






Enrichment Learning Grids: Stage 2

Weeks 10 – 1

The Enrichment Learning Grids have been organised into topic areas and provide a range of activities for students to choose from. Students complete a variety of activities daily, with guided support from parents/carers. If you have access to a device, you can choose some of the online learning options. Parents/carers please supervise your child when working online. Additional support material can be found in the appendices, which are attached to this document.

PHONICS/SPELLING/GRAMMAR

Choose your activity below:

<p>Editing</p> <p>Rewrite the text ‘Great Barrier Reef’, in your exercise book. Correct the errors!</p> <p>Appendix 1: Editing – Great Barrier Reef</p> 	<p>Coordinating Conjunctions</p> <p>Write 5 sentences using your spelling words. Include some coordinating conjunctions to make them compound sentences!</p> 	<p>Dictionary Work</p> <p>Find the definition for some of your spelling words.</p>	<p>Phonics Focus!</p> <p>What is the phonics (sound) focus of the week?</p> <p>With your parent/carer, list as many words you can that have the same sound.</p>								
<p>How quick are you?</p> <p>How many times can you write your spelling list in 1 minute?</p> <p>See if you can improve!</p>	<p>Rhyming Time</p> <p>Chose 5 of your spelling words.</p> <p>See how many words you can think of that rhyme with them.</p> <p><i>pot – spot – trot</i></p>	<p>Spelling Word Art</p> <p>Represent your spelling words in a creative way. This could be including them in an artwork or writing your words out in a different font.</p> 	<p>Clauses</p> <p>https://www.youtube.com/watch?v=E5Kdc2O0bvc</p> <p>Use the subjects and verbs below to write your own clauses:</p> <table><tr><td>Subject:</td><td>Verb:</td></tr><tr><td>Mickey Mouse</td><td>cooking</td></tr><tr><td>Nemo</td><td>playing</td></tr><tr><td>Sponge Bob</td><td>whispered</td></tr></table>	Subject:	Verb:	Mickey Mouse	cooking	Nemo	playing	Sponge Bob	whispered
Subject:	Verb:										
Mickey Mouse	cooking										
Nemo	playing										
Sponge Bob	whispered										
<p>Story Time</p> <p>Using as many spelling words as you can write an interesting narrative.</p> <p>Include an illustration!</p> 	<p>Find-A-Word</p> <p>Create your own Find-A-Word using your spelling words.</p> <p>When done, ask a family member to complete it.</p> <p>Appendix 2: Find-A-Word</p>	<p>Crack the Code!</p> <p>Write out 10 of your spelling words using the code.</p> <p>See if a family member can crack the code and read your words.</p> <p>Appendix 3: Crack the Code</p> 	<p>Alphabetical Order</p> <p>Write your spelling words in alphabetical order.</p>								

READING

Choose your activity below:

Make a Bookmark!

On one side, illustrate the main characters, setting, problem and solution/resolution of a book you have read/are reading.

If it is a non-fiction text, then draw pictures to illustrate 5 new facts you've learned from the text.

Character Work

Do you agree with the choices the main character made? Why or why not?



The Setting

Draw a picture of the main setting in the story and label it with words from the book.



Be a Word Wizard!

Find 2-3 tricky or interesting words in a book you have read. For each word:

- Copy the sentence from the book that has the word in it.
- Look up the word in the dictionary or Google it to find the meaning.
- Write the meaning.
- Now write your own sentence using that word.

Non-Fiction

Write down 5 quiz questions about a book. Give them to a family member and see if they can answer the questions.

Vocabulary

Find 5 boring words from the text and replace them with interesting words.



Author Work

Write a list of questions you have for the author.



Higher Order 1

Create a new character for the story. Describe how they would fit into the story.



Epic

Login to your class epic using your classcode and do some reading!

You can access your class code on Seesaw or via your teacher.

Book cover

Create a new book cover for one of your favourite books.



Ending change

Read one of your favourite books. Change the ending of the story and draw an illustration to match.

Noun Detective!

Choose a book you love to read and write down all the nouns that you can find.

[Appendix 4: What are nouns?](#)

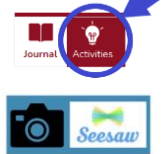
WRITING

Choose your activity below:

Animal Information Posters

Choose an animal to create an information poster on.
See this activity on Seesaw for the full instructions.

Appendix 5: Information Poster



Human Coding

Write step by step instructions to complete a basic task e.g. changing the sheets on your bed. Give these instructions to someone to see how precise your instructions were.
Watch this video to see how important clear instructions are!
<https://www.youtube.com/watch?v=Ct-IOUqmyY>

Behind the News (BTN)

Watch the latest episode of BTN.
<https://www.abc.net.au/btn/classroom/20210824-ep24-btn/13505516>
Watch the story and use your summarising skills to write down at least 5 important or interesting points from the video.

Animal Tales with Tim Faulkner

Watch the clip below to learn about Australia's possums:
<https://fb.watch/7DWKuCPXvt/>
Choose one of the possums to draw. Label your picture and write some of the facts you learned about that species of possum.



Journal Writing

Keep a daily journal.



Thank you

Write a thank you letter to someone in your home who you are grateful for.

Game Instructions

Write instructions for a fun game to play at home.
Your instructions should include:

- A brief summary of the game
- The equipment and area you need to play
- Rules
- A picture



Persuasive writing

What is the best hobby?

Write about your favourite hobby (footy, drawing, cooking, anything) and try to persuade other kids to try it!

Please include:

- Introduction
- 2 or more arguments (reasons)
- Conclusion
- Correct punctuation and spelling

Story Starters Scrambler

Use the Scholastic Story Starters Scrambler to get a random and silly story starter. Then, finish the story.

<http://www.scholastic.com/teachers/story-starters/writing-prompts/index.html>

Finish the story!

"Trust me," she said...

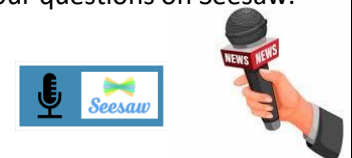


Finish the story!

The rumbling noise was getting louder and louder. I turned around and over the hill I could see...





Question time!






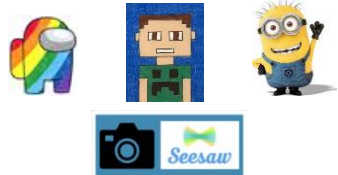

If you could ask anyone in the world 5 questions, what would they be?
Record your questions on Seesaw.



MATHEMATICS


Choose your activity below:

<p>Number Challenge</p> <p>The answer is 48!</p> <p><i>What could the question be?</i></p> <p>List as many questions as you can that equal that answer.</p> <p>Challenge: <i>Can you get 150??</i></p> 	<p>Ninja Maths</p> <p>Play Target. You will need your playing cards.</p> <p>Appendix 6: Ninja Maths – Target</p> <p>For more instructions, see this activity on Seesaw.</p>  	<p>Studyladder</p> <p>Complete the 'Multiplication Match' on Studyladder.</p> <p>https://www.studyladder.com.au/games/activity/multiplication-match-27842?backUrl=/games/mathematics/au-year-four</p>	<p>Ascending Order</p> <p>Use the numbers in the appendix and write them in ascending order.</p> <p>Appendix 7: Ascending Order</p>
<p>Studyladder</p> <p>Complete the <i>4 times tables practice</i> activity on Studyladder.</p> <p>https://www.studyladder.com.au/games/activity/4x-tables-38994?backUrl=/games/mathematics/au-year-three</p>	<p>Place Value Riddle Challenge!</p> <p>Complete the Place Value Riddle Challenge.</p> <p><i>Can you work out what the number is?</i></p> <p>Appendix 8: Place Value Riddle Challenge</p>	<p>Measure it!</p> <p>Find 5 things in your house that are greater than 30cm long.</p> <p>Write or draw them in your book with the exact measurements.</p> 	<p>Multiplication Wheels</p> <p>Use the multiplication wheels to practice your 4x tables.</p> <p>Appendix 9: Multiplication Wheels</p>
<p>Hit the Button</p> <p>Play 5 games of Hit the Button</p> <p>Hit the Button:</p> <p>https://www.topmarks.co.uk/maths-games/hit-the-button</p>	<p>Capacity- Millilitres and Litres</p> <p>Complete the 'Measuring in Millilitres' activity.</p> <p>If you have a measuring jug at home, copy the measurements on the worksheet by filling the jug with water to practise your measuring skills.</p> <p>Appendix 10: Measuring in Millilitres</p> 	<p>Studyladder</p> <p>Complete the <i>Numbers up to 10,000</i> activity on Studyladder.</p> <p>https://www.studyladder.com.au/games/activity/writing-numbers-to-10-000-30583?backUrl=/games/mathematics/au-year-three</p>	<p>Measuring Steps</p> <p>Measure in steps the distance from the letterbox to your fridge.</p> <p><i>How many steps?</i></p> <p><i>Can you measure the distance different ways?</i></p> <p>Use pictures and/or numbers to show your findings.</p>

SCIENCE & TECHNOLOGY Choose your activity below:	HISTORY/GEOGRAPHY Choose your activity below:	CREATIVE ARTS Choose your activity below:	PDHPE Choose your activity below:
<p>Egg Drop Challenge!</p> <p>Read the science experiment for 'Egg Drop Challenge'.</p> <p>Complete the experiment and upload a picture or video to Seesaw.</p> <p>Appendix 11: Egg Drop Challenge</p> 	<p>Convicts</p> <p>Read the information about: John Eckford.</p> <p>Complete the research table.</p> <p>Appendix 12: Convict Information Appendix 13: Convict Research Sheet</p> 	<p>Directed Drawing</p> <p>Choose and complete a directed drawing of your choice.</p> <p>https://www.youtube.com/user/ArtforKidsHub/videos</p> 	<p>Safety Town!</p> <p>Click on the website and explore our next road safety lessons:</p> <p><i>What happens when I get off the bus?</i></p> <p><i>Kit me up for the ride!</i></p> <p>https://www.safetytown.com.au/town/student/stage-2/#map</p>
<p>Moon Phases</p> <p>Watch the video and complete the moon phase worksheet.</p> <p>https://www.youtube.com/watch?v=JM21GBJecx0</p> <p>Appendix 15: Moon Phase Matching Challenge: Go outside at night and draw the moon. Label the current phase!</p> 	<p>Convicts</p> <p>Read the information about: George Mitchell.</p> <p>Complete the research table.</p> <p>Appendix 12: Convict Information Appendix 14: Convict Research Sheet</p> 	<p>Favourite Character</p> <p>Choose and draw your favourite character from a game, movie, or TV.</p> <p>https://artprojectsforkids.org/minecraft-self-portraits/</p>  	<p>Physical Education (PE) Focus</p> <p>Mrs Morison wants you to continue to develop your PE skills.</p> <p>Have fun!</p> <p>Appendix 16: PE Activity</p>







MINDFULNESS & POSITIVITY

Choose your activity below:

<p>Safari!</p> <p>Explore the garden and use your senses to find living creatures.</p> <p>Draw your findings, making sure to include lots of detail.</p> 	<p>Triangle Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 17: Breathing</p>	<p>Gratitude</p> <p><i>Have you started your Gratitude Jar?</i></p> <p>Each day write or draw something you are grateful for and place it in your Gratitude Jar.</p>	<p>Square Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 17: Breathing</p>
<p>Heart Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 17: Breathing</p>	<p>Awe Journal</p> <p>Create an Awe Journal.</p> <p>Draw or write about things that you find beautiful or extraordinary.</p> <p>E.g. a rainbow, a kind act, the smell of freshly baked cookies.</p>	<p>Wave Breath</p> <p>Practise your special breathing.</p> <p>Appendix 17: Breathing</p>	<p>Choose Kind!</p> <p>Write/draw a song; poem; comic; or make a short video with the key message 'being kind'.</p> 
<p>Peaceful Kids</p> <p>Try a meditation.</p> <p>Draw or write how you are feeling <i>before</i> the meditation, then how you feel <i>after</i> the meditation.</p> <p>https://www.peacefulkids.com.au/meditations1.html</p>	<p>Kindness Poster</p> <p><i>How can you be kind at home?</i></p> <p>Create a kindness poster to display in your home.</p> <p>Draw images or write words and/or sentences.</p> 	<p>Values</p> <p><i>Respect, Responsibility & Excellence</i> are our school values.</p> <p><i>How can you be respectful at home?</i></p> <p><i>How can you be responsible at home?</i></p> <p><i>How can you display excellence at home?</i></p> 	<p>Yoga</p> <p>Find a quiet space and choose a yoga session that's right for you.</p> <p>https://www.youtube.com/user/cosmickidsyoga</p>

HANDS ON LEARNING

Choose your activity below:

<p style="text-align: center;">Roll the Dice!</p> <p>Play a board game with a family member.</p> <p>If you don't have one, make one in your scrapbook.</p>	<p style="text-align: center;">Champion Composter</p> <p>Bury different food scraps under small mounds of dirt in your garden. Every few days uncover them and see how they are breaking down.</p> <p>Record your observations.</p>	<p style="text-align: center;">Shape Shifter</p> <p>Draw and name every shape you can think of in 2 minutes.</p> <p>Use only these shapes to draw a robot or creation of your choosing.</p>	<p style="text-align: center;">Curious!</p> <p>Trace around your hand and write a question on each finger.</p> <p>Choose one question and spend 5 minutes writing down everything you know about this topic.</p>
<p style="text-align: center;">Make a Calm Down Jar</p> <p>Research how to make a calm down jar using cooking oil, water and food colouring.</p>  <p>Make your jar and use it for a mindfulness activity.</p>	<p style="text-align: center;">Puppet Theatre</p> <p>Design and make two puppet characters using objects found around your home e.g. socks.</p> <p>Write a script for a short play.</p> <p>Perform it for your family.</p> 	<p style="text-align: center;">Mandala</p> <p><i>Mandala means "circle".</i></p> <p>They are made with geometric shapes. They help people focus and feel calm.</p> <p>Collect things from your garden and make a mandala.</p> 	<p style="text-align: center;">Construct a Lego Bridge</p> <p>Choose a gap between two objects of the same height e.g. two chairs.</p> <p>Build a bridge that spans between them.</p>  
<p style="text-align: center;">Paper Plane Challenge</p> <p>Make a paper plane and test it out.</p> <p>Did it fly well? What could you do to improve your design?</p> <p>Try a new design and compare.</p>	<p style="text-align: center;">Recycled Art</p> <p>Create something using items from your recycling.</p> 	<p style="text-align: center;">What's for Dinner?</p> <p>Work together as a family to plan what's for dinner.</p> <p>Follow the recipe with the help of a parent/carer.</p>	<p style="text-align: center;">Stick Creation</p> <p>Create something from a pile of sticks.</p>

BRAIN BREAKS

Choose your activity below:

<p>Paper Plane Go!</p> <p>Make three paper planes.</p> <p>Find a laundry basket/bucket/large box to be your target.</p> <p>Stand away from the target and throw your paper planes.</p> <p>1 point for hitting the target.</p> <p>2 points for landing on the target.</p>	<p>Over, Under, Around & Through</p> <p>Make your way around your house or garden, going over items, under items, around items or through items e.g. over the dog bed, under the table, around the dining table and through your bedroom doorway.</p> <p>Be careful not to damage anything on the way (including yourself!)</p>	<p>Jog in Place</p> <p>Jog in place and perform the following actions.</p> <p>Wiggle your fingers; fingers & wrists; fingers, wrists & forearms; fingers, wrists, forearms & elbows; fingers, wrists, elbow & shoulders; fingers, wrists, elbows, shoulders & ribcage; fingers, wrists, elbows, shoulders, ribcage & hips; fingers, wrists, elbows, shoulders, ribcage, hips & knees; fingers, wrists, elbows, shoulders, ribcage, hips, knees & head.</p>	<p>Mime these!</p> <p>Act out some of these ideas without using equipment. Remember to make it look like you are using the equipment.</p> <ul style="list-style-type: none"> • Perform a basketball shot • Hit a baseball • Throw a rugby league pass • Kick a soccer goal • Bowl a bowling ball - get a strike! • Surf on a surfboard - wipeout! • Swim underwater - look for fish.
<p>Your Name</p> <p>Go for a walk and find ten things that begin with the first initial of your name.</p> <p><i>Can you find one thing for every letter in your name?</i></p>	<p>Noughts & Crosses</p> <p>Play 5 games of noughts and crosses.</p> <p><i>How many games were a draw?</i></p>	<p>Squiggles</p> <p>Draw a random squiggly line (or have someone draw one for you).</p> <p>Try to turn the squiggle into a picture.</p>	<p>Stretch it out</p> <p>Perform a whole body rocket stretch while lying on the floor.</p> <p>Start at your toes and slowly stretch up to your fingertips and then above your head. Then, slowly relax starting with your fingertips.</p>
<p>Go Noodle!</p> <p>https://www.gonoodle.com</p>	<p>Just Dance</p> <p>Search 'Just Dance' on Youtube and select a suitable song/dance to move to.</p>	<p>Darebee</p> <p>Do a workout that's suitable for you and a family member.</p> <p>https://darebee.com/</p>	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>

Appendix 1

Editing – Great Barrier Reef

the great barrier Reef is the world's largest coral reef system. The reef is located in the CoralSea, the coast of queensland, Australia. The great barrier Reef can be seen from outer space and is the world's biggest single structure made by living organisms the reef structure is composed of and built bybillions of tyny organisms called coral polyps. It supports a wide divercity of life and was selected as a World HeriTAGE site in 1981.



























A large part of the reef is protected the Great Barrier Reef Marine Park. this helps to limit the impact of human use, such fishing and tourism. It is also known to and used by the Aboriginal Australia and Torres Straight Islander peoples. It very important part of local groups and culture.

Create a word search using your own words list.

[illegible]

Write your word list here:

CRACK THE CODE

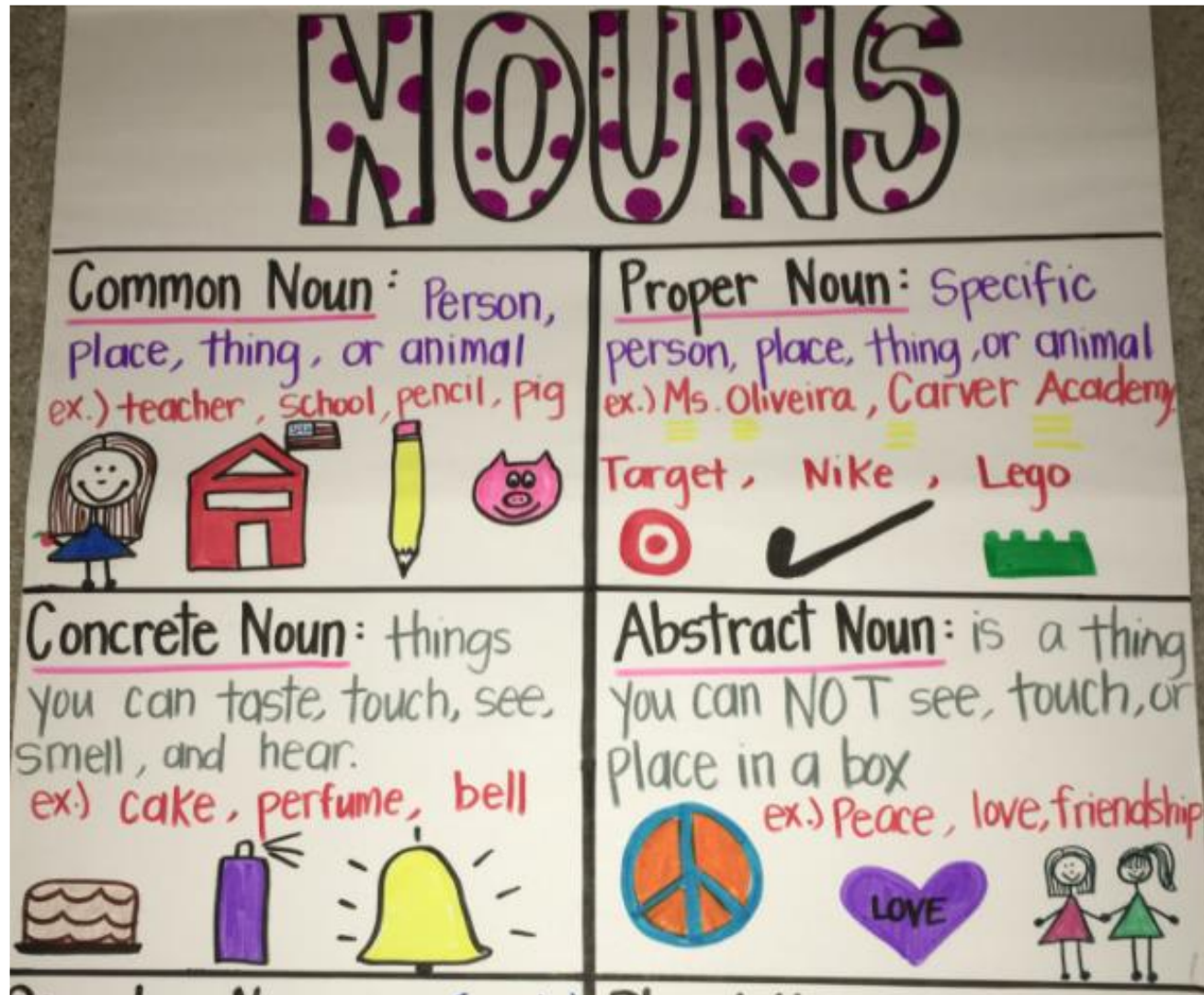
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J		K		L		M		N		O		P		Q		R	
S		T		U		V		W		X		Y		Z			

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

Appendix 4

What are nouns?



Appendix 5

Information Poster

<u>Appearance</u> <ul style="list-style-type: none"> - Fur is hollow and clear, skin is black but the fur looks white because of the reflection of the sun - Can be up to 2.5m long and weigh 600 kg 	<u>Habitat</u> <ul style="list-style-type: none"> - The Arctic Circle - Canada, Greenland, Alaska and Russia 	<u>Family Groups</u> <ul style="list-style-type: none"> - Solitary animals
<u>Diet</u> <ul style="list-style-type: none"> - Seals - Young or weakened walrus 	<u>Predators + Threats</u> <ul style="list-style-type: none"> - Humans - Climate change (rising sea temperatures causing sea ice to melt) 	<u>Interesting facts</u> <ul style="list-style-type: none"> - Largest land carnivore in the world - Excellent swimmers, can travel 5km an hour swimming - They can run up to 40km an hour

POLAR BEARS

Did you know?
Polar bears are the largest land carnivore in the world! They have black skin and see-through fur, but because of the reflection of the Sun, they look white!

Appearance
Polar bears are huge mammals that can grow up to 2.5m in length and weigh up to 600 kg!

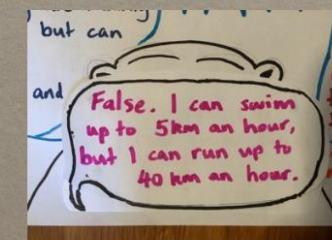
Diet
Polar bears mostly eat seals, but will sometimes eat young or weakened walrus

Predators & Threats
Polar bears are apex predators, which means that they are at the top of the food chain. The main threat to their survival is climate change melting the sea ice where they hunt for seals.

Habitat
Polar bears live on the frozen coastlines of the Arctic Ocean. They are mainly found in Canada, but can also be found in Greenland, Alaska and Russia.

Family groups
Polar bears are solitary animals, which means that once they are old enough, they live and hunt alone.

True or False?
I can swim faster than I can run.



Appendix 6

Ninja Maths Target



The aim of Target is to get as close as you can to your target number. You can play against someone at home, or you can just challenge yourself. You must use the exact number of cards as described for each ninja belt.



Green belts: Target 10 Decimals

Place all the cards from 1 to 10 face down in a pile in front of you. Flip 6 cards and use the numbers to make two numbers with 2 decimal places. Use your knowledge of place value to add or subtract the numbers. Closest to 10 wins.

Purple belts: Target 500

Place all the cards from 1 to 10 face down in a pile in front of you. Flip 6 cards and use the numbers to make two 3-digit numbers. Add or subtract the numbers using the jump, split or compensation strategies. Closest to 500 wins.

Red belts: Target 50

Place all the cards from 1 to 10 face down in a pile in front of you. Flip 4 cards and use the numbers to make two 2-digit numbers. Add or subtract the numbers using the jump, split or compensation strategies. Closest to 50 wins.

Orange belts: Target 20

Place all the cards from 1 to 10 face down in a pile in front of you. Flip 4 cards, then add them together by looking for friends of ten, double and near-doubles. Closest to 20 wins.

Pink belts: Target 10 Subtraction

Place all the cards from 1 to 10 face down in a pile in front of you. Flip 2 cards, then subtract the smaller number from the bigger number by counting back. Closest to 10 wins.

Yellow belts: Target 10 Addition

Place all the cards from 1 to 10 face down in a pile in front of you. Flip 2 cards, then add the two numbers together by counting on. Closest to 10 wins.

Blue belts: Target 10

Place all the cards from 1 to 6 face down in a pile in front of you. Flip 2 cards, then cover them. Add the two numbers together. Closest to 10 wins.

46	23	11	34
54	8	45	85

202	432	987	566
500	712	310	850

2332	6320	4500	7344
6589	1200	7347	5745



2156	1211	5369	1456	5786	2191	6819	1126	9105	8888
2145	2399	1365	9499	5876	9091	5010	6151	8527	3013

↑

Largest

Smallest

Appendix 8

Place Value Riddle Challenge

Place Value Riddle Challenge Cards - Card 6



What is the number?

- The number has four digits.
- The tens digit is the same as $8 - 8$.
- The thousands digit is seven more than the tens digit.
- The ones digit is the number of sides of a square.
- The hundreds digit is the same as the tens.

Place Value Riddle Challenge Cards - Card 7



What is the number?

- The number has four digits.
- The hundreds digit is the number of sides of a pentagon.
- The thousands digit is the same as $20 \div 5$.
- The tens digit is more than 0 but less than 2.
- The ones digit is the same as $20 - 17$.

Place Value Riddle Challenge Cards - Card 2



What is the number?

- The number has three digits.
- The ones digit is 82 less than 91.
- The hundreds digit is an odd number which is bigger than 1 but smaller than 4.
- The tens digit is the same as $6 + 3$.

Place Value Riddle Challenge Cards - Card 6



What is the number?

- The number has four digits.
- The thousands digit is the same as 18 divided by 2.
- The hundreds digit is the same as 90 divided by 10.
- The ones digit is the same as 3×3 .
- The tens digit is the same as 100-91.

Place Value Riddle Challenge Cards - Card 3



What is the number?

- The number has five digits.
- The ten thousands digit is the same as the hundreds digit, and it is an odd number which can be divided by 3 to make 3.
- The thousands digit is bigger than 8.
- The ones digit is half the number of months in a year.
- The tens digit is smaller than 1.

Place Value Riddle Challenge Cards - Card 1



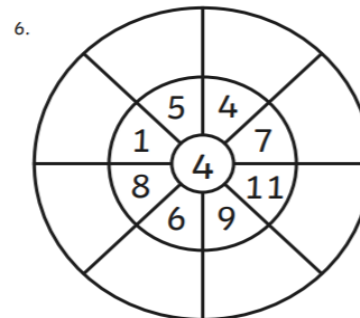
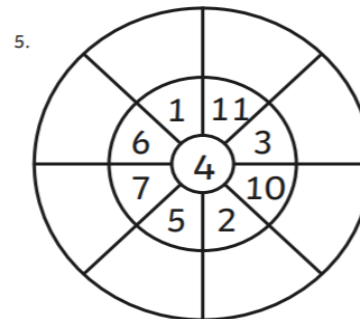
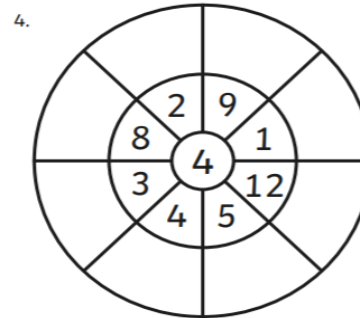
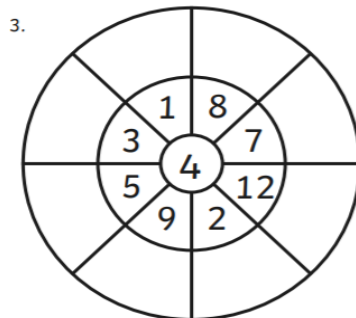
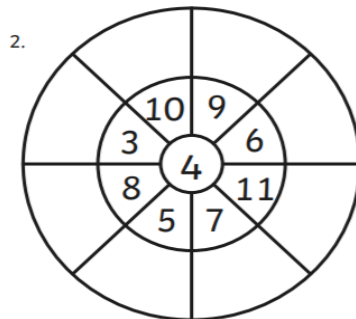
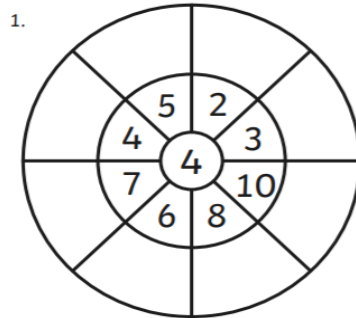
What is the number?

- The number has four digits.
- It is smaller than 6000 but bigger than 5000.
- The hundreds digit is smaller than 6 but bigger than 4.
- The tens digit is an odd number smaller than 7 but bigger than 3.
- The ones digit is in the 3 times table and is bigger than 6 but smaller than 10.

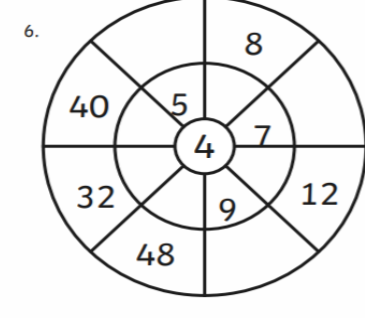
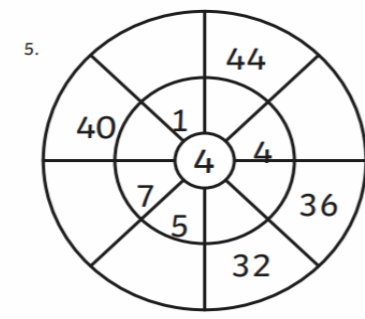
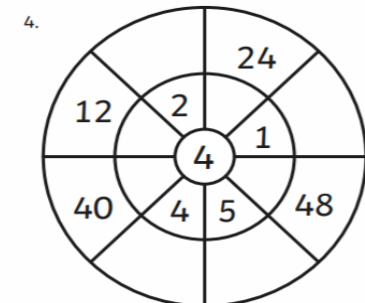
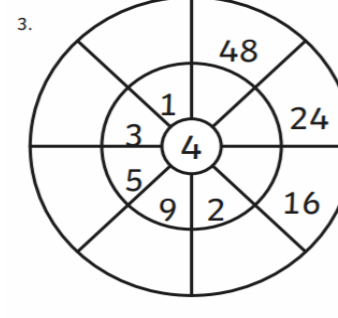
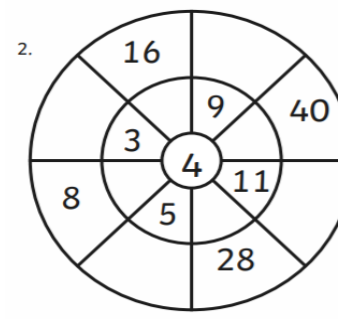
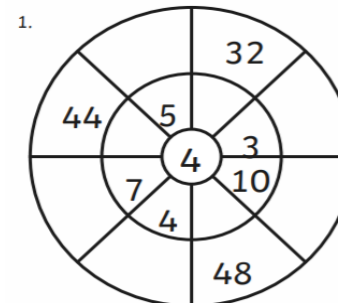
Appendix 9

Multiplication Wheels

4 Times Table Multiplication Wheels



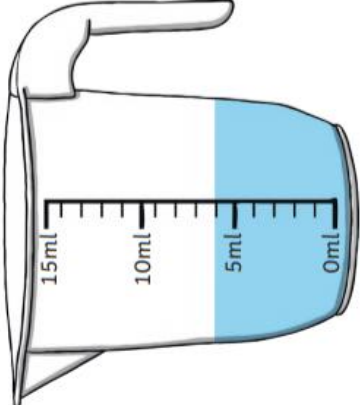
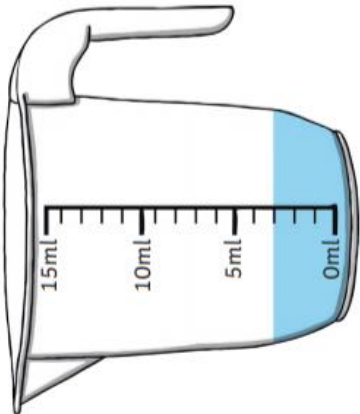
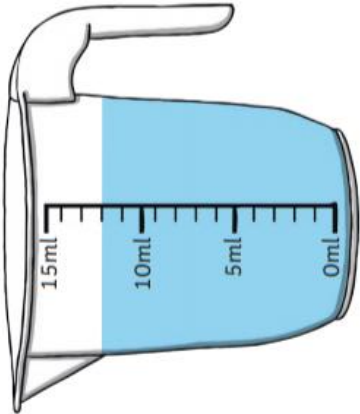
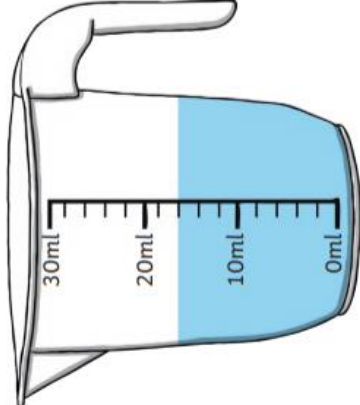
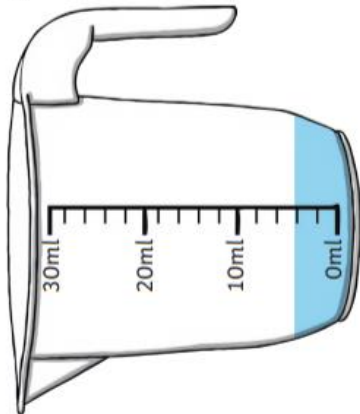
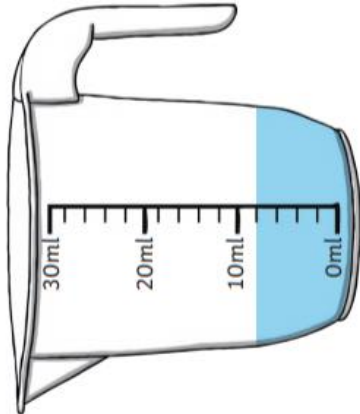
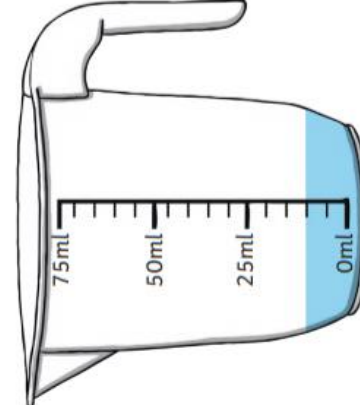
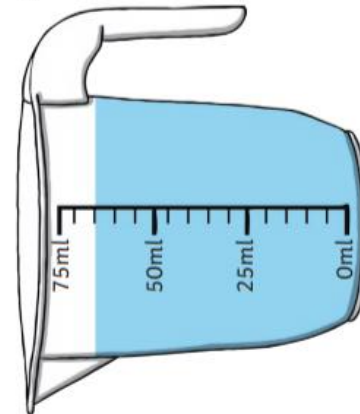
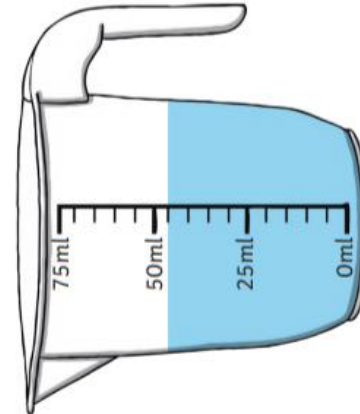
4 Times Table Multiplication Wheels



Appendix 10
Measuring in Millilitres

Measuring in ml

How much liquid is in each jug?

		
1. _____ ml	2. _____ ml	3. _____ ml
		
4. _____ ml	5. _____ ml	6. _____ ml
		
7. _____ ml	8. _____ ml	9. _____ ml

Appendix 11

Egg Drop Challenge

You will need:

- 1 plastic cup of water with a mouth wide enough to fit the egg.
- 1 10" (25 cm) piece of cardboard or a small tray with a SMOOTH bottom
- 1 cardboard tube (paper towel or toilet paper tubes work well)
- 1 Egg (uncooked for more drama)

What to do:

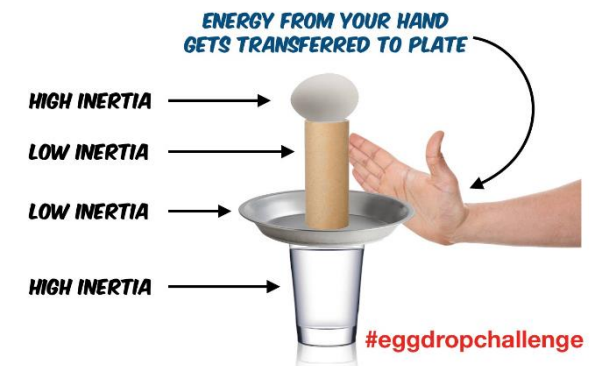
1. Place the tray centred over the cup
2. Place the tube on its end in the centre of the tray
3. Place the egg horizontally on the tube
4. When ready, strike the tray hard enough with your palm to send the tray flying, but not so hard you hit the glass of water. If all goes well, the tray and paper tube will go flying, but the egg will safely drop into the water.

How does it work?

INERTIA describes an object in terms of how much energy is needed to move it or stop it from moving. Since the tray and tube are very low mass (lightweight,) they have very little inertia, and will easily move out of the way.

The egg, however, is heavier (has more inertia) and so it is not easily moved, leaving it in place for gravity to bring it down into the cup.

Watch the video of the 'Egg Drop Challenge' on your Seesaw.



Appendix 12

Convict Information

JOHN ECKFORD

John Eckford was born in the colony about 1801, one of eight children to convict parents, and grew up in the Newcastle penal settlement where his father was a much valued harbour pilot. With little work at Newcastle available for a free young adult, John was allocated a farm at Wallis Plains in 1818.

With little work at Newcastle available for a free young adult, in 1818 John was allocated a 30 acre farm at Wallis Plains without title to the land but with the understanding that this would eventually be granted. John's selection was at the old timber camp and the residual cedar brush vegetation was the likely inspiration for the name he bestowed on the land - Brush Farm. It was located between Patrick Riley's and John Allen's farms and included part of a large lagoon.

After John was established on his farm, his parents William and Mary and brother Henry were each granted about 100 acres along the road between East Maitland and Morpeth.

In 1828 John Eckford married Eliza Duff. Her sister Anne had married Samuel Clift in 1824, a former convict and bought Thomas Boardman's western farm and probably occupied Boardman's wattle and plaster cottage before building a more substantial dwelling.

John Eckford and Samuel Clift took up squatting leases beyond the Murrumbidgee Ranges and were among the pioneering squatters on the Liverpool Plains and New England area and became successful pastoralists, sharing their time between their sheep and cattle stations and East Maitland, acquiring property and wealth.

Samuel and Anne Clift and John and Eliza Eckford were to become foremost amongst Maitland's pioneering families. In 1823, when Henry Dangar visited the farms to measure the occupied land, John Eckford was farming about 40 acres and his improvements included a frame and wattle barn, a wattle and plaster cottage, and a garden and peach orchard together valued at £35. His farm was increased in size to 100 acres. On several occasions John Eckford won a tender to supply wheat and maize to the government, which was indicative of the productivity of his land and the work done there. In the 1820s he was appointed constable at Wallis Plains upon John Allen's resignation and in the 1830s he added pound keeper to his responsibilities. He held these key positions for several years. When title to John's grant of 100 acres was issued in September 1839, he was granted another 40 acres.

John Eckford died at his home of 66 years, Brush Farm, in June 1884.33 His age was 'in the eighties', which was a long life for his era.

This biography was adapted from the publication Bound for Wallis Plains-Maitland's Convict Settlers' by Cynthia Hunter. Additional information on John Eckford can be found on p36 of the publication.

GEORGE MITCHELL

George Mitchell was born in England about 1770 and arrived in New South Wales in 1804 on the vessel Coromandel, to serve a life sentence. In 1812 George married Maria White, also a convict, in Windsor. She was 22 years old and George about 42.

In 1814 George was transported to Newcastle but Maria was not allowed to join him. After four years, George was made a constable and in 1818 Governor Macquarie approved his placement on a farm at Wallis Plains. Maria was permitted to join her husband & four children subsequently arrived – James, George, John and William Goldingham.

In 1823 a surveyors inventory shows that Mitchell occupied 44 acre of cleared land. The name of his farm was 'Pittance' & 'Pattamee', both which are similar to 'Pitnacree', the locality's current place name. The development on site was significant and valuable and included a frame and wattle-built barn 75 feet long, a wattle and plaster cottage with some brickwork, a small garden, a peach orchard and pig yard, all valued at about £35.

Mitchell's excellent farmland was able to produce a surplus of grain -wheat and maize, and supplied to the government stores in Newcastle. These provisions were needed for the surveying parties, military guards, constables, mounted police and their horses as well as the men in the numerous road- building gangs and their overseers. The fruitful peach orchards became a source of wine and cider.

The Census of 1828 notes the size of Mitchell's farm as 160 acres of which 100 acres were cleared. It is believed that George Mitchell exchanged this land for a 640-acre portion near Shamrock Hill. This proved a good move as the cleared and cultivated land in the Pitnacree locality was severely damaged by later floods, which changed the course of the Hunter River as large areas of riverbank soil collapsed into the stream.

In 1828, seven convict labourers were assigned to George Mitchell, as well as a widowed woman, Mary Grainger, who had come to the colony in 1814, serving a seven-year sentence and who was now 'free by servitude'.

Title to the 640 acre farm was issued to George and Maria Mitchell in May 1829. Maria Mitchell died in 1835 and George died in 1850. Both are buried in the Glebe Cemetery, East Maitland.

This biography was adapted from the publication Bound for Wallis Plains-Maitland's Convict Settlers' by Cynthia Hunter. Additional information on George Mitchell can be found on p32 of the publication.

Appendix 13

Convict Research Sheet

Convict Research		NAME:	
Name/s of convict:			
Male or female:			
When were they born?		When did they die?	
Where?		Where?	
Crime committed:			
Where:		When:	
Sentence:			
Date of arrival in Australia:			
Name of ship:			
Crimes committed in Australia: if any			
Family: Married? Children? Widowed?			
Occupation/s: Roles, positions, profession, trade			
Land Allocation:			
Where?			
Size?			
When?			
Crops/produce:			
Major events in their life and other information you find interesting			
Legacy: Is there any record of their life left in Maitland today i.e. buildings, street names, structures, bridges			

Appendix 14

Convict Research Sheet

Convict Research		NAME:	
Name/s of convict:			
Male or female:			
When were they born?		When did they die?	
Where?		Where?	
Crime committed:			
Where:		When:	
Sentence:			
Date of arrival in Australia:			
Name of ship:			
Crimes committed in Australia: if any			
Family: Married? Children? Widowed?			
Occupation/s: Roles, positions, profession, trade			
Land Allocation:			
Where?			
Size?			
When?			
Crops/produce:			
Major events in their life and other information you find interesting			
Legacy: Is there any record of their life left in Maitland today i.e. buildings, street names, structures, bridges			

Appendix 15

Moon Phase Matching



**Full
Moon**

**Waxing
Crescent**

**First
Quarter**

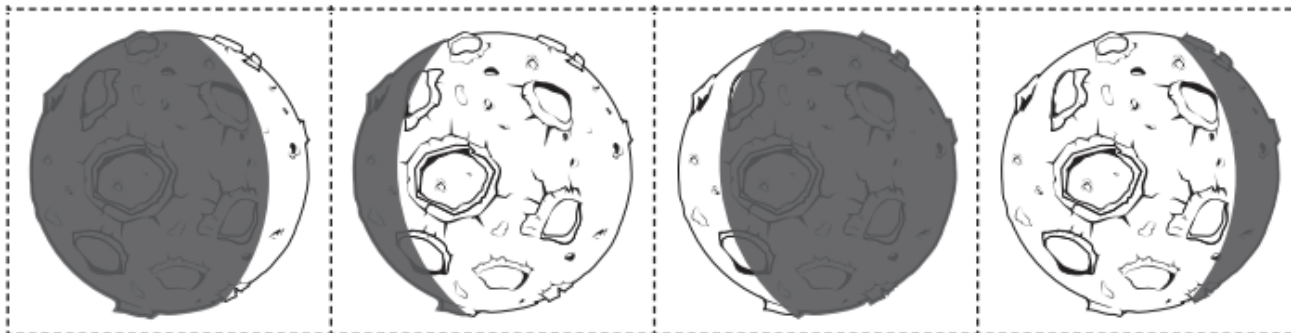
**Last
Quarter**

**Waxing
Gibbous**

**Waning
Crescent**

**New
Moon**

**Waning
Gibbous**



Appendix 16

PE Activity

GET MOVING

Use the "What's your name?" sheet and follow the instructions.

CHOOSE YOUR GAME

You will need: socks (4 one colour, 4 another colour, 1 white sock), tennis ball, large bouncy ball (or improvised), tape (or something to mark spots with), balloons (2), 6 targets (toilet rolls, bottles etc.), zones (can use towels, mats, pillows), chairs (with a back)

There are 6 games in the table below. Each game has different builds, that change the game slightly. Select the game you want to play and enjoy. Remember to be working on your skills as you play each game. Also remember to play fairly and have fun – IT'S ONLY A GAME!

GAME 1	GAME 2	GAME 3
3 PIN BOWLING (Underarm rolling) Build 1: Normal Bowling (5 rounds) Build 2: Golden pin (2 attempts to knock over just 1 pin - points given for each hit - if the golden pin is hit that players wins (each player assigns golden pin) Build 3: Fastest to 10 – 3 pins each, players must attempt to knock over 10 pins faster than the other player. Must set up pins themselves each time Build 4: Battleship (can defend their pins, first player to knock the others pins down wins - cannot be within 1m of the pin to defend.	BOCHERY (Underarm throwing) Build 1: Set up playing area with areas on the floor worth different points (like archery) - players attempt to score the most points in a three-throw series Build 2: This time give each player 4 socks each (roughly same colour) - one white sock as the jack in the playing area. Attempt to get closest - first player to get to 10 points wins.	TARGET TANDEM (Overarm throwing) Build 1: Set up two target areas for the throwers - First player to hit the target 10 times is the winner - make it tougher on the winner by making their target smaller in the next game. Build 2: Battleship As per the underarm version, this time with overarm only and with socks for safety reasons.
GAME 4	GAME 5	GAME 6
BALLOON BATTLE (Striking) Build 1: Have players practise striking the balloon to each other to keep the balloon in the air without moving off their assigned areas - attempting to get to 20 hits - then bring in a second balloon for added difficulty Build 2: Balloon tennis - Making sure to go over the chairs placed in the middle, players now attempt to keep the balloon in the playing area. If the balloon goes out of the playing area, the other player gets the point.	CATCH (Underarm rolling, throwing/catching, and fielding) Build 1: In an assigned area, players attempt to roll the ball across to the other players area. If the ball goes into the other players area and then out without them stopping it, the other player gets the point. Ball/socks must be rolled! Build 2: Players underarm the ball over the chairs in the middle and into the other players area. The ball must be caught before the second bounce. (If using socks, the sock must be caught before it hits the ground). If not, the other player gets the point First to 10 points wins.	TWO SQUARES (Underarm throwing, catching, striking) Build 1: In an area like balloon battle, players attempt to under arm throw and catch the ball in their assigned areas. If the ball is dropped or goes out of bounds from a throw, the other player gets the point. Build 2: This time the ball must be hit with two hands in an under-hand strike. Same rules apply otherwise.

WHAT'S YOUR NAME?

Spell out your full name and complete the exercise listed for each letter. For a greater challenge include your middle name and do each one twice! For variety, use a famous person's name or a family member's name.

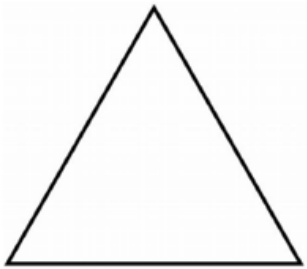
A	10 jumping jacks		N	5 tuck jumps	
B	5 pushups		O	10 Russian twists	
C	3 burpees		P	5 plie squats	
D	20 high knees		Q	10 arm circles	
E	5 crunches		R	10 frog jumps	
F	10 mountain climbers		S	10 second jog on the spot	
G	5 squats		T	10 butt kicks	
H	10 forward lunges		U	5 inchworms	
I	10 side lunges		V	5 tricep dips	
J	10 second wall sit		W	3 star jumps	
K	5 toe touches		X	5 bird dogs	
L	5 second plank		Y	10 leg raises	
M	3 squat jumps		Z	5 seated toe touch	

Appendix 17

Breathing

Triangle Breathing

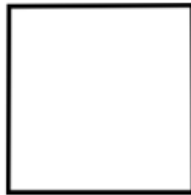
As you breathe in, trace up one side of an imaginary triangle and as you breathe out you can trace down and across the other two sides of the triangle.



www.headandheartmindfulness.com.au

Square Breathing

As you breathe in, trace up one side of an imaginary square and across the top of the square. As you breathe out, trace down the other side of the square and across the bottom. You can try this in the air or on the back of your hand.



www.headandheartmindfulness.com.au

Heart Breathing

Trace around an imaginary love heart as you breathe in and out.



www.headandheartmindfulness.com.au

Wave Breath

As you breathe in, lift your hands up in front of you and then as you breathe out, roll your hands over like a wave and down and make a 'shhh' sound.



www.headandheartmindfulness.com.au