Stage 2



Work Booklet

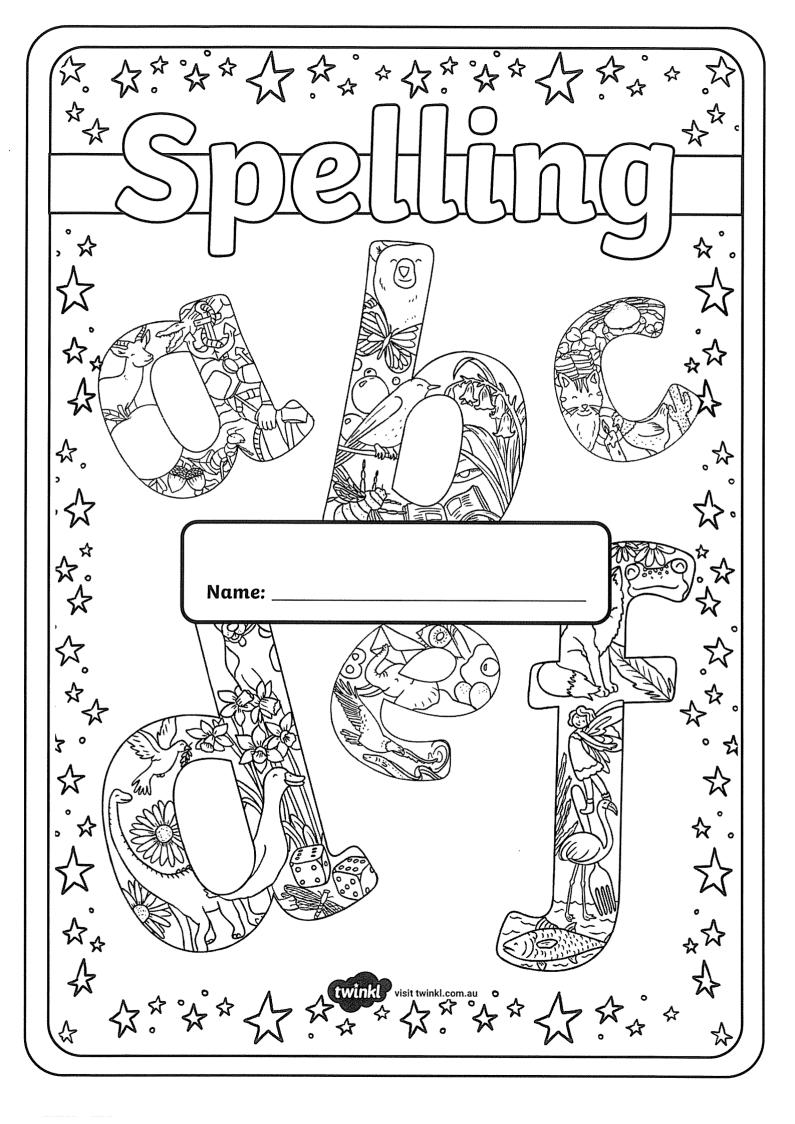
Term 3 Week 2 Year 3

I YULLIU.		u
	Name:	

Class: - ___ ___

		···	
soundwaves login's which are located on the School Dojo Page. You can use the grade below.	If you are finding Spelling difficult, Use	Morning 1	Week 2, Term 3
Spelling: Each day, choose TWO activities from the grid to practice your spelling words.	Take a photo of your yellow card and put it in your Dojo portfolio. Reading 2: Predicting Looking at the title and front cover, make a prediction about the text. Whilst reading, check your prediction and alter it if needed.	Reading 1: Read a book from home or online (such as Storyline Online).	Monday
Spelling: Each day, choose TWO activities from the grid to practice your spelling words.	Take a photo of your yellow card and put it in your Dojo portfolio. Reading 2: Tricky Words Write down any tricky words you come across while reading. Find them in a dictionary and write the meaning down.	Reading 1: Read a book from home or online (such as Storyline Online).	Tuesday Wednes
Spelling: Each day, choose TWO activities from the grid to practice your spelling words.	Take a photo of your yellow card and put it in your Dojo portfolio. Reading 2: Problem/Solution Identify and write the problem and the solution of your story.	Reading 1: Read a book from home or online (such as Storyline Online).	Wednesday
Spelling: Each day, choose TWO activities from the grid to practice your spelling words.	Take a photo of your yellow card and put it in your Dojo portfolio. Reading 2: Text-to-world Connection List down how this text relates to something that has happened in the real world	Reading 1: Read a book from home or online (such as Storyline Online).	Thursday
Spelling: Each day, choose TWO activities from the grid to practice your spelling words.	Online). Take a photo of your yellow card and put it in your Dojo portfolio. Reading 2: B-M-E Identify and summarise in paragraphs the Beginning, middle and end of your story.	Reading 1: Read a book from home or online (such as Storyline	Friday

Middle	<u>Maths</u>	Maths	Maths	Maths	<u>Maths</u>
Please make sure)))))
teachers name at the	www.Mathletics.com	www.Mathletics.com	www.Mathletics.com	www.Mathletics.com	www.Mathletics.com
top of the page to	And complete 15	And complete 15	And complete 15	And complete 15	And complete 15
complete the correct work.	minutes of activities	minutes of activities	minutes of activities	minutes of activities	minutes of activities
Mathletics Login and	Complete 1 pages of	Complete 1 pages of	Complete 1 pages of	Complete 1 pages of	Complete 1 pages of
uploaded on Class Stories.	Addition in your workbook	Addition in your workbook	Subtraction in your workbook	Subtraction in your workbook	Subtraction in your workbook
Year 3 Teachers: Mrs Cooper/Hunt					
Mrs Mallarkey Mr Curran	Write out your 2,5 and 10 timetables.	Write out your 4 and 11 timetables.	Write out your 3 and 6 timetables.	Write out your 7,8 and 9 timetables.	Write out your 6 and 12 timetables.
Year 4 Teachers Mr Brady					
Ms Moore Mrs Barrett					
Affermoon:	Writing		Science	Coorraphy	Croatico Arts
Afternoon: All tasks are in your	Writing Complete the set	PDHPE Complete the set	Science Complete the set	Geography Complete the set	Creative Arts Complete the set
All tasks are in your booklet to be completed.	Complete the set Writing task for the week.	Complete the set PDHPE task for the week.	Complete the set Science task for the week.	Complete the set task for Geography for the week.	Complete the set task for Creative Arts for the week.



JK2) Spelling

Each day, choose ONE activity to complete using your list of spelling words.



Verbal Linguistic

Delightful Dictionaries
Using your

dictionary, find each of the meanings of your spelling words and write them in your book.

Visual/Spatial

Pick a Word

Make a game of it

Interpersonal

Make up a spelling

Make each of your spelling words using toothpicks.
Glue them onto your page.

Find a Vowel

Write out all your spelling words and circle the vowels in each word.

Struck on the Sand

Use a stick to write your spelling words outside in the sand or dirt.

Bodly Kindesthetic

(Charades

With a partner, play charades acting out one of your spelling words while your partner guesses the word.

Always Improving Think about the way you learn your spelling words at home. Can you think of more effective ways to learn them?

word game. Ask someone to try

it out and rate it.

Production of the Control of the Con

Listen to Me

Create jingles or a song to help others learn their spelling words.

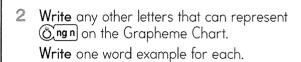


ng n ring wink

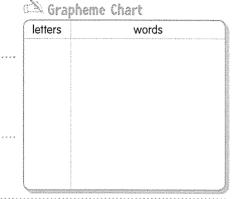
List Words

bring _____ drink ____ bank ____ along ____ something ____ cutting ____ anything ____ young ___ during ____ beginning____

Circle the letters that represent on the List Words.



Write one stroke for every sound in each List Word.



- 4 Colour the letters **n** or **ng** if they represent on the word.

 new wrong drank blink shine sang something anat during shrunk sound young knot
- 5 Count the sounds in these words. Write the letter or letters for each sound in a separate box.

bank
along
drink
anything

How ma sounds?	ny – letters?

Challenge

Crack the code to read the riddles.

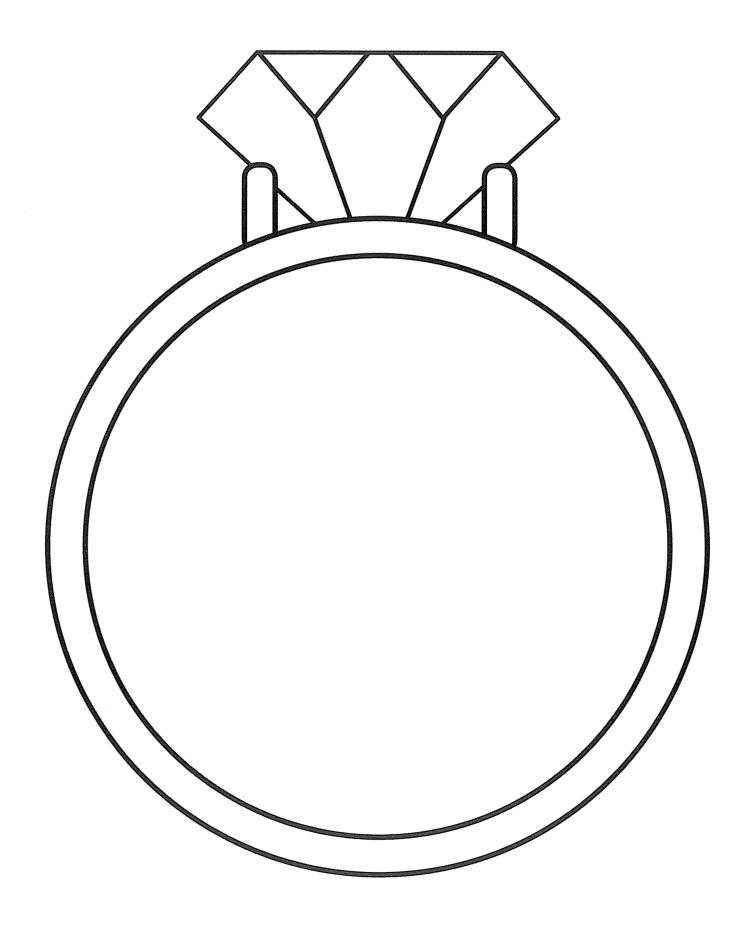
а	b	С	d	е	f	g	h	i	j	k	l	m	n	0	р	q	r	S	t	u	٧	W	X	у	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

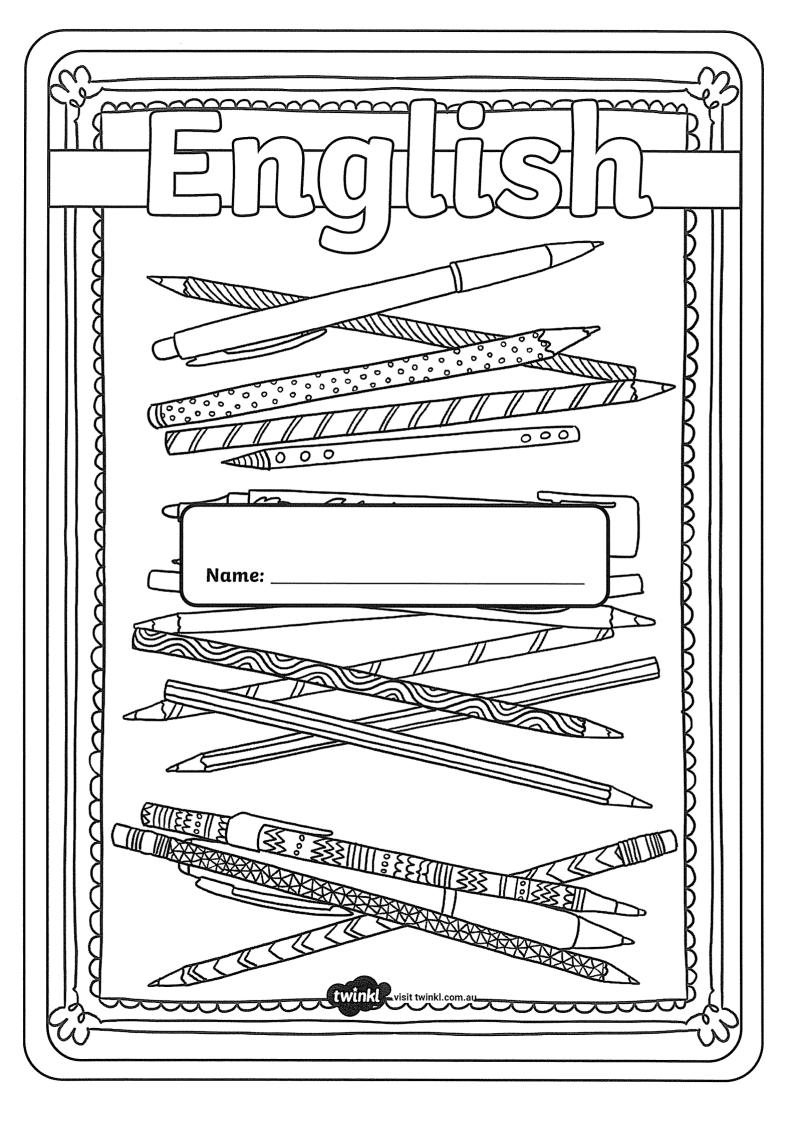
Question 23 8 1 20 18 9 14 7 9 19 14 15 20 18 15 21 14 4

Answer ___ 1 2 15 24 9 14 7 18 9 14 7

Answer _____!









Using adjectives

Grade 3 Adjectives Worksheet

Circle the adjectives.

		V	Vord banl	k:		
	clumsy	fatigue	island	pleasant	timid	
	curious	heavy	koala	precious	tiny	
	dirty	hungry	long	eye	trouble	
	envy	important	mark	strong	vision	
6.						

Complete the sentences using the adjectives from above.

1.	The <u>pleasant</u> man helped the woman cross the street.
2.	The papers were left on the table.
3.	Mark was talking with his neighbour.
4.	Is it true that a mouse can scare an elephant?
5.	Leave your shoes on the mat by the door.
6.	The baby was crying for his bottle.
7.	The players scored many goals.
8.	Lydia left her backpack at the bottom of the stairs.
9.	Teddy is so and he tripped on the sidewalk.
10.	Jenna placed her doll carefully on her dresser.
11.	The students were looking forward to the summer break.
12.	The girl refused to sing in front of the crowd.



Writing adjectives

Grade 3 Adjectives Worksheet

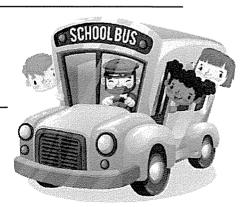
Rewrite each sentence with adjectives to make it more interesting.
Underline your adjectives.

1. Dad parked the car.

Example:
Jacob finished his dinner.
Jacob finished his <u>delicious</u>
dinner.

Mom served the lasagna.
 Andrew walked his dog.
 The actor waved to the fans.
 The teacher waited for her students.

6. The girl waited for the bus.





Finding adjectives

Grade 3 Adjectives Worksheet

Circle the adjectives in the story.

During Pioneers times, life was

not easy. The men worked hard at

Hint: Adjectives are words that describe nouns.

removing the tall trees from their land to build their small log homes. They labored from dawn until dusk to build a solid home for their families. The women also worked hard. They planted vegetable gardens and tended to them all summer long to make sure they would have fresh food to put on the table. They washed dirty clothes by hand using square soap they made from scratch. The many children helped a lot with the easier chores. They milked the cows and collected the eggs from the chicken coop. They cleaned the filthy stable and fed the hungry animals. They completed all their daily chores before walking to school. Life as a pioneer was hard, and people worked for every bit of food they ate.



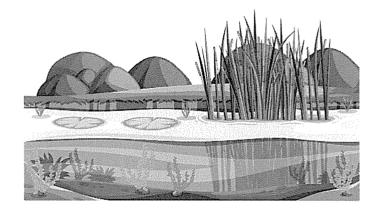


patient scowled interrupted bait osprey airplane

Fishing for Memories

On a warm summer day, Joan was going fishing with her grandmother. They climbed into a small boat and rowed out onto the water. Joan studied the waves all around her, looking for a giant fish to catch.

"You have to be patient when you go fishing,"
Joan's grandmother cautioned. "Can you be patient, Joan?"



"I'm going to catch all the fish in this pond," responded Joan confidently. "There won't be a single one left, Grandma."

Joan's grandmother smiled, shook her head and handed Joan a fishing rod. Joan quickly cast her line into the water.



"There's no bait on your line," her grandmother said.

"Even if there was, you'd still have to wait. Today is

about enjoying our time together and relaxing on the water. You don't have to catch everything in the pond."

Joan scowled, reeled her fishing line back in and placed a piece of the her turkey sandwich on the hook. Then, she cast her line back into the water.

Joan heard her grandmother chuckle as she leaned over the side of their boat and stared into the pond. She tried to see how far down her sandwich had traveled and whether any fish were nibbling on it. However, the water was too murky, and Joan didn't feel anything tugging on the end of her fishing line.

After a few minutes, a frustrated Joan sighed in disappointment and leaned back in her grandmother's boat.



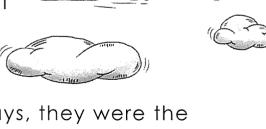
Her grandmother had been watching Joan. Now, she pointed to the sky and said, "Do you see the bird flying up there? That bird is an osprey," her grandmother said. "Ospreys catch fish, too."

Joan watched as the osprey flew in a big circle and then suddenly swooped down to pluck a fish from the water. Joan and her grandmother spoke about how it would feel to fly like a bird.

Then, they talked about the first time her grandmother flew in an airplane, a long time ago.

She was about Joan's age at that time and was going to school, just like Joan was now.

Joan and her grandma spoke about Joan's school, and what Grandma's school was like.
In some ways, their schools



were different, but in some ways, they were the same. Boys were naughty then, too! Joan and her grandmother laughed at the stories they shared.



Joan was telling her grandma about something that had happened last week at her school assembly, when her grandmother interrupted her. "Joan, look! Your rod is bending!"

Joan reeled in her line. She had caught a fish, a fish that was hungry for a turkey sandwich.

Later that night, Joan thought about her day, but she didn't think about the fish or the turkey sandwich.

She thought about the funny stories her grandmother had told her.





Fishing for Memories (exercises)

1. True (T) of False (F)? Circle the right answer. If the story doesn't say the answer, circle (X).

Joan placed a ham sandwich on her fishing hook.	Т	F	Х
Grandma was wearing jeans and a sweater.	Т	F	X
Joan's grandmother pointed out a bald eagle in the sky.	Т	F	Х
At first, Joan threw her fishing line into the pond without any bait.	Т	F	Х



2.	Wri	te 1, 2, 3 and 4 to put the story events in order.
		Joan's grandmother pointed out an osprey in the sky.
		Joan put a turkey sandwich on the hook of her fishing line.
		Joan caught a fish.
		They rowed their boat out onto the pond.
3.	Ans	swer in sentences.
	a.	At the start of the story, what did Joan think was the most important thing about going fishing?



b.	At the start of the story, what did Joan's
	grandmother think was the most important
	thing about going fishing?

4. What did Joan remember the most about her fishing trip?

- a. Joan thought catching a lot of fish was the most important thing.
- b. Joan's grandmother thought being together and relaxing was the most important thing.
- c. Joan remembered her grandmother's stories the most.



brilliant hurricane interviewer crew blankets television

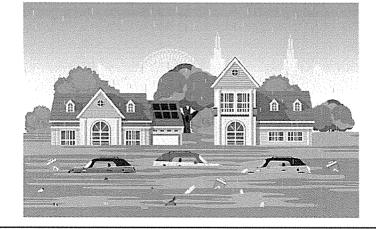
The Blanket Drive

Mr. Kent's students were very concerned about a hurricane that had just happened in Mexico. It had gotten very windy. The wind blew trees over and damaged houses. After the wind, there were heavy rains. Houses and streets were flooded.

The class spoke about what it would be like in Mexico. They discussed how the houses, and all the things inside, would be ruined. Ava said, "People will need clothes."

"They'll need new blankets to keep warm," Melanie

added.





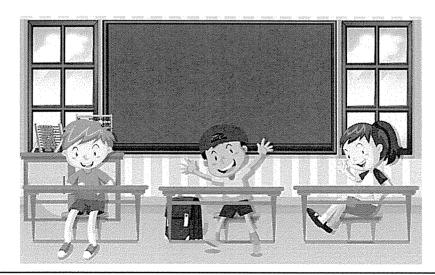
"My sister has a ton of clothes. We should send those to Mexico," said Brett, thinking of how upset his sister would be to come home to an empty closet.

"Brett, that's brilliant!" said Ava.

"It is?" replied Brett, who didn't think he had ever said anything brilliant.

"Yes, it is!" exclaimed Ava with excitement. "You, your sister, Melanie and I, and everyone else in the school, can bring in our extra clothes and blankets to send to Mexico. We all have lots of stuff, and now they need some of it."

"Let's do it!" Melanie said. "My mom has a whole closet full of blankets. We don't need that many."



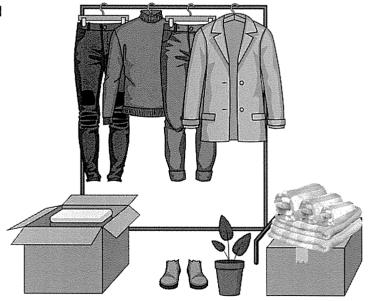


The classroom was buzzing with chatter as the students talked to Mr. Kent about how they could collect clothes and blankets. Some kids were going to make signs that said: "Blanket Drive." Other kids were writing a newsletter. Everyone was going to ask their friends and relatives for old clothes and blankets. Brett was put in charge of stacking all the clothes and blankets in the gym.

Everyone was excited, except Brett. "Am I going to have to miss recess for this?" Brett said, groaning.

"Maybe this isn't such a brilliant idea."

All week long, students brought in clothes and blankets. News of the blanket drive spread, and people living all over the city brought in



more clothes and blankets. Even Brett was impressed by how generous people were.



Everyone in town was talking about the Blanket Drive. The local television station sent a camera crew to the school. The reporter wanted to know whose idea this was.

They found Brett in the gym. Behind him, thousands of blankets and pieces of clothing were stacked almost to the ceiling.

The interviewer asked Brett, "This was a brilliant idea. You must be very proud of yourself for thinking of it."

Brett looked at the mountain of clothes behind him and then looked back at the camera. "No, it wasn't a brilliant idea," Brett said thoughtfully. "We had a lot of stuff and those people in Mexico really needed some of it. We're just trying to help. It's simple."





The Blanket Drive (exercises)

- 1. Write short answers to the questions.
 - a. In what country was there a hurricane?

b. What did the kids collect?

_____ and _____.

c. Where did they store all the items they collected?

d. What was the name of the teacher?

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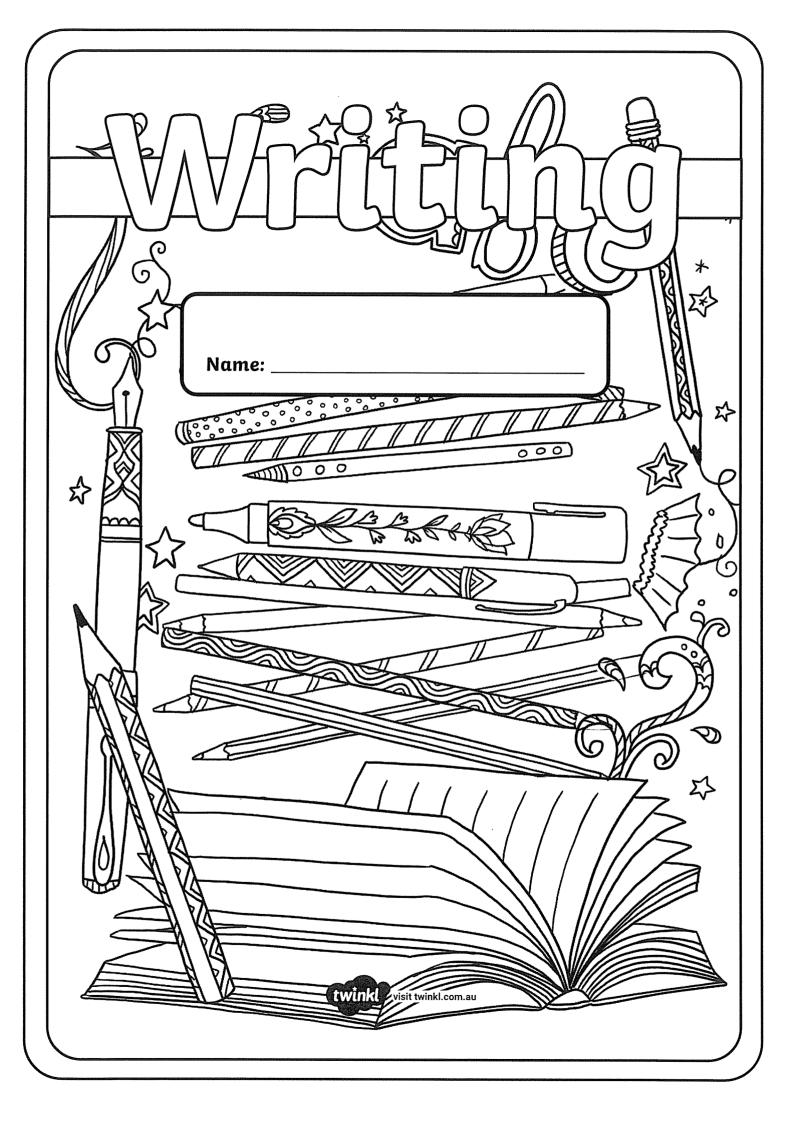


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True (T) or False (F)? Circle the right answer. 2.

It didn't rain during the hurricane.	Т	F
Students thought the "Blanket Drive" was a brilliant idea.	Т	F
People from all over the city made donations.	Т	F
Brett's sister donated all the clothes.	Т	F

Can you think of two other things the hurricane 3. victims might need?



Information Reports

What are information reports and why do we write them?

Information reports are written to classify and describe factual information about a certain topic or theme. We can write information reports on animals, cities, history, sport, people, companies and many more topics.

What structure is needed in an information report?

An information report includes:

- An opening general statement or general classification, which classifies the topic and/or theme and includes further technical information about the subject of the report.
- Descriptive information about various aspects of the topic or theme, which is organised into paragraphs, with or without subheadings and sections.

What are the main language features?

- Language of generalisation, for example: A dinosaur is....
- Language of description, for example: The Great Barrier Reef has beautiful, colourful coral formations.
- Language of comparison/contrast, for example: Trams are similar to trains.

What other features need to be included?

Text Cohesion

For a text to 'flow' there needs to be links and relationships established within the text. This is done through linking back to something that has already been mentioned, like events or people. The cohesive features that are used are mainly pronouns and synonyms, for example: Dinosaurs are.... These animals are.... These large animals.... They....

Subject/Verb Agreement

For example: The dinosaur has a tail. Dinosaurs have a tail.

Technical Language

This language included words and vocabulary that is specific to the particular topic or theme that is being written. When writing about dinosaurs, the technical language would be subject to this particular topic, for example: ancient, Jurassic, carnivores.

Timeless Present Tense

For example: Fish come up to the surface of the water to breathe.

What skills are needed and developed when writing information reports? Researching, surveying, taking notes, summarising and interviewing.



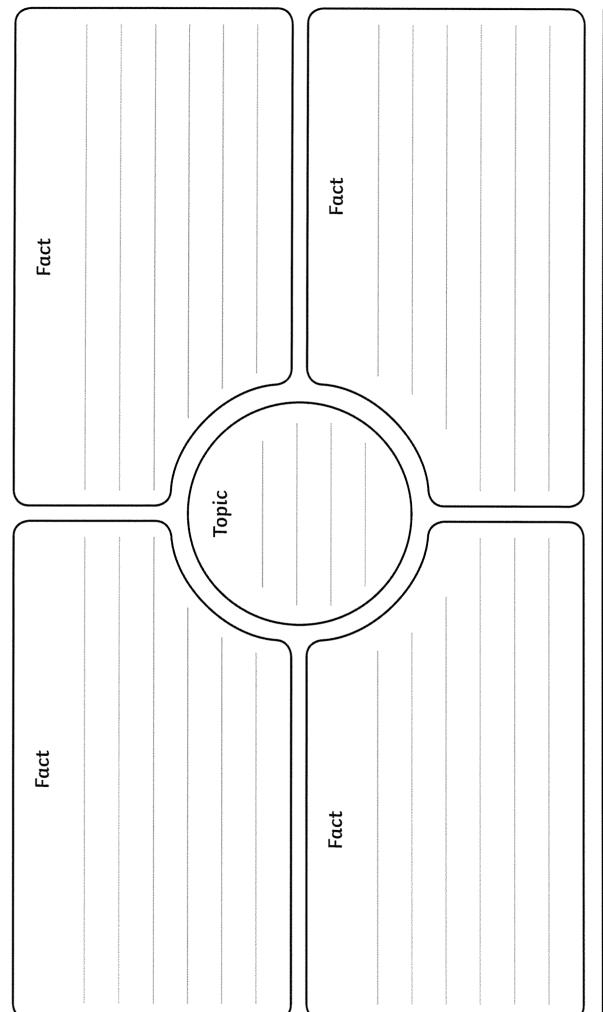
Planning Your Report

Title
Introduction
What is the report about?
what is the report about?
Sub-heading
Add interesting facts and information below.
Sub-heading
Add interesting facts and information below.
Dietus / Die grane
Picture/Diagram
Add a picture or labelled diagram.



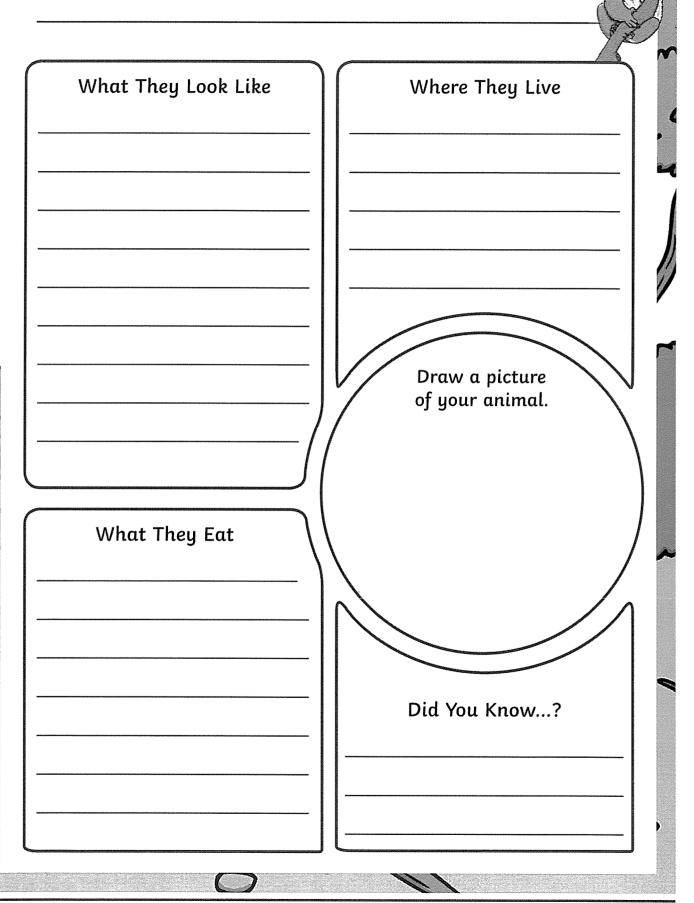


My Informative Prewriting Template



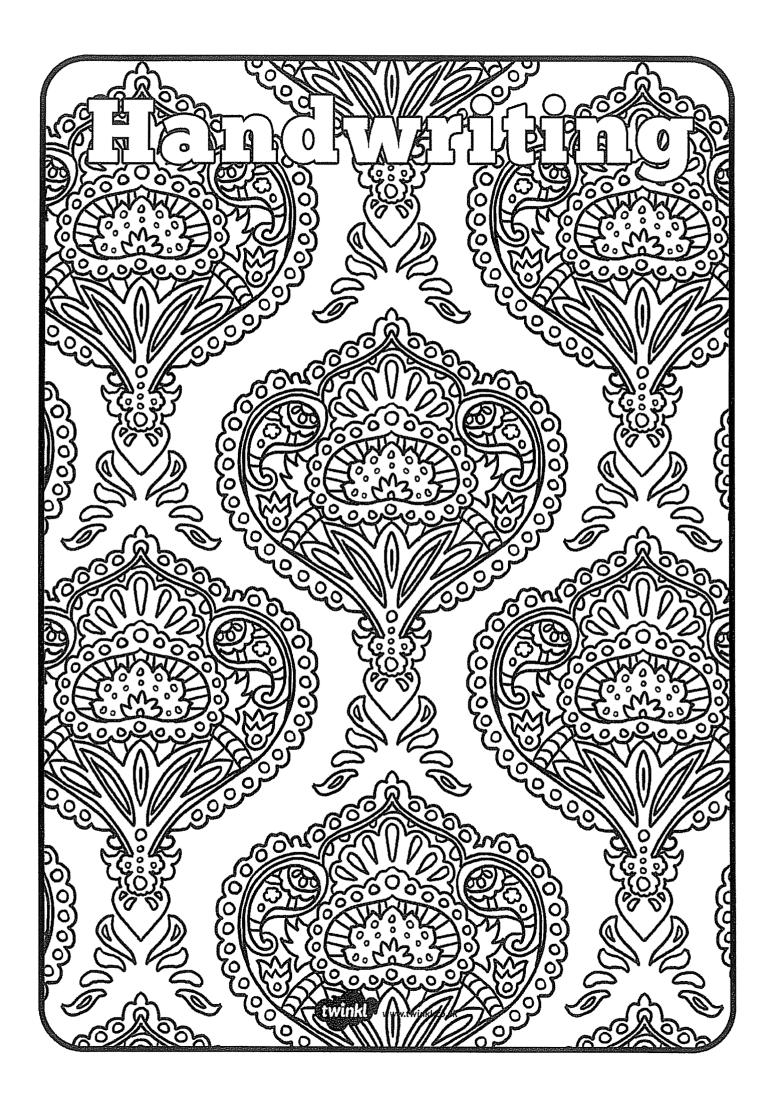


Australian Animals Koala



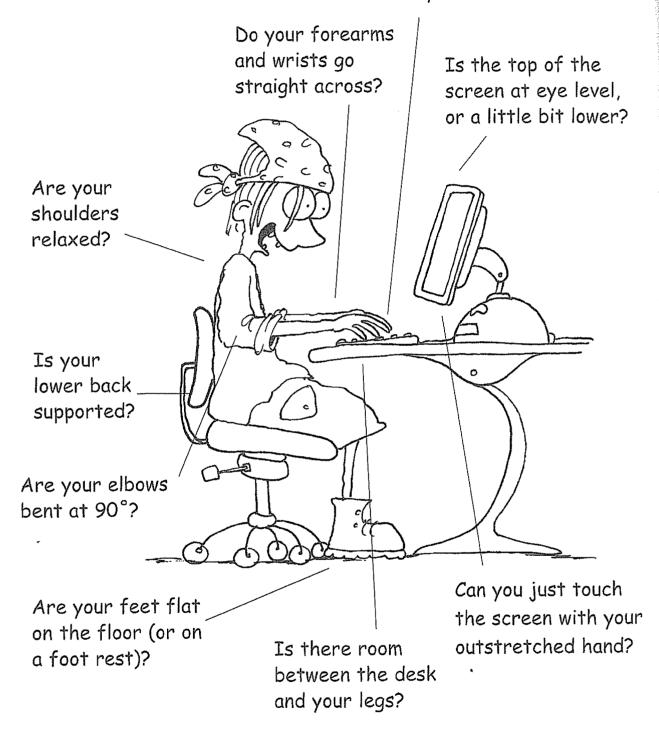






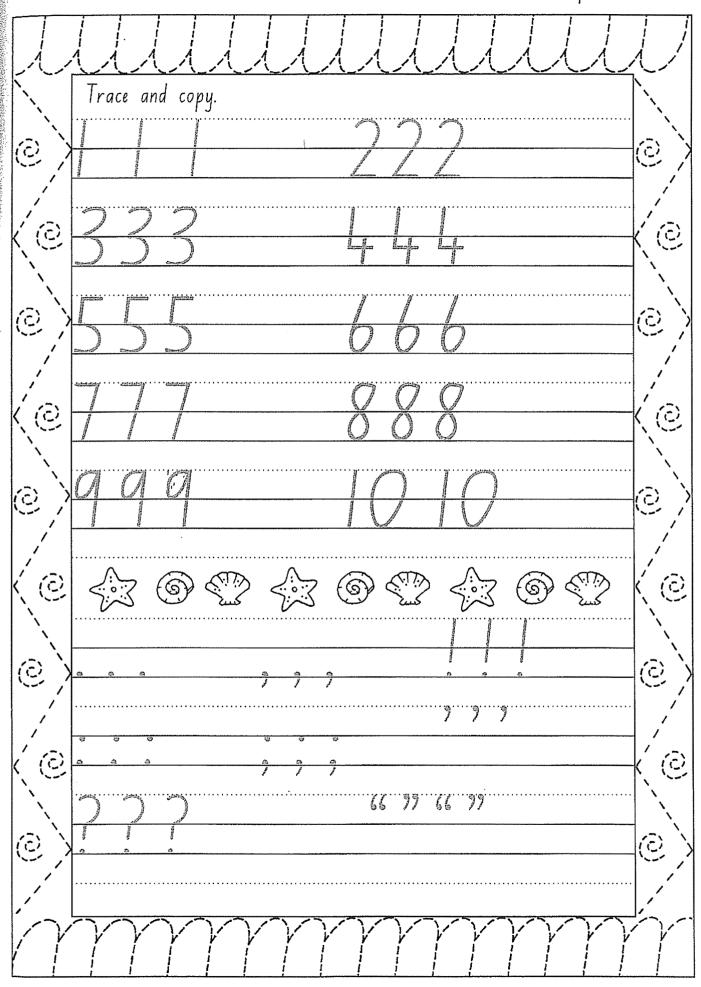
How to sit at the computer

Do your fingers curve down to the keyboard?



Go through this checklist with students before they begin work at the computer, and assist them in making any necessary adjustments. Encourage students to get into the habit of checking their own posture when they use a computer.

Revision - Foundation printing Trace these capitals. Write the matching lower-case letters. Trace the downstroke pattern letters in one colour. Trace the clockwise (hopping) pattern letters in another colour. Trace the anti-clockwise (wave) pattern letters in a third colour.





The exits on v's
and w's are a bit
different. They make a
little dip from
a top point.

top point

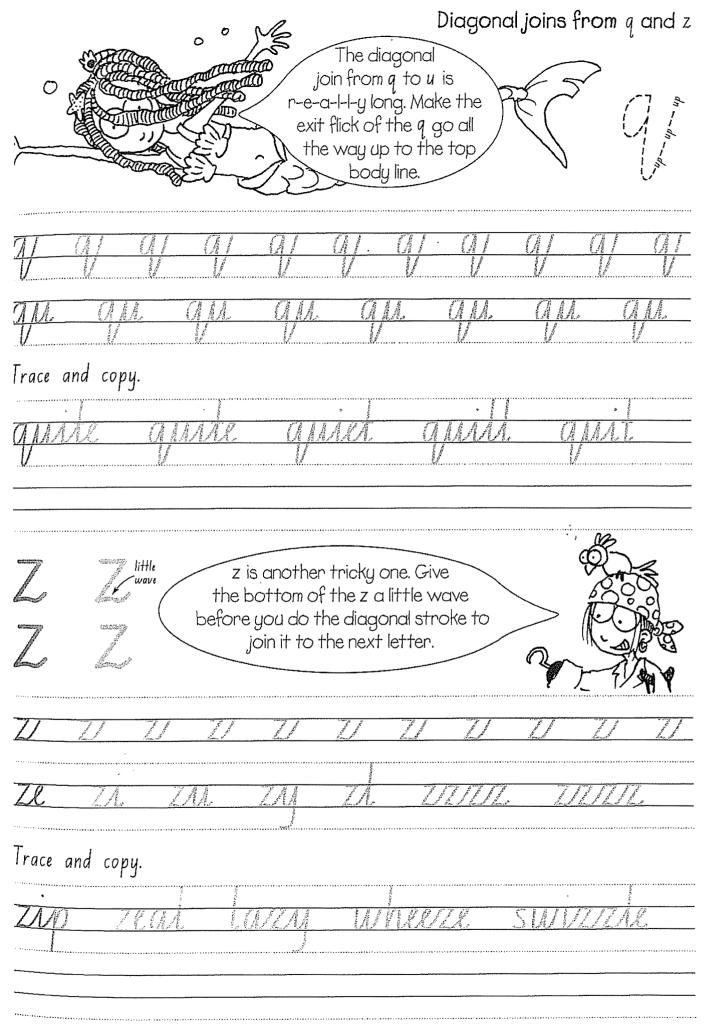
little d

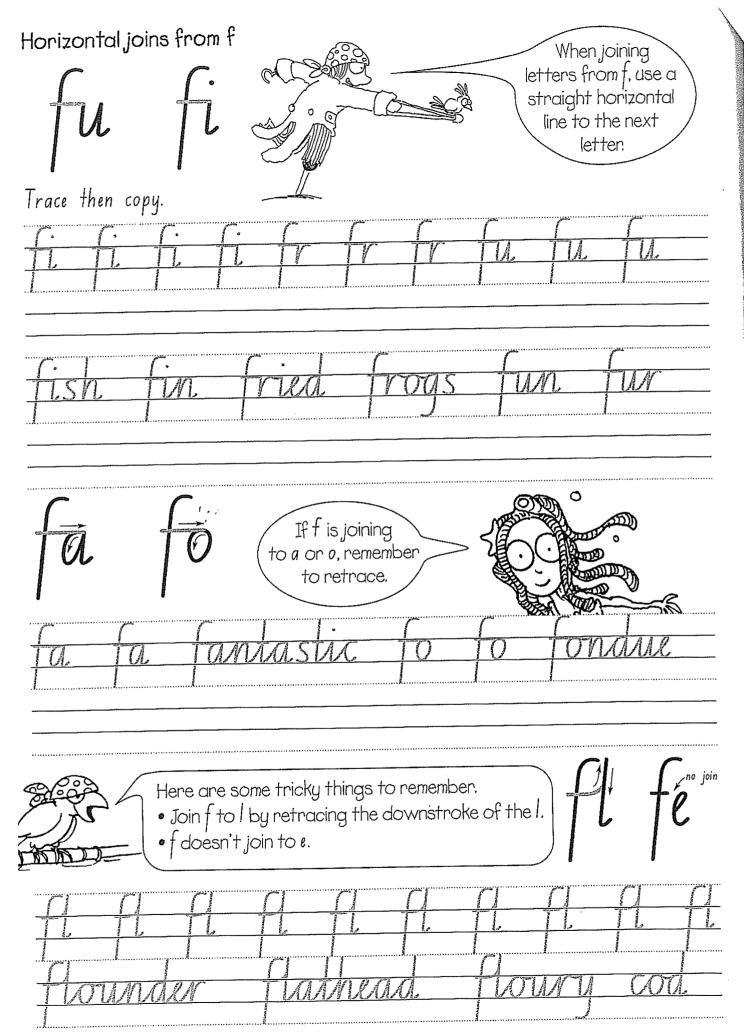
Rewrite the passage below. Add exit flicks to the letters that need them.

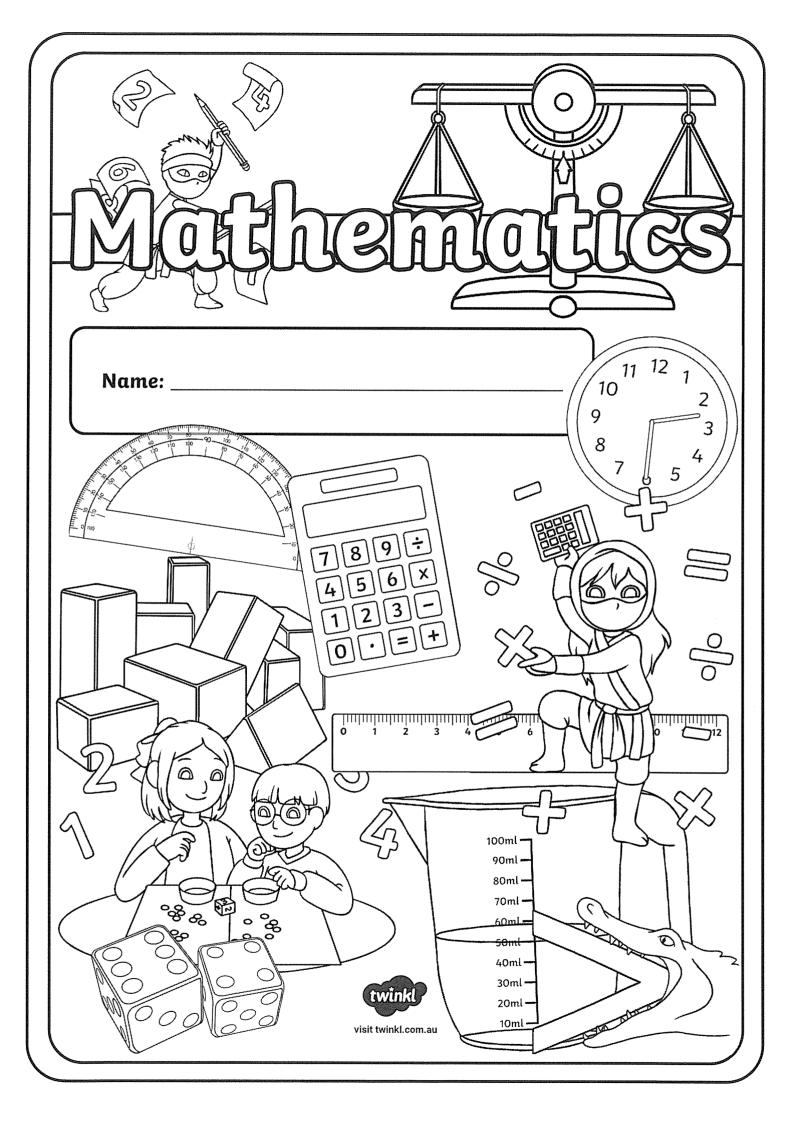
Pirates are thieves who sail the seas looking for vessels to steal from. They hold up the ship's crew using guns, knives and other weapons. They steal whatever treasures are on board.

 ***************************************	•••••	
 ***************************************	***************************************	
 ***************************************	***************************************	
 	•	

	•	
 *********************	***************************************	***************************************









Addition

Basic facts to 18





Addition

Three and more 1-digit Addends



No Calculators Vol 2 Mrs Mallar Kyyw.intelligentaustralia.com



Addition

Two 2-digit Addends (no carrying)



No Calculators Vol 2 M/S Mallarky Mrs Cooper



Addition

Two 2-digit Addends (carrying required)





Addition

Three and more 2-digit Addends (no carrying)



1		43
		21
	+	20

18



Subtraction

Basic facts: 1 & 2-digit minuend, 1-digit subtrahend





Subtraction

2-digit minuend, 1 and 2-digit subtrahend (no borrowing)



No Calculators Vol 2 My (Millia kyw intelligentaustralia com



Subtraction

2-digit minuend, 1 & 2-digit subtrahend (borrowing required)



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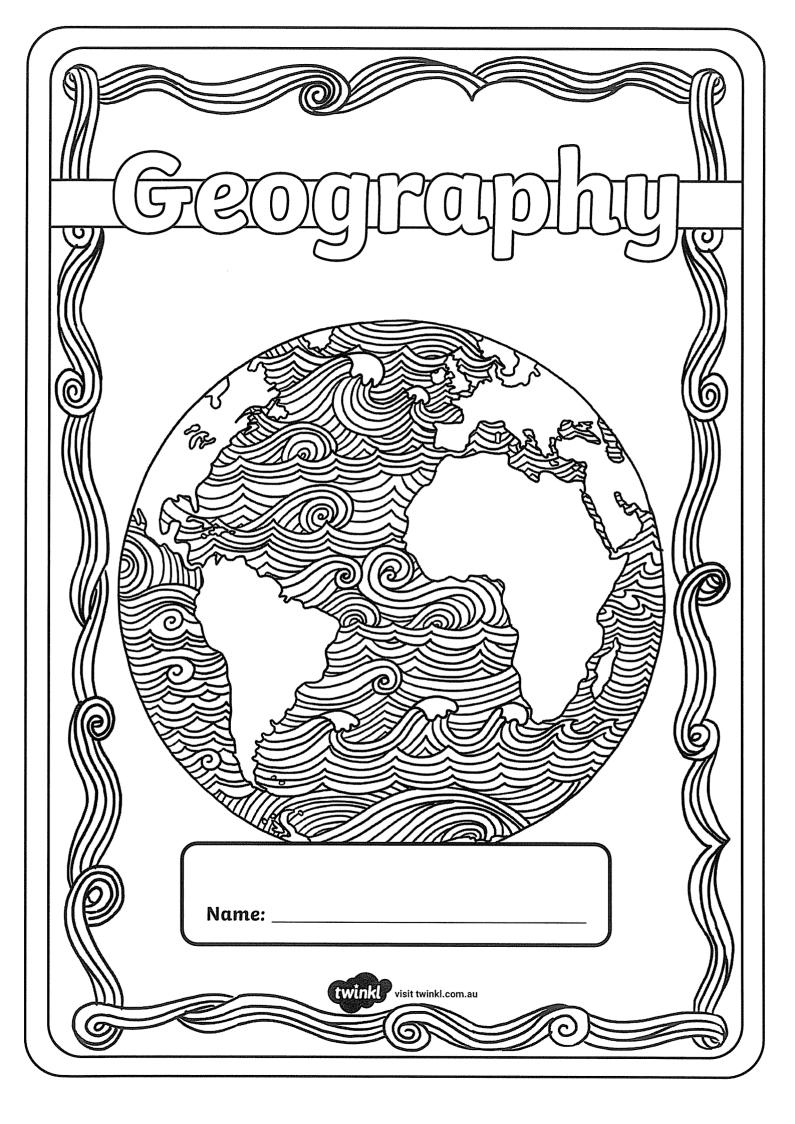


Subtraction

3-digit minuend, 2 and 3-digit subtrahend (no borrowing)



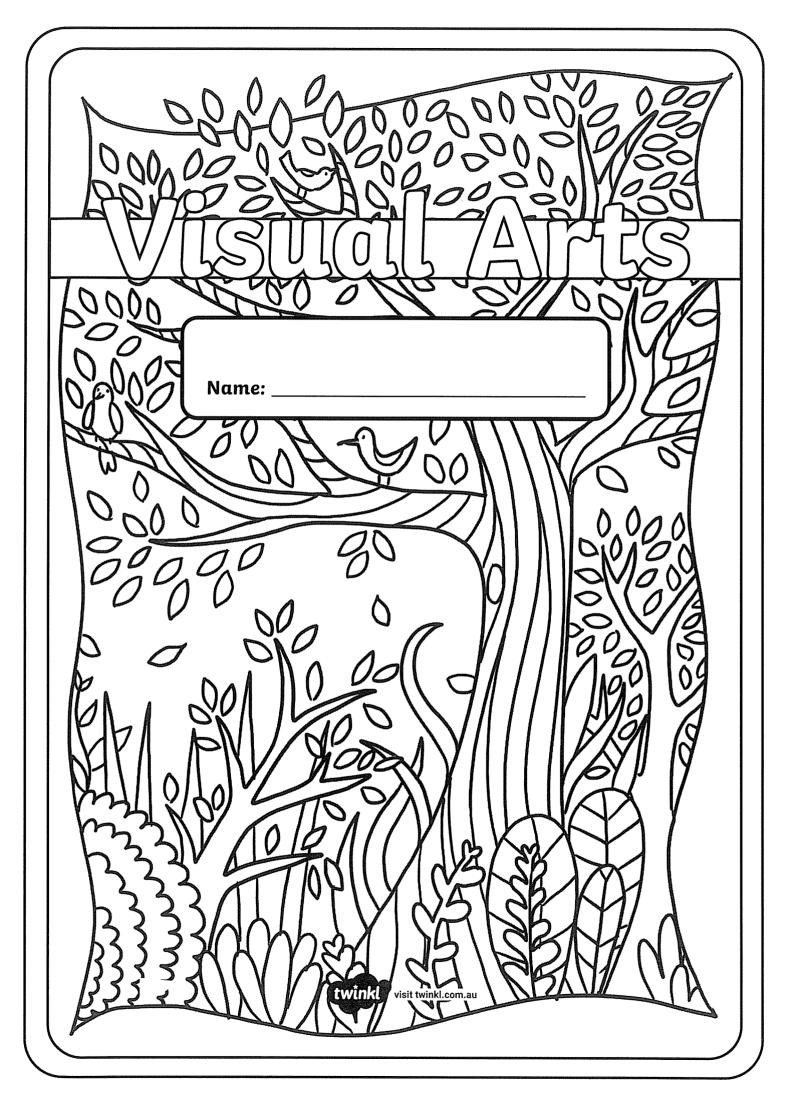
1	4	52	2	75	8		794	4	8	04	5		773
	- <u>2</u>	<u>31</u>		- <u>4</u>	<u>5</u>	-	<u>174</u>		- <u>6</u>	01		-	<u>51</u>



Tokyo Fact Sheet

Name:	Date:
	Facts about Tokyo
Country:	
Population:	
Currency:	
Language:	
	Someone famous from Tokyo
	A famous landmark in Tokyo
	Other facts about Tokyo





Week 2 - Pack 1 - Year 3 & 4

Creative Arts – Where the Creatures Roam

Things you need

Have these things available so your child can complete this task.

there are a supplier and the supplier an				
Ideal	Back up			
Computer	Smartphone			
Paper and pencils	Crayons or textas			
Paints and paint brushes				
'Where the Creatures Roam' (click here to access)				

Before I start

Make sure your child has everything ready that they will need at the start of the lesson including a print out of the lyrics or the lyrics on screen.

Check that the videos and audio files are working and that the volume is turned up on your device.

Discuss with your child:

- What is a mythical creature?
- Remind children that the characters in the song are mythical and not real.
- Were there mythical creatures that you thought about or were perhaps afraid of as a child? Discuss this as a household.
- What mythical creatures are a part of different cultures around the world such as the Loch Ness Monster or the Yeti?



What my child needs to know and do

- 2. Listen to and follow the score (a written representation of music) of <u>'Where the Creatures Roam'</u>. Get to know the song using the video.
- 3. Keep the beat to reinforce the process of learning the song. Remember that the beat stays the same and is the pulse underneath the music.
- 4. Try to identify the sounds of the instruments being played. Why do you think the composer may have chosen these instruments to represent mythical African creatures?
- 5. Learn to sing the song using the lyrics to Where the Creatures Roam. Use the video to help with learning about the process of reading a musical score.

What to do next

- 1. Follow the video of 'Where the Creatures Roam' (click here to access).
- 2. Identify the mythical creatures used in 'Where the Creatures Roam'. In Zulu mythology, Tikoloshe is a dwarf-like water sprite. A Ninki Nanka is a legendary creature in West African folklore that is reptilian and possibly dragon-like. Yumboes are a kind of fairy in the mythology of the Wolof people in Senegal, West Africa.
- 3. Draw a picture of a mythical creature of your choice. Focus on the shapes and colours of your creatures. Show what type of creature your monster is by giving them an expression on their face.
- 4. Talk to someone in your family about your artwork or write down some words to describe your monster. Are they scary or kind? Display your picture.

Options for your child

Activity too hard?	Activity too easy?
Follow the score and learn the song. Create your own mythical creature.	Sample the sounds of your mythical creature and arrange them in GarageBand as a composition.

Extend the learning

Explore Australian mythical creatures such as the 'bunyip'. Create another artwork to reflect these creatures.

Science

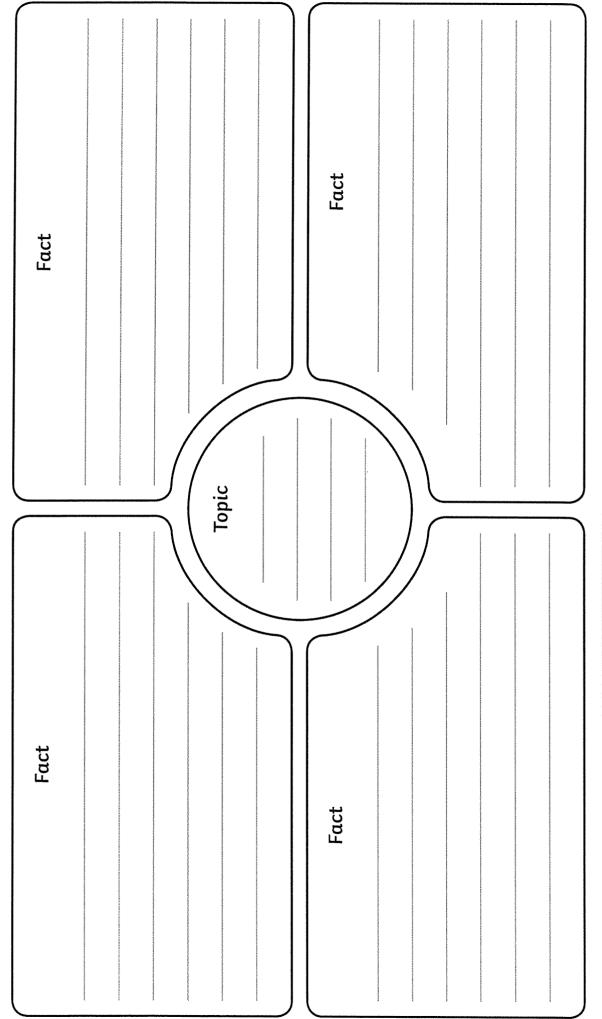
Week 2 and 3

Over the next two weeks

Research one of the scientists who are in this booklet and write an information report about them.

Who are they? Where did they live? What type of Science did they research? What did they discover? What difference did they make to the world of science?

My Informative Prewriting Template









Carl Linnaeus

Carl Linnaeus is credited with organising and naming living things. He created the hierarchy for identifying, naming and classifying living organisms.





Isaac Newton

Sir Isaac Newton studied gravity and developed three laws of motion which now form the basis for physics studied today. He also discovered calculus which led into more powerful mathematical equations.





Indigenous Australians Nicolaus Copernicus Galileo Galilei

These people were all astronomers. Indigenous Australians were among the first astronomers. Copernicus thought that the Sun was the centre of the Solar System, not Earth. Galilei carefully watched moons through a telescope and proved that the Earth goes around the Sun.

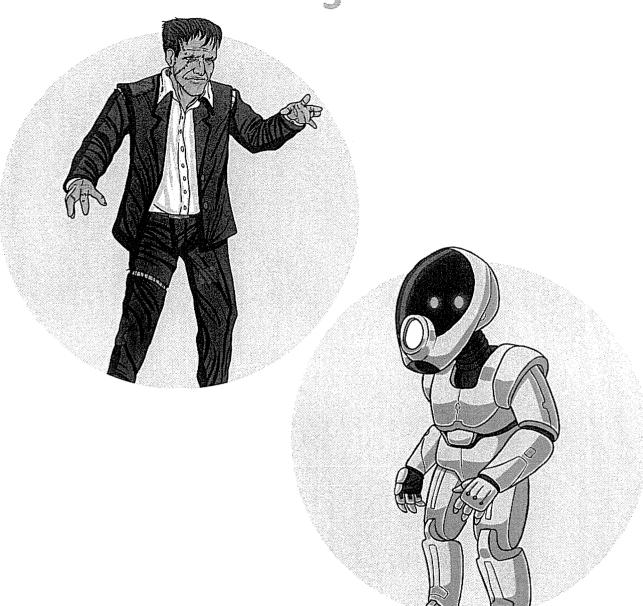




Stephen Hawking

Stephen Hawking made many scientific theories which revolutionized the way physicists think about the universe. He discovered a type of radiation that can escape black holes. This is now called Hawking radiation.





Mary Shelley

Mary Shelley wrote the story 'Frankenstein' in 1818. Her story inspired people to think about robots, combining humans with machines and artificial body parts.





Nicholas Appert

Nicholas Appert discovered new ways to preserve food.





Alexander Fleming

Alexander Fleming discovered penicillin. Penicillin is a drug used to treat bacterial disease and helped to save many lives, especially in the Second World War.

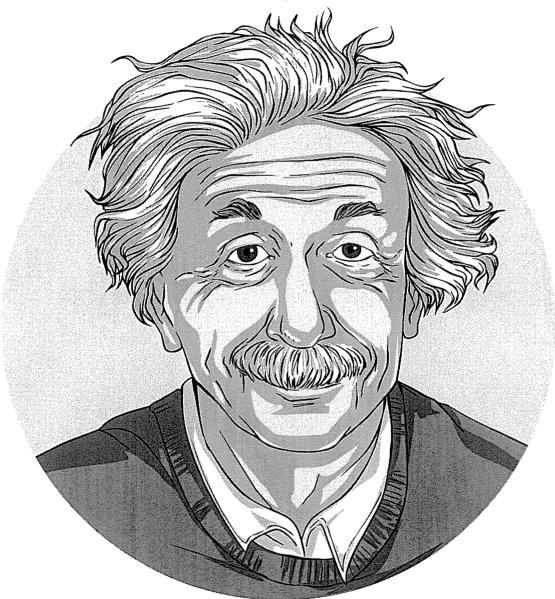




Marie Curie

Marie Curie discovered radioactivity which is used medically in x-rays, gamma rays, electron beams and to destroy cancer cells.





Albert Einstein

Albert Einstein made many discoveries but is most famous for his theory of relativity ($E = MC^2$).

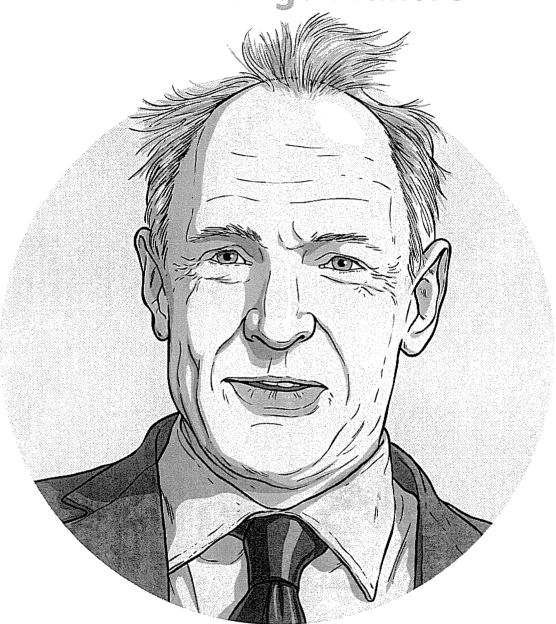




Orville and Wilbur Wright

Orville and Wilbur Wright were the first to build and fly a powered aircraft in controlled flights.





Timothy Berners-Lee

Sir Timothy Berners-Lee invented the World Wide Web and is still developing it today.





Jonas Salk

Jonas Salk developed the polio vaccine to fight polio, a crippling and infectious disease that was potentially deadly.

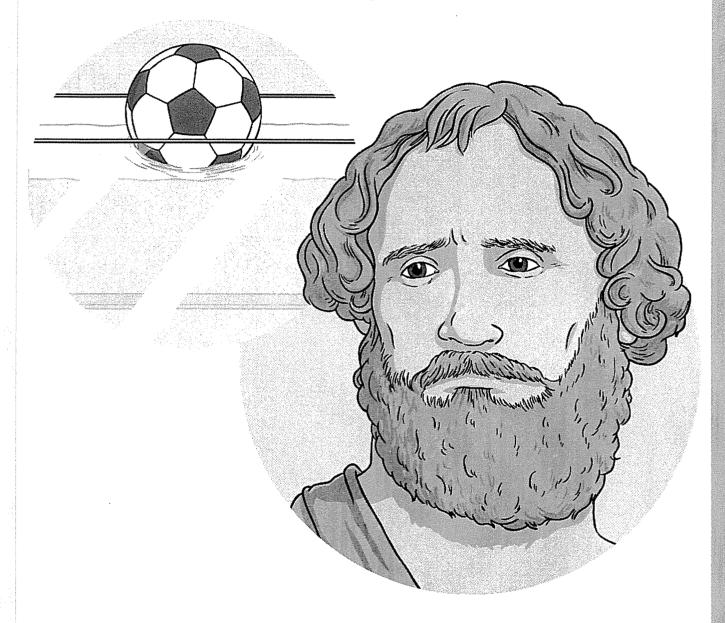




Ada Lovelace

Ada Lovelace was a mathematician and is considered the first computer programmer.

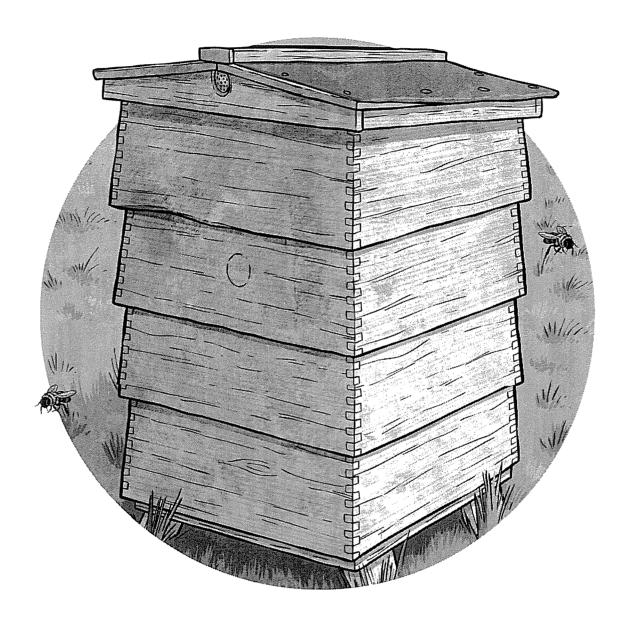




Archimedes

Archimedes discovered the answer to why things float or sink.





Lorenzo Langstroth

The beehive that we use today was invented in 1851 by Lorenzo Langstroth. He was an apiarist, clergyman and teacher. He is considered the father of American beekeeping.





Mary Anning

Mary Anning is one of the earliest fossil hunters and was the first person to uncover a full Ichthyosaurus skeleton. Anning discovered her first fossils while walking along the Dorset coast where she lived.





Rosalind Franklin

Rosalind Franklin is a British chemist who discovered the structure of DNA. She also did pioneering work on X-ray diffraction which is used to determine the structures of molecules such as DNA.





Katherine Johnson

Katherine Johnson was a mathematician who worked for NASA and calculated the flight paths of many spacecraft over the course of 30 years. Johnson was part of the team that calculated where and when to launch the rocket for the Apollo 11 mission in 1969 which sent the first three men to the moon.





George Washington Carver

George Washington Carver was an American scientist and teacher who is famous for many agricultural discoveries and inventions. Born into slavery, Carver went on to become a brilliant botanist and later devised more than 300 ways in which to use the peanut.





Mae Jemison

In 1992, Mae Jemison became the first African-American woman to travel to space. Jemison first trained as a doctor and worked as a medical officer for the Peace Corps. During her time in space, Jemison conducted lots of experiments, earning herself a number of awards such as the 1988 Essence Science and Technology Award.

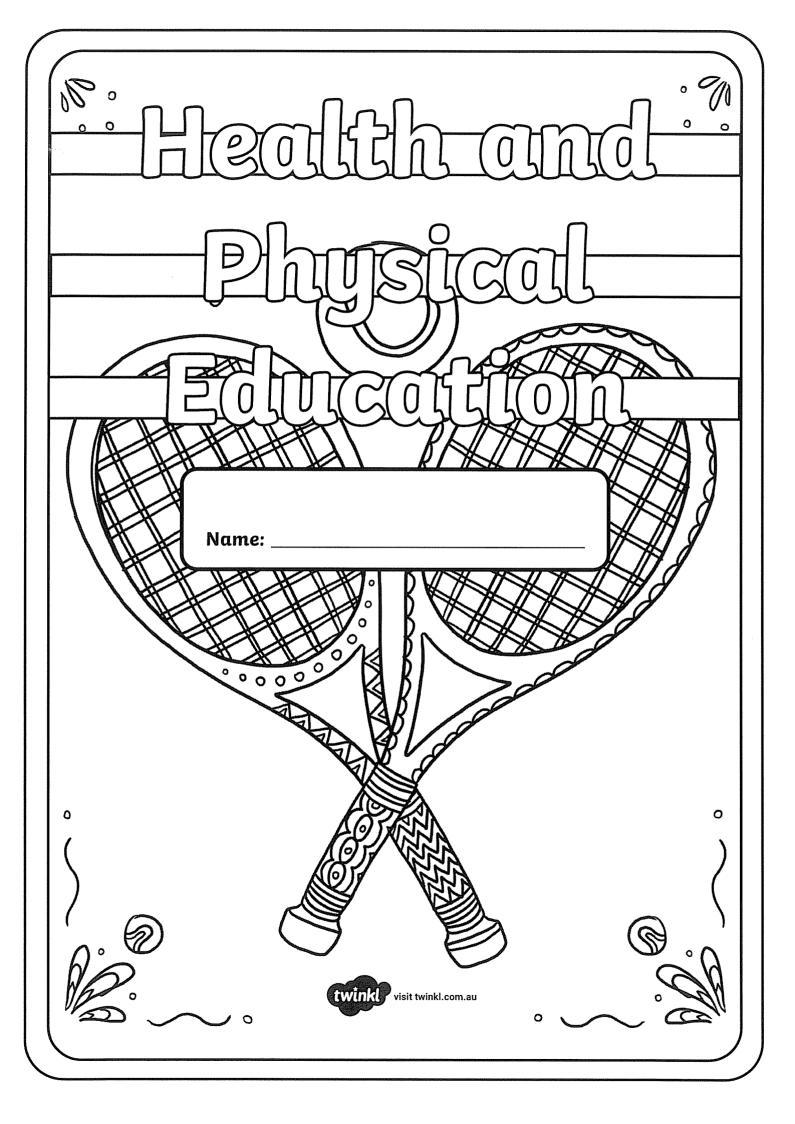




Charles H. Turner

Charles H. Turner was a behavioural scientist whose research focused on animal behaviour. Turner is most famous for his discovery that insects can hear. Through his research, he also found that honeybees could recognise colours and patterns and have some idea of time.





NSW School Sport Unit – Get active @ home

Balancing act

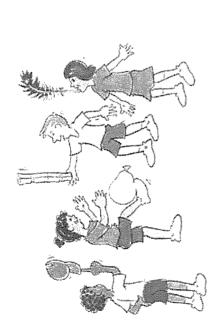
Activity

Individual/partner/groupPlayers balance various objects to see which sh

- Players balance various objects to see which shapes are easiest to balance.
- Players use different body parts to balance the objects, such as palm or back of their hand, or their knee, foot, elbow, chin, or forehead.

Safety

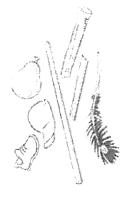
- When balancing objects on the head, the safest places are the chin or the forehead.
- Objects balanced on the nose can slip and fall into the eye.
- Players should not run around while balancing objects.



Time: 20 minutes

Equipment

- Various balancing objects, such as:
- balancing poles (made from rolled up newspaper and sticky tape)
- feathers (easier)
- shoes
- o plastic chairs
- baseball caps
- broom handles (harder).



Activity variations

- Change the object shape, size or weight.
- Try walking or lying down and getting back up again while trying to balance the object.
- Players 'jump' the balancing object from one body part to another (e.g. one hand to the other).
 Players work in pairs to pass balanced objects to
- See who can walk the furthest distance balancing each object.

each other using the 'jump' method.

 Challenge a partner to see who can balance an object for the longest period of time.

NSW School Sport Unit – Get active @ home

Bullseye

Activity

Individual/partner/group

- Each player rolls or throws their 3 bean bags/balls/objects to the
- After all 3 are thrown, collect and add up the score for that round.
- Repeat for a given number of rounds (e.g. 3 rounds of 3 throws for

Equipment

Time: 20 minutes

- Hoops, bins, buckets, or chalk to mark/form 3 concentric circles on the ground as targets.
- Throw-line 3 metres from target (mark with chalk, cones, shoes, towel, rope etc.).
- 3 bean bags, tennis balls, or similar objects per player.

Scoring

- Each circle in the target is given a different value, e.g. centre = 5 points, middle = 3 points, outside = 1 point.
- Points are awarded based on where the bean bag/ball/object lands.
- Add 3 throws together to get the total for that round.
- The winner has the highest score after 3 rounds.



Activity variations

- Add a kicking target to challenge players or to accommodate players who may not be able to throw.
- Increase or decrease the distance from the throw-line to the target.
- If buckets are used as targets, the activity can be made harder by requiring the ball to land in the bucket.
- Vary the method of using the ball (e.g. throw, kick, roll, strike).
- Put a target on a wall instead of the ground.
- Throw/kick with the opposite hand/foot.
- Change ball size / object being thrown or kicked.

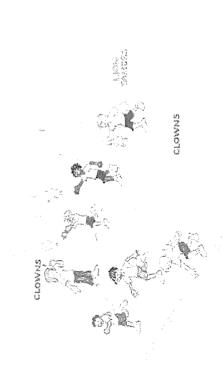
NSW School Sport Unit – Get active @ home

Reach the sky

Activity

Partner/group

- Set out a line to use as a starting point.
- Set out a second line to be used as the first target.
- Standing behind the starting point, throw an object into the air and aim to reach the second line before the object hits the
- After a successful attempt, move the target line further away to increase the difficulty.



Time: 20 minutes

Equipment

- Chalk to draw lines.
- Skipping rope or cones can be used instead of drawing the lines.
- Tobject e.g. scarf, plastic shopping bag (easier), bean bag, juggling balls or juggling rings (harder).

Activity variations

- Arrange players into 2 even lines approximately 2 metres apart facing each other, making sure each player is facing their partner.
- One player in the pair is the clown and the other is the lion tamer. The clown holds the juggling objects
- When the lion tamer calls "THROW", the clown throws the juggling objects as high as possible into the air and sprints to the opposite line. The lion tamer tries to catch the objects before the clown reaches the line.
- After 3-5 attempts, partners switch roles.