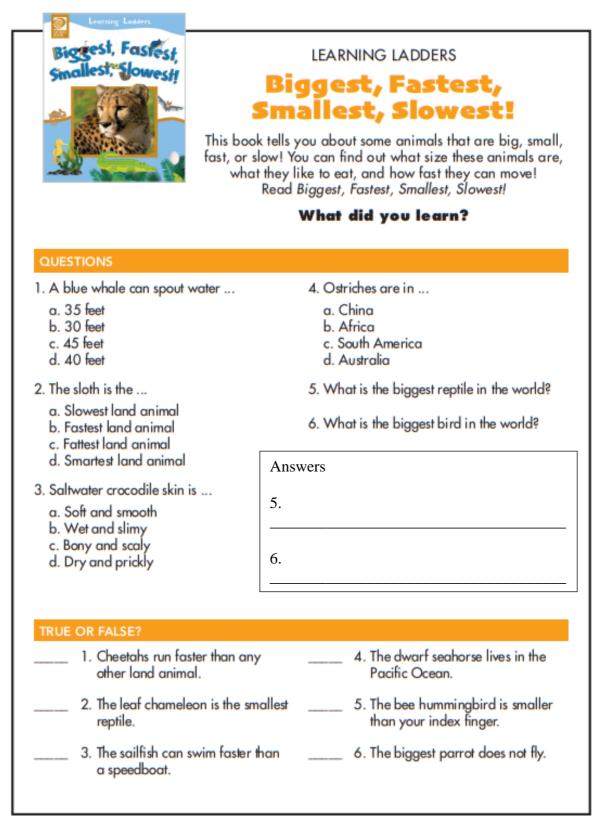
Must Do

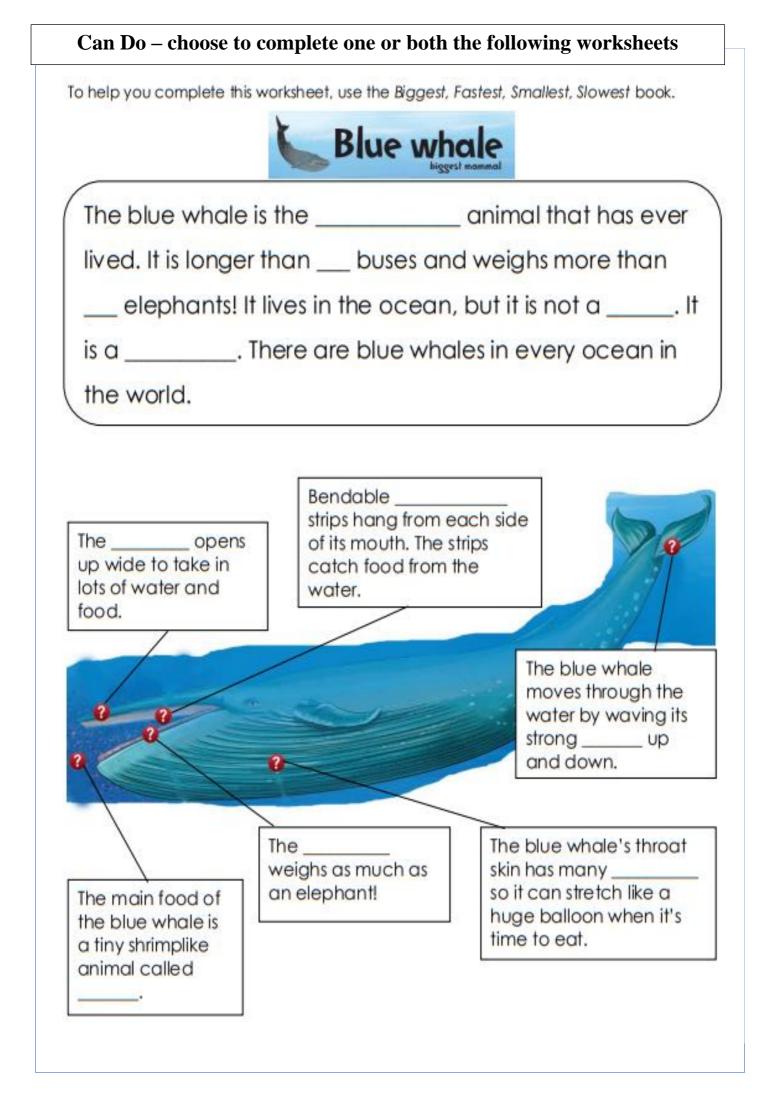
Your login details:

Username: tnps Password: tnps



http://www.worldbookonline.com/wb/ebooks/mall/instt/catalog/urn:ISBN:9780716679561/detail.do





To help you complete this worksheet, use the Biggest, Fastest, Smallest, Slowest book.



The sloth is the _____ land animal. It does

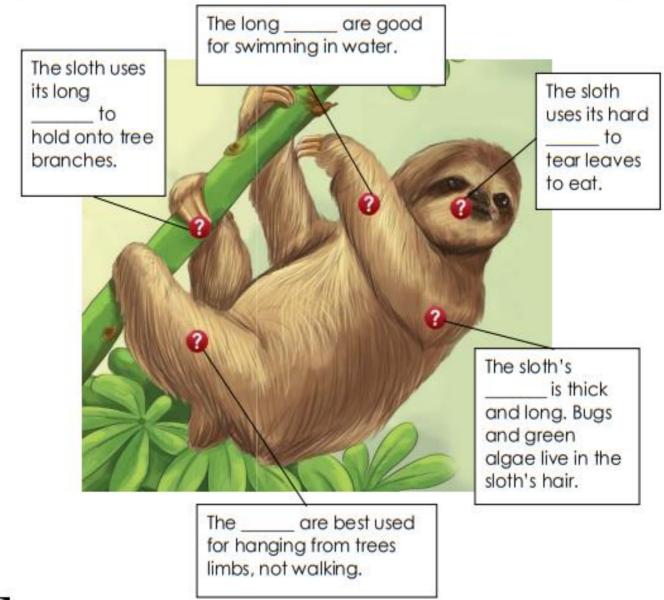
everything slowly! The sloth spends most of its life in

. It lives in rain forests in Central and South

_____. Leaves, _____, and twigs are its favourite

things to eat. The sloth spends most of its time

_____upside down!



Writing

This term we have learnt how to write:

- A Procedure: informs how to do or make something through a series of steps. • There are many types of procedure texts, such as:
 - recipes 0
 - instructions 0
 - o directions
 - rules. 0
- A Recount: retells events that have happened in the past. •
- An Explanation: describes how or why something happens . Such as:
 - Life cycle of a chicken
 - What causes an earthquake
- An Information Report: provides facts about a particular topic.

Look at the pieces below. Write whether it is a:

- Procedure
- Recount
- Explanation
- Information report

How to Brush Your Teeth

Materials Toothbrush

Method

Toothbrush	1.	Squeeze some toothpaste on
Toothpaste		the toothbrush.
Water	2.	Put your toothbrush under some water.
U	3.	Brush your teeth thoroughly for three minutes.
	4.	Rinse your mouth and the toothbrush with water.
Building a Se	na	nemwo
This morning, my sister and I built	a s	nowman in my backyard.
First, we made the body and the h of snow to make a big, strong snow		

Next, we made the snowman's face. I used a bent, old carrot for the nose. It looked quite funny!

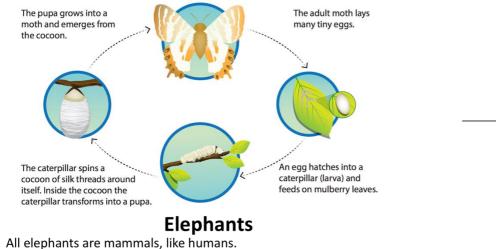
To finish, we put on Grandpa's scarf. I thought our snowman looked very grand indeed!

Building snowmen is the best way to enjoy snowy weather.

This is a

This is a

Silkworm Life Cycle



They usually live in grasslands, in Africa and Asia. Elephants have bulky bodies, large ears and a long trunk. They are all herbivores, which means they survive on a diet of plants.

Most elephants can live for 50 to 70 years in the wild.



How to Make a Cheese Sandwich

Ingredients

Butter

A knife

2 slices of bread

1 slice of cheese

A chopping board

- Method
- 1. Lay the slices of bread on the chopping board.
- 2. Carefully spread the butter on the slices of bread.
- 3. Lay the cheese on top of one of the slices of bread.
- 4. Place the other slice of bread on top of the cheese.
- 5. Carefully cut the sandwich in half and place it onto a small plate.

This is a

This is a

This is a

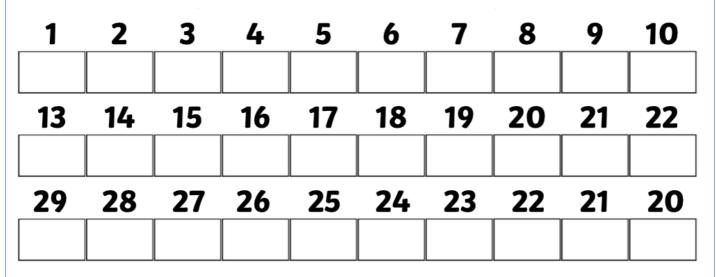


This is a

TUESDAY - Mathematics

Minute Maths

Colour in all the odd numbers in your favourite colour. Colour all the even numbers in your second favourite colour.

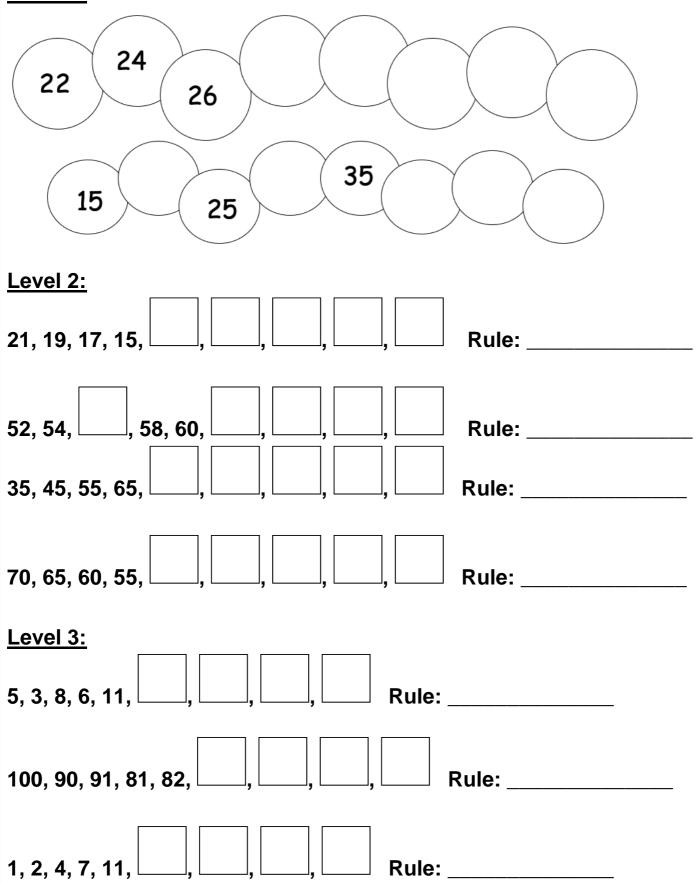


Look at the 'ones' digit of all the odd numbers. What do you notice?

Look at the 'ones' digit of all the even numbers. What do you notice?

Saira has 25 pencils. Her teacher has asked her to divide them between two pots. Saira says, 'I won't be able to do it.' Is she right? Explain why.

Fill in the missing parts of the number pattern by working out the rule. **Level 1:**



Emoji Code Breaker Subtraction

Crack the code by working out the subtraction calculations. Once you have an answer, look for the matching letter in the table and fill in the blank.

a	b	с	d	е	f	g	h	i	j	k	l	m
21	44	35	64	20	31	88	50	81	7	26	18	34
n	ο	р	q	r	S	t	u	v	w	x	y	z
75	22	15	30	10	6	13	45	99	71	53	11	62
	 70 - 6	3 - 2 5 25	- 3 2	24 - 4	 11 -	40 - 6 5 3 9		80 - 9	- <u>-</u> 5 26			
30 - 9 80 - 5 15 - 4 20 - 7 100 - 50 90 - 9 100 - 25 90 - 2												
)						(

TUESDAY – Art

Birds and Fish on the edge

Sometimes you can only see part of an image in an artwork. This makes your brain work hard to image what the rest of the image looks like. Below are two artworks that I have created where the image is only partly visible.

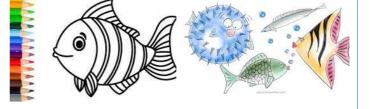




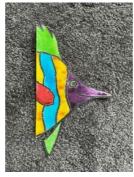
Can you create a bird, fish, or any other animal so that it is only half visible? Here are some pictures for inspiration but I know your drawings will be so much more creative.







Once you have drawn your picture, colour it in with oil pastels, textas or paint and then cut it out.



Now gather coloured paper or magazines to create coral or any background. Tear them up as I have done below. Arrange them on the page so no straight edges are showing. Glue them on when you are happy with the results.







You might like to draw more animals in your picture. Have fun.



Write a house cheer

Today your task is to write your own house cheer for your house: Sturt, Phillip, Macquarie or Flinders.

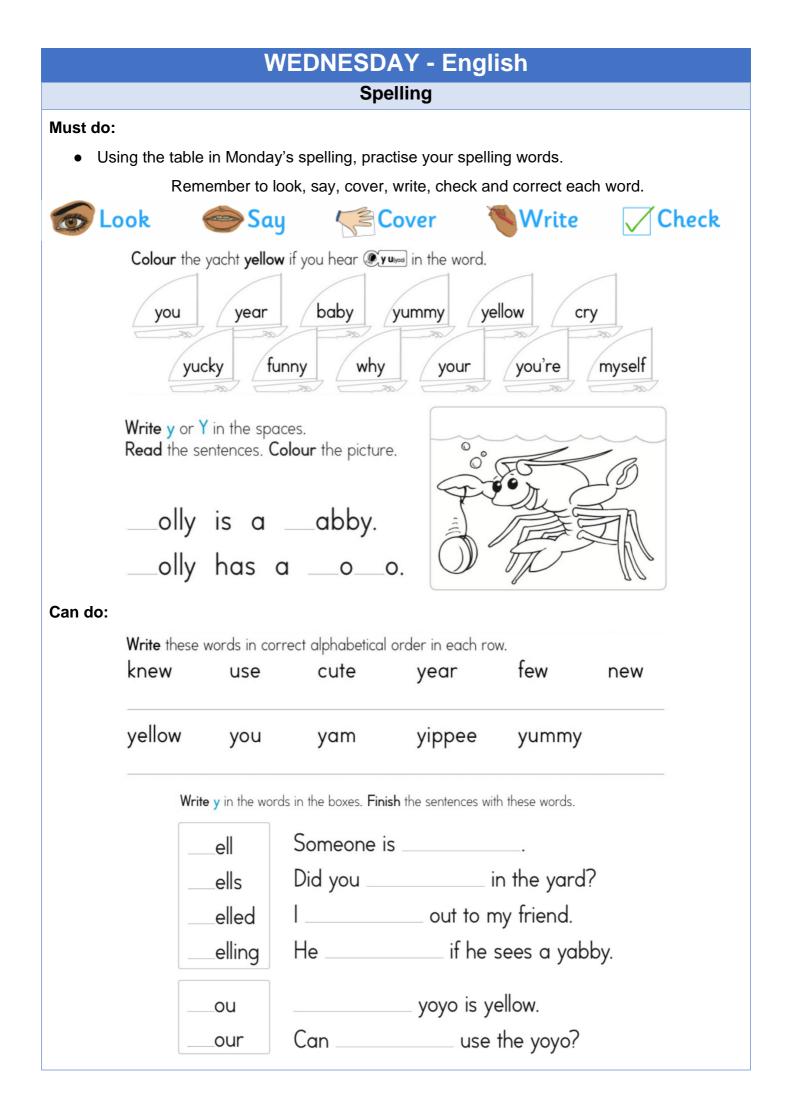
You may like to consider:

- Is your cheer catchy?
- Does your cheer rhyme?
- Does your cheer have music or a beat?

Don't forget: house points are on offer!



Write your house cheer here:

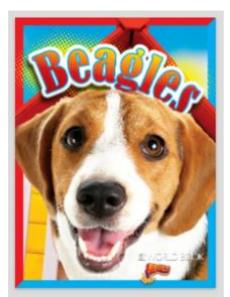


Reading Create a Poster of a Dog

A poster is used to give the reader information about something or someone.

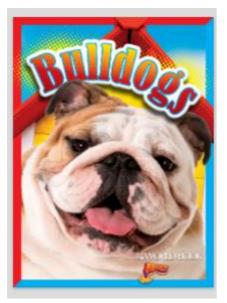
Today you will create a poster about one of the following dogs. Choose which dog you want to research and then create your poster. Don't forget to include facts about your dog, how to care for your dog and a picture/drawing.

<u>Your login details:</u> Username: tnps Password: tnps http://www.worldbookonline.com/wb/ebooks/mall/instt/catalog/urn:ISBN:9780716693215/detail.do



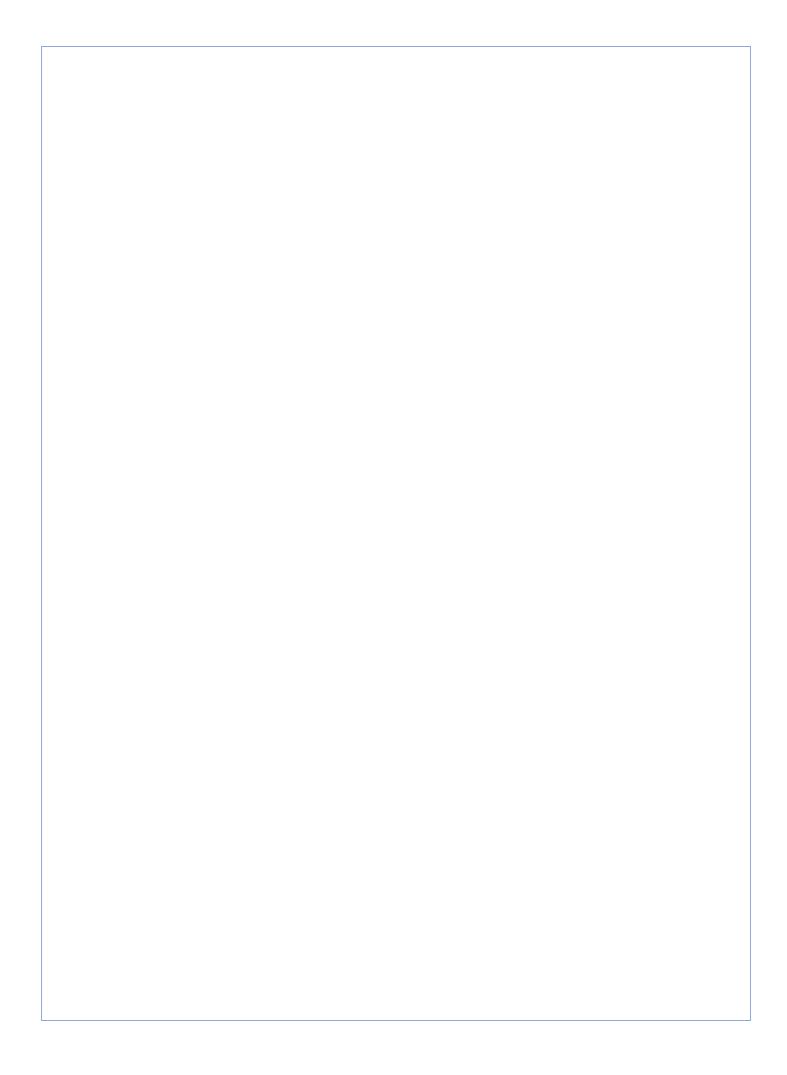


http://www.worldbookonline.com/wb/ebooks/mall/instt/catalog/urn:ISBN:9780716693239/detail.do



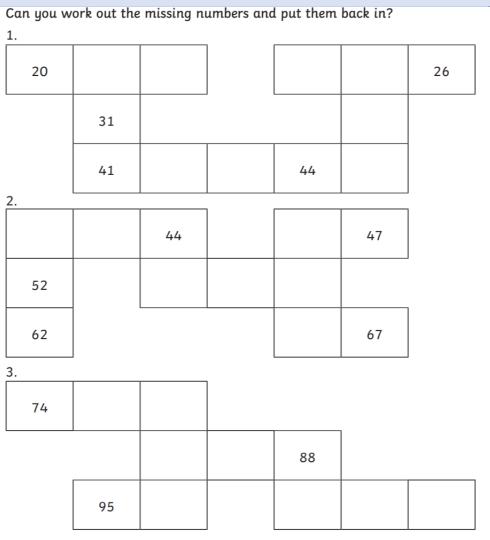


Use the next page for your poster or use a piece of cardboard/paper that you have at home. Share with the class in our Zoom meeting.



WEDNESDAY - Mathematics

Minute Maths



Here is a 120 chart to help you if you need it.

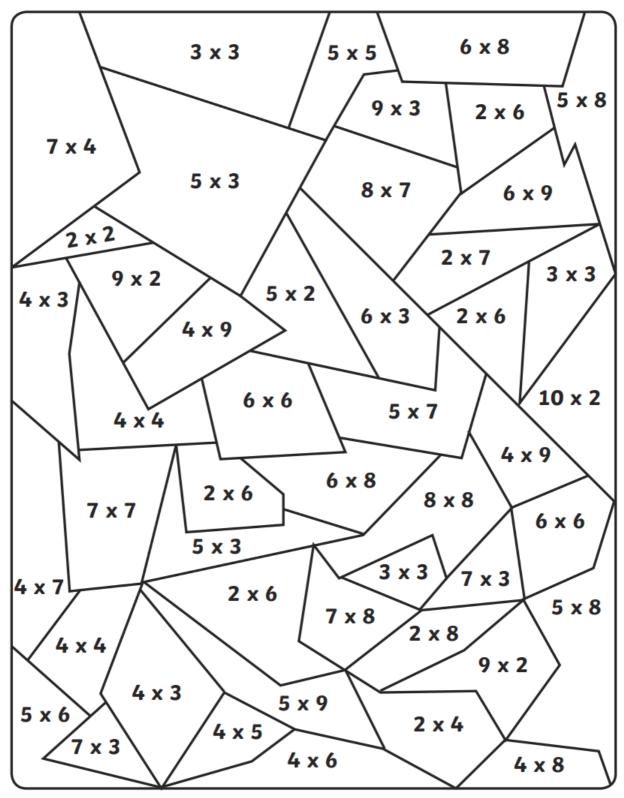
I	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
III	112	113	114	115	116	117	118	119	120

Number and	Algebra - Must Do
Level 1: add + or – to these number sentences to make them correct.	Level 2: Add a number to this number sentence to make it correct.
12 4 = 16	16 + = 27
3 8 = 11	+ 9 + 11 = 35
16 5 = 11	37 - 7 - = 17
3 9 = 12	6 + + 8 = 24
Level 3: Add a number to make each number sentence correct.	Level 3: Extra challenge!
- 11 = 25 + 7	- 56 = 127 + 15
34 + 9 = - 17	168 + 23 = 21
69 = 48 + 14	204 - = 149 + 36
52 + 18 = 93 -	152 + 39 = 239 -
96 - 13 = + 34	293 - 27 = + 212

Colour by Multiplication

Do the multiplication calculation and colour the shape in the correct colour.

0-10 11-20 21-30 31-40 41-50 51-60 61-70



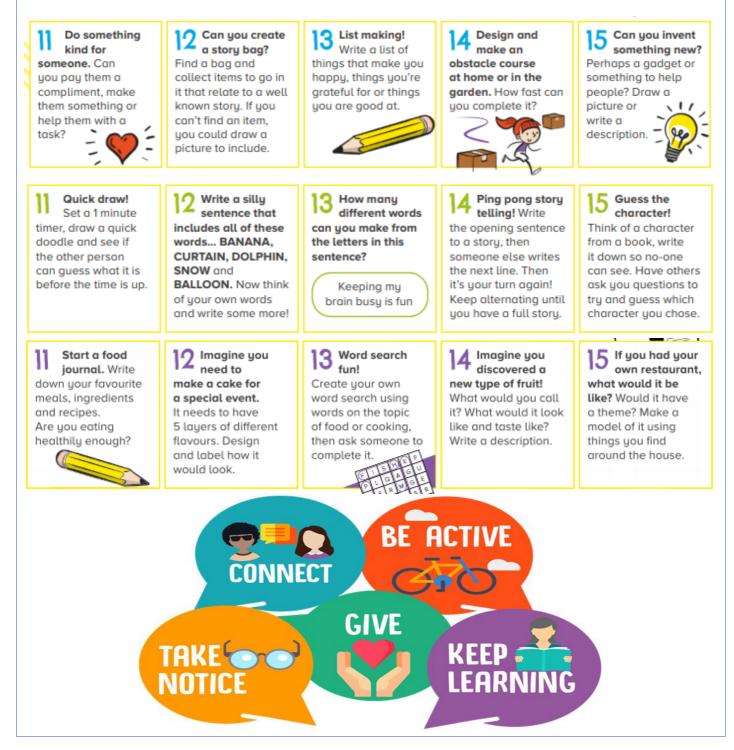
WEDNESDAY – Wellbeing Time

Use this time to focus on your wellbeing.

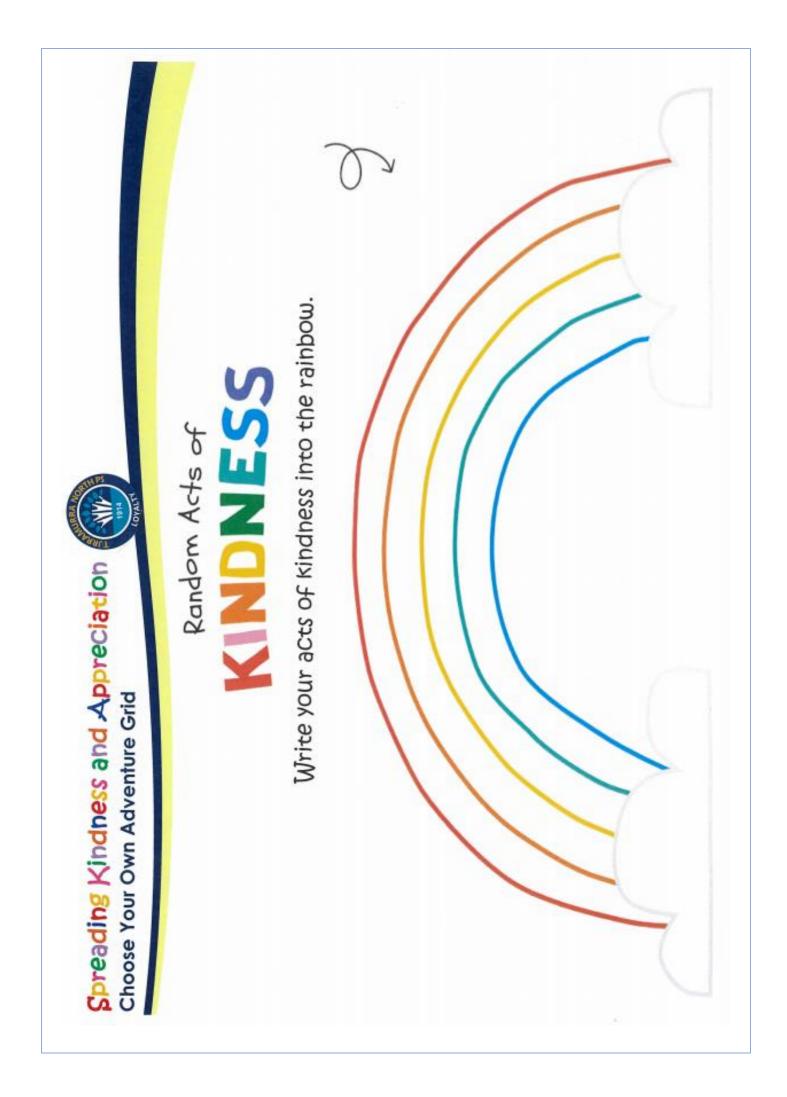


Choose an activity from the ideas below or think of something that you enjoy doing.

Try to choose an activity that is away from the screen to give your eyes a rest.



Spreading Kindness and Appreciation Choose Your Own Adventure Grid	A A A A A A A A A A A A A A A A A A A	
Create a rainbow of kindness. Complete a	Create a rainbow of kindness. Complete activities from the grid below to add to your rainbow of kindness on the next page.	inbow of kindness on the next page.
While you are on your walk, collect three pieces of rubbish.	Help make a meal at home.	Find something you don't play with often and see if you can find a new use for it.
Clean your room without being asked.	Make a thank you card for a family member,	Plant something in your garden.
Offer to do a job around the house,	Read to someone or a pet.	Design a 'Be Kind' tattoo or sticker.
Make a list of kindness synonyms.	Make a kindness collage.	Share an encouraging song with others.
Describe something kind you have done this week.	Make a joke book and share the jokes with others.	Make a healthy fruit salad and share it with your family.
What is kindness? Write or draw pictures to show what kindness means.	Use chalk to write a kindness message on your driveway.	Make a list of 10 random acts of kindness anyone could do.
Create a poster with a kindness quote, symbol or image.	Draw a picture and write a letter to someone in a nursing home to brighten their day.	Write a play with a kindness theme, message or moral.
Spend at least thirty minutes doing something you enjoy doing.	Write a letter to an essential services person detailing your appreciation for their efforts.	Create an advertisement for kindness. It could be a poster or TV advertisement.
Write an acrostic poem using the letters of the word kindness.	List five ways kindness is like chocolate.	Compose a song about kindness.
Think about someone you know who is kind. What makes them kind? Draw and write about them.	Draw, paint or create something special and give it to someone to show your appreciation of them.	Make a card using words of encouragement and kindness to show your appreciation of someone who deserves it.
Research examples of people who have demonstrated kindness to make our world a better place. Write an information report about them.	Find a book or movie with a kindness theme and write a review of it.	Make a Venn diagram to compare the similarities and differences between the meaning of the words 'kindness' and 'appreciation'.



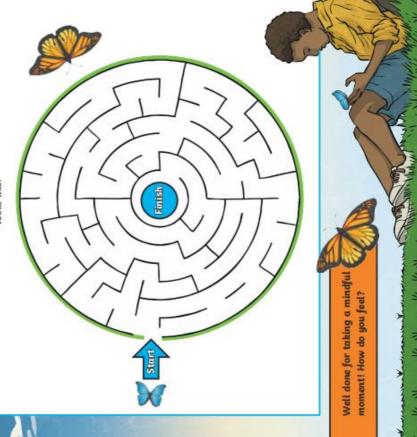
Mindfulness Maze Activity

Taking a moment to be calm and relaxed during a busy day can help us to feel settled

and happy.

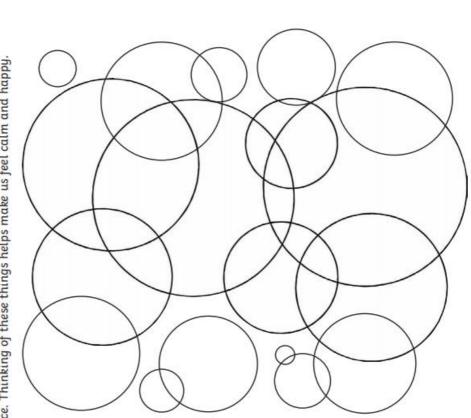
We can use our breath in mindfulness to help us feel calm. Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

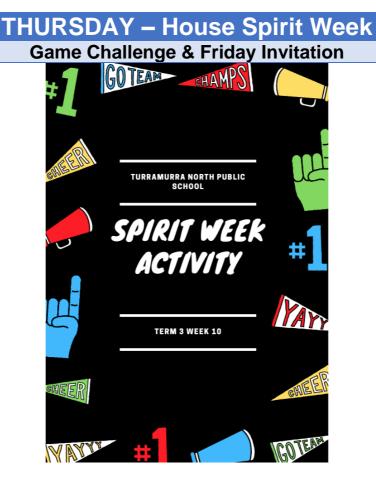
Mindfulness is also all about really noticing what we are doing, seeing and feeling in the present moment. This can help us to feel relaxed and content. Complete the maze, making sure your breathing is relaxed and gentle. Pay attention to your pencil as it moves across the paper, really noticing how it feels and what it looks like.



Bubbles of Gratitude Mindfulness Colouring

These are bubbles of gratitude! As you colour each bubble, think of something that you are grateful for. It could be something big or something very small, something that you experience often or something that has just happened once. Thinking of these things helps make us feel calm and happy.





Design your own game or sport.

It might be a brand new game or a combination of games or sports you already know.

Think about the equipment you'll need and what the rules are.

Create an Invitation for the Friday 'Dress in House colours' Zoom Meeting.

On Friday, students will be invited to dress in their house colours for Zoom meetings.

Your task is to design an invitation for the Friday Zoom meetings.

You may like to use the template below or create your own.

Don't forget: house points are on offer!



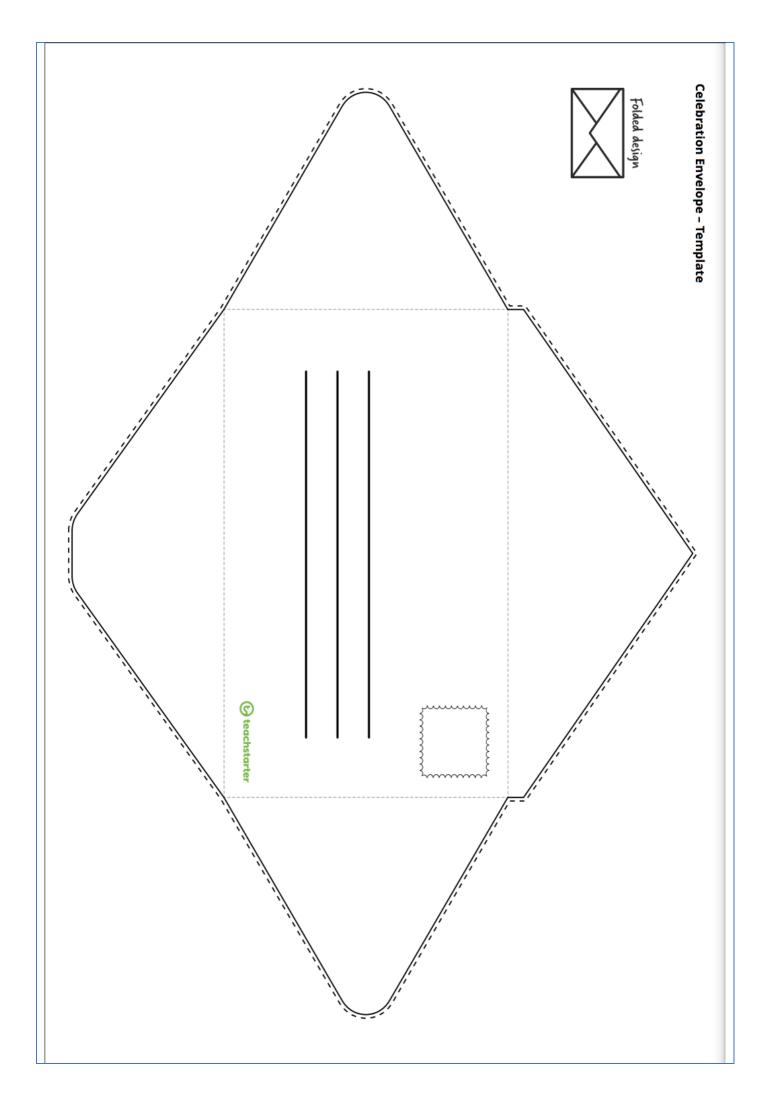
	Create your own game here:
	My game is called:
Equipment:	
Rules:	
Diagram/Picture:	

	Level 1:	
	You are invited to	
Dear		Time: Date: Place: From

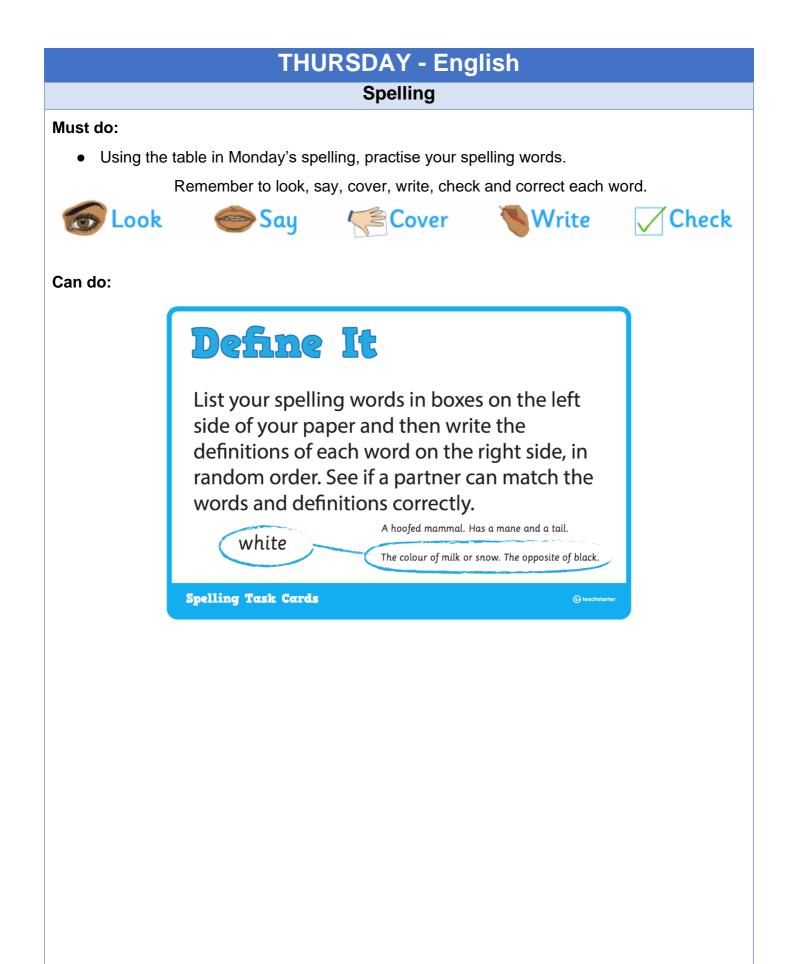
Level 2:

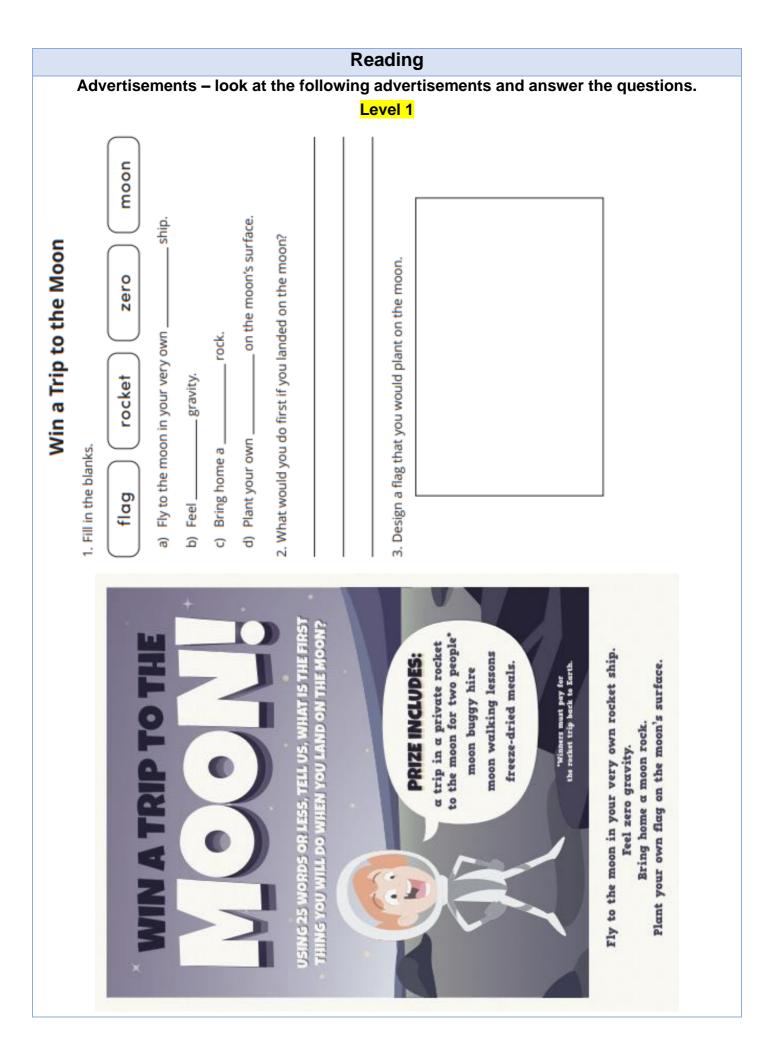
You a	are invited to
 Date://	To Celebrate:
Time::	
Address:	

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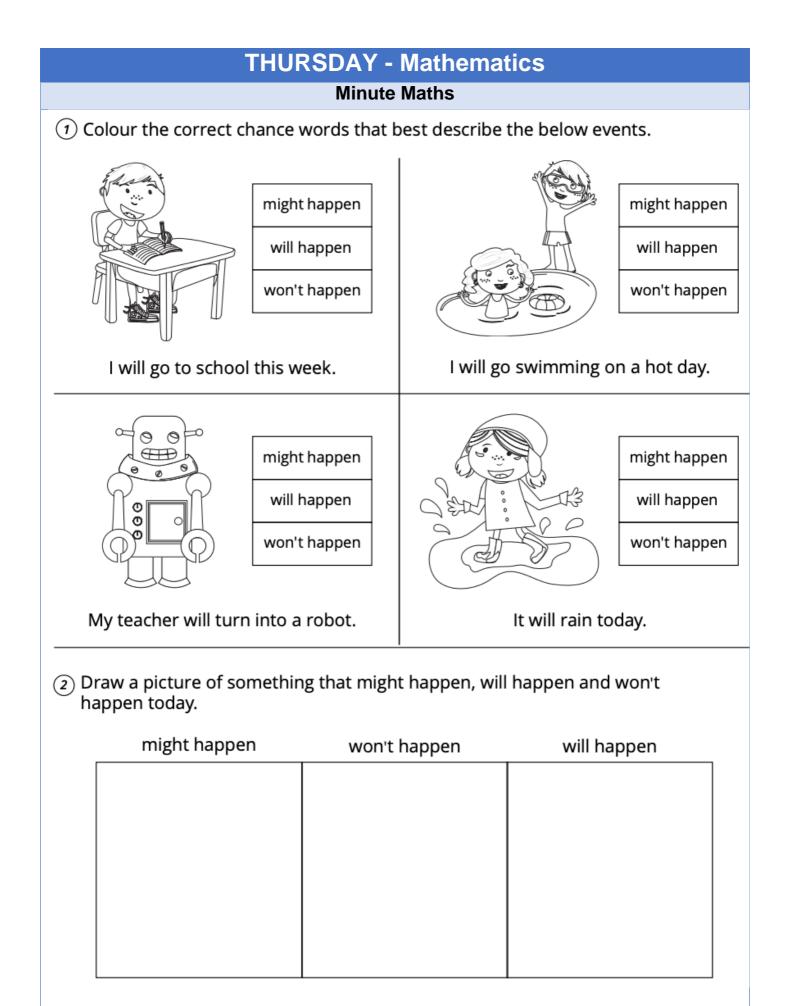


Do you love doing craft?	The 7-in-1 Craft Contraption 1. What is the purpose of this product?
Wish you could take your crart supplies with you wherever you go? Your wish has been granted! In RODUCING THE CRAPHE	 Do you think the 7-in-1 Craft Contraption would be easy to use? Give reasons for your answer.
Paintbrush Stapler 101	3. Which crafty tool do you like the best and why?
crimping scissors	4. If you could add another crafty tool to this product, what would it be?
Brasser Seven amazing crafty tools in one handy, portable gadget Guaranteed to make the most heautiful craft you have ever created. Grab your craft contraption now for the introductory	 The advertisement says that the product is guaranteed to make the most beautiful craft you have ever created. Do you think this statement is true?
Fictional product only.	

Helmet Pack?	al is being extra cautious?	he Cautious Carnival? Why or wh		
 d) How many ride tickets do you get in a 	What does 'cautious' mean? What makes you think that the carniv		Design a new ride or attraction for The Cautious Carnival. Write an exciting description that makes people want to experience it.	
ri		alley and play mes!* We've got: Free bubblewrop bubblewrop	jumpsoil arrivali HIGH-VIS EST PACK 5 ride tickets.	Fidenal event and products only.
	学 CAUT	d to	be thinking about is having funl • 5pil RIDE TICKET PAC SAFETY HELMET GOGGLE PACK 10 ride tickets. Decrete Decrete Decrete	res for you to mini
	c) d) 2. How many ride tickets do you get in a Helmet Pack?	CAUTIOUS 3. What does 'cautious' mean? 4. What makes you think that the carnival is being extra cautious?	Visit sideshow alley and play our carnival games!* We've got: 6 One Fishin' Ball Toss Drop the Ball: Drop the Ball:	2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2

	The Hovering Hoverboard
Are you feeling tired? Are you wishing there was another way to get around? There is another way!	 List three things from the advertisement that lead you to believe that the Hovering Hoverboard is unsafe.
The Hovering Hoverboard allows you to	2
Adver to wherever you need to gol You will hover along with nothing but air separating you and the ground:	Why do you think the advertisement suggests safety equipment, but the picture does not show the rider wearing any?
dsing your Hovering Hoverboard is ea	
member to help you or the based and the meter of the based and to help you on the based and the base	Does the Hovering Hoverboard sound like an easy product to use? Give reasons for your answer.
THE COLAR OF COLOR OF	If you and a friend were both wanting to go somewhere on your Hovering Hoverboards, could you do that together? Give reasons for your answer.
STOP WALKING STOP WALKING STOP WALKING	
Don't furget year halmed, modeligaed, protective appresas, glores, elbow pada, know pada and closed an shoes.	5. Would you like to get a Hovering Hoverboard? Give reasons for your answer.
We do not take responsibilities for any injuries caused by the Howking Howshourd, No rearing on how to use this product is offered. Estimal preduct only	

(



Chance Problem Solving

Colour in the marbles to make the sentences true.





3. You might choose a yellow marble. 4. You have an even chance of choosing





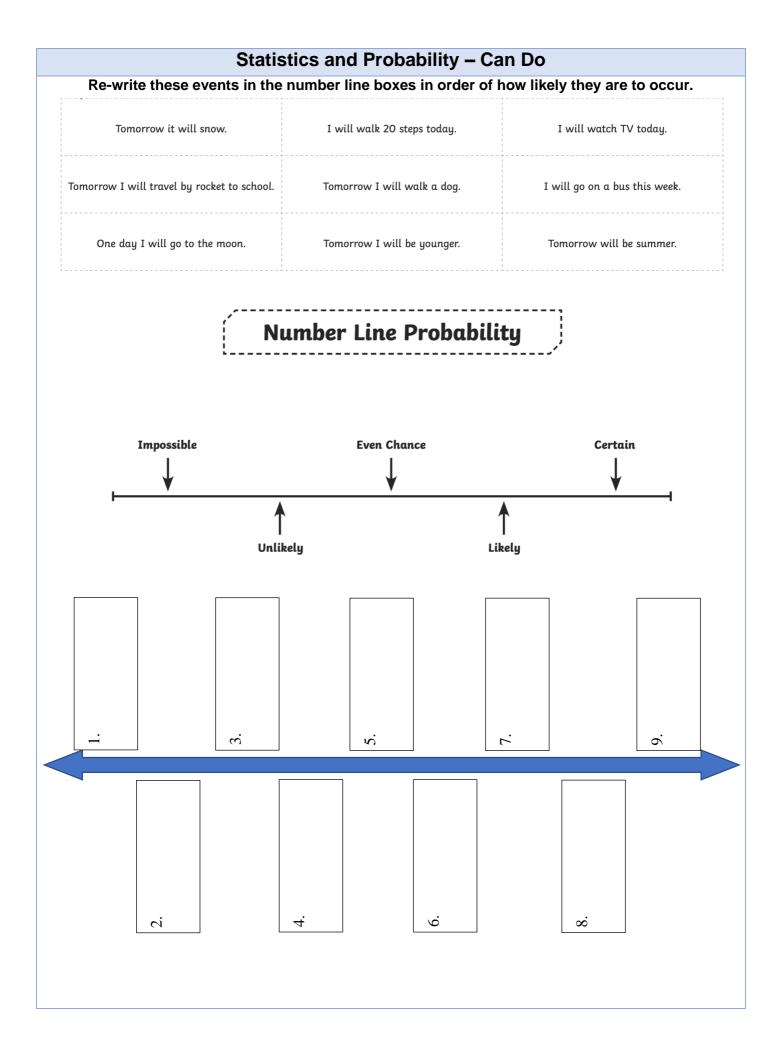
1. You might choose a red marble. 2. You won't choose a blue marble.



a green marble and a red.



5. You will choose a blue marble. 6. You won't choose a green marble.



THURSDAY – PDHPE

Lesson 10 – Water Safety

When we are out and about near water, there is a special code we should follow:

- S Stay
- A Away
- F from the
- E Edge

Discuss now why this is important with your parent, care-giver or teacher.

To keep yourself safe when you are in, on or near outdoor water, always follow "The Water safety Code"

The water safety code helps you to spot the dangers around water:

Dangers include

- 1. It will be cold
- 2. It can be difficult to get out
- 3. It can be deep
- 4. There may be hidden rubbish that could hurt you
- 5. There may be no lifeguards
- 6. The water may be dirty and could make you ill

These signs can help you spot danger



Can you guess what these signs mean? Discuss with your parent, care-giver or teacher.

Remember it's important to always be with an adult around water. Adults can help to point out dangers. You should learn how to help by

- If you see someone in difficulty, tell an adult
- Call 000 if there is an emergency
- Ask the lifeguard to help.

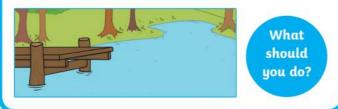
Activity 1 – What should you do? – Water Safety Scenarios

Read the following scenarios and discuss with your parent, care-giver or teacher what you should do. Then write your answers below each card.

1.

Water Safety

You and your friends have gone for a walk in the countryside. You come across a beautiful pond, full of plants and creatures. "Come on," says your friend, "I'm really hot. Let's go for a swim in this pond."



<text><text><text><text>

Water Safety

You are at the swimming pool having fun. Looking across to the deep end, you see someone waving their hand. Their head keeps coming above the surface then going back under.



4.

Water Safety

You are at the swimming pool with your friends. They all want to go and play in the deep end but you can't swim very well yet.



Water Safety

You are at the beach on a sunny day. Fixed into the ground near the sea are some flags. You aren't sure what the flags mean. How can you find out their meanings?



Activity 2 – Look at the picture below and circle all the dangers you can see.





Activity 3 – PE Activity – Choose your score

How to solve problems when moving?

You will:

- create rules to apply a scoring system with different targets
- perform the overarm throw using 4 key components
- reflect upon your performance and identify ways to perform a throw more successfully

You will need:

- Help from an adult
- A soft object to throw (for example, soft ball, pair of socks, soft toy, scrunched-up paper)
- An object or landmark to create a target for the object to hit (for example, bucket, a long piece of string laid in a circle, an 'X' formed by two pieces of tape/material, a t-shirt laid on the ground, a chair/bench, a wall, a tree)

Let's Play

- Choose a safe playing area where you can throw a number of soft objects. Create 5 targets that you can safely throw a soft object towards. Place each of these targets at different distances from the 'starting line'.
- Give each target a different point value. Consider how far the target is from the 'starting line' and the size of the target compared to others. The target you consider to be the hardest to hit should be worth 5 points. The easiest to hit should be worth 1 point.
- Discuss with your teacher or parent/caregiver how you decided the point value for your 5 targets.
- Review the pictures below for an example of the throw overarm. Focus on these important parts while throwing
- a) Eyes (Eyes focused on target area throughout the throw.)
- b) Side on (Stand side-on to target area.)
- c) Step forward (Step towards target area with opposite foot to throwing arm.)
- d) Follow through (Throwing arm follows through, down and across the body.)



Play the game 'Choose your score' using the overarm throw.

- To complete the challenge you need to hit all of your 5 targets and score 15 points. You may choose the order in which you attempt to hit the targets.
- Discuss with your teacher or parent/caregiver if you think the placement of your targets based on their point value is suitable. Make any adjustments that you think you need to.
- Play 'Choose your score' for a total of 5 times. Each time you play change the order that you try to hit the targets. Record how many throws were required to score 15 points.

Table 1 Choose your score

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5

Discuss the following reflective questions with your teacher or parent/caregiver.

- Identify the four important parts of an overarm throw.
- How did you adjust your throw for each of the different targets?
- How do you think you could change your throwing so it is more accurate?

Play 'Choose your score' again.

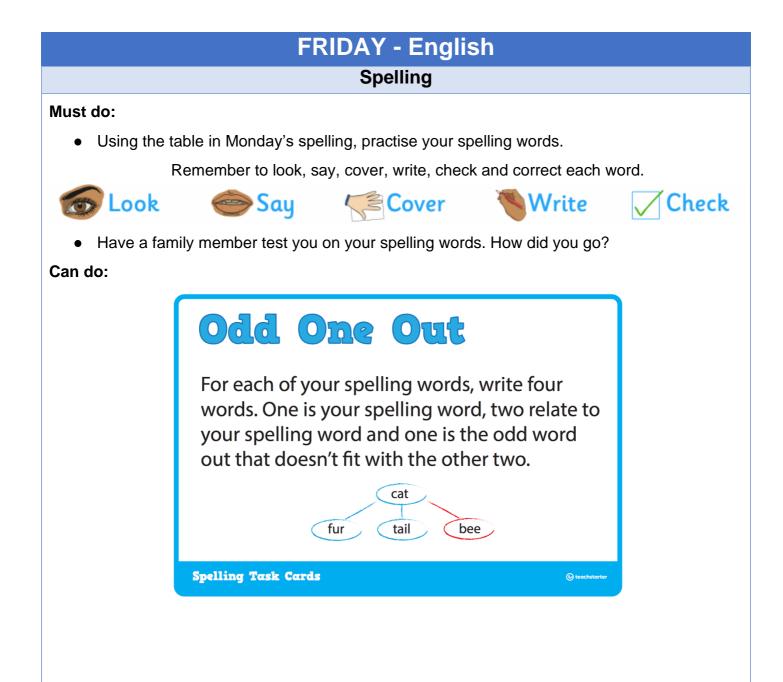
- You may choose the number of points needed and which targets you will aim for to make that score.
- For example, you may choose the target score to be 24 points. You decide that you will try to hit the 5 point target four times then the 4 point target.
- Record your target score and how many throws you needed to achieve it.

Table 2 Choose your score

Score	Attempt 1	Attempt 2	Attempt 3

Discuss the following reflective questions with your teacher or parent/caregiver.

- How did you adjust your throw for each of the different targets?
- How do you think you could change your throwing so it is more accurate?



Reading



Visit World Book Online to read about food

Your login details:

Username: tnps Password: tnps

https://www.worldbookonline.com/kids/home#article/ar830492

Find the answers to these questions

1. Name two types of food that come from plants.

2. Name two types of grains.

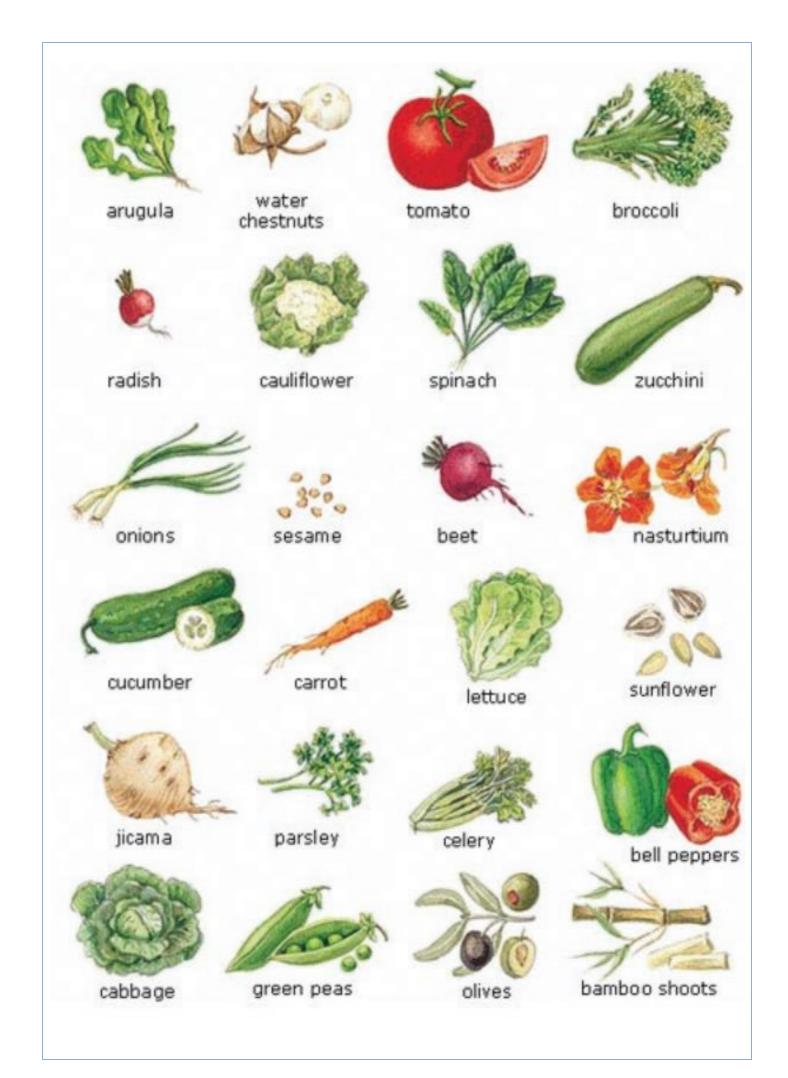
3. Name two types of food that animals provide.

4. Where do stores get the food that they sell?

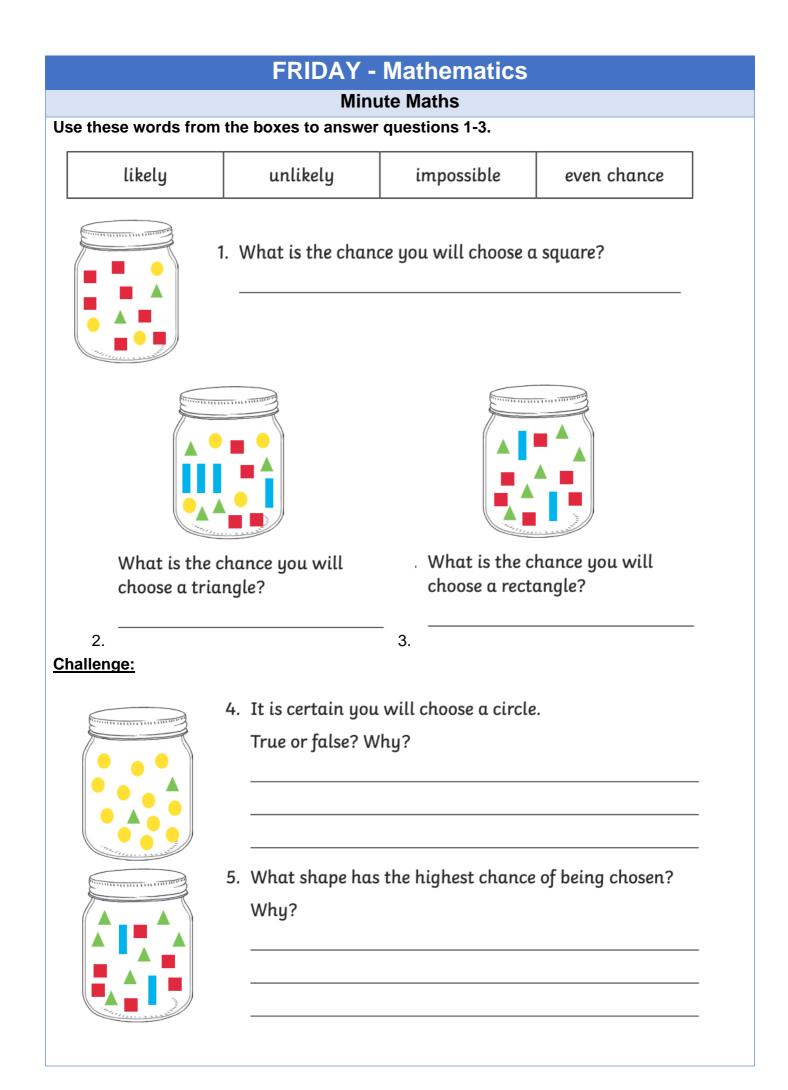
5. What is your favourite food?

Learn More!

Test how much you know about food by doing this fun activity! <u>https://www.worldbookonline.com/kids/home#activities/foodFun/th000003</u> Use the table and foods on the next page to complete the activity.



Flowers		
Leaves		
Fruits		
Stems		
Roots		
Seeds		

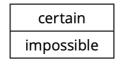


Statistics and Probability – Must Do

Choose certain or impossible to describe the chance of each event happening.

- a) If you roll a dice, you will roll a number between 7 and 12.
- b) If you jump into a pond filled with water, you will get wet.







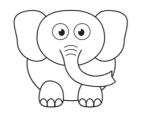
Write the correct word from the list below to complete these sentences.

likely, unlikely, impossible, certain

- a) It is ______ that the sun will set this evening.
- b) It is ______ that the weather will be warm during summer.
- c) It is ______ to teach a pig to drive a car.
- d) It is ______ that you will travel into space during your lifetime.

Write **likely**, **unlikely**, **impossible** or **certain** underneath each event to describe the chance of them happening.

a) I will be given an elephant for my next birthday.



c) My brother will choose to wear his shorts on a hot day.

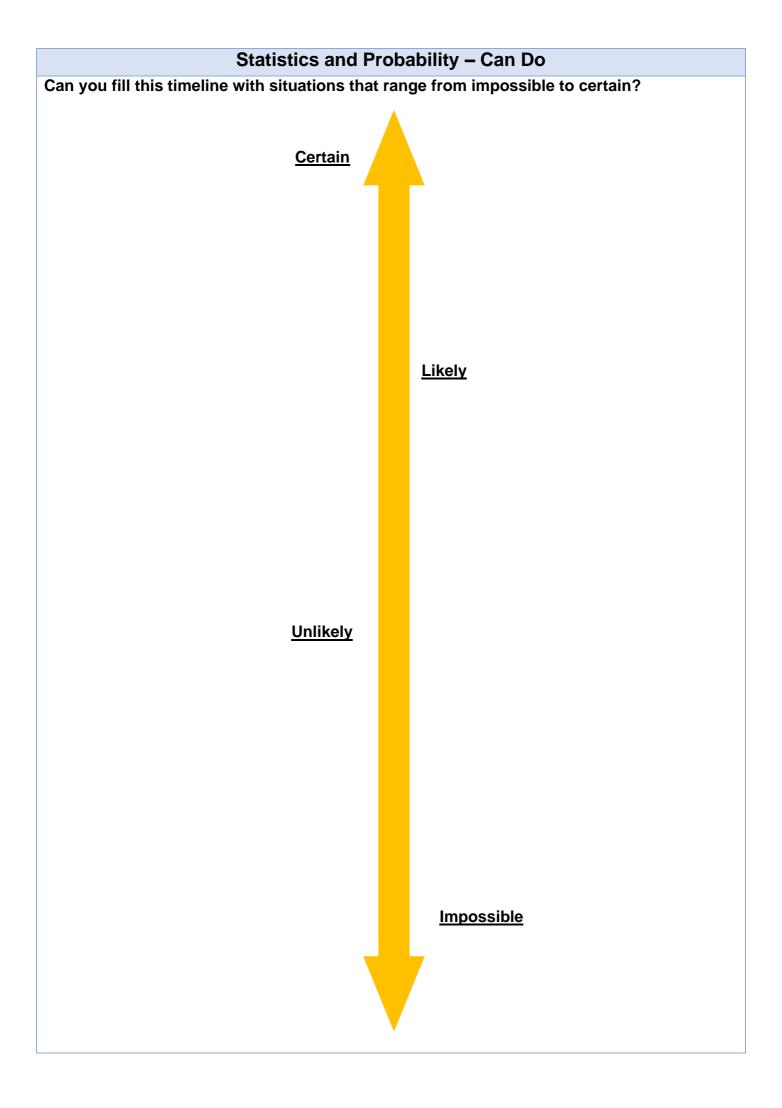


b) A flipped coin will land on either a head or a tail.



d) If I eat pumpkin for my dinner, I will then turn into a pumpkin.





FRIDAY – Funday!



Put on your favourite music and spend the afternoon completing some fun activities

You may also like to do some of these activities in the holidays!

Other ideas....

create your own scavenger hunt for someone in your family to complete

create your own code breaker

invent a new game



create an obstacle course and time yourself completing it

help someone with a job around the house

Hands on Activities!

Nature Shadow Art





Stick Painting



Chalk Art























Paper People



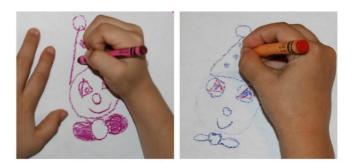
Simon Says Drawing How to Play:

 Give everyone paper and pencils/crayons/markers/pens to play with.
 One person will be "Simon" and will be responsible for giving out the directions for drawing.

3. Simon gives out directions by saying "Simon Says + direction". For example - Simon Says draw a large circle.

4. All players will draw what has been instructed.

Beware if Simon does not say Simon Says!



Minute it to win it!

Challenge your family to complete challenges in under a minute. Here are some ideas or create your own!

Balance the Die: put a paddle pop stick in your mouth and balance as many die as you can



Stack the Apples: stack as many apples as you can in the minute. They have to be standing without you holding onto them

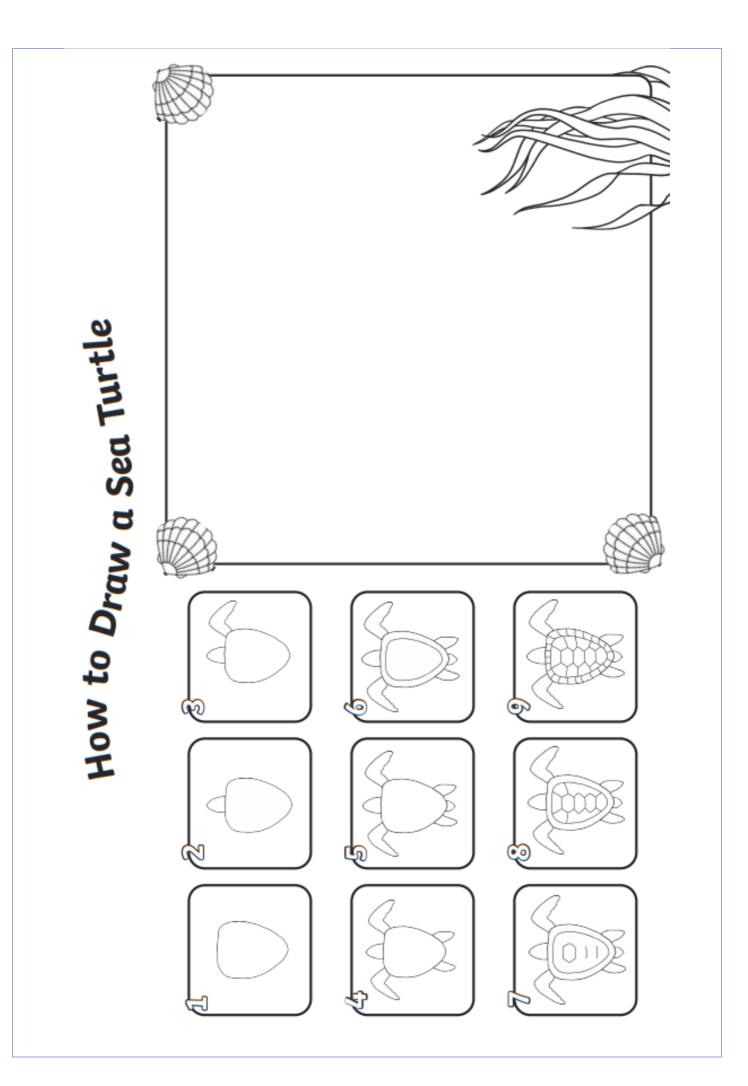


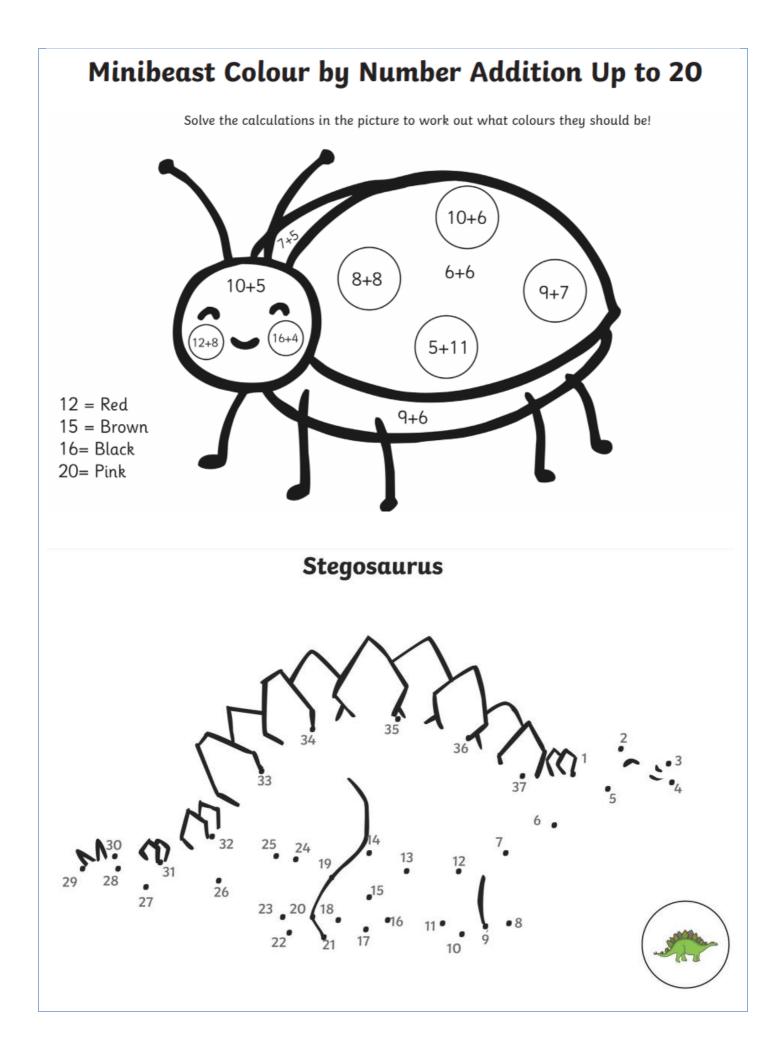
Shake the Box: fill an empty tissue box with ping pong balls and tie around your waste. Shake your body and see if you can get all the balls out of the box!



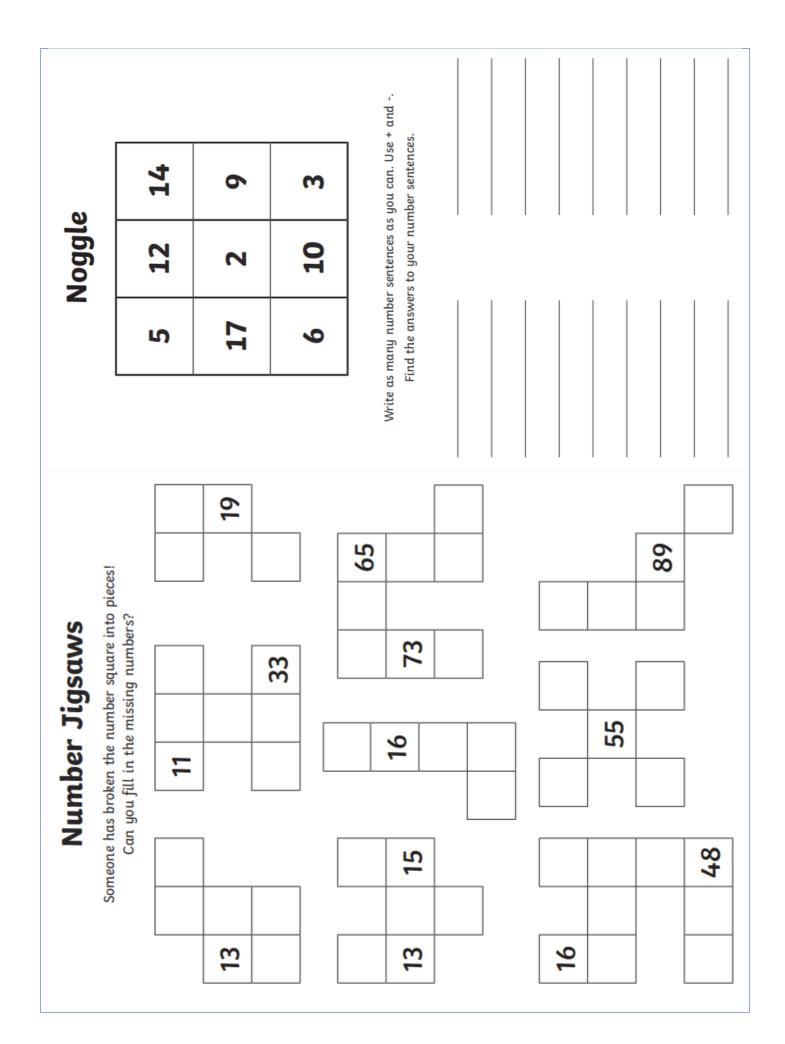
Don't Drop the Donut: string a donut between two chairs and see who can eat the most in under a minute without your donut falling down







	Mystery	Mystery Picture 3			ပိ	Colouring Hundreds Chart	ing	Hui	ndre	sds	Cha	t	
Red	Black	Orange	Pink										
• 6 ones	• 47 ones	• 3 ones to 5 ones	• 6 tens 5 ones				ĥμ	stery .	mystery picture 3	n			
•11+11 ones	 7+7 ones 	• 4 tens 3 ones	to 67 ones	Use the clues to colour the numbers on this hundreds chart and make a picture.	luestoc	colourth	ie numb	ers on th	iis hund	reds ch	art and	make a	picture
•2 tens 3 ones	 1 tens 5 ones 	• 58 ones	 17 ones 7 tens 										
•4 ones 8 tens	 17 ones 	• 7 ones to 9 ones	• 76 ones	-	7	m	4	S	9	2	ø	6	9
• 9 ones 2 tens	• 8 ones 1 tens	• 50-1 ones	• 7 tens 7 ones	;			;		;	1			
• 3 tens	• 30-2 ones	 13 ones 	• 96 ones to 100-1 ones	=	72	13	14	15	16	11	18	19	20
•15+15+3 ones	• 3 tens 15 ones	 1 tens 9 ones 	sano 1-001	10	"	23	74	75	96	7	28	90	30
• 60-1 on <i>e</i> s	• 5 ones 2 tens	 2 ones 3 tens 		Ī	1	3	5	3	3	;	3		8
 3 tens 9 ones 		• 20+20 ones		31	32	33	34	35	36	37	38	39	40
• 42 ones		• 4 tens 14 ones											
• O ones 5 tens				41	42	43	44	45	46	47	48	61	50
• 3 ones 5 tens													
• 8 tens 8 ones				51	52	23	54	55	56	57	58	59	60
• 6 tens 3 ones									1				
 19 ones 5 tens 				61	62	63	64	65	99	67	68	69	70
• 3 ones 7 tens													
 78 ones 				1	72	73	74	75	76	F	78	79	80
• 80-1 ones				3	5		3	5	;	Į	6		8
•40+40+5 ones				81	82	83	84	çõ	80	81	88	89	06
				6	92	93	94	95	96	76	98	66	100





Here are some links to activities to give your brain a break and move your body!

https://youtu.be/qQeq9ryQUa4



https://www.youtube.com/embed/iMO4txHN_3E



https://www.youtube.com/watch?v=-uKEuikMrRo

