Below is a sample recommended timetable that adheres to the National Education Standards Authority (NESA) requirements for each key learning area.

We recommend that you follow this routine as much as possible according to what works in your house.

The following equates to one week of work and is applicable to all year groups.

| LYNWOOD PARK | Lynwood Park Public School<br>Learning From Home Whole School Timetable<br>Stage 2 Term 4 Week 3 2021 |                              |                              |                              |                              |  |  |
|--------------|---|------------------------------|------------------------------|------------------------------|------------------------------|--|--|
| Time         | Monday  | Tuesday                      | Wednesday                    | Thursday                     | Friday                       |  |  |
| 10 mins      | Reading   | Reading                      | Reading                      | Reading                      | Reading                      |  |  |
| 15 mins      | Comprehension /<br>Word Work  | Comprehension /<br>Word Work | Comprehension /<br>Word Work | Comprehension /<br>Word Work | Comprehension /<br>Word Work |  |  |
| 30 mins      | Writing   | Writing                      | Writing                      | Writing                      | Writing                      |  |  |
| BREAK        | CRUNCH'N'SIP  | CRUNCH'N'SIP                 | CRUNCH'N'SIP                 | CRUNCH'N'SIP                 | CRUNCH'N'SIP                 |  |  |
| 45 mins      | Mathematics   | Mathematics                  | Mathematics                  | Mathematics                  | Mathematics                  |  |  |
| 20 mins      | Fitness   | Fitness                      | Fitness                      | Fitness                      | Fitness                      |  |  |
| BREAK        | RECESS  | RECESS                       | RECESS                       | RECESS                       | RECESS                       |  |  |
| 45 mins      | Science & Technology  | Creative Arts                | Personal Development         | History                      | Catch up                     |  |  |

# Stage 2 Term 4 Week 3 – Learning From Home

|  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|---|
| Morning<br>Reading<br>Learning<br>Intention –<br>Students<br>read a<br>variety of<br>texts for a<br>range of<br>purposes | Reading- Try the "Before youread" tasks to build yourcomprehensionstrategies.Focus: Cause & Effect- Read all (or part) ofCharlotte's Web- Chapter11 "The Miracle" ORfollow along with thisread-aloud video:http://www.viewpure.com/JR7I69bpbWQ?start=0&end=0   | Reading<br>- Try the "Before you<br>read" tasks to build your<br>comprehension strategies.<br>Focus: Facts & Details<br>- Read all (or part) of<br>Charlotte's Web- Chapter<br>11 "The Miracle" OR follow<br>along with this read-aloud<br>video:<br>http://www.viewpure.com/JR7I<br>69bpbWQ?start=0&end=0                      | Reading<br>- Try the "Before you<br>read" tasks to build your<br>comprehension strategies.<br>Focus: Summarising<br>- Read all (or part) of<br>Charlotte's Web- Chapter<br>12 "A meeting" OR follow<br>along with this read-aloud<br>video:<br>http://www.viewpure.com/A<br>6STJweKkdE?start=0&end=0  | Reading<br>- Try the "Before you<br>read" tasks to build your<br>comprehension strategies.<br>Focus: Facts & Opinions<br>- Read all (or part) of<br>Charlotte's Web- Chapter<br>12 "A meeting" OR follow<br>along with this read-aloud<br>video:<br>http://www.viewpure.com/A6S<br>TJweKkdE?start=0&end=0   | Reading<br>- Try the "Before you<br>read" tasks to build your<br>comprehension strategies.<br>Focus: Making Inferences<br>- Read the information<br>about 'Inferring' before<br>reading the introduction to<br>the text: "The Case of the<br>Missing Cookie".<br>Draw your own conclusion<br>about what happened.   |
| Morning<br>Word<br>work  | Word Work<br>Spelling - complete the<br>spelling tasks attached.<br>Use 'look, cover, write &<br>check' to write your<br>spelling words for this<br>week using the words<br>listed.<br>- Write the grammar rule<br>for this week. List the<br>'grammar' words.<br>- Can you think of 3 more<br>words that have an<br>apostrophe?<br>Learning Intention –<br>Students use appropriate<br>strategies to accurately spell<br>familiar and unfamiliar<br>words | Word Work<br>Spelling- Use your list<br>words to answer the<br>questions.<br>Which word means:<br>a) the process of scraping<br>or wearing something<br>away?<br>b) to expel air from the<br>lungs with a sudden sharp<br>sound?<br>- Find and write all the<br>common nouns (naming<br>words) in this week's<br>spelling list. | Comprehension / Word Work<br>Remember to answer in full<br>sentences and use<br>information from the text in<br>your answers.<br>1. What does Charlotte write<br>in her web?<br>2. What is the main purpose<br>of Charlotte's trick?<br>3. Why do Zuckerman and<br>Lurvy begin to tremble?<br>- What does the word miracle<br>mean? Find and write the<br>definition before using the<br>word in a sentence. Draw an<br>example of a miracle.<br>Learning Intention – Students<br>explore a range of<br>vocabulary used to convey<br>the author's purpose | Comprehension / Word Work<br>Remember to answer in full<br>sentences and use<br>information from the text in<br>your answers.<br>1. Charlotte says 'people<br>believe almost anything they<br>see in print'. Do you agree<br>with her? Why or why not?<br>- Wise Words: If you were<br>Charlotte, what would you<br>weave into your web and<br>why? Think of five<br>examples and explain your<br>choices.<br>Learning Intention – Students<br>summarise information to<br>make judgements about texts<br>and their own experiences | Word Work<br>It's time to apply your skill<br>of inferring. Look closely at<br>the images in the comic<br>strip. Using the clues<br>provided in the images,<br>infer what is happening.<br>Add a description under<br>each cell (frame), then<br>draw your own picture in<br>the last cell to finish the<br>story.<br>Learning Intention – Students<br>summarise information to<br>make judgements about texts<br>and their own experiences |

| Morning     | Writing  | Writing  | Writing   | Writing   | Writing  |
|-------------|--|--|---|---|--|
| English     | Spelling sentences –                                 | Procedure writing  | Procedure writing                                   | Road safety   | Handwriting  |
| Ū           | Write a sentence for each                            | Have you been baking and                                     | Yesterday you wrote a                               | How do you travel to school?                                      | Review your 'do drop in'                                   |
|             | of the 5 grammar words                               | cooking during some of your                                  | procedure for a delicious                           | Maybe you walk, or ride or  | and 'horizontal joins'.                                    |
|             | from the spelling list.                              | free time? You might have                                    | meal. Today you are going                           | get a lift in a car?  | Write the letter   |
|             | Make sure each sentence                              | followed a recipe to make<br>some yummy things. A            | to write a procedure to                             | Create two columns with the headings:                             | combinations and the                                       |
|             | begins with a capital                                | recipe is a procedure. It tells                              | play a game or do an                                | Ways to travel Risks and  | passage on the   |
|             | letter, ends with a full                             | us the equipment and   | after-school activity. You                          | to school hazards   | worksheet. Focus on using                                  |
|             | stop and uses an                                     | quantities of items we need,                                 | might like to write about an                        | In column 1, brainstorm a list                                    | the example to help you                                    |
|             | adjective or adverb.                                 | as well as step by step                                      | activity that you do                                | of ways you might travel to/                                      | check your letter joins,                                   |
|             | For an extra challenge try                           | instructions. Using the                                      | yourself, like how to play a                        | from school. In the column 2,                                     | letter entries and exits.                                  |
|             | and use our Word of the                              | attached template, sequence<br>a recipe for a delicious meal | game of football or how to tap dance. Make sure you | write some of the risks or hazards when travelling to             | Learning Intention – Students                              |
|             | Week ( <u>grotesque</u> ) in one                     | you have cooked or would                                     | list any equipment needed                           | school that way.  | build their pencil control and                             |
|             | of the sentences.                                    | like to cook. Make sure you                                  | and write the instructions                          | - List some ways to reduce or                                     | neatness as they learn to                                  |
|             | Learning Intention –                                 | list the ingredients, quantities                             | down in the correct                                 | eliminate the risks or  | write with cursive   |
|             | Students can write simple<br>and compound sentences  | and the equipment. Don't                                     | sequence.   | hazards. Think about some   | handwriting.   |
|             | with correct punctuation.                            | forget to ensure you write the<br>instructions down in the   |   | of the safe practices when in a car.                              |  |
|             |  | correct sequence.  | Learning Intention – Students                       | - Complete the attached   |  |
|             |  |  | can sequence and write a                            | cloze passage on passenger  |  |
|             |  |  | series of instructions                              | safety.   |  |
|             |  |  |   | Learning Intention – Students<br>can identify safe practices when |  |
|             |  |  |   | travelling to and from school                                     |  |
| Break       |  |  |   |   |  |
| Middle      | Mathematics  | Mathematics  | Mathematics   | Mathematics   | Mathematics  |
|             | - Answer Monday's maths                              | - Answer Tuesday's maths                                     | - Answer Wednesday's                                | - Answer Thursday's maths   | - Try the maths 'warm up'                                  |
| Mathematics | mentals  | mentals  | maths mentals                                       | mentals   | tasks to apply your maths                                  |
|             | Whole Number-<br>Prime & Composite                   | Prime & Composite  | Prime & Composite                                   | Whole number: Work  | knowledge. Fill in the<br>reflection 'faces' – how did     |
|             | numbers: A prime number                              | numbers: You will need to                                    | numbers: Work through                               | though questions 1 to 7 on  | you go?  |
|             | is a number that can only be                         | have completed Monday's                                      | questions 1 to 4 on the                             | the worksheet to  | , ,  |
|             | divided by itself and 1                              | math work to help you  | worksheet to demonstrate                            | demonstrate your  | Converting time: On the                                    |
|             | without remainders. A                                | complete todays' worksheet.                                  | your understanding of Prime                         | understanding of comparing  | worksheet, write the times                                 |
|             | composite number is a<br>positive number that can be | Work through questions 1 to 5 to demonstrate your            | and Composite numbers.                              | numbers.<br>Use the symbols > (greater                            | using words, convert them to                               |
|             | formed by multiplying two                            | understanding of Prime and                                   | Learning Intention – Students                       | than), $<$ (less than) or =                                       | 24hour time, 12hour time and draw them on the analog       |
|             | smaller positive numbers.                            | Composite numbers.   | will be able to understand,                         | (equal to) to answer the  | clock.   |
|             | Working through questions                            |  | read, order, and represent                          | questions.  | Read the word problems and                                 |
|             | 1 to 6, colour the prime and                         |  | numbers up to five digits.                          |   | explain your answers.                                      |
|             | composite numbers on the grid.                       |  |   |   | Learning Intention – Students                              |
|             | grid.  |  |   |   | will be able to convert analog and digital times and write |
|             |  |  |   |   | the time in words.   |

| Middle<br>Fitness<br>BREAK | SISA Yoga, Mindfulness an<br>Kids HIIT Workou<br>Just Dance Worko<br>Kids 20-minute Tab   | Online Fitness Options<br>ne of these activities in your fitne<br>d Breathing <u>https://www.youtube</u><br>t <u>https://www.youtube.com/watch</u><br>out <u>https://www.youtube.com/wat</u><br>ata <u>https://www.youtube.com/wat</u>  | Complete the 'Lunchbox kid's<br>of your l<br>Turn on some music a<br>Create an obstacle course th<br>hopping, gallopir<br>Try some Tabata (20 second<br>rest, 8 times) that includes sta   | <b>/ithout Technology</b><br>workout' (attached to the back<br>booklet).<br>nd have a dance party.<br>nat includes running, jumping,<br>ng and balancing.<br>ds of work and 10 seconds of<br>ir jumps, squats, burpees, high<br>tuck jumps.   |  |
|----------------------------|---|---|--|---|--|
| Afternoon                  | Science and<br>Technology<br>The Earth's surface is<br>constantly changing. This<br>change can be due to<br>natural processes or human<br>activity.<br>Today we will be learning<br>about some of the natural<br>processes that happen to<br>the Earth's surface. Natural<br>processes, like bushfires,<br>can quickly change the<br>Earth's surface and<br>appearance of a landscape,<br>but the Earth's surface can<br>also change slowly over<br>millions of years.<br>Read the information on the<br>attached sheet and work<br>through the experiment to<br>find out how the Earth can<br>change slowly and how it's<br>still changing today.<br><i>Learning Intention</i> –<br><i>Students can identify how</i><br><i>natural processes can</i><br><i>change the Earth's surface</i><br><i>over time.</i> | Creative Arts<br>Musical instruments<br>Our school band is<br>continuing in 2022 and we'd<br>like to invite all students in<br>Years 2-5 (2021) to<br>participate. Our music lesson<br>today will help you learn<br>some more about the<br>instruments. Visit<br>https://www.schoolbands.co<br>m.au/choosing-the-right-<br>instrument/ to watch some<br>videos about each of the<br>instruments in the band.<br>- Listen to the instruments<br>and notice how they are<br>played/ the type of sound the<br>instrument makes. Read the<br>information on the website<br>about the instrument families.<br>- Complete the worksheets<br>about the instrument sin the<br>band. Describe the sound of<br>each instrument and how is it<br>played. Can you name the<br>instruments?<br>Learning Intention – Students<br>listen to, describe, name and<br>identify musical instruments<br>and the sounds they<br>produce. | Personal Development<br>Wellbeing Wednesday<br>You have been working so<br>hard, we want you to stop,<br>breathe and find<br>something relaxing to do<br>away from a screen and<br>your desk this afternoon.<br>Try some mindfulness<br>colouring, do something to<br>make someone else's day<br>OR try something new. | History<br>Read through the timeline of<br>the Australia's Indigenous<br>Peoples.<br>Task: Choose 4 dates from<br>the top part of the timeline<br>and 4 from the bottom part of<br>the timeline then draw an<br>item or an image that<br>represents it.<br>For example: 63000 BCE –<br>You could draw a picture of<br>what you think a grinding axe<br>may look like.<br>Learning Intention – Students<br>will be able to draw an image<br>or an item which represents<br>a period in time. | Catch Up<br>Use this time to finish any<br>tasks that need completing<br>from this week.<br>If you are looking for more<br>activities to do, you could<br>read a text of your choice,<br>complete some Study<br>ladder activities, watch<br>BTN or look at some of the<br>links provided at the end<br>of this grid. |

| Optional<br>Extension<br>activities | <u>Art Hub</u><br>Follow along with a<br>directed drawing<br><u>https://www.artforkidshub</u><br>.com/how-to-draw/ | STEM Activity<br>Cloud in a Jar<br>https://www.giftofcuriosity.com/weather-science-how-to-<br>make-a-cloud-in-a-jar/ | Making Ice Cream in a Bag<br>https://www.sciencebuddies.org/stem-activities/ice-<br>cream-bag           |
|-------------------------------------|--|--|---|
|                                     | READ, READ, READ!!!<br>Reading everyday makes<br>you a better reader.  | <u>Studyladder</u><br>https://www.studyladder.com.au/  | <u>Fitness</u><br>Move your body and follow along with PE with Joe on<br>Youtube!                       |
|                                     | Kids News!<br>https://www.kidsnews.co<br>m.au/   | <u>BTN</u><br>Watch a BTN to keep up to date on current affairs!<br><u>https://www.abc.net.au/btn/</u>               | <u>Meditation</u><br>https://www.headspace.com/meditation/kids<br>Or<br>https://www.smilingmind.com.au/ |
|                                     |  | Watch an 'Education Live' talk at 10an<br>https://education.nsw.gov.au/teaching-and-learning/learnin                 |   |

# Monday



# Spelling

Learning Intention – Students use appropriate strategies to accurately spell familiar and unfamiliar words

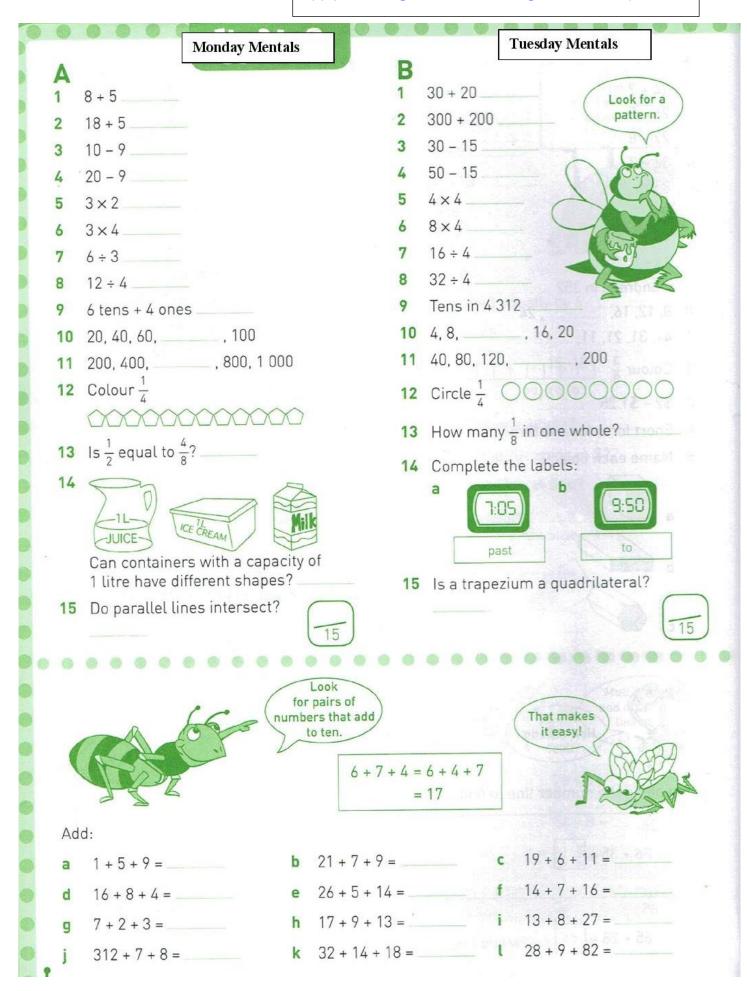
Grammar Tip: Apostrophes generally show missing letters in contractions

| Literacy | Grammar | History        | Science  |
|----------|---------|----------------|----------|
| future   | you're  | Anzac          | abrasion |
| factory  | you've  | Australia      | breaking |
| forest   | that's  | harmony        | chemical |
| cough    | what's  | celebrations   | diagram  |
| through  | they'll | commemorations | oxygen   |
| 144      |         | • 11 1 •       |          |

Wow word: grotesque - comically or repulsively ugly or distorted.

- Use 'look, cover, write & check' to write your spelling words.
- Write the grammar rule for this week including the grammar words.
- Can you think of 3 more words that have an apostrophe?
- Which word means, the process of scraping or wearing something away?
- Which word means to expel air from the lungs with a sudden sharp sound?
- Find and write all the common nouns (naming words) in this week's spelling list.

Learning Intention – Accurately recall number facts and apply knowledge of number strategies to answer questions.



# Monday- Maths (Whole Numbers: Prime and Composite numbers)

Learning Intention: Understand place value to read, order and represent up to five digits.

| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9   | 10   |
|----|----|----|----|----|----|----|----|-----|------|
|    | -  |    |    |    |    |    |    | 199 | 1.00 |
| 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  |

You may use a calculator.

I Colour I red.

2 Starting at 4 colour every number divisible by 2, blue.

- 3 Starting at 6 colour the rest of the numbers that are divisible by 5, green. (Hint: They end in a 5.)
- 4 Starting at 4 colour the rest of the numbers that are divisible by 3, yellow.
- 5 Starting at 8 colour the rest of the numbers that are divisible by 7, orange.
- 6 Write a list of the numbers which are left.

# Monday- Science and Technology

The Earth's surface appears to be still, but it is actually constantly on the move. It's outer shell (crust) is made up of huge slabs of moving rock called tectonic plates. The plates fit together like puzzle pieces to make up the Earth's surface. It's their movement that changes the Earth's surface depending on how the plates meet. For example, plates that collide together may form mountains, Others that move away may cause valleys and those that grind past each other cause most likelv earthquakes. Mountains are formed over the course of millions of years, but can continue to fold and rise.

Learning Intention – Students can identify how natural processes can change the Earth's surface over time.

# **The Earth's Changing Surface**

Create your own folded mountain range

### Step 1

Fold the towels in half, lay them on top of each other.

### Step 2

Gently, start pushing the two boxes together.

### Step 3

Observe and video/photograph your results with your tablet. Take a slow-motion video.





Repeat the procedure a few times.

Observe what happens and ask questions, e.g. where are the highest peaks?

Record the interesting things you noticed during your investigation.

| Observations: |  |  |  |
|---------------|--|--|--|
|               |  |  |  |
|               |  |  |  |
|               |  |  |  |

# Draw and label a diagram to explain how your mountain range formed

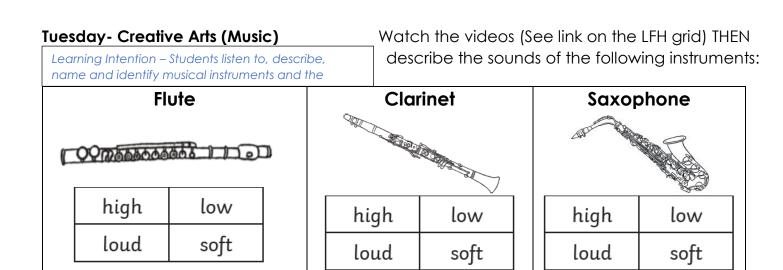
Tuesday- Writing Learning Intention – Students can sequence and write a series of instructions **Writing Instructions** How to make a \_\_\_\_\_ Ingredients Equipment Method



# Tuesday- Mathematics- Whole numbers: Prime and Composite numbers

Learning Intention: Understand place value to read, order and represent up to five digits.

| Look at<br>a These<br>are n | poge 142.<br>a ore the nu<br>ot coloured.<br>te factors of | mbers less t | han 50 whi         | eg     | Prime nu<br>ave only tw<br>I and then<br>I is prim<br>its only fac<br>I and | vo factors,<br>nselves,<br>ne because<br>ctors are | Reio<br>310 m |
|-----------------------------|--|--------------|--------------------|--------|---|--|---------------|
| Number                      | Factors  | Number       | Factors            | Number | Factors   | Number   | Factors       |
| 2                           |  | П            |                    | 23     | Tuccors   | 41   | - uctors      |
| 3                           | 1000   | 13           |                    | 29     |   | 43   | -             |
| 5                           | -  | 17           |                    | 31     |   | 47   |               |
| 7                           |  | 19           |                    | 37     |   |  | 7             |
| g Colo                      | ur the comp<br>the prime nu                                | osite numbe  | rs green.          |        |   | composite  | number.       |
| b Are (<br>Why)             | all composit   | e numbers e  | ven?               |        |   |  |               |
| c Usin<br>odd               | g arrøys, she<br>× odd will b                              | e odd.       |                    |        |   |  |               |
| a 9 x 3                     | b  | 8×4=_        | _ c 7 x 3          | 3 = (  | 5 × 10 = _  | e 6 x  | 7=            |
| 7 × 9                       |  |              |                    |        |   | 7 ×  |               |
| True or                     | false.   |              |                    |        |   |  |               |
|                             |  |              |                    |        |   |  |               |
|                             | -9×5_  |              | $b 3 \times 4 = 4$ | ×3     | c 8 x   | 7=7×6_   | 0.00          |



Trombone

low

soft

R

(6

Percussion

high

high

loud

low

Trumpet

low

soft

high

loud

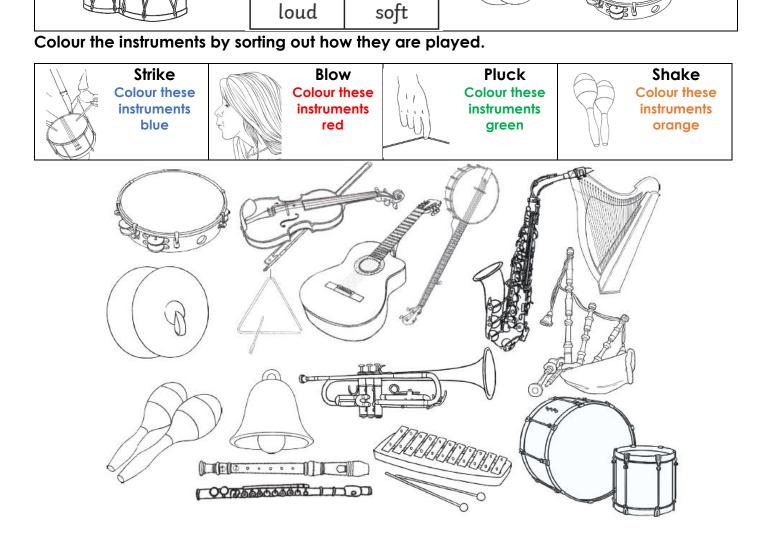
**Bass Guitar** 

high

loud

low

soft

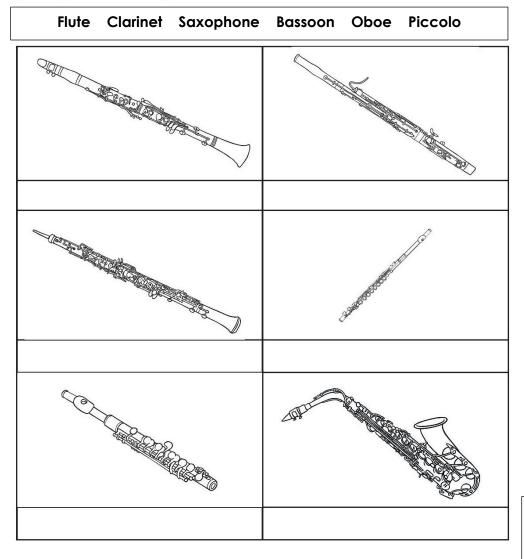


# Tuesday- Creative Arts cont'd

The way the instrument is played or what it is made from gives you a clue about the instrument family it belongs to. Write the name of the instruments in each family.

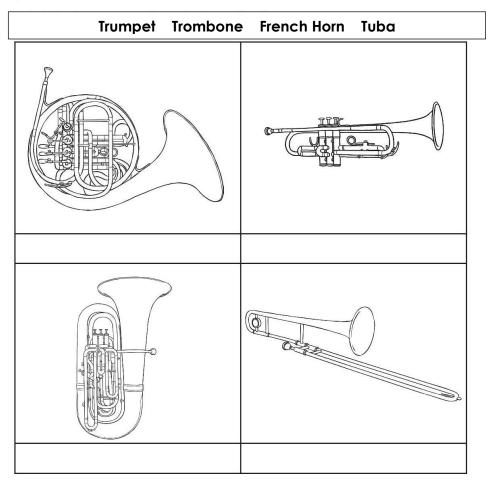
# The Woodwind Family

Instruments in the woodwind family aren't all made of wood, although most used to be. They are played by blowing into them. Notes are changed by pressing on holes or keys.



# The Brass Family

Instruments in the brass family are usually made of brass. They are played by blowing into them while vibrating your lips against the mouthpiece. Notes are changed by changing the shape of your mouth, pressing down on keys or (with the trombone) moving the slider.



If you are in Year 2- Year 5 (2021) and you would like to register for band in 2022, speak with your family. Register via the sign- up button on the School Band's Australia page (see link in the Learning Grid). Learning Intention – Students can sequence and write a series of instructions

# **Procedural Recount**

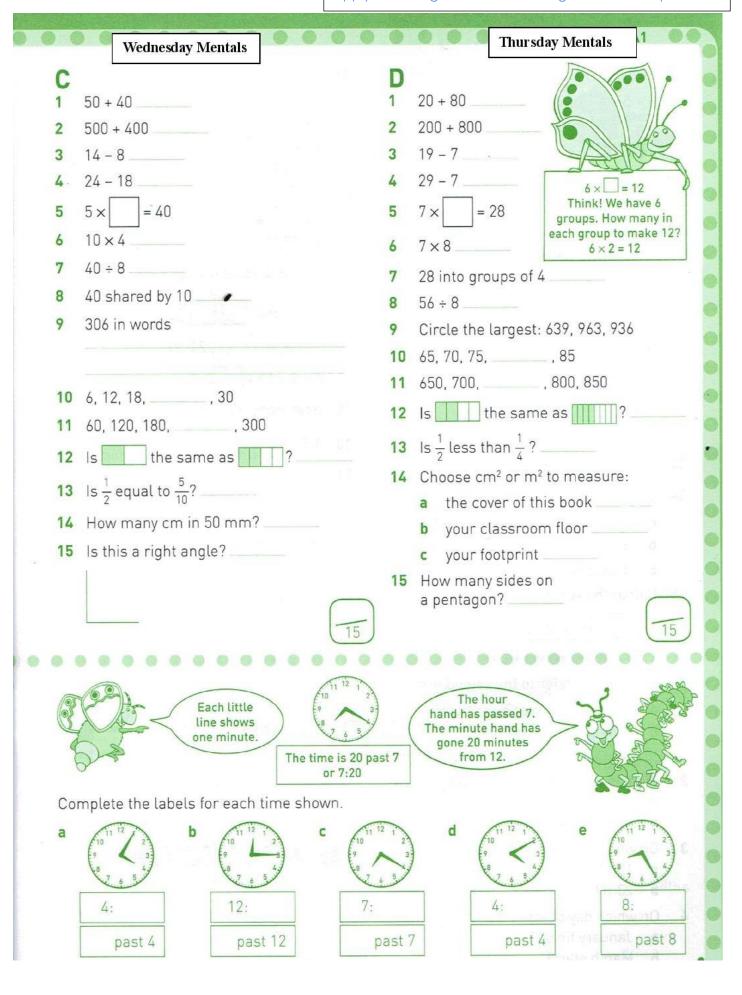
| Aim/Goal: What<br>was the aim or goal<br>of the task?  |    |
|--|----|
| Ingredients/Materials:<br>List the Ingredients,<br>materials or<br>equipment you used<br>for the task.   | •  |
| Method/Steps:<br>What was the method<br>or what were the steps<br>that you took during<br>the procedure?<br>List them in order,<br>using time e.g. it<br>took 10 mins for the<br>water to boil.<br>Remember to use verbs<br>to describe the action.<br>e.g., cut, mix, glue. | 1. |





# Wednesday & Thursday Maths Mentals

Learning Intention – Accurately recall number facts and apply knowledge of number strategies to answer questions.

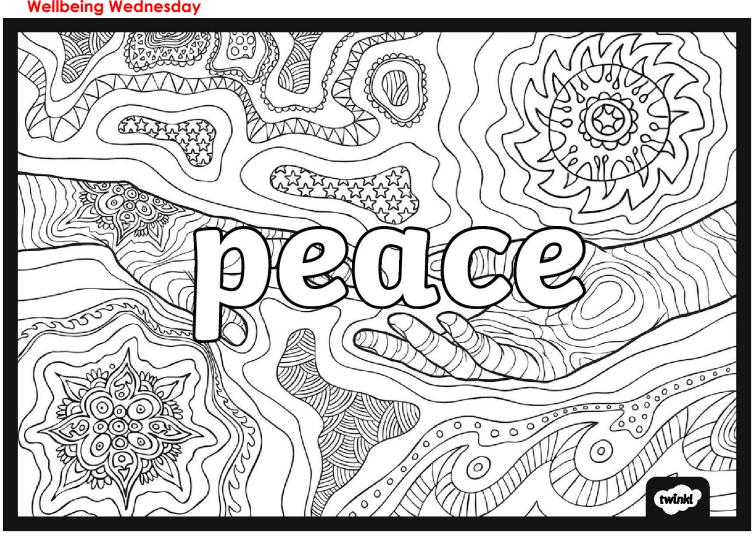


# Wednesday- Mathematics: Whole number

Learning Intention: Understand place value to read, order and represent up to five digits.

| 3694<br>3640<br>3502<br>Round to th | 3554<br>3639<br>7  | 3619<br>37<br>hundred.  | 3467<br>3467<br>3467<br>3549<br>3549<br>3549<br>32<br>32<br>32<br>32<br>3467<br>5, 6, 7, 8, 9 - + 1<br>eg 7650 - 8000<br>4299 - 4000<br>When rounding to<br>hundreds. look al<br>the tens place.<br>When rounding to<br>hundreds. look al<br>the tens place.<br>When rounding to<br>housands, look a<br>the hundreds place. |
|-------------------------------------|--------------------|---|---|
| a 793                               |                    | b 419   | _ c 854   |
| d 278                               |                    | e 647   | _ f 338   |
| g 35 124 _                          |                    |   | h 56 602  |
| i 90 848 _                          |                    |   | j 63 169  |
| Round to th<br>a 5284<br>e 1514     | he nearest         | thousand.<br>b 7307<br>f 9436                                 | red, 3600 blue, 3500 yellow.<br>c 3784 d 8074<br>g 24 480 h 56 503<br>k 30 827 l 91 733   |
| Used cars                           | Colour             | Price in '000s  | 4 a What does the Price in '000s mean?  |
| Honda                               | Blue               | 19  |   |
| Mercedes                            | Silver             | 47-5  |   |
| Renault                             | Red                | 7   | b Write the real price of each car.   |
| BHW                                 | Green              | 38-5  | Honda Mercedes  |
| Rolls Royce                         | Yellow             | 22  | Renault BMW   |
| Suzuki                              | Block              | 12-5  | Rolls Royce   |
| five hund<br>Ford \$                | dred. What<br>9825 | the price to the ne<br>will he charge for<br>Holden<br>Subary | earest Suzuki   |

# **Wellbeing Wednesday**



| Make a care package<br>with a card, craft<br>and/or little gift to give<br>to a friend or family<br>member to show you<br>are thinking of them.   | Do some yoga with<br>Cosmic Kids. Creete<br>some of your own<br>moves.  | R  | Create a FlipCrid<br>Video telling some<br>Jokes. Send it to a<br>family member or<br>friend to make them<br>smile! |
|---|---|--|---|
| Take a walk in nature<br>and collect some<br>items that make you<br>happy. Create a<br>sensory nature table<br>at home and add to it<br>each day. | Create a space just for<br>you. Add your favourite<br>books, activities,<br>colouring in or drawing<br>materials you like to<br>explore and create<br>with. | Make a Warm<br>Fuzzies jar. Decorate<br>the jar and add<br>pieces of paper with<br>things you love about<br>each family member<br>or your class mates. | Draw a mindmap of<br>your support network<br>and people you can<br>go to for support.                               |
| Cut out some<br>pictures from a<br>magazine and create<br>a collage showing<br>different emotions<br>you have experienced                         | Create a 'happy<br>dance' to your<br>favourite song. Video it<br>and share it with your<br>teacher or a family<br>member who lives far<br>away.             | Interview a grown<br>up about R U OK?<br>Day. Ask them for<br>some ideas of what<br>you could say to a<br>friend who was not<br>feeling ok.            | Make a poster to<br>promote R U OK?<br>Day. Put it up<br>somewhere so others<br>can see it                          |
| Make a life size "hug"<br>and send it to<br>someone special.  | Make some positive<br>affirmation cards.<br>Lam grateful for.<br>Lam proud of.<br>(feel calm when.<br>My smile is.  | Learn some<br>breathing exercises<br>to help you relax<br>when you are feeling<br>upset or worried.  | Draw a chalk<br>drawing on your<br>driveway or nearby<br>foothpath to<br>brighten up<br>someone else's day!         |

This activity can be freely used by educators or families. Resource created by Empowering Learning Together

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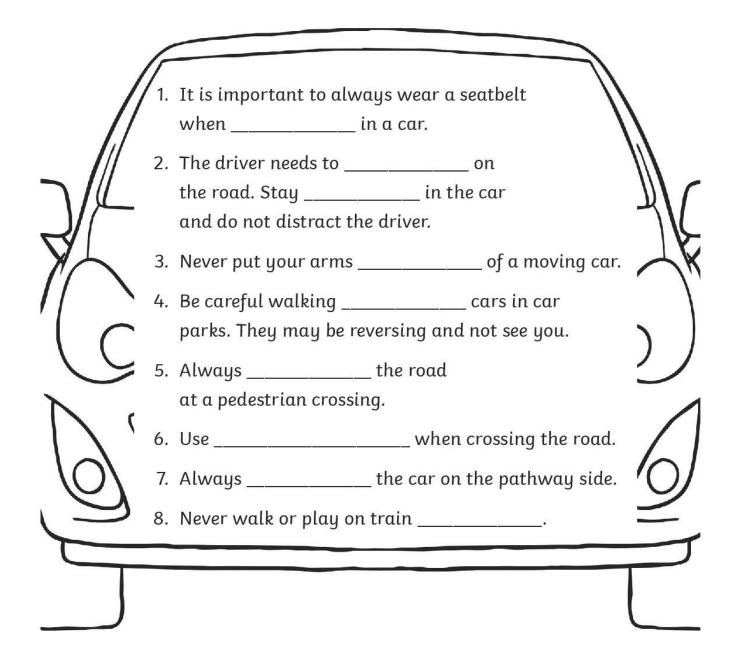
**Thursday-Writing** 

Learning Intention – Students can identify safe practices when travelling to and from school

(Road Safety Close passage)

# **Road Safety**

| cross                     | exit        | quiet      |  |  |  |
|---------------------------|-------------|------------|--|--|--|
| outside                   | behind      | tracks     |  |  |  |
| stop, look, listen, think | concentrate | travelling |  |  |  |





# Thursday- Mathematics Whole Number (Place Value)

| Compari   | ng humbers                                |
|---|---|
| A B   | C D E DOD                                 |
| 0n this number line, which card would he<br>a 6500? b 6098? c 6   | ove the value of:<br>567? d 6250? e 6921? |
| 2 Draw cards on the number line with the  |   |
| 3 Circle the larger number.   |   |
| a 17 065 16 750 b 92 108  | 92 180 ⊂ 60 547 56 740                    |
| d 80 416 80 604 e 29 743  | - VO J47 J0 740                           |
| g 28 011 20 118 h 19 999  |   |
| Use <, >, = to make these true.   | 1 /0 000 09 0/4                           |
| a 3840 3000 + 800 + 4   | b 9000 + 200 + 6 9206                     |
| c 80 + 8000 8088 d  | 3 + 30 + 5000 5333                        |
| e 70 + 6 + 900 + 1000 1976  |   |
| g 8000 + 400 + 20 8420<br>5 Add 1000.   | h 9000 + 100 + 1 9000 + 90 + 9            |
| 0 8468 b 3156<br>Subtract 1000.   | c 19 803 d 24 065                         |
| a 7850 b 5206   | c 36 168 d 99 999                         |
| a 3020 b 7951   | c 54 687 d 30 156                         |
| Draw a table  |   |
| and the second se | t 2 digits 3 digits 4 digits 5 digits     |

# **Thursday-History**



# STRAIT ISLANDER PEOPLES

All regions of Australia are inhabited by Indigenous peoples.

DOO BCF

Rising sea levels flood the land bridges between Australia and Papua New Guinea, forming the Torres Strait Islands,

# 6 000 BCE

11 000 BCE Rising sea levels flood

the land bridges bétween Tasmáhia ahd the mainland, isolating the Tasmaniah

Aboriginal people.

# 3 000 BCE

The earth's climate stabilises and the coastline of Australia becomes what we know it as today. Indigenous Australians have their first contact with Europeans when the Dutch ship 'Duyfken' explores the Cape York Peninsula.

1606 CE

**1770 CE** On behalf of the British Crown, Captain James Cook claims possession of the entire east coast of Australia. A British penal colony is established at Sydney Cove. Aboriginal resistance commences within days.

1788 CE

- 66 000 TO 1788CE

# Thursday History (cont'd)

Task: Choose 4 dates from the top part of the timeline and 4 from the bottom part of the timeline then draw an item or an image that represents it. Use the table below.

For example: 63000 BCE – You could draw a picture of what you think a grinding axe may look like.

| Date | Image | Date | Image |
|------|-------|------|-------|
|      |       |      |       |
|      |       |      |       |
|      |       |      |       |
|      |       |      |       |
|      |       |      |       |
|      |       | 1    |       |
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|      |       |      |       |

Friday- Reading

Learning Intention – Students summarise information to make judgements about texts and their own experiences.

# Inferring

# Inferring means using clues from a text to form a theory or come to a conclusion about characters, events or information.

Writers do not always include every detail about an event or character in a text. They expect readers to use their knowledge in conjunction with the clues to 'read between the lines' to create meaning.

# How to Infer

While you are reading, ask yourself the following questions to help you make inferences about the text:

- What prior knowledge do I have about what is happening?
- What clues does the text provide about what is happening?
- How can I use clues to form a theory about the text?



• What information can I gather by 'reading between the lines'?

You are going to read the start of a narrative text called "**The Case of the Missing Cookie**". In the text the narrator has returned to the kitchen after answering the front door to discover their chocolate chip cookie is missing!!

Look for the clues in the text which could help you form a theory about what might have happened. After reading, use the clues you have gathered and your own prior knowledge to **come to a conclusion** about how the chocolate-chip cookie went missing.



It was 3:23 pm when the delicious chocolate-chip cookie went missing. I know the exact time because the delivery man came to the door. The cookie was sitting on a plate on the kitchen bench when I walked out to answer the door. By the time I came back, it was gone!

I was distraught! I decided to search the kitchen for clues to find out who stole my scrumptious cookie.

As I was looking around the kitchen, I found some short brown hairs down by the bottom of the bench. They were just below where my cookie had been sitting!

I continued to search further. Around the corner, in the hall, there was a tennis ball on the floor. It had chocolate-chip cookie crumbs on it! Who would have left cookie crumbs on a tennis ball?

I bent down to inspect the floor around the ball. There was a trail of muddy paw prints leading toward the back door... which was open! The crumbs continued down the back stairs and onto the grass in the yard.

I followed the trail. Then, I saw...

| Clues from the text | My conclusion about the<br>event<br>(What happened?) |  |  |  |  |  |  |
|---------------------|--|--|--|--|--|--|--|
|                     |  |  |  |  |  |  |  |
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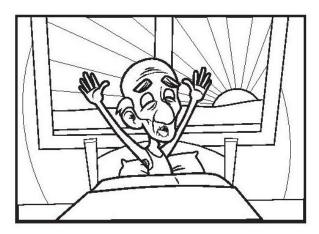


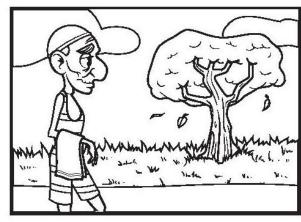
# Friday- Word Work

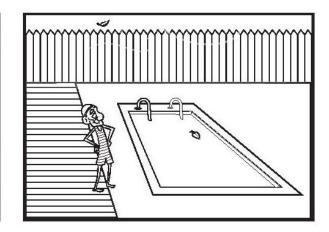
Learning Intention – Students summarise information to make judgements about texts and their own experiences.

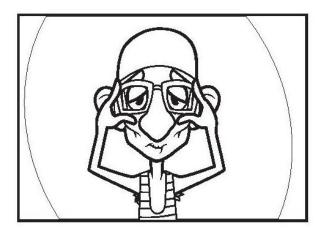
Give this your own title:\_

Infer from the whole comic strip what is happening in each cell. Add a description and draw your own picture in the last cell.

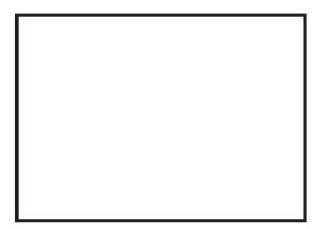














| Learning  | The backtouch join to anticlockwise letters |   |                        |             |                        |   | The neckline join         |                        |  |             |                                     |              |                     |                           |   |     |
|---|---|---|------------------------|-------------|------------------------|---|---------------------------|------------------------|--|-------------|-------------------------------------|--------------|---------------------|---------------------------|---|-----|
| Intention –<br>Students<br>build their<br>pencil<br>control and<br>neatness as<br>they learn to<br>write with |   | Top line<br>Neckline<br>Baseline<br>Tail line | <b>+</b> ( <b>bu</b> ) | seal        | to anti<br>conti       | iclockwise I<br>nue the exit<br>up to the net | etters<br>hook            | e letter<br>ly touches | Contraction of the second seco | -)          | ckline<br>seline<br>Hine            | tawny frogme | outh                | on or near<br>join to the | that finish<br>the neckline<br>e next letter<br>ateral dip. |     |
| cursive<br>handwriting.   |   | the exit hool<br>o the necklin                |                        | t your pend | U<br>sil. Dra<br>(make | w in the and                                  | ticlockwise liches the ex | Letter<br>kit hook).   |  | the letters | WY<br>V, W and X,<br>the next lette | extend thei  |                     | <b>1</b><br>Giv           | U<br>e the letter:<br>a similar                             |     |
|   | Trace and co                                | opy these p                                   | paired let             | ters using  | backtouch              | n joins.                                      |                           |                        | Trace an   | id copy tł  | nese paired                         | letters us   | sing <b>necklir</b> | ne joins.                 |   |     |
|   | ic i  | o ia  | / id                   | / ig        | is                     | uc  | ua                        | ud                     | vi   | vu          | vy                                  | wi           | พน                  | wr                        | wn  | wy  |
|   | <u>ug</u> 1                                 | US 1  | no                     | ma          | ms                     | no  | na                        | nd                     | xi   | хu          | хр                                  | ху           | ri                  | ru                        | rv  | rŵ. |
|   | ng r  | rg n  | /S 0.                  | ic a        | d ai                   | 1 a.  | 5 00                      | ca                     | TT   | rn          | rm                                  | rp           | ry                  | σi.                       | σu  | ov  |
|   | ea e  | d es  | s la                   | to          | ho                     | ha  | ka                        | ks                     | 0W-  | OY          | on                                  | om           | op                  | oy                        |   |     |

Friday- Handwriting Review your 'do drop in' letters (also known as backtouch join letters) and 'horizontal (neckline) joins'

## Friday Maths Warm Ups

Use the space around the questions to show your working out and your answers.

Learning Intention – Accurately recall number facts and apply knowledge of number strategies to answer questions.

...

### Problem 1:

What is the biggest number you can make using the digits 2, 5, and 7? What is the smallest?

### Problem 2:

If you toss 2 coins at once, will they usually land with the same side up or different sides up?



### Problem 3:

Manu is having a birthday party. He puts 5 balloons in a bag for each friend that is coming. How many balloons might Manu need?

# Quick questions: 1. Write the number 15 in words. 2. Is twelve an odd number or an even number? 3. How many tens are there in 60? 4. What is 32 - 10? 5. What is 28 + 3? 6. What is half of 10? 7. What is 100 - 10? 8. Write the number thirty-six using digits. 9. How many minutes are there in an hour? 10. What is 4 - 4?

### How many switches?

How many light switches are there in your house? How many power point switches? Which are there more of? You don't need to turn these on or off to count them!

### Number line challenge:

Draw a number line. Put these numbers on it. Think carefully about which numbers to put on first.

 $0, 10, 3, 5, \frac{1}{2}, 2, 1$ 

What other numbers can you add to the number line?

Friday- Mathematics

Learning Intention – Students will be able to convert analog and digital times and write the time in words.

# Converting Time Worksheet

| Time in words                   | 24 - hour clock | 12 - hour clock | Analogue   |
|---------------------------------|-----------------|-----------------|------------|
| Seven o'clock in<br>the evening | l 9:00h         | 07:00pm         | $\bigcirc$ |
|                                 |                 |                 | $\bigcirc$ |
|                                 | 4: 5h           |                 | $\bigcirc$ |
|                                 |                 |                 | $\bigcirc$ |
| Midday                          |                 |                 | $\bigcirc$ |
|                                 |                 | 6 <b>:</b> 40pm | $\bigcirc$ |
| Midnight                        |                 |                 | $\bigcirc$ |
| 7 minutes to 8<br>at night      |                 |                 | $\bigcirc$ |

# **Converting Time Word Problems**

1. Would you rather have a lunch break 1 hour and 10 minutes long or 80 minutes long? Explain why, showing your working out.

2. If it is 10 weeks and 2 days until Christmas. How many days is this? Show your working out.

3. Your class is going on an excursion. The bus is leaving at 9:30am. You must be at school 20 minutes before the bus leaves. It will take you 15 minutes to walk to school from your house. What time do you need to leave home so that you don't miss the bus? Show your working out.

4. You are having a bike race with your friend. The race starts at 11:30am. Your friend crosses the finish line at 1:10pm and you finished 8 minutes before them.

How long was your friend cycling for in minutes? Show your working out.

How long were you cycling for in hours and minutes? Show your working out.



# **Offline Fitness ideas**

Recommended for children 6 years old and up.



For A Healthy LunchBox Kids Lifestyle<sup>III</sup>

Complete each exercise in order from 1 to 8. Repeat the cycle up to 3 times! For a bigger challenge, try to get 15-20 counts on each exercise your last time through!

> Tip: Move quickly but ALWAYS control your form and technique!

Hop On Right Leg Complete 10 Counts

Stand on your right leg while holding your left leg off the ground. Hop for 10 counts. Try to keep your body

straight and stomach (abdominal) tight to strengthen

Hop On Left Leg Complete 10 Counts

your balance. Remember to breathe normally. Do

Stand on your left leg while holding your right leg off the ground. Hop for 10 counts. Try to keep your body straight and stomach (abdominal) tight to strengthen your balance. Remember to breathe

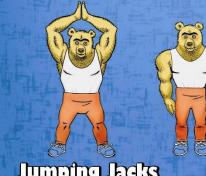


### Abdominal Crunches Complete 8 Counts

Lay on the floor with your lower back pressed into the floor. Your feet stay on the floor shoulder width apart and arms are crossed over your chest. Use your abdominal muscles in your stomach to raise your chest and head off the floor about 3-6 inches. Exhale as you raise up. Remember to squeeze together your abdominal muscles as you raise up and do not jerk your neck. Inhale as you lower back down to the floor and repeat!

# 2. Push-Ups Complete 6 Counts

Lay on the floor with knees down and hands placed shoulder width apart. (or keep knees straight for harder push-ups). Push your body up until your arms are straight, keep your back flat, then lower back to the ground and repeat. Remember to inhale as you lower to the floor and exhale as you push yourself up into the push-up position.



# 3. Jumping Jacks Complete 10 Counts

Stand straight with feet apart and arms above head, palms touching. Jump feet together while you bring your arms down to your sides and repeat! Exhale as you jump out and inhale as you jump in bringing your arms down to your sides.



Listen to Ben-Jamm-In, a.k.a. H20 "Remember to drink your water during and after you exercise to keep your body hydrated!"



# Hold Toes Stretch Hold Toes For 15 Counts

Stand straight keeping knees straight but not locked. Bend down and try to put your palms flat on the floor or grab your toes. Tuck your chin down and remember to inhale and exhale slowly for 15 counts.

Important: This workout is intended to give guidance and a visual aid to help children learn how to exercise. This information reflects the author's experiences and opinions. It is not intended to replace any medical advice from your doctor. Always get a physical release from your doctor before starting any exercise program to reduce the risk of injury.

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Frog Jumps Complete 8 Counts

Squat down to the floor with feet apart and put your hands in front of you on the floor. Jump up and raise your hands above your head as your feet leave the ground. Repeat 8 times. Remember to inhale on the way down and exhale as you jump up.

**70 Jog In Place** Jog In Place For 20 Counts

Standing straight, lift one leg then as it lowers to the ground lift the other leg (just like you are running in place). Keep your back straight and stomach (abdominal) tight. Remember to breathe normally. Do not hold your breath.