***Wellbeing Friday***

Stage 2 Remote Learning Weeks 6 and 7

As you will notice on your week 6 and 7 timetables, the Friday column has been left blank. As a school, we are embarking on **Wellbeing Friday**. Our Fridays will be about other ways of learning. Learning about nature, cooking, mindfulness and most importantly, looking after yourself and others.

On Friday, choose a variety of activities from the Wellbeing Grid that has been included in your pack. If you would like, you can add photos of what you have done to the schools Facebook page.

Logo

Description automatically generated Wellbeing Grid

Choose some activities from our Flexi Friday Grid to make a fun and mindful end to your week. We can’t wait to see what you enjoy. Submit your pictures to our school Facebook page.

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| **The great outdoors**  Ant Cartoon Insect - Free image on PixabayFind a way to explore in nature. It may be a bush walk, walk around your backyard looking for living things or a stroll around the block. | **Movement**  Go online and complete a “go noodle” guided dance or a “Just dance” routine. Always remember to be safe and warm up your body first.  [GoNoodle | Guided Dance](https://www.gonoodle.com/tags/0YZ0G2/guided-dance) | **Cooking**  Japanese chef cartoon with cute sushi art illustration 1936408 Vector Art  at VecteezyFind a new recipe and cook up a storm in the kitchen. Then the best part, eat it and enjoy. | **Origami**  Can you try the craft of Origami. You may make a paper aeroplane and see how far it files or get super creative and learn a more difficult origami pattern from online. |
| **Draw, colour or sketch**  Try drawing your favourite cartoon, a family member, a pattern or something you see in your garden. You may even find your favourite picture or pattern to colour in. | **Lego**  Sorry, But the Perfect Lego Brick May Never Be Eco-Friendly | WIREDUse your lego, building blocks or other creative material in your house to build something that goes on water. | **Board and Card Games**  Enjoy playing a board or card game with your siblings or family. Remember to be a fair and respectful player. | **Photography**  Photographer Smiley | Symbols &amp; EmoticonsUse a camera, phone or device and take some artistic photos of your favourite subjects. |
| **Yoga**  Visit the Cosmic Kids Yoga website and practise your Yoga skills.  [Home - Cosmic Kids](https://cosmickids.com/)  Home - Cosmic Kids | **Gratitude**  Write down or tell someone 5 things you are thankful for this week. | **Sensory**  Spend time playing with a sensory toy. This may be playdough, kinetic sand, pop it, sandpit, slime or dirt/mud.  The BEST Slime Recipe Without Borax | How to Make Slime Without Borax | **Sidewalk drawing**  Using chalk or a paintbrush with water draw some wonderful patterns and designs on your driveway or sidewalk. |

**Hammondville Public School: Stage 2, Week 6 – Years 3 and Year 4 Remote Learning Timetable 16th - 20th August**

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning | **KLA English**  **Task 1** **-** **Spelling and Grammar**  Our rules for **plurals** continue this week.  **Some of the words that end in f, form the plural by changing the f or fe to v then adding -es**  ***For example: loaf becomes loaves.***  Change these words to follow this rule.  **- loaf - leaf**  **- roof - wife**  **- elf - wolf**  **- half - calf**  **- life**  Write these sentences, filling in the blanks with plurals.  1. Spring on the farm is the best time as we welcome so many ………….  2. Santa’s …………… work very hard to make toys for all the boys and girls for Christmas.  3. Walking into the bakery I could see it filled with ………. of bread.  4. I love autumn when all the ………… have changed colour, fallen to the ground and we can throw them in the air.  **Please see the daily video for this task on Class Story or Google Classroom**  **Task 2 - Informative Writing**  Research the Olympics using the following website. <https://kids.britannica.com/kids/article/Olympic-Games/353563>  Read through all the information on the site to learn about the origin and traditions of the Olympic Games. Fill in the note-taking graphic organiser with information from the website. Write down the main idea of the website, identify the informational language used throughout and list these under the key vocabulary, list the important information from the text, summarise what the information tells you and lastly write down the source of information (the website address).  **Mindfulness Moment**  Learn to grow strength and confidence from inside yourself with this stretching exercise.  <https://www.youtube.com/watch?v=rC0m_-HQcRU>  **Task 3 - Literacy activity**  Follow the link to BTN to watch the clip on the News break 5/8/21  https://www.abc.net.au/btn/newsbreak/btn-newsbreak-20210805/13485802Focus Questions  1.When did skateboarding become an Olympic sport?   * 1. 2000   2. 1997   3. 2020   2. What are the ages of the two youngest medal winners?  3. How long has Sky Brown been competing on the world stage?  4. Which country does Sky Brown represent?  5. Who won gold in the men’s park skateboarding and which country did he represent?  6. How are these skaters helping inspire a new generation of athletes?  7. How many years has it been since an Australian male competed in the final of the 800 metres race?  8.Where did Peter Bol finish in the 800 meters race?  9. Name three facts you learned watching the BTN story.  10. What advice does Emily Seebohm give to future athletes? | **KLA English**  **Task 1 -** **Spelling and Grammar**  **Reported (indirect) speech.**  Last week we looked at direct speech which are words written exactly as they are said and we use quotation marks to demonstrate this.  Reported (indirect) speech is another way of saying what someone said, but without quotation marks. Reported speech does not repeat the words exactly spoken, it changes the **tense** of all the verbs used.  ***For example:*** *She said, “I can swim.”*  ***Changed*** *to Reported speech - She said she* ***could*** *swim.*  Watch this studyladder tutorial to gain an understanding on the difference between direct and indirect speech.  <https://static.studyladder.com.au/cdn/course/ce/414c9b87708e/Studyladder+-+Direct+and+Indirect+Speech.pdf>  Change these direct speech sentences to reported (indirect) sentences.  1. Mum said, “Today is a nice sunny day.”  2. Peter asked, “Can you please pass me a towel.”  3. “Do we have any absent students today?” asked the teacher.    **Task 2 - Informative Writing**  Watch the video on how to take notes<https://www.youtube.com/watch?v=8trrhJBKEfo>  Follow the link below to research about the Olympics again. Today, you’re going to be pulling apart the important information and filling out a fact file on the Olympics. Think back to your lesson on informational language – only pull out the key information and don’t copy it down word for word. Write at least 3 dot points from each paragraph in each box.  <https://kids.britannica.com/kids/article/Olympic-Games/353563>  **Mindfulness Moment**  Feel more settled and calm by spending a few minutes focused on your breathing.  <https://www.youtube.com/watch?v=nmFUDkj1Aq0&t=2s>  **Task 3 - Literacy activity**  Editing task - Spot the mistakes  Complete worksheet | **KLA English**  **Task 1 -** **Spelling and Grammar**  **Reported (indirect) speech.**  Refer to studyladder for activity of where you need to select the right answer.  <https://www.studyladder.com.au/games/activity/direct-and-indirect-speech--22749?backUrl=/games/literacy/au-year-four/english-grammar-1743?q=indirect%20speech>  Complete worksheet on google classroom or on paper.  **Task 2 - Informative Writing**  Use your fact file on the Olympics from yesterday to write up an informative report. Make sure that you expand on your dot points that you wrote down and turn them into full sentences. Remember not to copy directly from the website. You want to make sure that you are using your own words. Remember to include all the features of an informative report (title, subtitles, descriptive language, informational language, paragraphs, full sentences).  **Mindfulness Moment**  Close your eyes and listen to the bell closely. When you can't hear it anymore, open your eyes.  <https://www.youtube.com/watch?v=ZME0JKiweL4&list=PL74fOsUPmepxeNuIISeiL3W_Or4gjDUj8>  **Task 3 - Literacy Activity**  Comprehension Task on  The story of Vegemite . Read the text and answer the questions given. | **KLA English**  **Task 1 -** **Spelling and Grammar**  Write your spelling words list from Monday, both as singular and plural.  Choose 3-5 words and look up their meaning in the dictionary and write the definition. Remember if you don’t have a dictionary at home, you can use this online version  <https://www.collinsdictionary.com/>  **Task 2 - Informative Writing**.  Today you’re going to publish your writing by creating an informative poster. Use your information from your report you created yesterday and create an eye-catching poster about the Olympics. You can either draw the poster yourself, print pictures/information, or you can create it on Microsoft Word/PowerPoint. Make sure you include a big title, subheadings for each topic with informative paragraphs following, and pictures relating to your information.  **Mindfulness Moment**  Learn how to bring focus to yourself with this calming exercise for the mind and body.  <https://www.youtube.com/watch?v=0vuaCHEAs-4>  **Task 3 - Literacy activity**  Follow the link to BTN and watch the entire BTN episode. |  |
| Break |  |  |  |  |  |
| Middle | **KLA Maths**  **Task 1** **Brain warm up**  Complete the round 1 column on the doubles worksheet or write your answers in your workbook  **Task 2** **Fractions**  Watch the below clip and complete the fractions worksheet.  [**https://www.youtube.com/watch?v=CA9XLJpQp3c**](https://www.youtube.com/watch?v=CA9XLJpQp3c)  **Movement Break**  Are you ready for a Rock Paper Scissors battle?  <https://www.youtube.com/watch?v=RNDVYrViBmQ>  **Task 3 Studyladder**  Complete 2 fractions tasks on Studyladder. Once logged in click on ‘all activities’ go to mathematics and select your grade and fractions. | **KLA Maths**  **Task 1** **Brain warm up**  Complete the round 2 column on the doubles worksheet or write your answers in your workbook  **Task 2** **Fractions**  Watch the below clip and complete the fractions worksheet.  [**https://www.youtube.com/watch?v=n0FZhQ\_GkKw**](https://www.youtube.com/watch?v=n0FZhQ_GkKw)  **Movement Break**  Can you ski down the mountain, dodge obstacles, and make your grand escape!  <https://www.youtube.com/watch?v=-04-n1XptwE>  **Task 3 Prodigy**  Spend 20minutes battling on Prodigy. | **KLA Maths**  **Task 1** **Brain warm up**  Complete the round 3 column on the doubles worksheet or write your answers in your workbook  **Task 2** **Decimals**  Complete the fractions and decimals worksheet.  **Movement Break**  Can you shuffle dance?  <https://www.youtube.com/watch?v=yXO6UPOhwC0>  **Task 3 Mathletics**  Spend 20 minutes on Mathletics and aim to complete at least 2 tasks. | **KLA Maths**  **Task 1** **Brain warm up**  Complete the round 1 column on the subtraction worksheet or write your answers in your workbook  **Task 2** **Decimals**  Watch the below clip and complete the decimals worksheet.  <https://www.youtube.com/watch?v=kwh4SD1ToFc>  **Movement Break**  What would you rather fitness fun! Make your choice and do the exercise.  <https://www.youtube.com/watch?v=AKP7Ask529Q>  **Task 3 Studyladder**  Complete 2 decimal tasks on Studyladder. Once logged in click on ‘all activities’ go to mathematics and select your grade and decimals. |  |
| Break |  |  |  |  |  |
| Afternoon | **KLA CAPA**  **Task 1 -** *Fraction Art*  You will need:  \* plain or coloured paper  \* a cup to trace around  \* a ruler  \* scissors  \* black marker  \* coloured pencils, crayons or markers  \* glue  Hint: You only need to cut out 3 circles, around 10cm in diameter (across) and you can colour the pieces before you glue them.  Watch the following video for your instructions and have fun!:  <https://www.youtube.com/watch?v=8bAaHr9aLoM>  **KLA PDHPE**  **Task 1 - *Water Safety***  Playing in water can be fun, but it can also be dangerous if you don’t know the safety rules.  -Complete In the Water activity and record all the rules you need to remember when you are around water.  **It's Great to Be Grateful**  It’s really easy to think about all of the things we can’t do while in lockdown.  Take five minutes to think of some things that you feel grateful for today. If you’re having trouble, there are some ideas included in your learning pack.  Write 2 things that you are grateful for today in your gratitude journal. | **Library tasks**  Watch the story :  ‘Pig the Monster’.  I hope you enjoy it.  Complete 2 more tasks from the new Library grid.  Remember to give them your best shot and hand them in to Mrs Stanley when you return to school.  I’m looking forward to seeing what you write as well as draw and create!  **It's Great to Be Grateful**  What are you grateful for today? Take 5 minutes to fill out your gratitude journal.  **Task 2 - Throw, Row, Reach**  When trying to rescue someone who has fallen in the water, use your safety equipment to help you throw, row and reach.  -Circle the correct objects in each row of pictures that you can either use to throw, row or reach someone in water for a rescue.  **It's Great to Be Grateful**  Write 2 things that you are grateful for today in your gratitude journal. | **KLA Geography (All of these tasks are found on Inquisitive) using the class code 1753:** [**http://inq.co/class/AHD6J**](http://inq.co/class/AHD6J)  **Please see the daily video for this task on Class Story or Google**  **Task 1-** Complete the worksheet, **What is the difference between weather and climate?** after watching the Inquisitive Video called *‘Weather Report’*  **Task 2-** Complete the **climate of places** activity where consideration is given to Climate as being like the personality of a place. Questions 7, 8 & 9 are to be completed using the climate zone map given.  **Task 3- Weather is like a person’s mood**. Consider changes in weather and how it can be changed. Questions 10, 11 & 12 on Inquisitive.  **It's Great to Be Grateful**  Write 2 things that you are grateful for today in your gratitude journal. | **KLA Science**  **Please see the daily video for this task on Class Story or Google Classroom**  **Task 1 - Visual Blocks**  In week 5, you looked at coding and learnt about various programming languages. 2 main methods or styles mentioned were – visual blocks and text-based coding. Today you are going to look at visual blocks by following the link below to explore some games and activities that use visual blocking to program.  You can complete all of the sections on the site if you wish but you must complete the puzzle, maze and bird sections for today’s task.  [Blockly Games](https://blockly.games/?lang=en)  **It's Great to Be Grateful**  Write 2 things that you are grateful for today in your gratitude journal. |  |