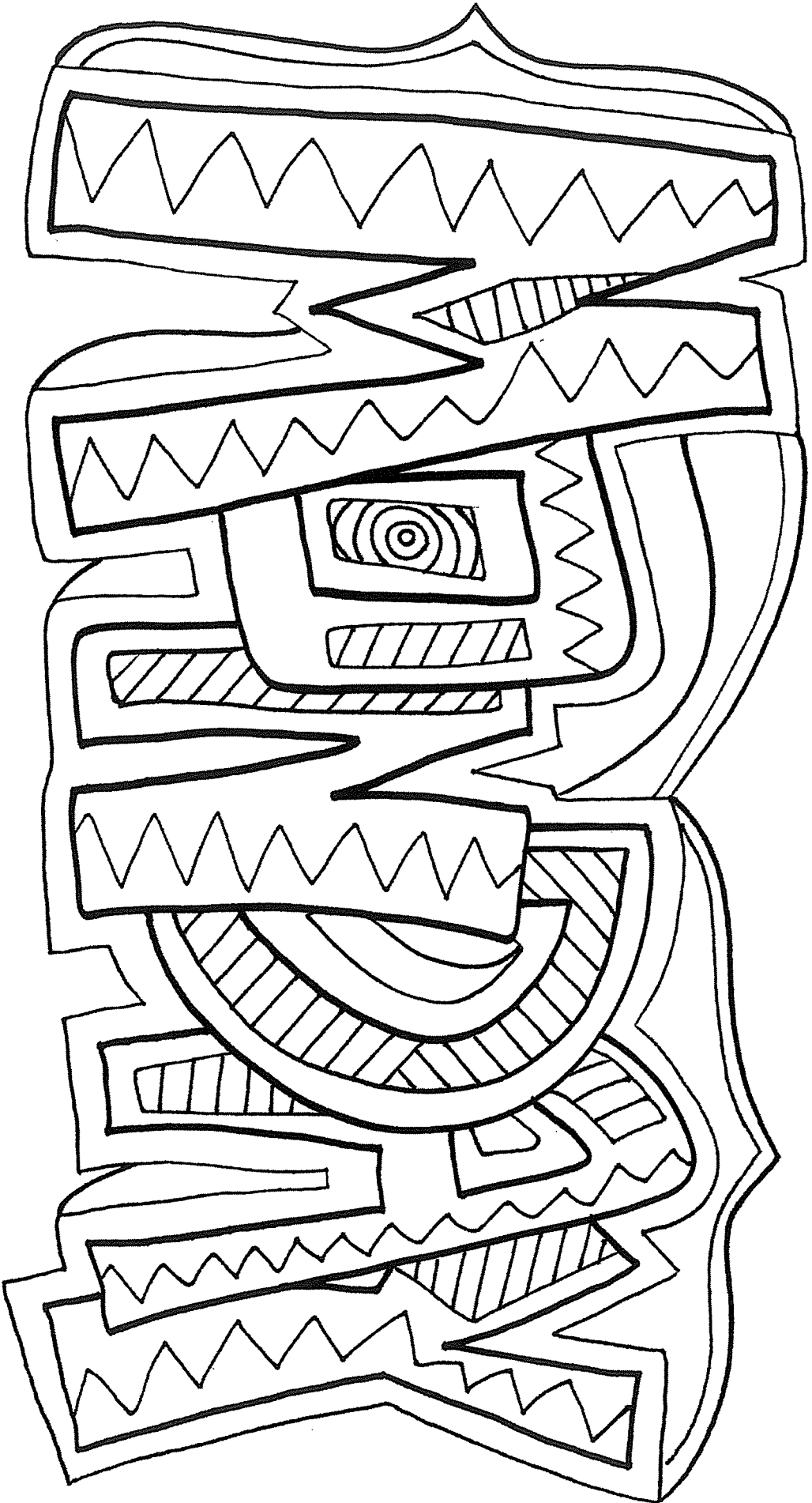




Stage 2
Learning From Home
Term 3 Week 4
Year 4

Stage 2 Home Learning Term 3, Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	English <u>Reading</u> Spend some time reading a book. <u>Writing</u> Using the template provided, write an information report about your favourite sport <u>Apostrophes and Contractions</u> Complete the worksheet about apostrophes and contractions	English <u>Reading</u> Spend some time reading a book. <u>Reading Comprehension</u> Protecting Native Plants and Animals <u>Spelling</u> Brainstorm and record some words containing the p and pp graphemes	English <u>Reading</u> Spend some time reading a book. <u>Spelling</u> Complete the p and pp spelling sheet <u>Handwriting</u> Complete the handwriting sheet focusing on diagonal joins to neckline entries.	English <u>Reading</u> Spend some time reading a book. <u>Reading Comprehension</u> Sam's Birthday <u>Spelling</u> Complete the r, rr and wr spelling sheet	English <u>Reading</u> Spend some time reading a book. <u>Editing</u> Edit the passages for spelling and punctuation. Make sure you correct the mistakes. <u>Writing - Narrative</u> Plan, write and edit a story using the stimulus for inspiration.
Break					
Middle	Mathematics <u>Multiplication</u> Complete worksheets from your booklet Complete 20 minutes of Mathletics on Multiplication	Mathematics <u>Multiplication</u> Complete worksheets from your booklet Complete 20 minutes of Mathletics on Multiplication	Mathematics <u>Multiplication</u> Complete worksheets from your booklet Complete 20 minutes of Mathletics on Multiplication	Mathematics <u>Multiplication</u> Complete worksheets from your booklet Complete 20 minutes of Mathletics on Multiplication	Mathematics <u>Multiplication</u> Complete worksheets from your booklet Complete 20 minutes of Mathletics on Multiplication
Break					
Afternoon	STEM Choose 2 activities from the Olympics Stem Challenges	Science Watch the video and complete the worksheet about types of rocks.	PD/H/PE Healthy Eating Habits Complete Questions and Students create a daily meal plan for themselves that aligns with the Healthy eating guidelines	Geography Complete the worksheet about special places in Australia	Creative Arts Follow the link to draw step by step



Doodle Art Alley ©

My Informative Prewriting Template

The template consists of a central circle labeled "Topic" with four rectangular boxes, each labeled "Fact", arranged around it. Each box contains several horizontal lines for writing.

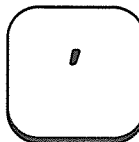


Name: _____

Date: _____

Apostrophes and Contractions

When combining two words, place an apostrophe to show the missing letter/s.



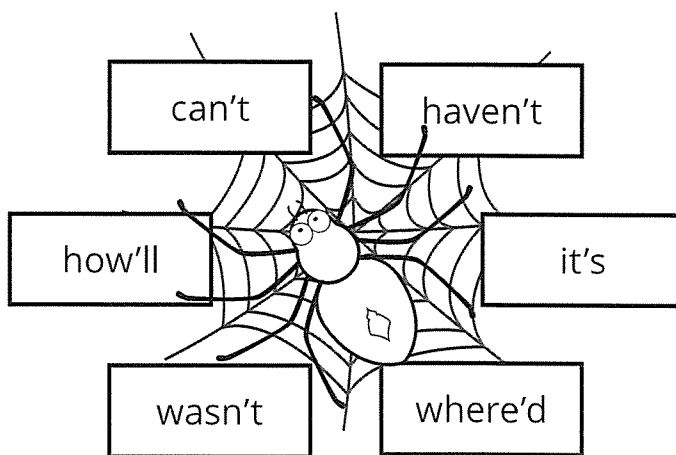
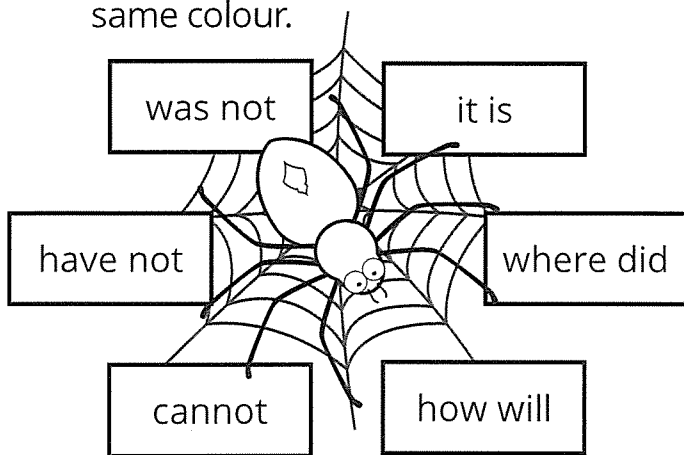
didn't

should've

they're

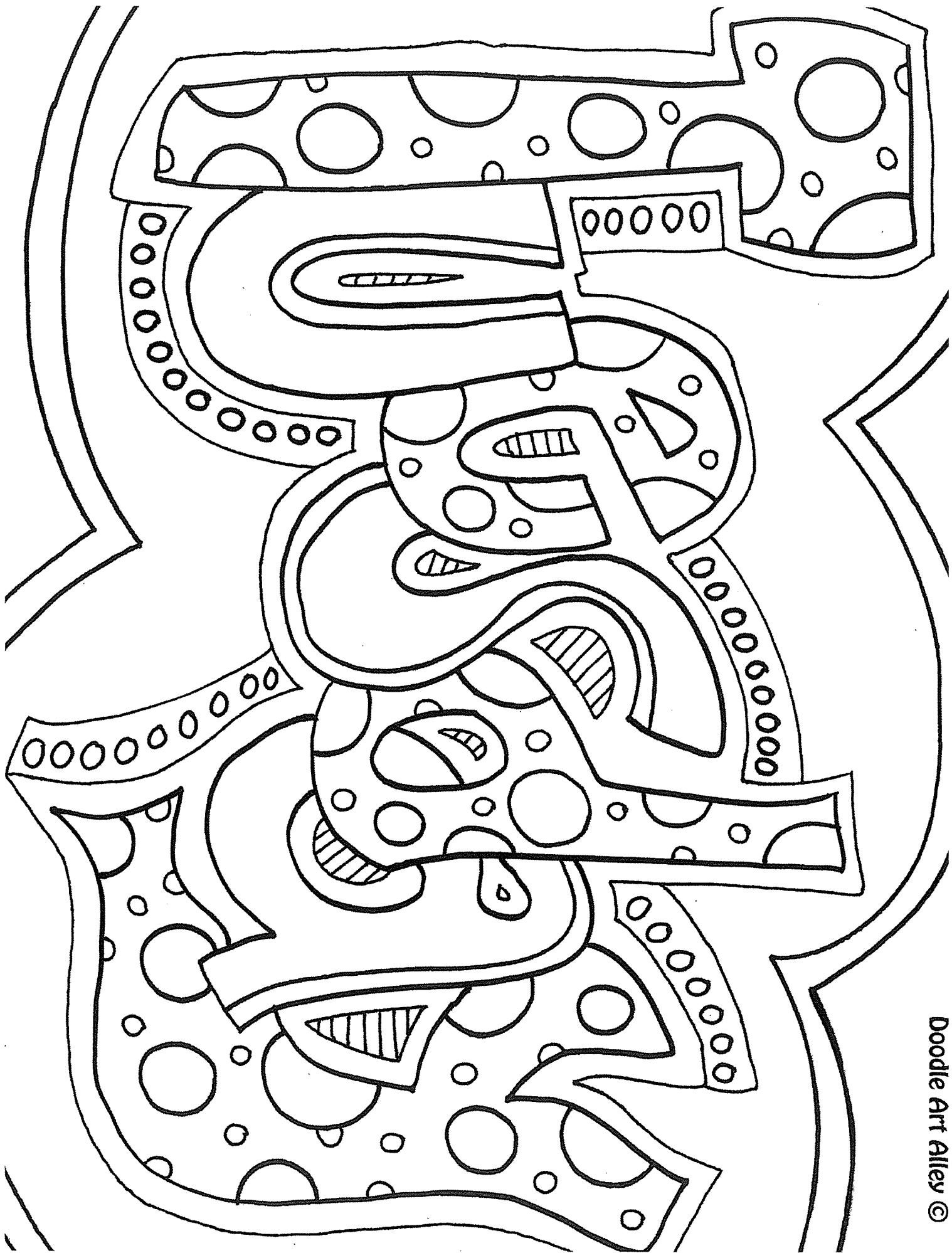
he'll

1. Match the words with their correct contractions by colouring them in the same colour.



2. Fill in the missing sections of the table.

Words	Contraction	Words	Contraction
you will			hasn't
they are		could have	
how has		we are	
how is			
are not			doesn't
	I'm	she would	
where did			that's



Earth Watch

PROTECTING NATIVE PLANTS AND ANIMALS



Quolls are native to Australia.

Animals come in all shapes, sizes and types. Most are very cute, but some harm the environment when they move to places they do not belong. When animals go to a new place, some of them spread too fast or hurt the other animals that live there.

WHAT ARE PESTS?

Animals that belong in a country are called *native animals*. New species that cause trouble are called *pests*. Some pests are farm animals or pets gone wild (or *feral*). Others were taken to new areas by accident or on purpose as people explored the world.

Cane toads are from South America, but they were brought to Australia to eat beetles that were destroying sugar cane crops. They look like frogs, but their poison kills frog-eating native animals. Stoats (or weasels) from America cause problems in New Zealand. They eat the chicks of native kiwi birds, which are

endangered. Some pests travel by accident. Rats and mice come on ships. Bats, birds and insects fly. Mites and ticks arrive in the fur of other animals.



European starlings are very pretty birds, but they are pests that steal nests from native birds.



Flowers, plants and fruits like blackberry bushes can spread to take over wild places.



Sniffer dogs are good at smelling for pests at airports. They sit down next to luggage if they sniff pests.

HOW DO PESTS SPREAD?

In the past, people did not know the dangers of bringing plants or animals to new countries.

Boats were not checked, so pests got a free ride around the world. Cats, dogs, birds and rabbits got loose or were set free. Pigs, goats, cows and horses also went feral. Their hooves can damage habitats, and they compete with native animals for food and water.

Customs and border control agents now carefully check planes and ships for pests. These days, pests mostly travel through careless packing of goods or by hitching a ride with humans when they travel to new places.

Now that you know how to stop the spread of pests, you can help protect Australia's native plants and animals.

5 WAYS TO STOP PESTS

1. Be careful not to order plant or animal products from overseas or post them from Australia.
2. After hiking, wash your boots clean of mud before you travel home.
3. Don't take any fruit, vegetables or plants with when you visit other states or countries.
4. Never remove native animals from their homes or release insects, pets, fish or farm animals into the wild where they don't belong.
5. Protect national parks by telling rangers about any pests that you see.

Name: _____

Date: _____

Earth Watch: Protecting Native Plants and Animals

Questions

1. What native animals and plants are found near your home?

2. Do you know of any introduced pests that are in your area?

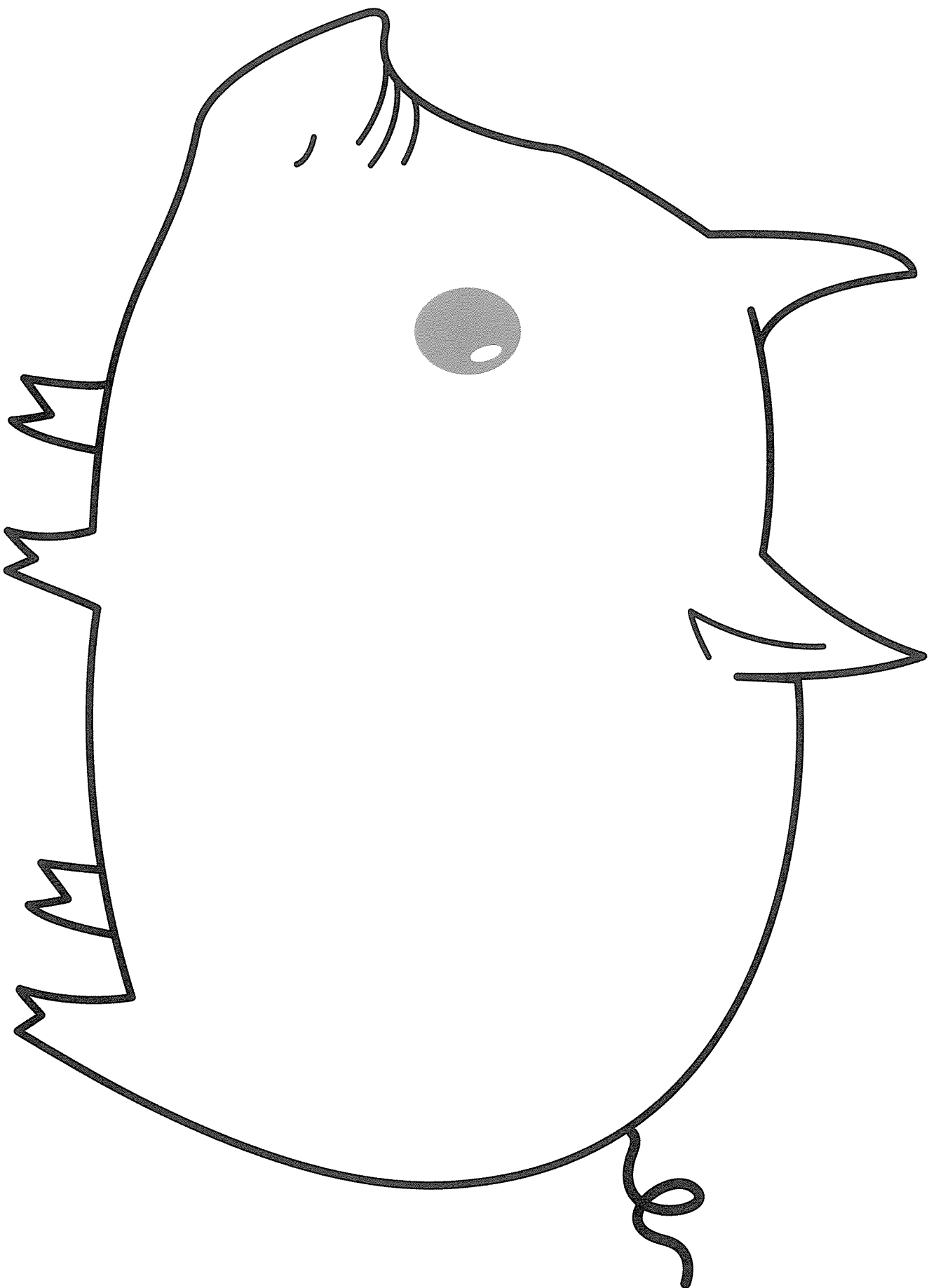
3. How do pests in your area threaten the native environment?

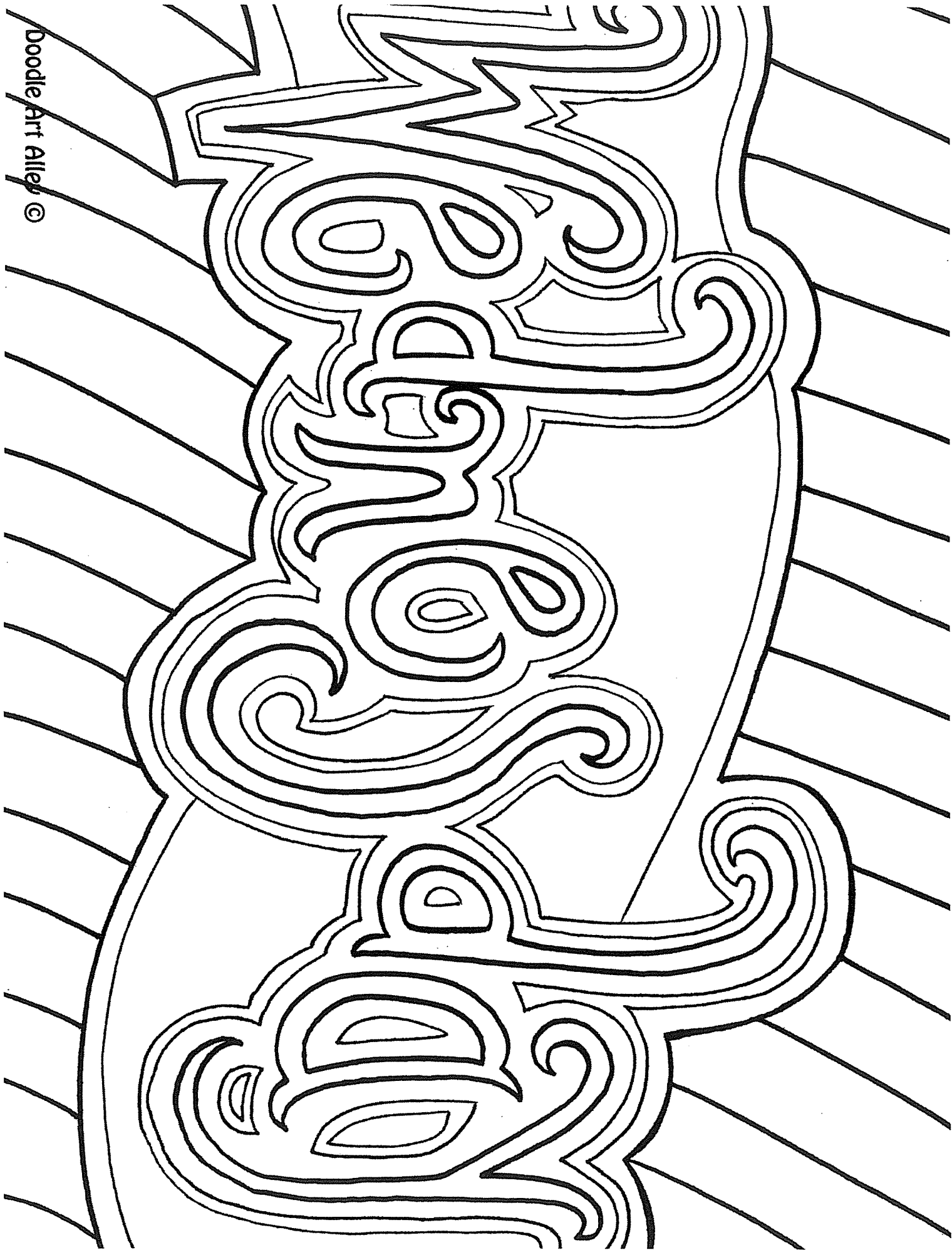
4. What can you do to help reduce the risk to the native environment?

5. Draw the habitat of a native animal in your area.



Brainstorm and record some words that contain the p and pp graphemes





Doodle Art Alley ©

Unit 20



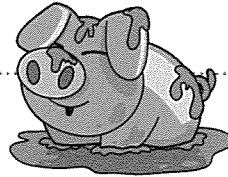
p pp pig slipper

List Words

- splash _____
- apple _____
- spray _____
- please _____
- planet _____
- poor _____
- piece _____
- explain _____
- proud _____
- probably _____
- opposite _____
- approach _____
- appear _____

1 Circle the letters that represent in the List Words.

2 Write any other letters that can represent on the Grapheme Chart. Write one word example for each.



Grapheme Chart

letters	words

3 Write one stroke for every sound in each List Word.

4 Unjumble the letters to make List Words containing **pl** or **pr**.

uropd _____ lsapee _____ ybborpal _____
 Inepat _____ inxalep _____ pcrpoaah _____

5 Write a homophone for each underlined word to finish the sentences.

Go to Helpful Hint (14).

Poor Pam made a mess trying to _____ the paint.

The bus passed you before it drove _____ me.

The plans on this _____ of paper will help to make peace in the world.

_____ shot up my arm when my hand hit the window pane.

6 Rewrite these List words adding **p** or **pp** to represent .

roud _____ oor _____ slash _____ robably _____
 sray _____ ale _____ oosite _____ explain _____
 aear _____ iece _____ lanet _____ aroach _____

7 Join the prefixes to their meanings. Write words from the box to match the clues.

Go to pages 13, 19, 21, 27 and 38.

fore	not	paid <u>beneath</u>	correct pay	_____
im	out of	vehicle with <u>two</u> wheels		_____
ex	before	<u>not</u> possible		_____
under	two	speak <u>out</u> about ideas		_____
bi	beneath	see <u>before</u> an event happens		_____

foresee
 underpaid
 explain
 impossible
 bicycle

Name: _____ Date: _____

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cu di

de dr

ee ei

em en

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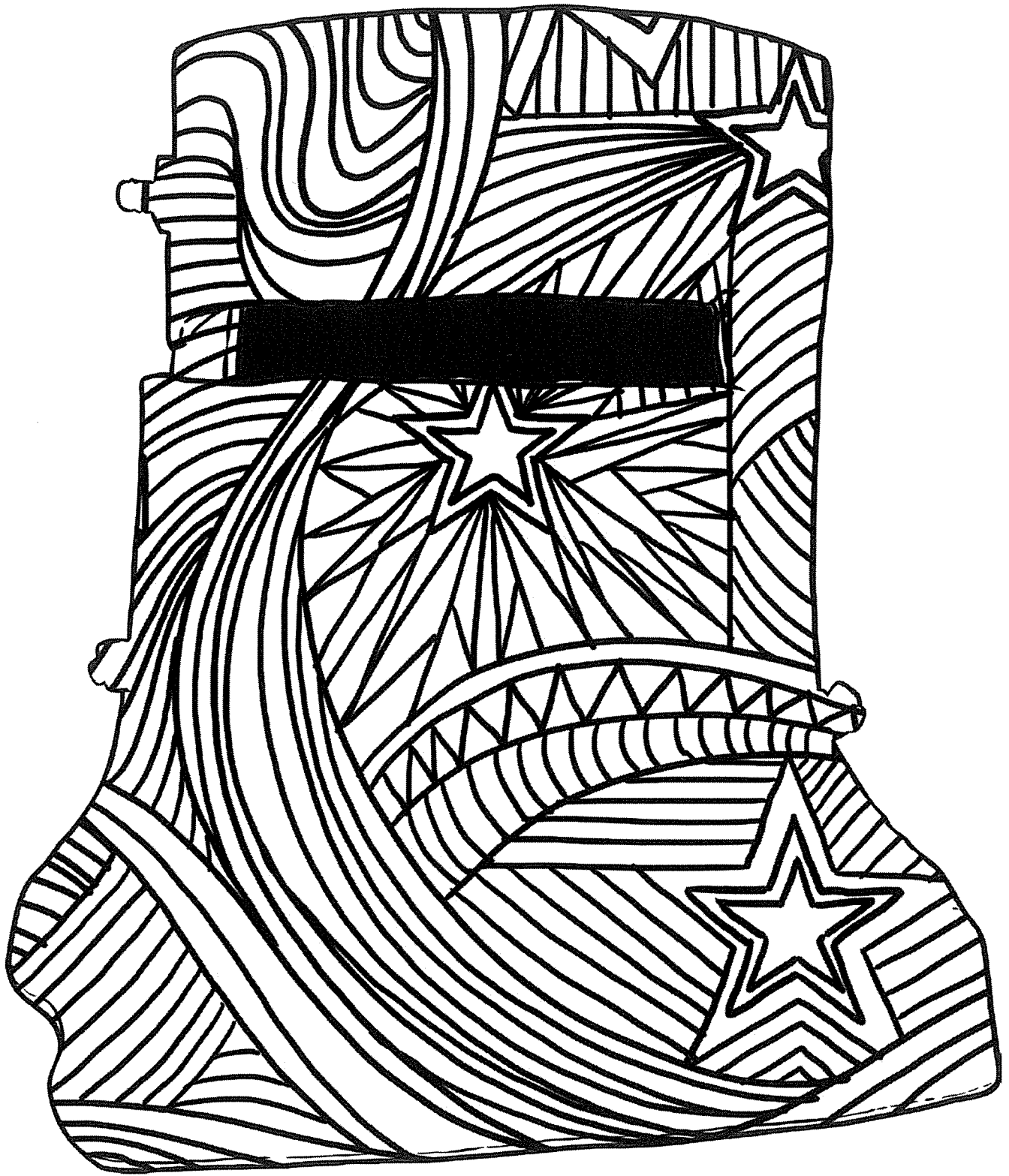
ip ir

ki ke



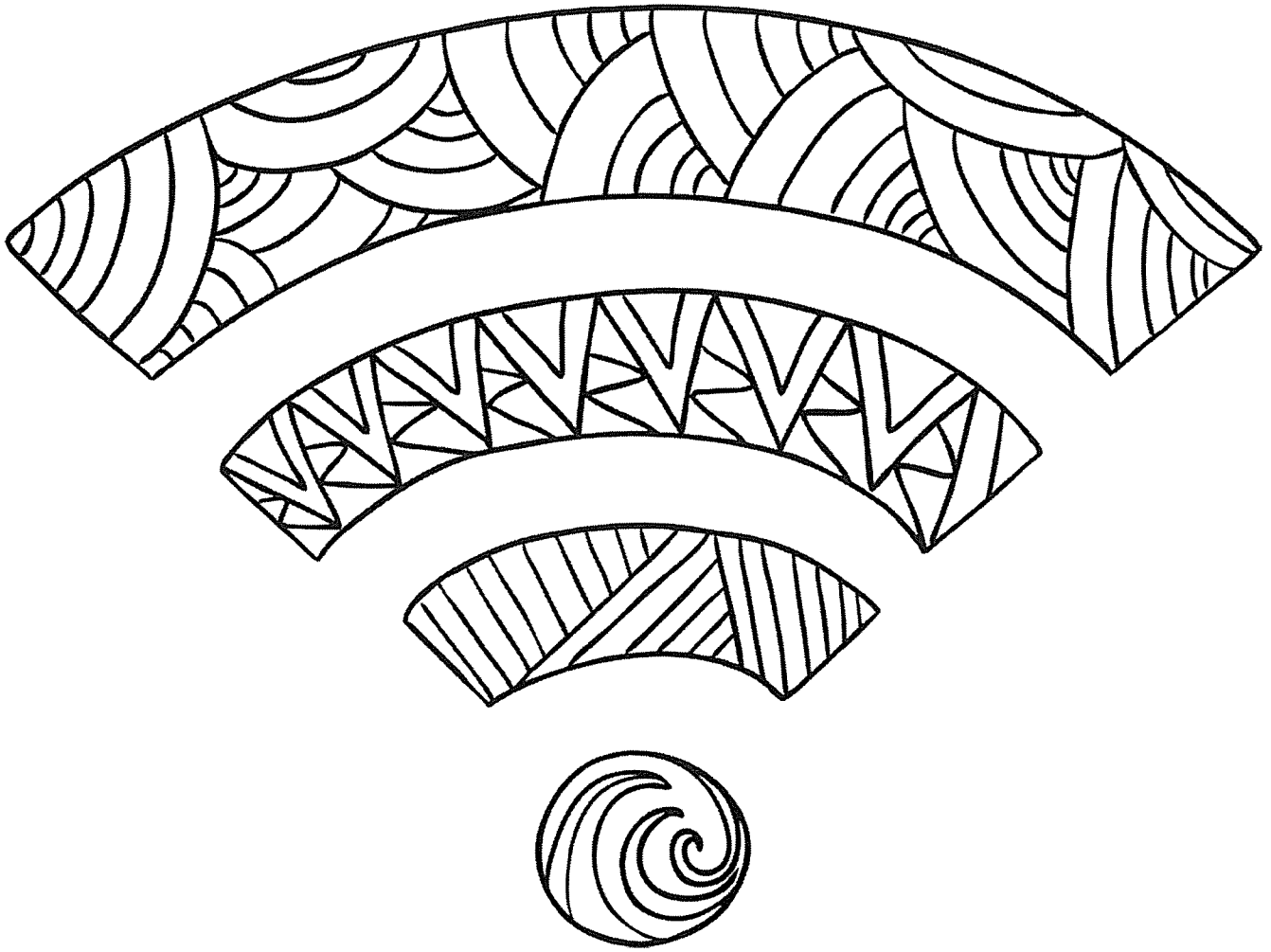
Handwriting

Famous Australians



Ned Kelly

Ned Kelly was a notorious Australian bushranger and bank robber, who lived in Victoria between 1855 and 1880. In 1876, he started stealing horses. In 1878, Ned was accused of assaulting a police officer and went into hiding with his brother and two friends. When the police attempted to arrest them, the gang shot and killed three police officers before going on the run. A two-day shoot-out in June 1880 ended with Ned's capture and he was sentenced to death for his crimes.



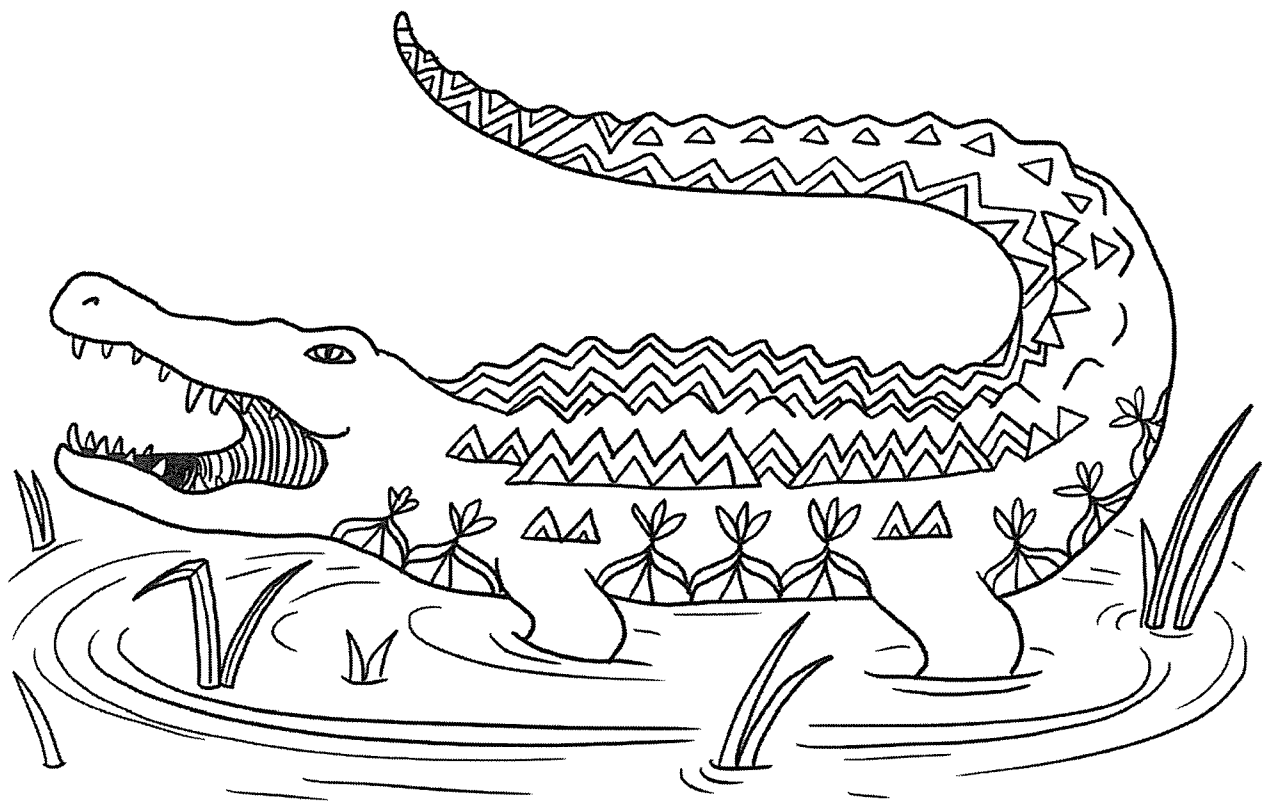
John O'Sullivan

John O'Sullivan is an Australian electrical engineer, who led the team that developed the first wireless network in 1992. This allows your computer or tablet to connect to the Internet without wires. It allows people all over the world to access information, watch movies and play games. Today, almost half the world's population are connected to the Internet - that's 3.2 billion people!



Chris Hemsworth

Chris Hemsworth is an Australian actor, who was born in Melbourne, Victoria in 1983. Chris got his big break playing Kim Hyde in 'Home and Away' from 2004 until 2007 but he is best known for playing the Norse god Thor in the 'Marvel Cinematic Universe'. He has two brothers, Luke and Liam, who are also actors. His brother, Liam, originally auditioned for the role of Thor but Chris got it in the end.



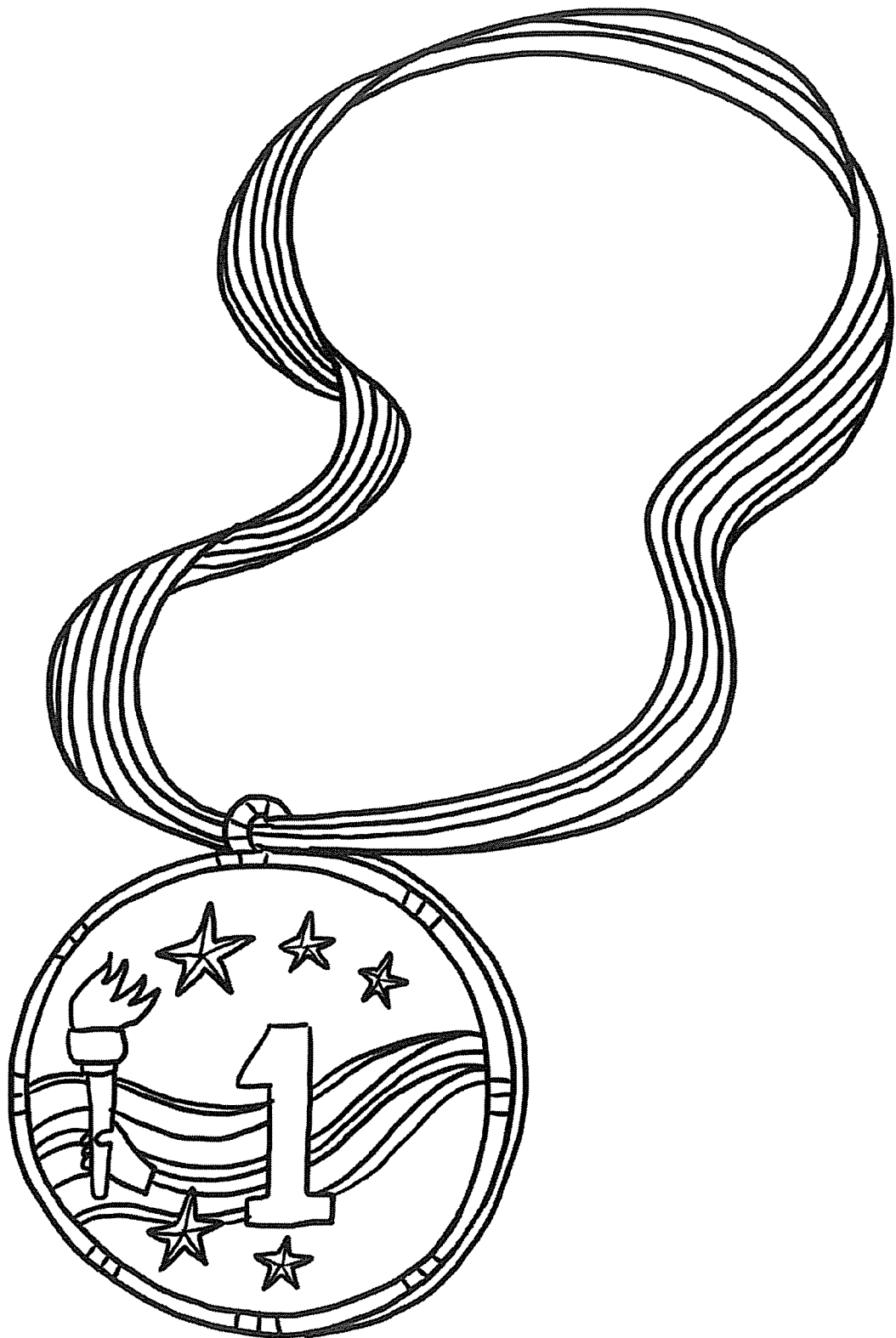
Steve Irwin

Steve Irwin was a famous television personality and conservationist, who was known as 'The Crocodile Hunter'. He shot to fame for his daring stunts in 'The Crocodile Hunter' TV series and became a pop-culture icon, even featuring in 'The Simpsons'. Steve died in 2006 after he was stung by a stingray. His legacy continues with his daughter, Bindi, who presents a show on television and with 'The Wildlife Warrior' program.



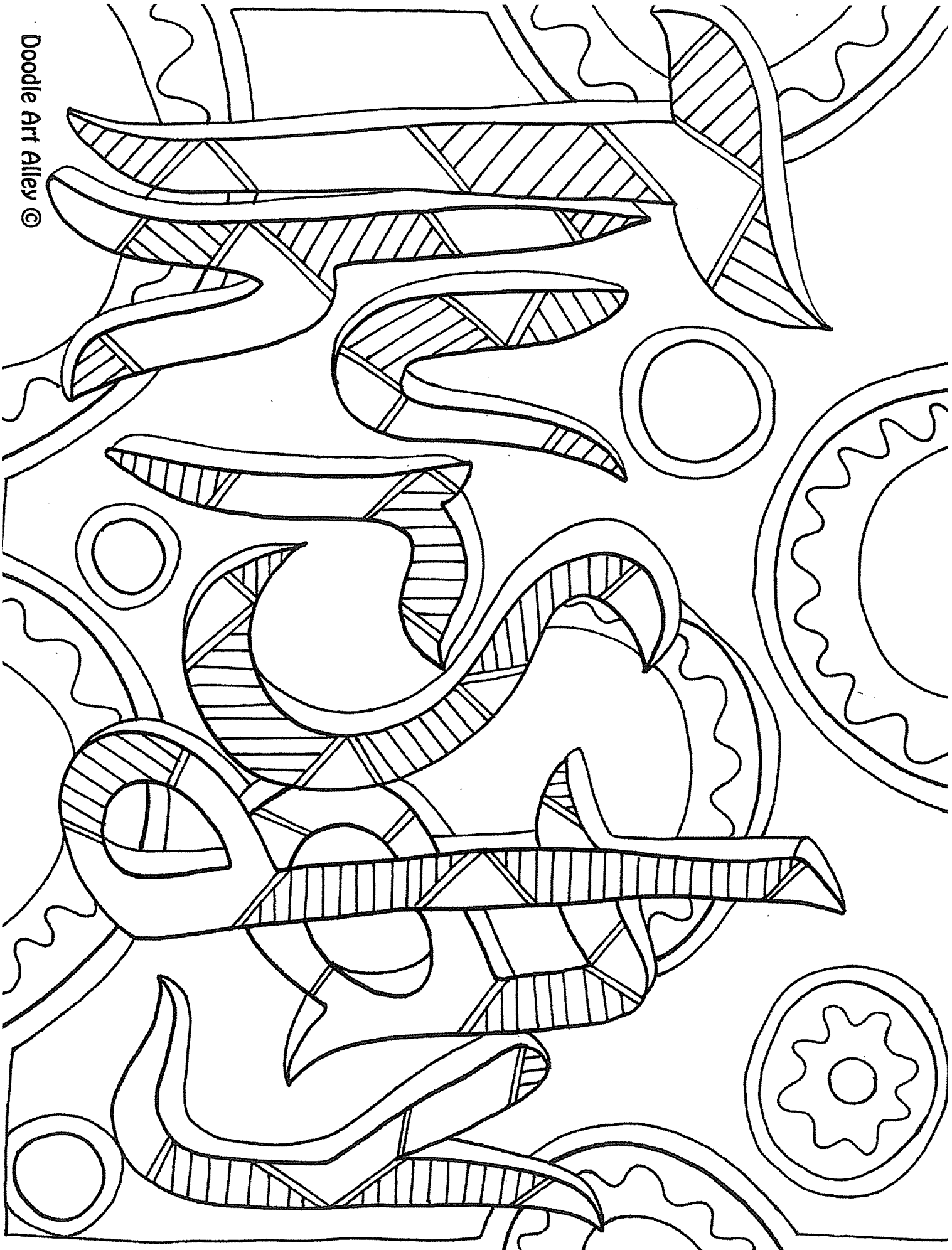
Aaron Blabey

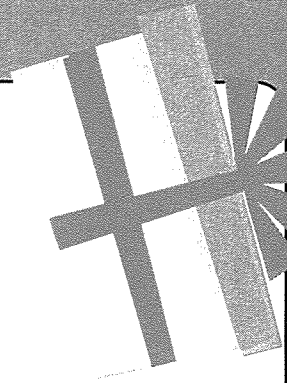
Aaron Blabey is a bestselling Australian children's author and illustrator, who has sold over five million books. Some of his work includes the award-winning 'Pig the Pug' series, 'Thelma the Unicorn', 'Pearl Barley and Charlie Parsley' and 'Piranhas Don't Eat Bananas'. He is also the author of 'The Bad Guys' series of graphic novels, which is being turned into a movie.



Cathy Freeman

Cathy Freeman is an Australian athlete from Mackay, Queensland. She is best known for winning gold in the 400-metre sprint at the Sydney Olympics in 2000; however, her athletics career began as a teenager. In 1990, she became the first Indigenous Australian to win gold at the Commonwealth Games and, in 1992, she was the first Indigenous Australian athlete to compete at the Olympics. She has dedicated much of her life to Indigenous causes. In 2007, she founded the Cathy Freeman Foundation to support Indigenous students to succeed in school.





**Sam is making a splash for
his 8th birthday!**

Come get soaked as we celebrate!

When: Saturday 20th October

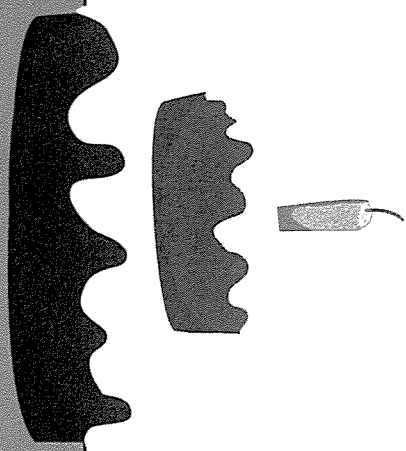
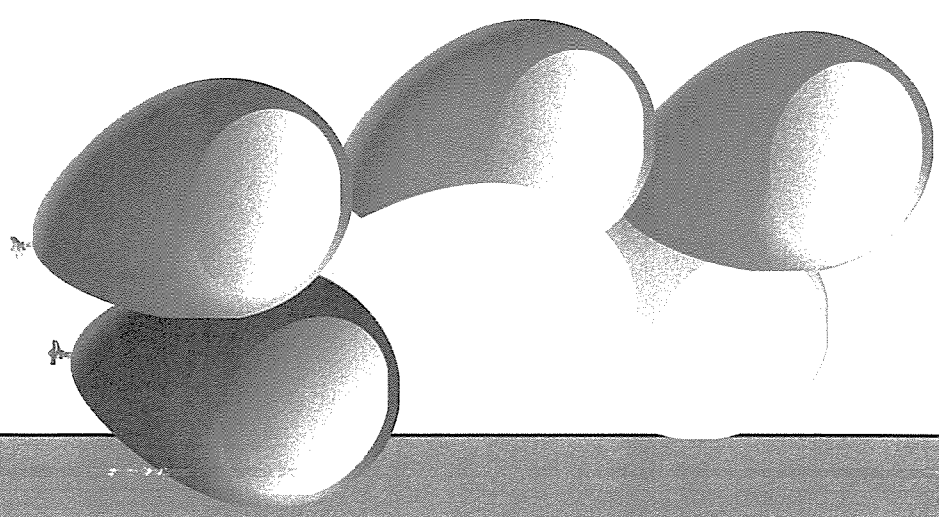
Time: 2pm to 5pm

Food: Italian food

**Bring: Everything you need to jump in
and get wet!**

**Don't forget to put on
sunscreen and wear a**

hat!



Name: _____

Date: _____

Making Inferences

Making inferences when reading is using what you already know in your head and clues from the text to figure out what will happen next.

1. *Sam is making a splash for his 8th birthday!*

Come get soaked as we celebrate!

What type of party is Sam having? How do you know?

2. *Food: Italian food*

What food might Sam be serving at his party?

3. Sam's party is due to finish at 5 pm.

Why do you think this end time was chosen?



r rr wr robot carrot wrist

Grapheme Chart

letters	words

List Words

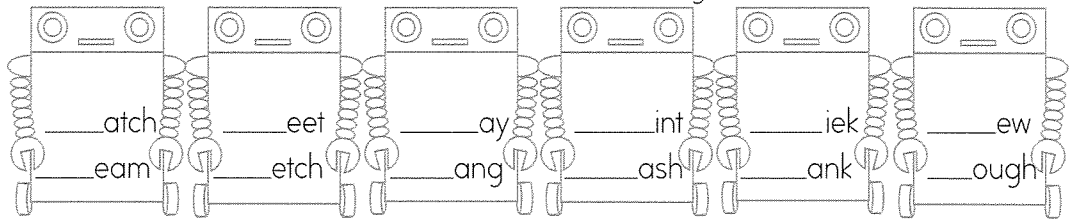
- rich _____
- shrub _____
- stretch _____
- thread _____
- scream _____
- wrong _____
- written _____
- writing _____
- narrow _____
- remember _____
- rectangle _____
- terrible _____

1 Circle the letters that represent in the List Words.

2 Write any other letters that can represent on the Grapheme Chart. Write one word example for each.

3 Write one stroke for every sound in each List Word.

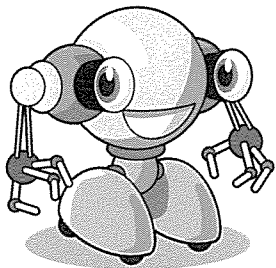
4 Write **scr**, **str**, **spr**, **spl**, **shr** and **thr** in the robots to finish the words. The words in each robot must all begin with the same letters.



5 Follow the pattern in each column. Finish the sentences with your words.

Some describing words are used to compare people – *kind, kinder, kindest* and things – *fresh, fresher, freshest*. We can add **er** to compare two and **est** to compare three or more people or things. For example, *I am tall. Rob is taller. Brooke is tallest.*

Describing 1	Comparing 2	Comparing 3 or more
green	greener	greenest
rough		
rich		



My hands are rough, yours are _____ but Mum's are the _____.

Red is a rich colour, scarlet is even _____ but ruby is the _____ of all.

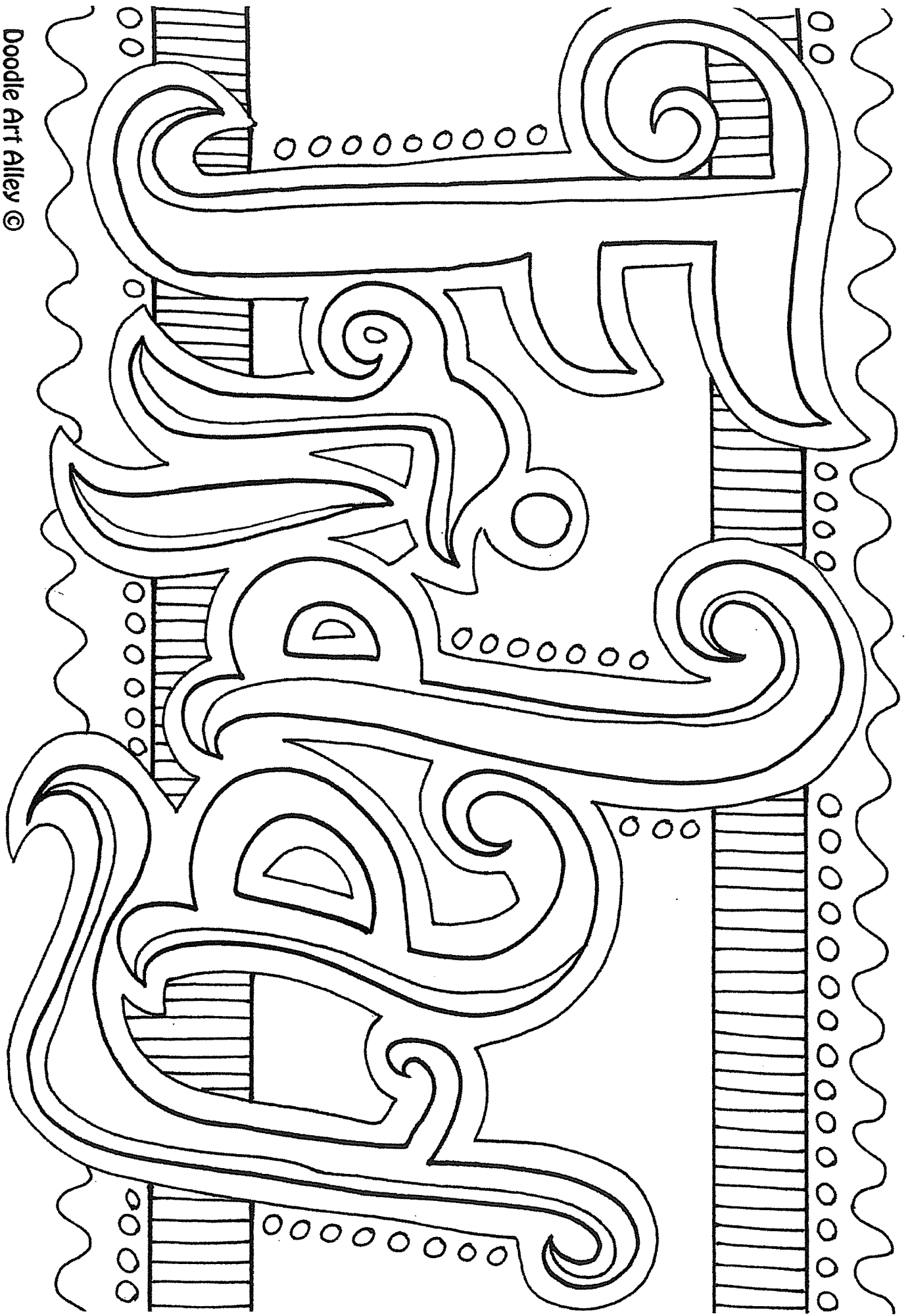
Challenge

Colour each word block in the top rectangle and its matching antonym block in the rows below the same colour. Use a different colour for each pair.

poor	right	jog	curl	leave	fake	back	false	forget	wide	wonderful	whisper
	rich	sprint	stretch	terrible	carry	sorry	ready	thread			
writing	prize	roof	rule	written	arrive	scream	front	true			
remember	narrow	wrong	real	rectangle	graph	shrub	rectangle	reach			

Finish the 2 List Words that describe the shapes above. n _____ r _____ s _____

Doodle Art Alley ©



Editing

Edit the following passage. You will need to:

- find 3 spelling mistakes
- add 6 capital letters
- add 2 full stops
- add 2 exclamation marks

Lisa's House

today i went to play with my frend lisa it was so boaring she made me play silly games like hide and seak I hate playing hide and seek

Edit the following passage. You will need to:

- find 3 spelling mistakes
- add 4 capital letters
- add 3 full stops

Robot Fun

my brother and i love rowbots we play fantastick games with them robots are so inturesting because they make strange noises and do funny actions

Narrative Writing

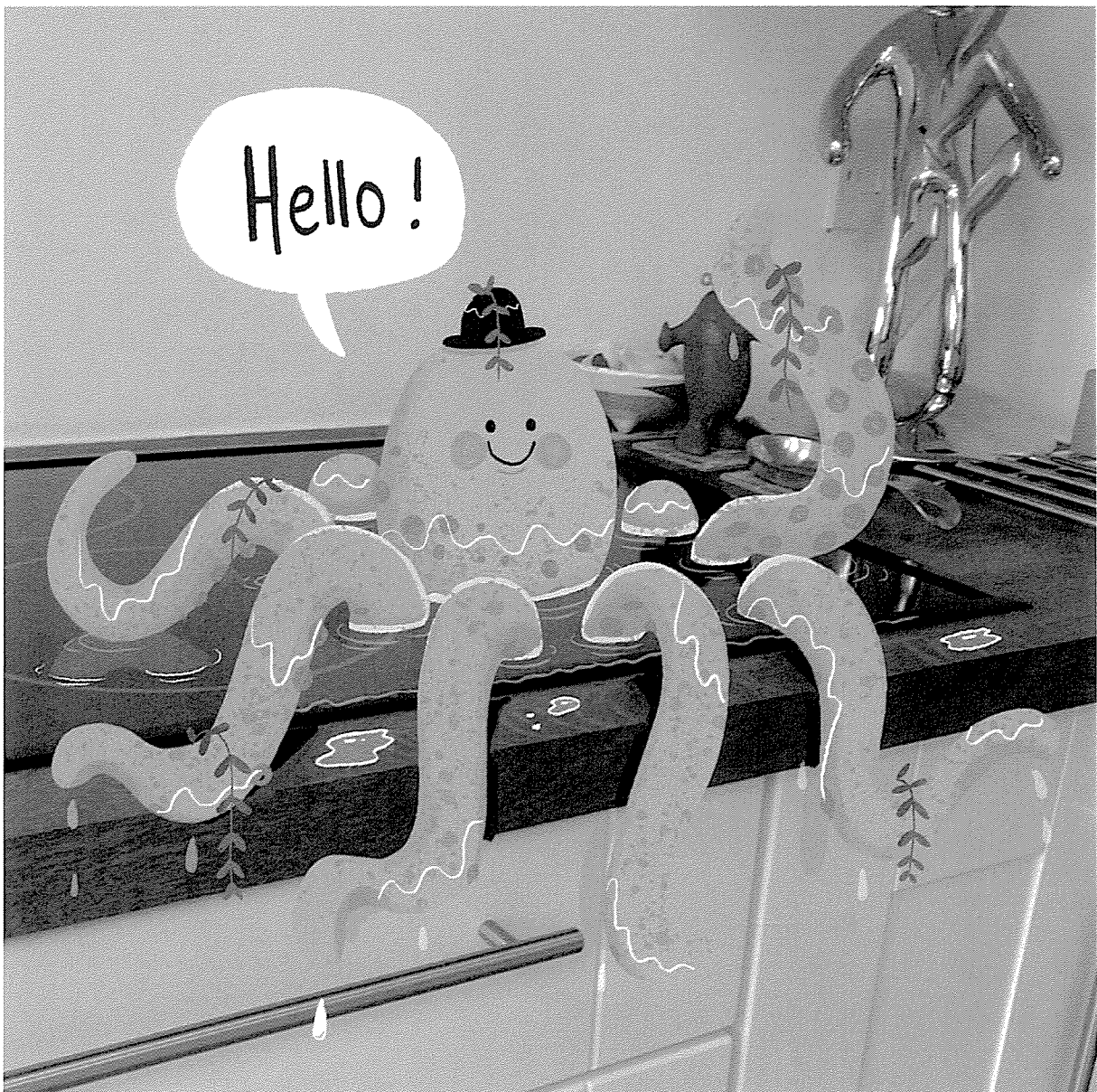
Write a narrative using the stimulus picture below as inspiration.

Some things to think about:

- How you'd feel if you walked into your kitchen and found an octopus in the sink?
- How did the octopus get in your house?
- Would you like the octopus to stay or leave?


Give yourself:

- 5 minutes to plan
- 30 minutes to write
- 5 minutes to edit



Narrative Planning Template

Title _____

Orientation		
Setting	Characters	Mood
		



Complication



Events and Climax

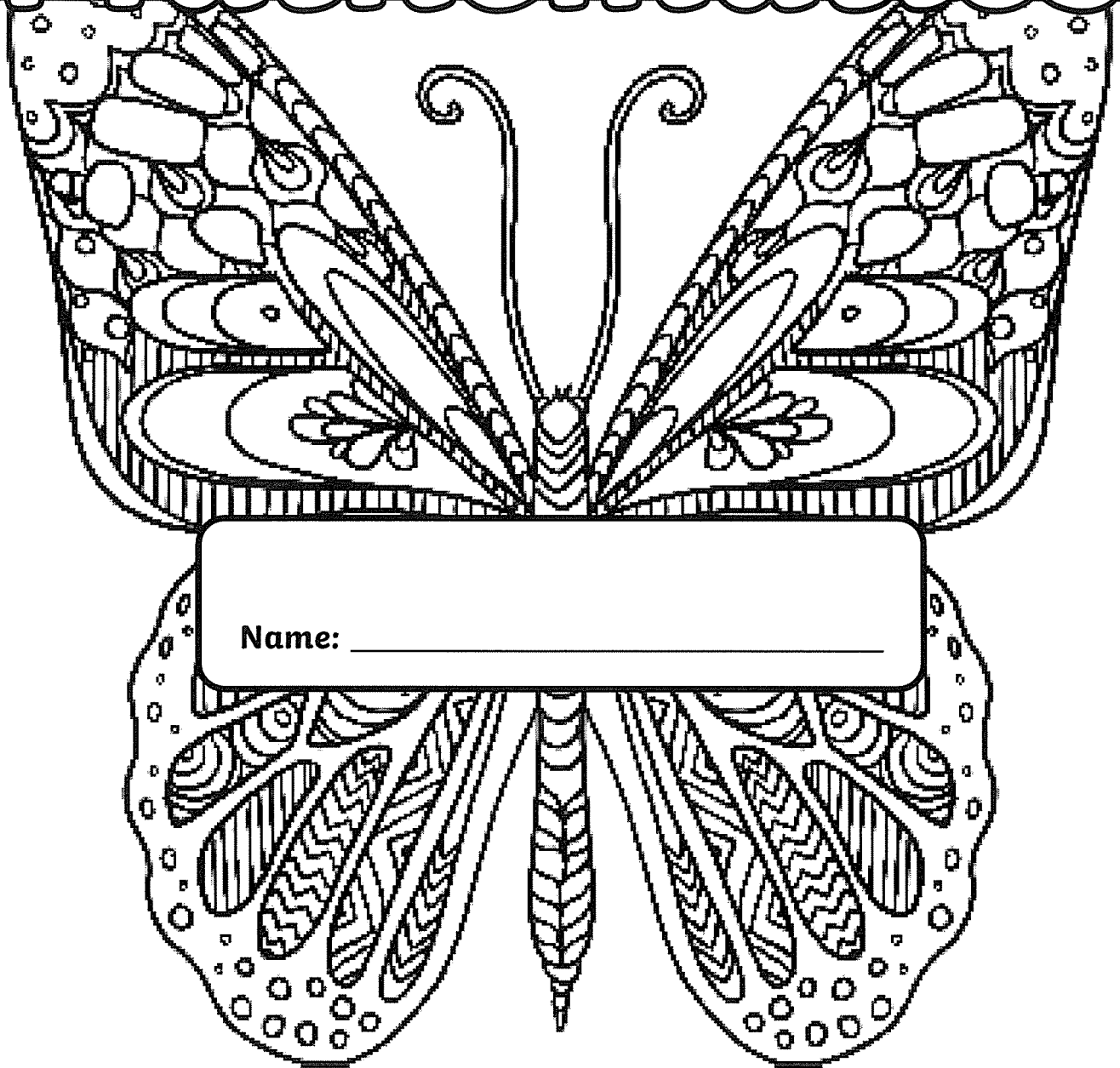


Resolution

A series of horizontal lines for writing, consisting of 20 rows of blank space.

A series of horizontal lines for writing, consisting of 28 evenly spaced lines across the page.

Mathematics



Multiplication facts – 5 and 10 times tables

The 5 and 10 times tables are easier if you learn them together.

1 Answer the 5 times table:

$1 \times 5 = \square$

$2 \times 5 = \square$

$3 \times 5 = \square$

$4 \times 5 = \square$

$5 \times 5 = \square$

$6 \times 5 = \square$

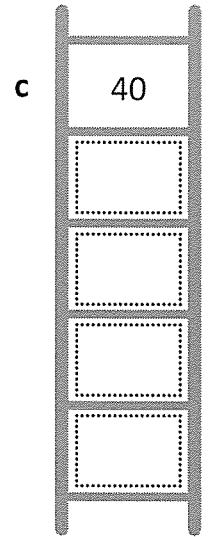
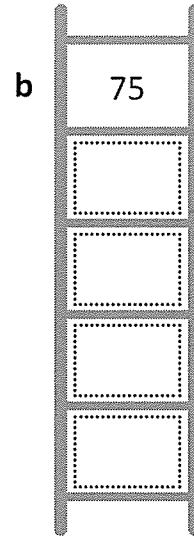
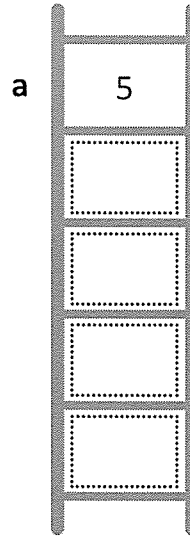
$7 \times 5 = \square$

$8 \times 5 = \square$

$9 \times 5 = \square$

$10 \times 5 = \square$

2 Count in 5s down the ladders:



3 Fill in the missing number for each times table fact:

a $\square \times 5 = 25$

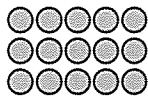
b $\square \times 5 = 45$

c $\square \times 5 = 30$

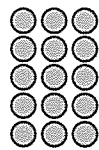
d $\square \times 5 = 50$

e $\square \times 5 = 35$

f $\square \times 5 = 40$



$3 \times 5 = 15$



$5 \times 3 = 15$

Turnaround facts
are the times tables
turned around!



REMEMBER

4 Complete the 5 times table turnarounds.

a $5 \times 8 = \square$

b $5 \times 3 = \square$

c $5 \times 10 = \square$

d $5 \times 4 = \square$

Multiplication facts – 5 and 10 times tables

5 Answer the 10 times table:

- 1 × 10 =
- 2 × 10 =
- 3 × 10 =
- 4 × 10 =
- 5 × 10 =
- 6 × 10 =
- 7 × 10 =
- 8 × 10 =
- 9 × 10 =
- 10 × 10 =

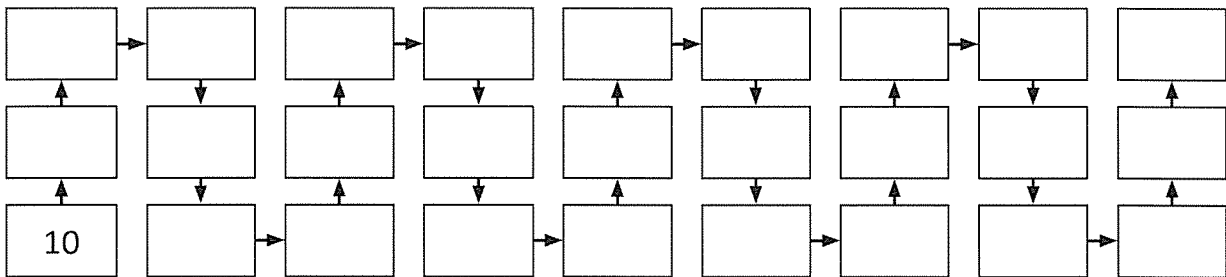
6 Write the missing numbers for these 5 times table facts:

- a × 5 = 35
- b 5 × 5 =
- c × 5 = 30
- d 5 × = 45
- e × 5 = 15
- f 5 × = 10
- g 5 × = 20

7 Write the missing numbers for these 10 times table facts:

- a × 10 = 30
- b 10 × 5 =
- c × 10 = 20
- d 10 × 9 =
- e × 10 = 60
- f × 10 = 70
- g 10 × 10 =

8 Follow the arrows by counting up in 10s:



9 Multiply each number in the top row by 5 and then by 10:

×	2	1	4	5	9	6	8	7	10	3
5										
10										

What do you notice? _____

Multiplication facts – 2 and 4 times tables

The 2 and 4 times tables are good facts to learn together.

1 Complete the skip counting pattern of 2:



2 Answer the 2 times table. One is in order, the other is mixed up.

$1 \times 2 = \square$

$2 \times 2 = \square$

$3 \times 2 = \square$

$4 \times 2 = \square$

$5 \times 2 = \square$

$6 \times 2 = \square$

$7 \times 2 = \square$

$8 \times 2 = \square$

$9 \times 2 = \square$

$10 \times 2 = \square$

$7 \times 2 = \square$

$10 \times 2 = \square$

$6 \times 2 = \square$

$8 \times 2 = \square$

$1 \times 2 = \square$

$9 \times 2 = \square$

$4 \times 2 = \square$

$3 \times 2 = \square$

$2 \times 2 = \square$

$5 \times 2 = \square$

3 It is useful to be able to multiply numbers above 10 by 2. Try these:

$11 \times 2 = \square$

$12 \times 2 = \square$

$13 \times 2 = \square$

$14 \times 2 = \square$

$15 \times 2 = \square$

$16 \times 2 = \square$

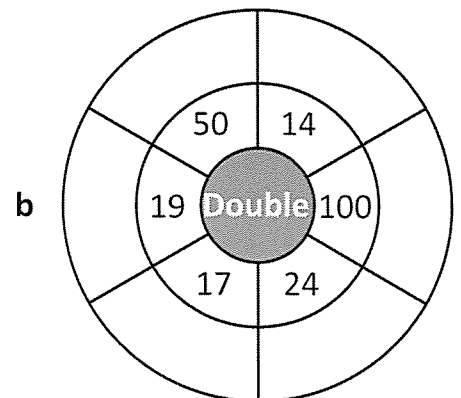
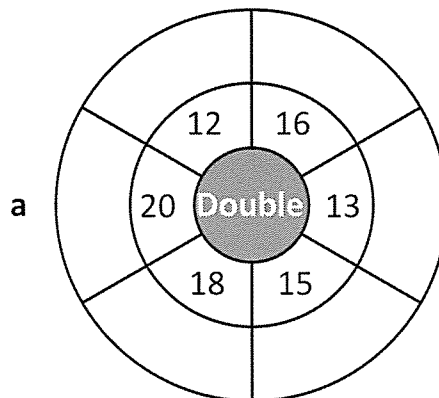
$17 \times 2 = \square$

$18 \times 2 = \square$

$19 \times 2 = \square$

$20 \times 2 = \square$

4 Complete these doubling wheels as quickly as you can. Multiplying by 2 is the same as doubling.



Mental multiplication strategies – compensation

Use the compensation strategy to make it easier to multiply 2-digit numbers that are close to a ten.

Look at 4×19 .

19 is close to 20, so we can multiply by the next multiple of ten which is 20. Then we build down because we have an extra group of 4.

$$4 \times 19 \longrightarrow 4 \times 20 = 80 - 4$$

$$\text{So, } 19 \times 4 = 76$$

1 Use the compensation strategy to answer these:

a $5 \times 29 \longrightarrow 5 \times \square = \square - \square$

So, $5 \times 29 = \square$

b $3 \times 49 \longrightarrow 3 \times \square = \square - \square$

So, $3 \times 49 = \square$

c $4 \times 39 \longrightarrow 4 \times \square = \square - \square$

So, $4 \times 39 = \square$

2 Use the compensation strategy to answer these questions. This time you need to look for more than one extra group to subtract:

a $4 \times 18 \longrightarrow 4 \times \square = \square - \square$

So, $4 \times 18 = \square$

b $3 \times 17 \longrightarrow 3 \times \square = \square - \square$

So, $3 \times 17 = \square$

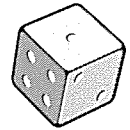
We have rounded up to 20. So instead of 4×18 we have 4×20 . This is 2 more groups of 4. So we subtract 8.



THINK

Mrs Barrett & Ms Moore
Mental multiplication strategies – choose a strategy

- 1 Roll a die to get the missing number, then use either the split or compensation strategy to get the answer. You can place the numbers rolled on the die in any question.



a $25 \times \square \rightarrow$

So, $25 \times \square = \square$

b $36 \times \square \rightarrow$

So, $36 \times \square = \square$

c $49 \times \square \rightarrow$

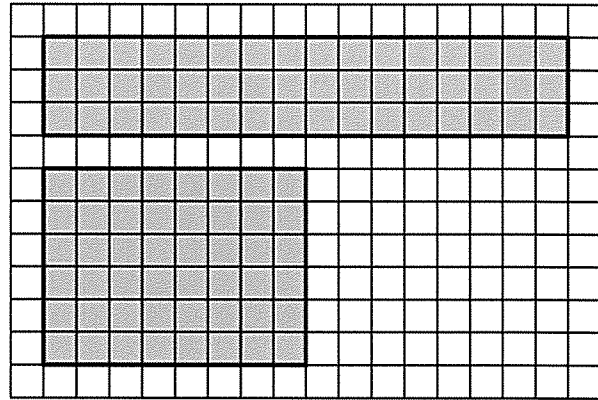
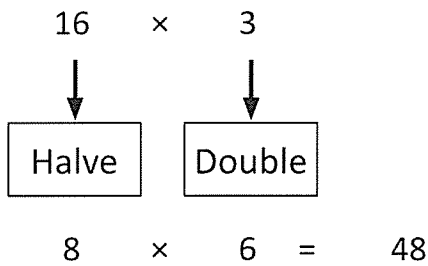
So, $49 \times \square = \square$

d $58 \times \square \rightarrow$

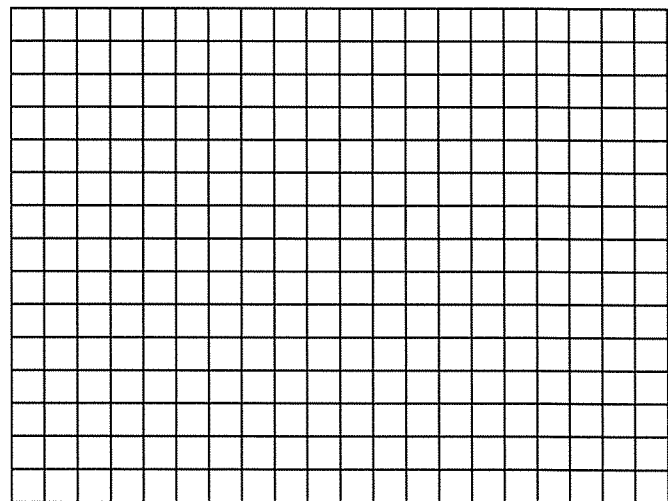
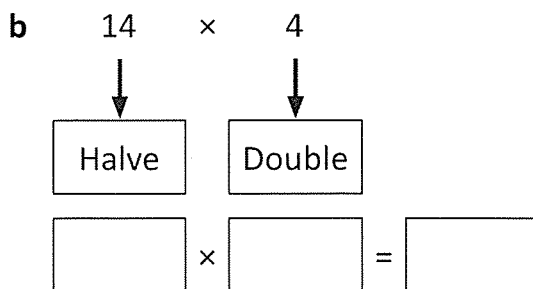
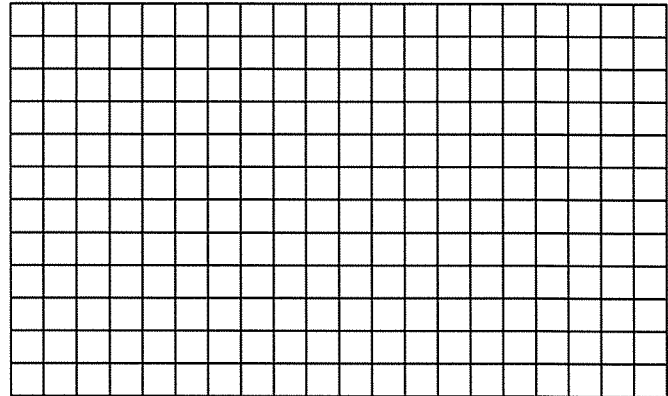
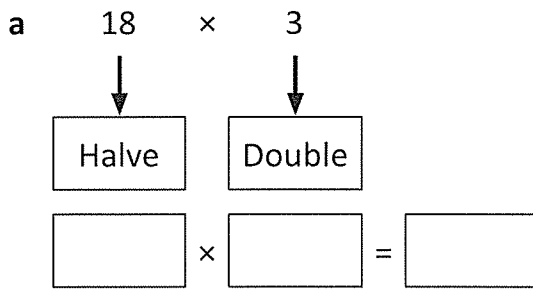
So, $58 \times \square = \square$

Mental multiplication strategies – doubling and halving

We can change the factors of a multiplication question to make it easier. Look at 16×3 . If we halve the larger factor and double the smaller factor, we make an array on the grid that is the same size. Both arrays have the same amount of squares. Count the squares, are they equal to 8×6 ?



1 Make these problems easier by using doubling and halving. Shade an array for each:



Mental multiplication strategies – doubling and halving

2 Use the doubling and halving strategy to solve these:

a

$$\begin{array}{ccc} 14 & \times & 3 \\ \downarrow & & \downarrow \\ \boxed{\text{Halve}} & & \boxed{\text{Double}} \\ \boxed{} & \times & \boxed{} = \boxed{} \end{array}$$

b

$$\begin{array}{ccc} 48 & \times & 5 \\ \downarrow & & \downarrow \\ \boxed{\text{Halve}} & & \boxed{\text{Double}} \\ \boxed{} & \times & \boxed{} = \boxed{} \end{array}$$

c

$$\begin{array}{ccc} 16 & \times & 5 \\ \downarrow & & \downarrow \\ \boxed{\text{Halve}} & & \boxed{\text{Double}} \\ \boxed{} & \times & \boxed{} = \boxed{} \end{array}$$

d

$$\begin{array}{ccc} 64 & \times & 5 \\ \downarrow & & \downarrow \\ \boxed{\text{Halve}} & & \boxed{\text{Double}} \\ \boxed{} & \times & \boxed{} = \boxed{} \end{array}$$

3 Follow this doubling and halving trail through to the bottom:

a Halve Double

$$\begin{array}{ccc} 8 & \times & 56 = \boxed{?} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \text{So, } 8 \times 56 = & & \boxed{} \end{array}$$

b Halve Double

$$\begin{array}{ccc} 8 & \times & 35 = \boxed{?} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \text{So, } 8 \times 35 = & & \boxed{} \end{array}$$

c Halve Double

$$\begin{array}{ccc} 8 & \times & 45 = \boxed{?} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \downarrow & & \downarrow \\ \boxed{} & \times & \boxed{} \\ \text{So, } 8 \times 45 = & & \boxed{} \end{array}$$

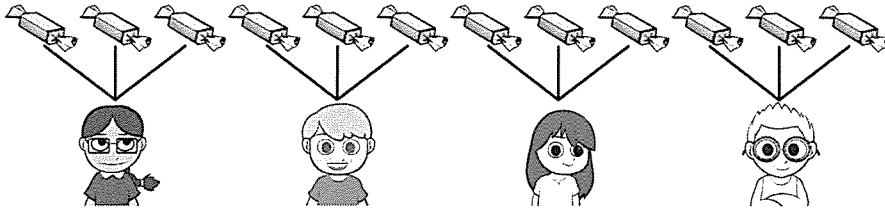
d What do you notice?

Division – division is sharing and grouping

Ms Moore

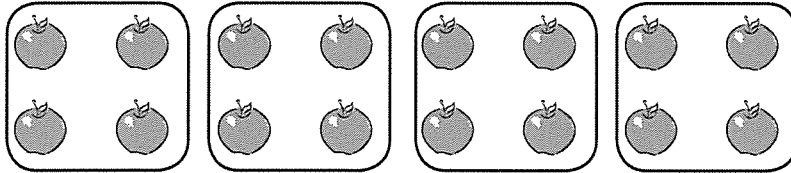
Division can mean sharing *or* grouping.

There are 12 lollies shared between 4 kids. How many are **in** each share?



$$12 \div 4 = 3$$

There are 16 apples and 4 go into each basket. How many baskets do I need?



$$16 \div 4 = 4$$

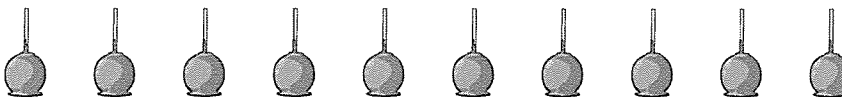
1 Solve these sharing and grouping questions:

a There are 9 cupcakes and 3 kids are sharing. How many are in each share?



$$\square \div \square = \square$$

b 10 lollies are shared between a group of kids so they each get 2. How many kids are sharing?



$$\square \div \square = \square$$

c There are 24 pencils and 6 pencil pots. How many pencils go into each pencil pot?



$$\square \div \square = \square$$

Mrs Barrett & Mrs Moore
Division – division is sharing and grouping

- 2 Draw pictures to show these division questions. Then write the division fact and decide whether it is a sharing or a grouping question.

If you need to find out how many items there are in each share, it's a sharing question. If you need to find out the number of equal shares, it's a grouping question.



CHECK

- a Divide 16 lollies between 4 girls. How many does each girl get?

$$\square \div \square = \square$$

sharing / grouping

- b From a packet of 24 pencils, each person will get 6. How many people are sharing the pencils?

$$\square \div \square = \square$$

sharing / grouping

- c 48 eggs are laid by 6 hens. If they all laid the same amount, how many did each hen lay?

$$\square \div \square = \square$$

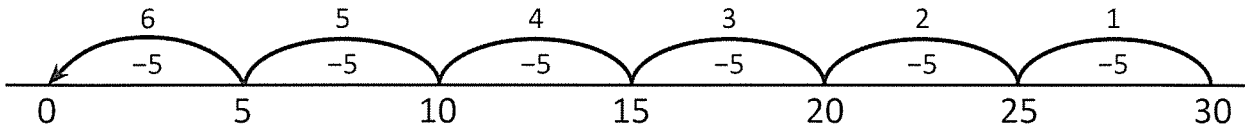
sharing / grouping

Division – division is repeated subtraction

MS Moore

Division can also be thought of as repeated subtraction.

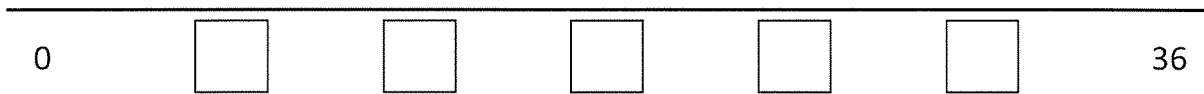
Look at $30 \div 5 = \square$ This question is asking how many groups of 5 there are in 30. Jump in 5s along the number line and then count the jumps.



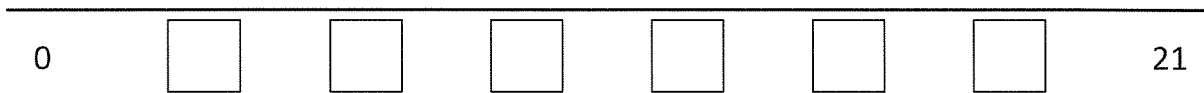
So, $30 \div 5 = 6$

- 1 Show these division facts as repeated subtraction. First label the number lines and then show the jumps.

a $36 \div 6 = \square$



b $21 \div 3 = \square$

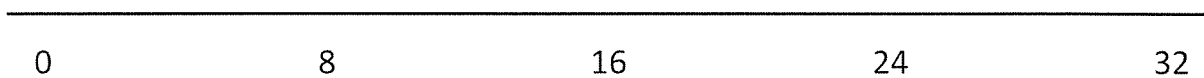


- 2 Write a division fact to match these number lines. Show the jumps.

a $\square \div \square = \square$



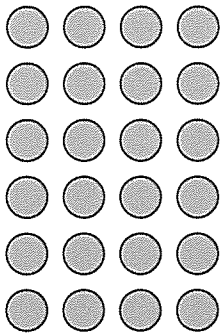
b $\square \div \square = \square$



Division – linking multiplication and division facts

MJ Moore

Knowing multiplication facts will help with division facts. This is because they are opposites. Look at how we can describe this array:



$6 \times 4 = 24$

6 groups of 4 is 24.

$4 \times 6 = 24$

4 groups of 6 is 24.

$24 \div 4 = 6$

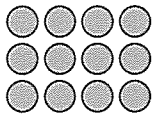
24 divided into 4 shares is 6.

$24 \div 6 = 4$

24 divided into 6 shares is 4.

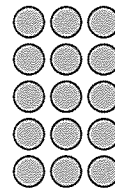
1 Describe each of these arrays using two multiplication and two division facts:

a



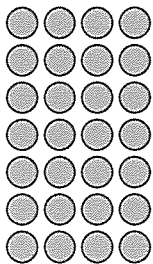
<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>

b



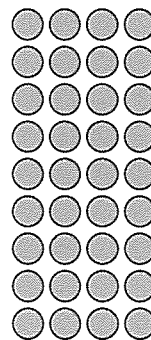
<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>

c



<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>

d



<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>

2 Draw an array of 6 rows of 3 then describe it with multiplication and division facts.

<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	×	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>
<input type="text"/>	÷	<input type="text"/>	=	<input type="text"/>

This is also called a fact family. ☆

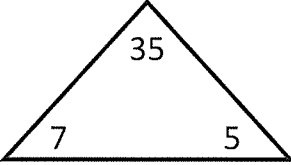


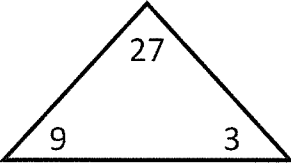
REMEMBER

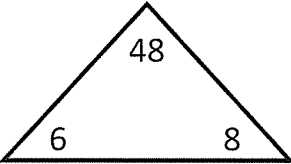
Division – linking multiplication and division facts

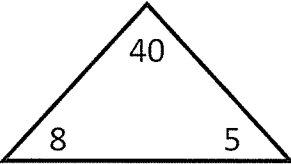
Ms Moore

3 Write a fact family for each set of numbers in the triangle. The first one has been done for you.

a $\begin{array}{|c|} \hline 5 \\ \hline \end{array} \times \begin{array}{|c|} \hline 7 \\ \hline \end{array} = \begin{array}{|c|} \hline 35 \\ \hline \end{array}$  $\begin{array}{|c|} \hline 35 \\ \hline \end{array} \div \begin{array}{|c|} \hline 5 \\ \hline \end{array} = \begin{array}{|c|} \hline 7 \\ \hline \end{array}$
 $\begin{array}{|c|} \hline 7 \\ \hline \end{array} \times \begin{array}{|c|} \hline 5 \\ \hline \end{array} = \begin{array}{|c|} \hline 35 \\ \hline \end{array}$ $\begin{array}{|c|} \hline 35 \\ \hline \end{array} \div \begin{array}{|c|} \hline 7 \\ \hline \end{array} = \begin{array}{|c|} \hline 5 \\ \hline \end{array}$

b $\begin{array}{|c|} \hline \\ \hline \end{array} \times \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$  $\begin{array}{|c|} \hline \\ \hline \end{array} \div \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$
 $\begin{array}{|c|} \hline \\ \hline \end{array} \times \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$ $\begin{array}{|c|} \hline \\ \hline \end{array} \div \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$

c $\begin{array}{|c|} \hline \\ \hline \end{array} \times \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$  $\begin{array}{|c|} \hline \\ \hline \end{array} \div \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$
 $\begin{array}{|c|} \hline \\ \hline \end{array} \times \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$ $\begin{array}{|c|} \hline \\ \hline \end{array} \div \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$

d $\begin{array}{|c|} \hline \\ \hline \end{array} \times \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$  $\begin{array}{|c|} \hline \\ \hline \end{array} \div \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$
 $\begin{array}{|c|} \hline \\ \hline \end{array} \times \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$ $\begin{array}{|c|} \hline \\ \hline \end{array} \div \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$

4 For these problems, think of a multiplication fact to help write the division fact:

a \$25 is shared between 5 people. How much does each person get?

$\begin{array}{|c|} \hline \\ \hline \end{array} \times \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$ $\begin{array}{|c|} \hline \\ \hline \end{array} \div \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$

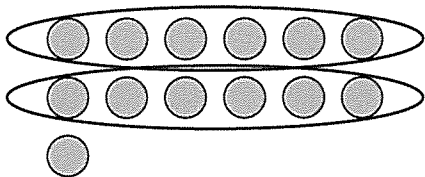
b 45 people get into 9 cars. How many people are in each car?

$\begin{array}{|c|} \hline \\ \hline \end{array} \times \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$ $\begin{array}{|c|} \hline \\ \hline \end{array} \div \begin{array}{|c|} \hline \\ \hline \end{array} = \begin{array}{|c|} \hline \\ \hline \end{array}$

Division – remainders

Ms Moore

Sometimes division is not exact.

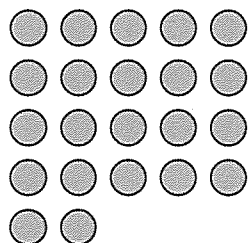


From 13, we can make 2 fair shares of 6 with 1 left over. We call the left over the remainder.

$$13 \div 6 = 2 \text{ remainder } 1$$

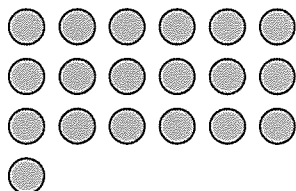
1 In each array, ring the fair shares to see the remainder:

a



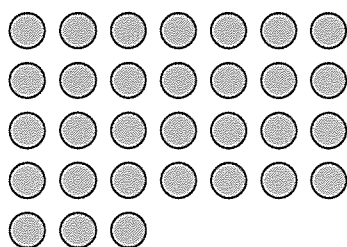
$$22 \div 5 = \square \text{ remainder } \square$$

b



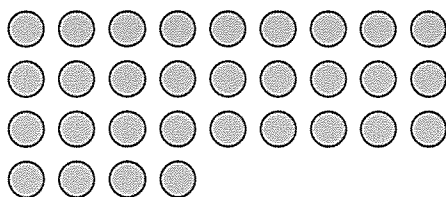
$$19 \div 6 = \square \text{ remainder } \square$$

c



$$31 \div 7 = \square \text{ remainder } \square$$

d



$$31 \div 9 = \square \text{ remainder } \square$$

Division – remainders

Ms Moore

Now use your multiplication facts.

$$25 \div 6 = \boxed{?}$$

Think $4 \times 6 = 24 + 1$ is 25

So, $25 \div 6 = 4$ remainder 1

2 Use your multiplication facts to write the division facts and the remainder:

a $32 \div 10 = \boxed{?}$

Think $\boxed{} \times \boxed{} = \boxed{} + \boxed{}$ is $\boxed{}$

So, $\boxed{} \div \boxed{} = \boxed{}$ remainder $\boxed{}$

b $30 \div 4 = \boxed{?}$

Think $\boxed{} \times \boxed{} = \boxed{} + \boxed{}$ is $\boxed{}$

So, $\boxed{} \div \boxed{} = \boxed{}$ remainder $\boxed{}$

c $37 \div 9 = \boxed{?}$

Think $\boxed{} \times \boxed{} = \boxed{} + \boxed{}$ is $\boxed{}$

So, $\boxed{} \div \boxed{} = \boxed{}$ remainder $\boxed{}$

3 Complete each word problem:

a 39 pencils were shared between 6 kids. How many did each kid get?

$$\boxed{} \div \boxed{} = \boxed{} \text{ remainder } \boxed{}$$

b 43 fish were divided between 6 tanks. How many fish are in each tank?

$$\boxed{} \div \boxed{} = \boxed{} \text{ remainder } \boxed{}$$

c From 17 flowers, 5 flowers were arranged in each vase. How many vases were used?

$$\boxed{} \div \boxed{} = \boxed{} \text{ remainder } \boxed{}$$

4 Write in the missing digit to make this statement true:

$$\boxed{} \div 6 = 8 \text{ remainder } 2$$

Mental division strategies – dividing by 10 and 100

Ms Moore

When we divide any number by 10, we move the number one place value space to the right.

When we divide any number by 100, we move the number two place value spaces to the right.

Thousands	Hundreds	Tens	Units	
6	7	0	0	
	6	7	0	÷ 10
		6	7	÷ 100

1 Use the place value tables to divide these numbers by 10 and 100.

a

Th	H	T	U	
5	3	0	0	
				÷ 10
				÷ 100

b

Th	H	T	U	
4	1	0	0	
				÷ 10
				÷ 100

c

Th	H	T	U	
8	4	0	0	
				÷ 10
				÷ 100

d

Th	H	T	U	
2	4	0	0	
				÷ 10
				÷ 100

2 Use patterns to solve these:

a $1\ 400 \div 1 = \square$ $1\ 400 \div 10 = \square$ $1\ 400 \div 100 = \square$

b $5\ 600 \div 1 = \square$ $5\ 600 \div 10 = \square$ $5\ 600 \div 100 = \square$

c $3\ 500 \div 1 = \square$ $3\ 500 \div 10 = \square$ $3\ 500 \div 100 = \square$

3 Use a calculator to solve these:

a $270 \div 100 = \square$

b $49 \div 10 = \square$

Mental multiplication strategies – doubling strategy

Mr Brady

Doubling is a useful strategy to use when multiplying.

To multiply a number by four, double it twice.

$$15 \times 4 \text{ double once} = 30$$

$$\text{double twice} = 60$$

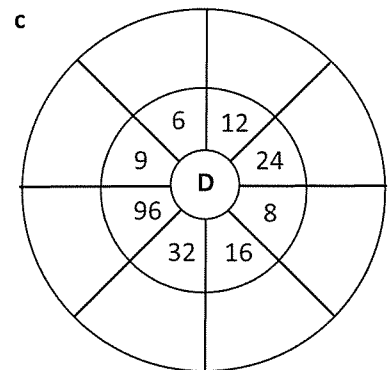
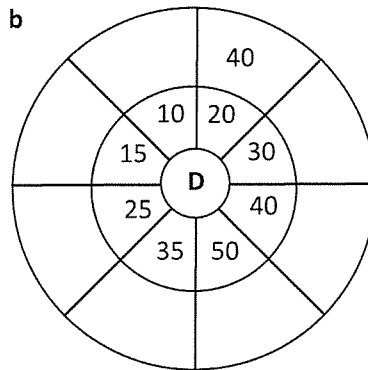
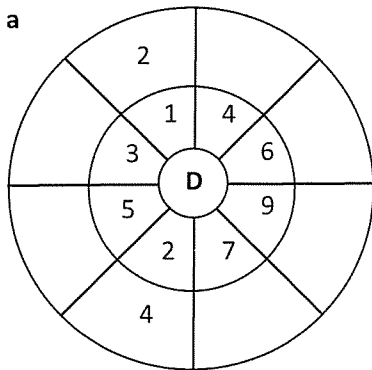
To multiply a number by eight, double it three times.

$$13 \times 8 \text{ double once} = 26$$

$$\text{double twice} = 52$$

$$\text{double three times} = 104$$

1 Warm up with some doubling practice:



2 Finish the doubling patterns:

a	4	<u>8</u>	<u>16</u>	<u> </u>	<u>64</u>	<u> </u>
b	3	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u>96</u>
c	5	<u> </u>	<u> </u>	<u>40</u>	<u> </u>	<u> </u>
d	25	<u>50</u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
e	7	<u> </u>	<u>28</u>	<u> </u>	<u> </u>	<u>224</u>
f	75	<u> </u>	<u>300</u>	<u> </u>	<u> </u>	<u> </u>

3 Choose a number and create your own doubling pattern. How high can you go? What patterns can you see within your pattern?

4 Two sets of twins turn 12. They decide to have a joint birthday party with 1 giant cake but they all want their own candles. How many candles will they need?

Mental multiplication strategies – multiply by 10s, 100s and 1 000s

Mr Brady

It is also handy to know how to multiply multiples of 10 such as 20 or 200 in our heads.

4×2 helps us work out 4×20 : $4 \times 2 = 8$ $4 \times 20 = 80$

We can express this as $4 \times 2 \times 10 = 80$ How would you work out 4×200 ?

4 Use patterns to help you solve these:

- | | | | |
|---|----------------------|-----------------------|------------------------|
| a | 5×2 _____ | 5×20 _____ | 5×200 _____ |
| b | 2×9 _____ | 2×90 _____ | 2×900 _____ |
| c | $6 \times \$4$ _____ | $6 \times \$40$ _____ | $6 \times \$400$ _____ |
| d | 8×3 _____ | 8×30 _____ | 8×300 _____ |
| e | $3 \times \$7$ _____ | $3 \times \$70$ _____ | $3 \times \$700$ _____ |
| f | 2×8 _____ | 20×8 _____ | 200×8 _____ |
| g | 3×9 _____ | 30×9 _____ | 300×9 _____ |

5 Answer these problems:

- Jock runs 50 km per week. How far does he run over 10 weeks?
- Huy earns \$20 pocket money per week. If he saves half of this, how much will he have saved at the end of 8 weeks?
- The sum of two numbers is 28. When you multiply them together, the answer is 160. What are the numbers?

If you're struggling with your tables, get onto Live Mathematics and practise!



6 Finish these counting patterns:

- | | | | | | | | | |
|---|-----|-----|-------|-------|-------|-------|-------|-------|
| a | 10 | 20 | _____ | 30 | _____ | _____ | _____ | 60 |
| b | 20 | 40 | _____ | _____ | 80 | _____ | _____ | _____ |
| c | 30 | 60 | _____ | _____ | _____ | 150 | _____ | _____ |
| d | 40 | 80 | _____ | _____ | _____ | 200 | _____ | 240 |
| e | 50 | 100 | _____ | 150 | _____ | _____ | _____ | _____ |
| f | 100 | 200 | _____ | _____ | 400 | _____ | _____ | _____ |
| g | 200 | 400 | _____ | _____ | _____ | _____ | _____ | 1 200 |

Mental multiplication strategies – split strategy

Mr Brady

Sometimes it's easier to split a number into parts and work with the parts separately.

Look at 64×8

Split the number into 60 and 4

Work out (60×8) and then (4×8)

Add the answers together $480 + 32 = 512$

1 Use the split strategy to answer the questions:

a 46×4

$(40 \times 4) + (6 \times 4)$

_____ + _____
=

b 74×5

$(__ \times __) + (__ \times __)$

_____ + _____
=

c 48×4

$(__ \times __) + (__ \times __)$

_____ + _____
=

d 37×7

$(__ \times __) + (__ \times __)$

_____ + _____
=

e 62×8

$(__ \times __) + (__ \times __)$

_____ + _____
=

f 91×5

$(__ \times __) + (__ \times __)$

_____ + _____
=

2 Use the split strategy to answer the questions. This time see if you can do the brackets in your head:

a $48 \times 8 =$ _____ + _____ =

b $52 \times 7 =$ _____ + _____ =

c $9 \times 43 =$ _____ + _____ =

d $8 \times 29 =$ _____ + _____ =

e $86 \times 7 =$ _____ + _____ =



It's a good thing I know how to work with multiples of ten in my head!

THINK

3 These problems have been worked out incorrectly. Circle where it all went wrong.

a 37×6

$(30 \times 6) + (7 \times 6)$

$180 + 13$

$= 193$

b 17×5

$(10 \times 5) + (7 \times 5)$

$70 + 35$

$= 105$

c 32×9

$(30 \times 9) + (2 \times 9)$

$27 + 18$

$= 45$

Mental division strategies – use multiplication facts

Mr Brady

Knowing our multiplication facts helps us with division as they do the reverse of each other. They are inverse operations.

$$3 \times 5 = 15$$

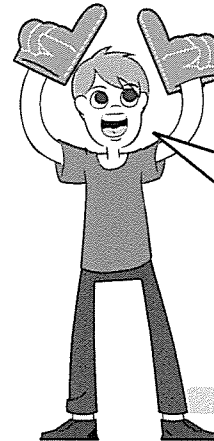
$$15 \div 5 = 3$$

1 Use your knowledge of multiplication facts to help answer these division questions:

- a $56 \div 7 \rightarrow \underline{8} \times 7 = 56 \rightarrow 56 \div 7 = \square$
- b $121 \div 11 \rightarrow \underline{\quad} \times 11 = 121 \rightarrow 121 \div 11 = \square$
- c $72 \div 8 \rightarrow \underline{\quad} \times 8 = 72 \rightarrow 72 \div 8 = \square$
- d $49 \div 7 \rightarrow \underline{\quad} \times 7 = 49 \rightarrow 49 \div 7 = \square$
- e $36 \div 9 \rightarrow \underline{\quad} \times 9 = 36 \rightarrow 36 \div 9 = \square$
- f $64 \div 8 \rightarrow \underline{\quad} \times 8 = 64 \rightarrow 64 \div 8 = \square$
- g $108 \div 12 \rightarrow \underline{\quad} \times 12 = 108 \rightarrow 108 \div 12 = \square$

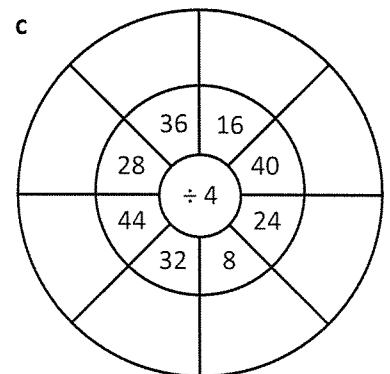
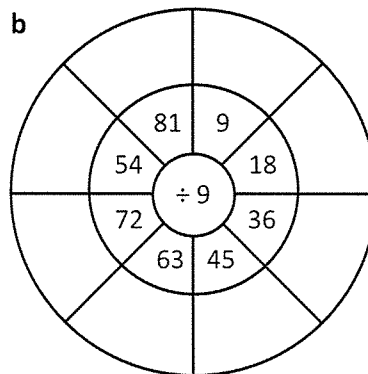
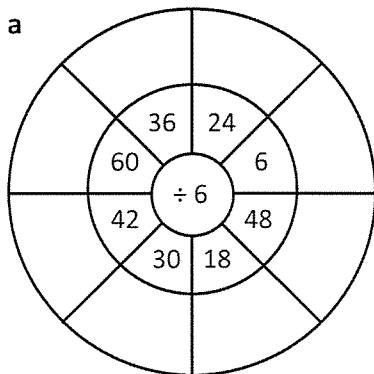
2 Now try these:

- a $81 \div 9 = \square$
- b $40 \div 5 = \square$
- c $21 \div 3 = \square$
- d $54 \div 6 = \square$
- e $42 \div 7 = \square$
- f $63 \div 9 = \square$
- g $36 \div 4 = \square$
- h $45 \div 9 = \square$
- i $39 \div 3 = \square$
- j $24 \div 6 = \square$



Doing maths without knowing your multiplication facts is hard. Learning them makes your life much easier. It's worth persevering to conquer them!

3 Fill in the division wheels. Use multiplication facts to help you.



Mental division strategies – use multiplication facts

Mr Brady

Knowing our families of facts is also helpful.

$3 \times 5 = 15$

$5 \times 3 = 15$

$15 \div 5 = 3$

$15 \div 3 = 5$

- 4 Complete the following patterns. How many more multiplication and division facts can you find, given the first fact?

a $7 \times 8 = 56$

$8 \times 7 = \square$

$56 \div \square = 8$

$\square \div 8 = 7$

b $8 \times 9 = 72$

$9 \times 8 = \square$

$72 \div \square = 9$

$\square \div 9 = 8$

c $7 \times 9 = 63$

$9 \times 7 = \square$

$63 \div \square = 9$

$\square \div 9 = 7$

- 5 Write down another multiplication fact and two division facts for each question.

a $6 \times 7 = 42$

b $5 \times 9 = 45$

c $9 \times 6 = 54$

d $17 \times 8 = 136$

e $12 \times 8 = 96$

f $11 \times 21 = 231$

- 6 Look at these two division facts: $20 \div 5 = 4$ and $20 \div 4 = 5$

Imagine you're explaining to a younger child how they're related yet different. How would you do it?
What would you say/write/draw?

Written methods – contracted multiplication

Mr Brady

	H	T	U
	1	1	5
	1	5	6
x			3
	4	6	8

Contracted multiplication is one way to solve a multiplication problem.

First we use our mental strategies to estimate an easier problem:

$3 \times 150 = 450$. The answer will be around 450.

We start with the units. 3×6 is 18 units. We rename this as 1 ten and 8 units.

We put 8 in the units column and carry the 1 to the tens column.

3×5 plus the carried 1 is 16 tens. We rename this as 1 hundred and 6 tens.

We put 6 in the tens column and carry the 1 to the hundreds column.

3×1 plus the carried 1 is 4 hundreds. We put 4 in the hundreds column.

1 Solve these problems using contracted multiplication. Estimate first:

a

e:

	H	T	U
	3	2	7
x			3

b

e:

	H	T	U
	2	4	7
x			4

c

e:

	H	T	U
	1	5	4
x			5

d

e:

	H	T	U
	3	1	5
x			3

e

e:

	H	T	U
	2	8	6
x			2

f

e:

	H	T	U
	1	9	4
x			5

2 Solve these word problems. Show how you worked them out:

a Dan's dad has resorted to bribery to counteract Dan's PlayStation addiction. For every evening, Dan spends away from the PlayStation, his dad pays him \$3. So far, Dan has racked up an impressive 27 nights (though he looks like breaking any day now). How much money does this equate to?

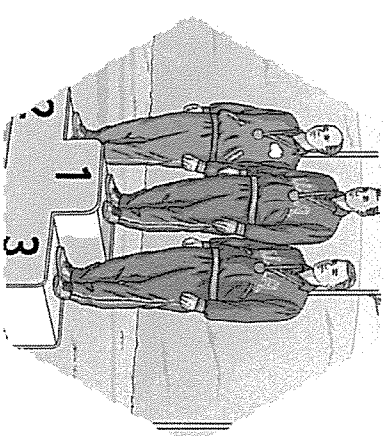
b Dan's mum thinks she might get in on the action too and pays Dan \$4 for every week that he puts his dishes in the dishwasher and his dirty clothes in the basket. Dan is less keen on this plan but does manage 33 weeks in 1 year. How much has he made out of this scheme?

STEM: Olympic Challenges

Challenge Cards

STEM: Olympic Challenges

Build a winner's podium.



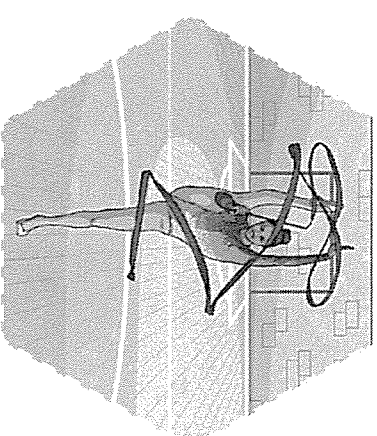
STEM: Olympic Challenges

Design a new Olympic Mascot.

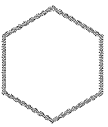


STEM: Olympic Challenges

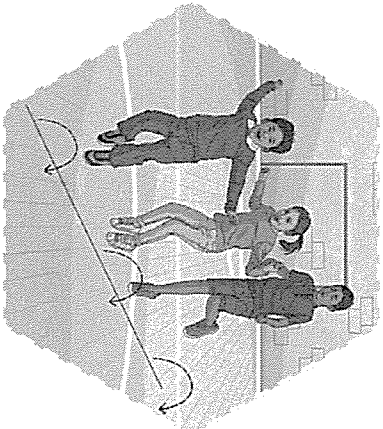
Design a new gymnastics apparatus.



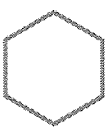
STEM: Olympic Challenges



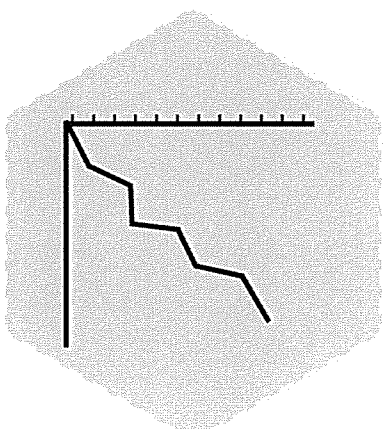
Build an Olympic obstacle course.



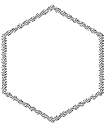
STEM: Olympic Challenges



Create a graph of your classes' favourite Olympic sports.



STEM: Olympic Challenges



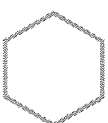
Design a new Olympic swimming pool.



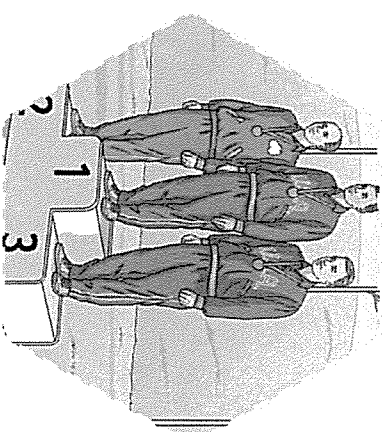
STEM: Olympic Challenges

Challenge Cards

STEM: Olympic Challenges



Build a winner's podium.

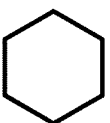


STEM: Olympic Challenges

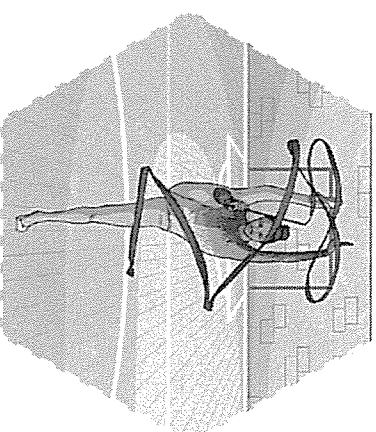
Design a new Olympic Mascot.



STEM: Olympic Challenges



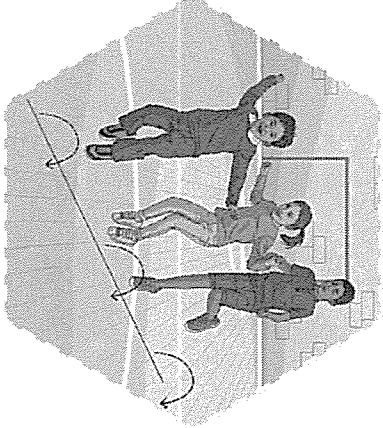
Design a new gymnastics apparatus.



STEM: Olympic Challenges



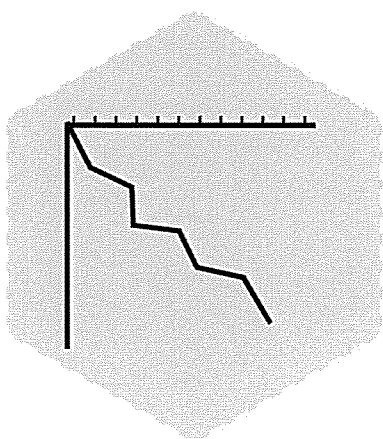
Build an Olympic obstacle course.



STEM: Olympic Challenges



Create a graph of your classes' favourite Olympic sports.



STEM: Olympic Challenges



Design a new Olympic swimming pool.



Science

Name: _____

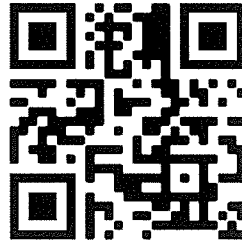
Lesson 1

Learning Intention:	Identify different types of rocks and understand how they are formed.
Success Criteria:	<ul style="list-style-type: none">• Define terms associated with the formation of each type of rock• Illustrate how the types of rocks cycles through the earth



Watch the following video 'Types of rocks and the rock cycle' to complete the sentences below:

<https://safeYouTube.net/w/62wx>



How many types of rock are there?

There are _____ types of rocks, these are:

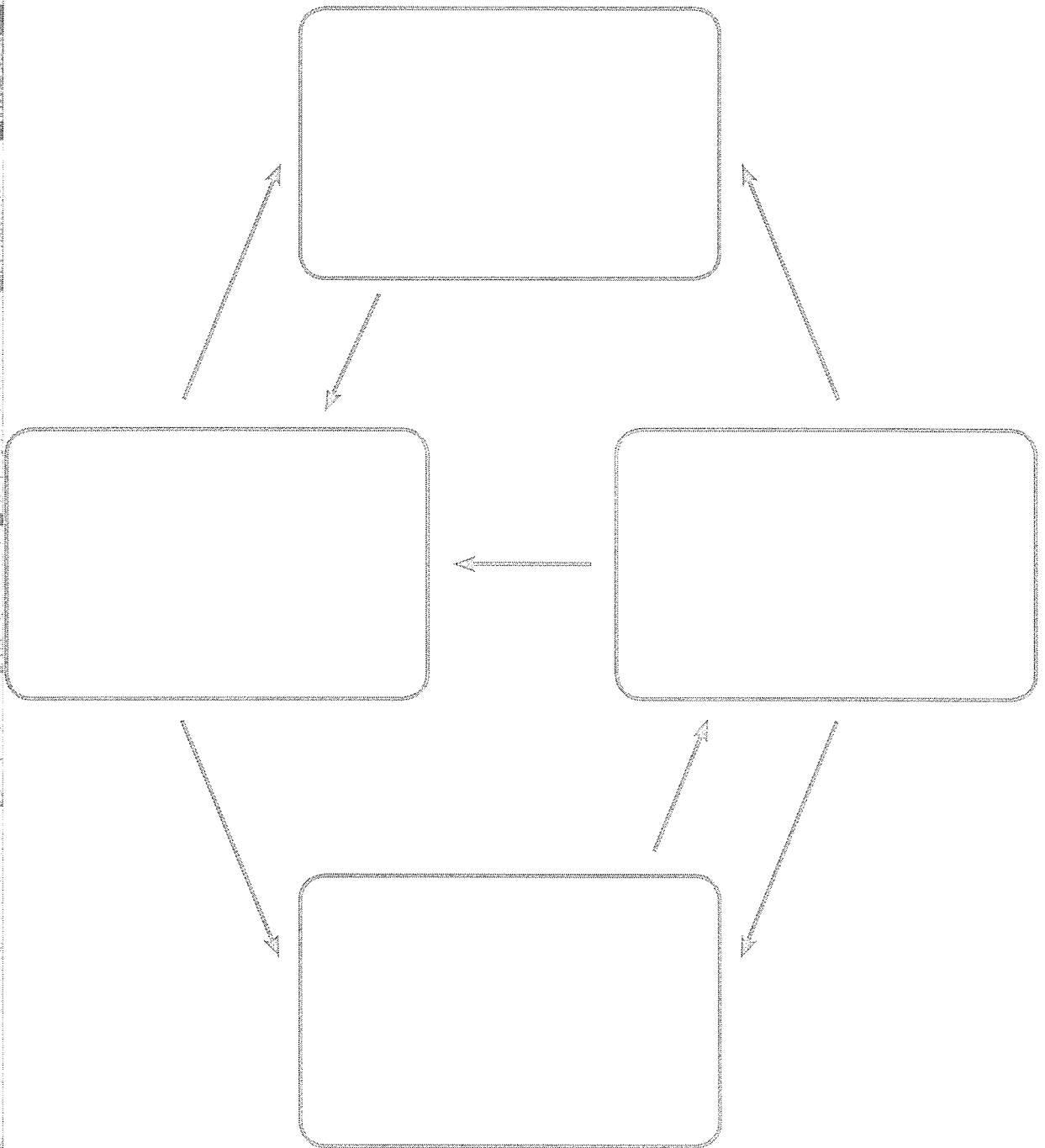
1. _____ . These are formed by _____

2. _____ . These are formed by _____

3. _____ . These are formed by _____



Draw and label the rock cycle



Health and

Physical

Education

Name: _____

twinkl

visit [twinkl.com.au](https://www.twinkl.com.au)

Term 3 Week 4 Learning

Stage 2

HEALTHY EATING HABITS

We are going to be learning about creating healthy eating habits. You will be learning to create a daily meal plan including a range of foods from the 5 food groups.

Let's look at these questions?

- What does healthy eating look like?
- Should you eat the same thing every day?
- Have you heard the term 'an apple a day keeps the doctor away'? Discuss meaning.

Students look up the definitions of 'balance' and 'diet' using this information discuss the meaning of a balanced diet

Guided:

Students are introduced to the Australian healthy eating guide, using this guide students are to answer the questions relating to it in their SISA workbook.

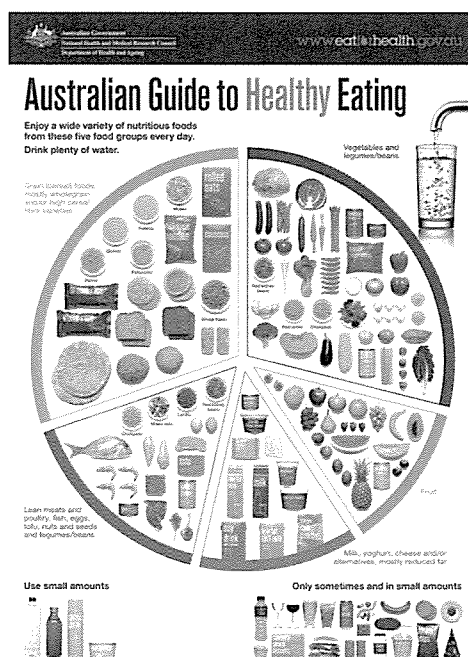
<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Independent:

Students will use the guide above to create a daily meal plan for themselves that aligns with the Healthy eating guidelines. Teachers may use the link below to model an example of a meal plan.

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/adg_sample_meal_plan_child.pdf

Upload this to Mrs Barrett on Class Dojo: Students may share their plans with their teacher on Class Dojo





EATFORHEALTH

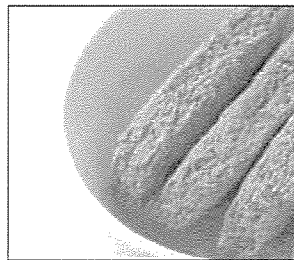
FOLLOWING THE RECOMMENDATIONS IN THE AUSTRALIAN DIETARY GUIDELINES

The sample meal plan outlined below provides the nutritional and energy requirements for a CHILD aged 9-11 years of average height, healthy weight and light activity

BREAKFAST

Wheat biscuit with milk and yoghurt

(1 wheat biscuit, ½ cup reduced fat milk, 100g yoghurt)



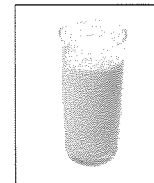
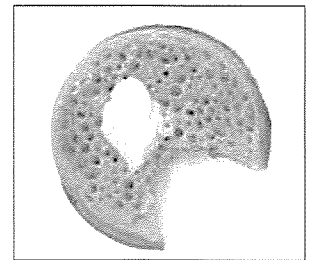
AFTERNOON BREAK

Crumpet

(1 crumpet with a light spread of margarine)

Glass of milk

(1 cup/250ml reduced fat milk)



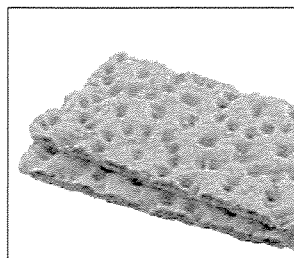
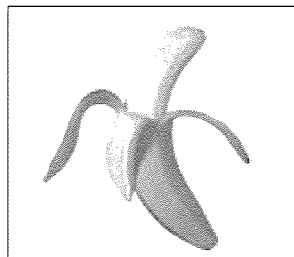
MORNING BREAK

Banana

(1 medium banana)

Crispbreads with peanut butter spread

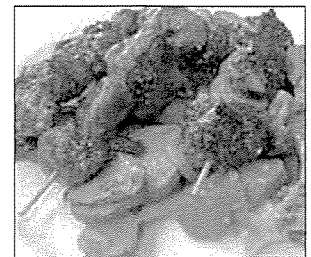
(3 crispbreads, 1T of peanut butter spread)



EVENING MEAL

Lamb kebab with vegetables

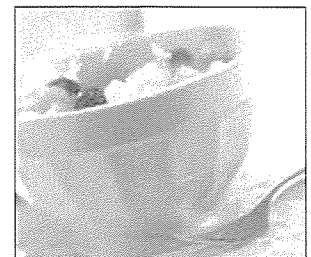
(65g cooked lamb kebab, 1 small boiled potato, ½ cup cooked carrot, ½ cup cooked beans)



EVENING SNACK

Fruit salad (tinned or fresh) and reduced fat yoghurt

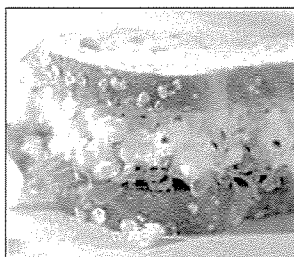
(1 cup mixed fruit plus small tub/100g yoghurt)



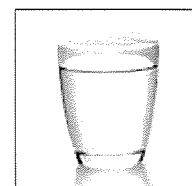
LUNCH

Egg, cheese and salad sandwich

(2 x slices of wholemeal bread, 1 boiled egg, 20g/1 slice reduced fat cheese, 1 cup mixed salad)



Drink plenty of water throughout the day



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
 Drink plenty of water.



Use small amounts




Only sometimes and in small amounts

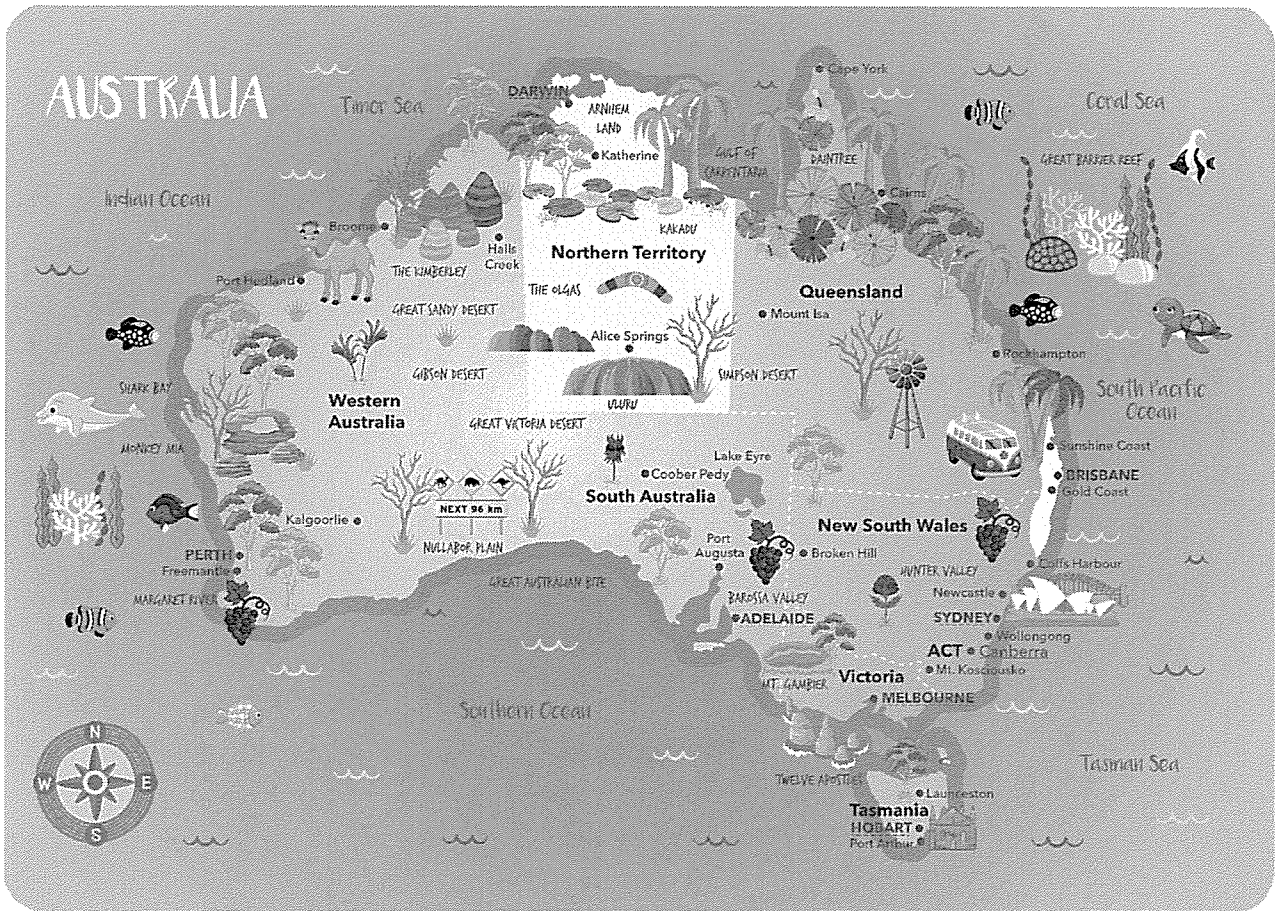


Geography



Name: _____

- 3  Look at the map of Australia, it shows many of the well known places in Australia. Mark the places you have visited on the map below.



- 4 Australia has many places which are special for different reasons.
- a What do you think are the most special places in Australia?

- b What do you think makes a place “special”?

Visual Arts

Name: _____

VISUAL ART ACTIVITIES

WEEK 4

How to draw a cartoon turtle – Kids' Art Hub -

<https://www.youtube.com/watch?v=mvdq2ezQTsU>

WEEK 5



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
4**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 3

Learn It!

Grit and Persistence

Watch 'Powerful Inspirational true story Never give up!' (3:14).



Think About: What are some of the traits/characteristics that Derek Redmond showed in the clip? Did he fail? What makes you say that?

Self-discipline helps us to achieve goals and try things that we haven't tried before. Tick the things you think are part of being self-disciplined:

- | | |
|--|--|
| <input type="checkbox"/> patience | <input type="checkbox"/> concentration |
| <input type="checkbox"/> resist temptation | <input type="checkbox"/> hard work |
| <input type="checkbox"/> practise | <input type="checkbox"/> persistence |
| <input type="checkbox"/> failure | <input type="checkbox"/> guidance |
| <input type="checkbox"/> keep the goal in mind | |

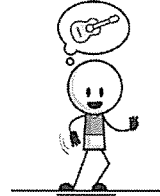
Get Crafty!



Test out your grit and persistence with this paper weaving craft.

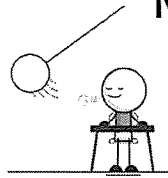


Music Time



'This Is Me'
by Keala Settle

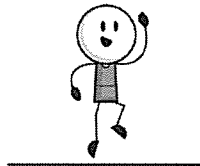
Mindful Moment



Engage in this Mindfulness activity from the Institute of Positive Education.



Move It!



Just Dance 2018:
Waka Waka This Time For Africa.



Watch It!



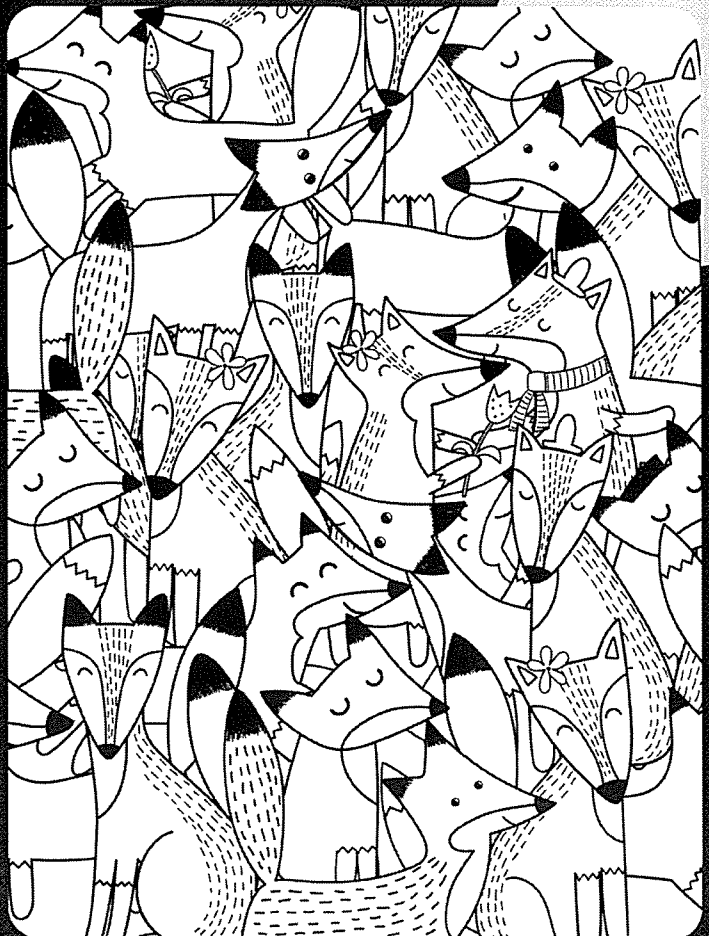
'Try Again Sally Jane' by Mary Diestel-Feddersen.

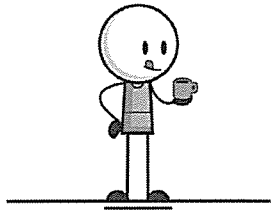


Quoteable Quote

*'We all can dance...
if we find the music
that we love.'*

– Giraffes Can't Dance, Giles Andrea

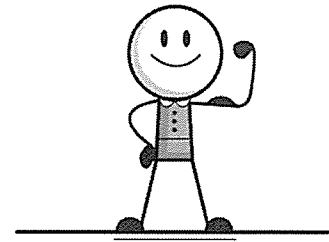




Try Something New!

Now is a great time to get creative in the kitchen!

- Make your own playdough
- Test out some different slime recipes
- Create some fruit rockets using skewers
- Bake some cookies
- Make a mug brownie
- Choose a new recipe for dinner
- Make some tasty protein balls
- Design your own tortilla pizza



Stay Strong!

Top tips on staying healthy from the experts:

- Set up a daily routine
- Keep active
- Eat healthily
- Stay connected



Three good things that happened this week:

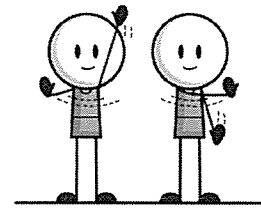
1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?

SUN MON TUE WED THU FRI SAT

Reflection - my week:



Hand Shake

Energy: Low
Equipment: None
Duration: 1 minute

Increase students' focus by engaging in an activity that requires concentration and coordination.

Students stand with their arms extended in front of them and their palms facing away from their body, as if gesturing for someone to stop.

Students simultaneously move their right hand left-to-right and their left hand up and down, then swap.

Challenge: Students see how quickly they can complete these movements or call out 'swap!' at random intervals.

