***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 7 – Years 3 and Year 4 Remote Learning Timetable 23rd - 27th August**

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning | **KLA English**  **Task 1** **-** **Spelling and Grammar**  **Plural -** Our final rule for plurals. Some words change their form when they become plural. These are sometimes referred to as irregular plural nouns.  We can change the singular word to a plural by changing the vowels, such as **oo** to **ee** or **an** to **en.**  ***For example:***  ***tooth = teeth***  Then there are some words that change in spelling substantially when made plural  ***For example:***  **child = children**  **mouse = mice**  Write these singular words and their plurals.  **tooth = teeth**  **foot = feet**  **mouse = mice**  **man = men**  **die = dice**  **child = children**  **person = people**  **goose = geese**  **woman = women**  **louse = lice**  These words stay the same.  **fish sheep deer**  **Please see the daily video for this task on Class Story or Google Classroom**  **Task 2 - Informative Writing**  Use the following link to research about an animal. Pick an animal of your choice from the ***amphibian*** category and complete the animal fact file template.  Make sure to include information about the animal's classification (what type of animal it is), description (what is looks like), diet (what it eats), habitat (where it lives) and interesting facts.  <https://kids.nationalgeographic.com/animals>  **Mindfulness Moment**  Bad days are tough, but you’re even tougher! Learn how to Let It Go and move on to better days!  <https://www.youtube.com/watch?v=IVZuyjS7Iv4&list=PLAwOTEJXH-cNd8-2wsz2Y6YcjV5CJVWy5&index=1>  **Task 3 - Literacy activity**  Follow the link to BTN to watch the clip on China’s wandering elephants  https://www.abc.net.au/btn/classroom/chinas-wandering-elephants/13465976  **Answer the following questions:**  1. Retell the BTN story using your own words  2. How long ago did the elephants leave their jungle home?  3. How far have the elephants travelled?  4.What damage have the elephants caused?  5. What are the safety concerns with the wild elephants?  6.How does Dr Boardman describe the behaviour of the wandering elephants?  7. About how many Asian elephants are in the wild in China?  8. What could be impacting the elephant’s food supplies?  9. What methods are Chinese authorities using to track the elephants?  10. Name three facts you learnt about elephants. | **KLA English**  **Task 1 -** **Spelling and Grammar**  **Collective Nouns -** nouns that stand for a group or collection of people or things.  Refer to studyladder for collective nouns tutorial.  <https://www.studyladder.com.au/games/activity/collective-nouns-27869?backUrl=/games/literacy/au-year-three/english-grammar-1742>  Can you think of other collective nouns? Write these down.  Complete the online studyladder active on collective nouns.  <https://www.studyladder.com.au/games/activity/collective-nouns-22740?backUrl=/games/literacy/au-year-three/english-grammar-1742>  **Task 2 - Informative Writing.**  Using your completed animal fact file, begin to draft out an introduction for an informative report on your chosen animal. Include your classification of your animal in the introduction, as well as a surprising fact to hook your reader.  Now write your second paragraph for your report which includes a description of your chosen animal. Make sure you only include information about what your animal looks like and the features that it has. ***Do not*** include information about its habitat or diet in this paragraph.  **Mindfulness Moment**  Strengthen your patience muscle with this exercise.  <https://www.youtube.com/watch?v=peY7qT2XEkM&list=PLAwOTEJXH-cNd8-2wsz2Y6YcjV5CJVWy5&index=3>  **Task 3 - Literacy activity**  Editing task  Complete worksheet - Ian Thorpe | **KLA English**  **Task 1 -** **Spelling and Grammar**  **Collective Nouns -** Refer to studyladder to refresh collective nouns.  <https://static.studyladder.com.au/cdn/course/7f/14a160f3954f/Studyladder+-+Collective+Nouns.pdf>  Don’t forget to ask your teachers if you have any questions.  Complete the collective noun worksheet on google classroom or paper.  **Task 2 - Informative Writing**  Read over your introduction and your second paragraph from your information report. Continue your report by writing two more paragraphs, expanding on your ideas from your animal fact file.  Today, you will be writing one paragraph on the habitat of your animal (where it lives) and another paragraph on your animals diet (what it eats). You should have at least 5 sentences per paragraph. Include as much information about each topic as possible.  **Mindfulness Moment**  Use this calming video to help you find peace anytime you need it.  <https://www.youtube.com/watch?v=bYlRFIzl4WA&list=PLAwOTEJXH-cNd8-2wsz2Y6YcjV5CJVWy5&index=4>  **Task 3 - Literacy activity**  Comprehension Task on  Popular Pets. Read the text and answer the questions given. | **KLA English**  **Task 1 -** **Spelling and Grammar**  **Plural -** Refer to studyladder to complete the following tutorial and activity..  Tutorial refresher on irregular noun plurals.  <https://www.studyladder.com.au/games/activity/plural-rules-change-a-few-letters-23113?backUrl=/games/literacy/au-year-three/english-rules-1823?q=irregluar%20noun%20plural>  Activity - match the correct words.  <https://www.studyladder.com.au/games/activity/test-plural-rule-change-a-few-letters-24396?backUrl=/games/literacy/au-year-three/english-rules-1823?q=irregluar%20noun%20plural>  **Task 2 - Informative Writing**  Read over your introduction and other paragraphs from your information report. Create a final paragraph to close your report. Make sure to summarise your ideas and include interesting facts about your animal to engage your reader until the very end!  Finally it is time to publish your information report! Reread over your text, make edits and revise as necessary. Don’t be afraid to add more information if necessary. You want to make your report as interesting as possible, and this is the time to do it! Have you got enough descriptive language? Do you have key information throughout the report? Have you expanded on your ideas by writing at least 5 sentences for each paragraph?  **Mindfulness Moment**  Sometimes it's easier to be kind to others than it is to be kind to yourself. Learn how to give yourself some loving kindness with this exercise.  <https://www.youtube.com/watch?v=CEk9KvPXKEQ&list=PLAwOTEJXH-cNd8-2wsz2Y6YcjV5CJVWy5&index=13>  **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 near doubles worksheet or write your answers in your workbook.  **Task 2** **Subtraction**  Complete the subtraction worksheet.  **Movement Break**  Are you ready to play Guess Who?  <https://www.youtube.com/watch?v=eGZLz82h3No>  **Task 3 Prodigy**  Spend 20 minutes battling on Prodigy. | **KLA Maths**  **Task 1** **Brain warm up**  Complete the round 2 column on the near doubles worksheet or write your answers in your workbook.  **Task 2** **Subtraction**  **Please see the daily video for this task on Class Story or Google Classroom.** Complete the subtraction worksheet.  **Movement Break**  Can you complete the levels and figure out who the imposter is?  <https://www.youtube.com/watch?v=NkOzpmpyUlo&list=RDCMUC6mp1dGFmDN96FPWPIbsqeQ&index=7>  **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 3 column on the near doubles worksheet or write your answers in your workbook.  **Task 2** **Subtraction**  Complete the subtraction worksheet.  **Movement Break**  Are you ready to ‘Bubble it?’  <https://www.youtube.com/watch?v=PGSJM-ZrZwg>  **Task 3 Studyladder**  Complete 2 subtraction tasks on Studyladder. Once logged in click on ‘all activities’ go to mathematics and select your grade and subtraction. | **KLA Maths**  **Task 1** **Brain warm up**  Complete the round 1 column on the addition and subtraction worksheet or write your answers in your workbook.  **Task 2** **Multiplication**  Watch the link below and complete the multiplication worksheet on 3’s.  [**https://www.youtube.com/watch?v=UnbV3iBVjc4**](https://www.youtube.com/watch?v=UnbV3iBVjc4)  **Movement Break**  It's another ‘What would you rather?’ workout. Make your choice and do the exercise.  <https://www.youtube.com/watch?v=VTK62OHEWzs>  **Task 3 Prodigy**  Spend 20minutes battling on Prodigy. |  |
| Break |  |  |  |  |  |
| Afternoon | **KLA CAPA**  **Task 1**  *Art Hub Fun*  Click the link to follow the video tutorial on ‘How to draw a cartoon elephant’.  When you have finished your elephant, challenge yourself to add a colourful background. Have fun!  <https://www.youtube.com/watch?v=MI85reX71wQ>  **KLA PDHPE**  **Task 1** - **Bicycle Parts**  If riding at night, bikes should have a front and rear light. Do you know all the parts of a bicycle?  Complete the worksheet and label all the parts of the bike.  **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**  Complete 2 more tasks from the Library grid. You do not need to repeat any you have previously completed.  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!  **KLA PDHPE**  **Task 2- Bike Riding is Awesome!**  Whenever you ride a bicycle, there are rules that must be followed. All cyclists must know the rules of the road, which signals to use and what the different road signs mean. Fill in the missing words to complete the sentences.  **It's Great to Be Grateful**  What are you grateful for today? Take 5 minutes to fill out 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 Classroom**  **Task 1- Are all climate types the same?** worksheet on Inquisitive. Students need to consider what climate type they are by colouring the pictures in each row to discover their weather personality.  **Task 2- Understanding Climates of Places:** whichplace has the best climate for you to live? Complete Questions 2, 3, 4 & 5.  **Task 3- Investigating weather:** Students need to go to the Australian Government weather website and look at the climate graph for Sydney and answer Questions 6, 7, 8 & 9.  **It's Great to Be Grateful**  What are you grateful for today? Take 5 minutes to fill out your gratitude journal. | **KLA Science**  **Please see the daily video for this task on Class Story or Google Classroom**  **Task 1 -** In week 5, you looked at coding and learnt about various programming languages. 2 main methods or styles were mentioned – visual blocks and text-based coding. Last week you looked at visual blocks and today you are going to look at text-based coding.  Follow the link and watch the video on HTML  [What is HTML? What Does It Do? And What Is It Used For? - YouTube](https://www.youtube.com/watch?v=u0OeZfIfBRI)  Using the information in the clip, create a simple webpage for an animal you have been researching for English. You need to use HTML to code the webpage title, the web page heading and a paragraph of information on your animal. If you’d like to add extra, you may.  **Task 2 –** Use a piece of paper, a word document or a Google Doc to show us what your coded website will look like**.**  ***Mrs Fuller’s video will be helpful in completing your science tasks for today.***  **It's Great to Be Grateful**  What are you grateful for today? Take 5 minutes to fill out your gratitude journal. |  |