











Enrichment Learning Grids: Stage 3

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.

SPELLING Choose your activity below:			
Rainbow Words Write your spelling words while using a different colour for each sound and digraph. E.g. RAINBOW	Suffix Focus What is the suffix focus this week? Create a poster for the suffix rule. Use words, drawings, etc. 	Water Words Using your water colour paints and a paintbrush, go outside and write your spelling words on the concrete. Watch them disappear when washed off with water. 	Something's Missing Have a family member write out your words with some of the letters missing. Try to fill in the missing letters without looking at your list. e.g. s _ o _ f _ _ e
Buddy Words Write two spelling words that share a letter and criss-cross them at that letter. Do this for all your spelling words. E.g. S U R F E A 	Crossword Create your own crossword using your spelling words. Use a page from your maths grid book. When done, ask a family member to complete it.	It's Time to Rap! Channel your inner Snoop Dogg and video a rap that uses your spelling words. 	Pyramid Words Write each of your spelling words in a pyramid shape. E.g. k ko koa koal koala 
Back Writing Use your finger to spell your words on someone else's back. Then they have to guess the word.	Snowman Play a game of 'Snowman' with a family member using your spelling words. See Appendix 1 for instructions.	Alphabetical Order Write your spelling words in alphabetical order. Remember, if two words start with the same letter, look at the second letter in each word.	Words Within Words Make other words using the letters from each of your spelling words. How many can you find for each word?

READING Choose your activity below:			
Read Aloud Grab your favourite book and video yourself reading some of it. Post it on Seesaw for your teacher to watch. Remember to find a quiet spot to record it. 	Behind the News (BtN) – Paralympics: We the 15 https://www.abc.net.au/btn/classroom/paralympics---we-the-15/13515416 Watch the story and use your summarising skills to write down at least 5 important or interesting points from the video.	Word Wizard Find 5 tricky or interesting words in a book you have read. For each word: <ul style="list-style-type: none"> • Copy the sentence from the book that has the word in it. • Look up the word in a dictionary or Google it to find the meaning. • Write the meaning. Now write your own sentence using that word.	Bug Club www.activelearnprimary.com.au Log in to Bug Club using your login details you received. Read one of the books your teacher has assigned to you. Draw a picture to summarise what happened in the story.
Book Cover Design a new cover of your favourite book. Record yourself explaining what you changed and why. Upload this to Seesaw. 	WANTED! Who is the villain (evil character) in a book you have read? Design a wanted poster for them. Remember to include a picture of them, details of what they look like and why they are wanted. 	Alternate Ending Read one of your favourite books. Change the ending of the story and write this in your workbook. Draw a picture to match the ending.	StudyLadder Click on the links below and complete the activities on homophones and homonyms . Week 10 https://www.studyladder.com.au/games/activity/homophones-38537?backUrl=/games/literacy/au-year-four/english-grammar-1743?q=homophones Week 1 https://www.studyladder.com.au/games/activity/homonyms-6-25901?backUrl=/games/literacy/au-year-five/english-developing-language-1886?q=homonyms
Act it Out Turn the story of your favourite book into a play script. Write this in your workbook. Can you and a family member act it out?	News Story Imagine you are a reporter. Write a news report based on a book you have read. What happened? Who? Where? How? Don't forget a catchy headline!	Book Review Movie Trailer Log into Seesaw and complete the "Book Review Movie Trailer" activity assigned to you. Follow the instructions on 	Crossword Complete the School Magazine crossword in Appendix 2 . 

WRITING

Choose your activity below:

<p style="text-align: center;">Literacy Shed</p> <p style="text-align: center;">‘Catch It’</p> <p>Watch the story. Write a description of the African landscape. https://www.literacyshed.com/catchit.html</p>	<p style="text-align: center;">Haiku Poem</p> <p>A haiku poem follows a pattern of syllables. The first line has 5, the second line has 7, the third line has 5. Complete the haiku poem activity assigned to you on Seesaw.</p> 	<p style="text-align: center;">Stranger Things</p> <p>Was it an alien surfing at the beach? Or an alpaca doing cartwheels? Write about the strangest thing you have ever witnessed in your life.</p> 	<p style="text-align: center;">Synonym Story</p> <p>Synonyms are words that have the same or a similar meaning. E.g. Cold and cool. Re-write the first page or paragraph of a story of your choice by swapping some of the words with synonyms.</p>
<p style="text-align: center;">Excuse me Your Majesty...</p> <p>You are a journalist for a popular magazine and have secured an interview with The Queen. Write 10 questions to ask her. Once you have done this, pretend you are The Queen and write a response to each question.</p> 	<p style="text-align: center;">Pobble365 - Story Starter</p> <p style="text-align: center;">‘Magnetised’</p> <p>Read the ‘Story Starter’ in Appendix 3 and continue writing the story in your workbook.</p>	<p style="text-align: center;">Biography</p> <p>Research a famous Australian sporting hero. Write a biography that outlines their lifetime accomplishments and lasting impact on society. You may wish to use the biography template in Appendix 3.</p> 	<p style="text-align: center;">Be Persuasive!</p> <p>Every classroom should have a PlayStation or an Xbox! Write a letter to convince your teacher and/or Mrs Stackman! Be sure to include:</p> <ul style="list-style-type: none"> • Introduction • 2 or more arguments (reasons) • Conclusion • Correct punctuation and spelling 
<p style="text-align: center;">Kidz Type</p> <p>Improve your typing skills! This is a fun, educational platform to enhance typing abilities. https://www.kidztype.com</p>	<p style="text-align: center;">Grandparent’s house...</p> <p>Write a speech about what really happens at your grandparent’s house when your parents aren’t there. Record yourself presenting your speech.</p> 	<p style="text-align: center;">Pobble365 - Sick Sentences</p> <p>Read the sick sentences in Appendix 3. Re-write them and improve them as you go. <i>Hint: You could use adjectives, adverbs, speech or elaborate on the key ideas.</i></p>	<p style="text-align: center;">FREE CHOICE</p>

MATHEMATICS

Choose your activity below:

Studyladder

Fractions Fun!

Complete the fractions activity below on Studyladder.

<https://www.studyladder.com.au/games/activity/add-and-subtract-fractions-same-denominators--21313?backUrl=/games/mathematics/au-year-five/mathematics-fractions-550>

Symmetry Sing-along!

Sing out loud to the lines of the very catchy symmetry song!

<https://www.youtube.com/watch?v=SJlhywRfvh8>

Dice-ercise

Write on a cube shaped object a variety of exercises, like push-ups, sit-ups or short sprints. Roll the cube to see what activity you get, then roll 2 dice, multiply the numbers together and that's how many you do! 😊

See pic below.



Area Person

Draw a picture of a person using the grid squares in your maths book. Colour and find the area of them.



Poster Time

Design a poster that might help others remember how to multiply fractions by a whole number.

Don't forget the steps.

Upload your poster to Seesaw.



Design Your Own Symmetry Character

Using objects from your home design and make a character face. Make sure it's symmetrical!



Rotational Symmetry Art

Create an artwork using rotational symmetry.

See **Appendix 4** for step-by-step instructions.



Studyladder

Rotational Symmetry

Complete the activity below on Studyladder.

<https://www.studyladder.com.au/games/activity/rotational-symmetry-shapes-36512?backUrl=/games/mathematics/au-year-five/mathematics-location-and-transformation-1732?q=rotational%20symmetry>

Sing it!

In your Maths book write a song or rap about the terms, rotate, translate and reflect, then record yourself singing it.

Here are some links for inspiration.

<https://www.youtube.com/watch?v=0Z1aUhGCZs0>

<https://www.youtube.com/watch?v=gOLO6F7twS0>



Create your own Transformation Paper Aquarium!

Use coloured pencils/textas to draw and colour two different shaped fish. Use your fish to demonstrate rotation, reflection and translation.

See the example in **Appendix 4** for inspiration.



Studyladder

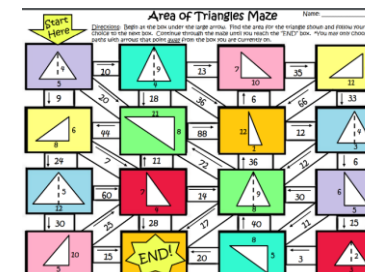
Fractions Superstar!











Complete the fractions activity below on Studyladder.

<https://www.studyladder.com.au/games/activity/multiplying-fractions-by-a-whole-number-visual-28487?backUrl=/games/mathematics/au-year-five/mathematics-fractions-550>

Area of Triangles Maze





Complete the maze on **Appendix 4**.



SCIENCE & TECHNOLOGY Choose your activity below:	HISTORY/GEOGRAPHY Choose your activity below:	CREATIVE ARTS Choose your activity below:	PDHPE Choose your activity below:
<p>Orange Fizz</p> <p>Follow the instructions to experience an Orange Fizz! (You will need an orange)</p> <p>Appendix 5</p> 	<p>Can you strike it rich!</p> <p>Play the interactive game your teacher has set for you on Seesaw.</p> 	<p>Warm and Cool Tree Artwork</p> <p>Use warm and cool colours to recreate the artwork in Appendix 7.</p> 	<p>Distractions, Distractions</p> <p>Answer the questions about distractions in your workbook.</p> <p>Appendix 8</p> <p>Make sure you answer in full sentences.</p>
<p>Coloured Cabbage</p> <p>Follow the experiment to make coloured cabbage. (You will need a cabbage)</p> <p>Appendix 5</p> 	<p>Building a Blockade</p> <p>The miners at the Eureka stockade used timber and left-over material to create their barricade. Use things you can find in your backyard or on a walk such as twigs to build a mini barricade (fence). You could even use pillows or Lego. Be creative!</p> 	<p>So You Think You Can Dance?</p> <p>Got some killer moves you're ready to show off?</p> <p>Video them and send them through on Seesaw.</p> 	<p>How to get to School Safely Comic Strip</p> <p>Appendix 8</p> <p>Design a comic strip that teaches younger students how to get to school safely by riding or skate boarding.</p> 
<p>The Egg Protection Program</p> <p>Complete the activity your teacher has set for you on Seesaw. (You will need an egg for this activity)</p> 	<p>'The Eureka Stockade' Comprehension</p> <p>Read through the passage and answer the comprehension questions.</p> <p>Appendix 6</p> 	<p>Incredibox</p> <p>Visit the website to create your own music with the help of a crew of beatboxers. Lay down and record your own mix.</p> <p>https://www.incredibox.com/demo/</p>	<p>Mrs Morison's PE Activity</p> <p>Complete Mrs Morison's PE activity in Appendix 8. Ask a family member to video record you participating in part of the activity.</p> 







MINDFULNESS & POSITIVITY

Choose your activity below:

<p>Safari!</p> <p>Explore the garden and use your senses to find living creatures. Draw your findings, making sure to include lots of detail.</p> 	<p>Triangle Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 9: 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 9: Breathing</p>
<p>Heart Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 9: Breathing</p>	<p>Awe Journal</p> <p>Create an Awe Journal. Draw or write about things that you find beautiful or extraordinary. 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 9: 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 that you haven't tried before.</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>Puzzle Time</p> <p>Complete a puzzle with a family member.</p>	<p>Gardening</p> <p>Weed the garden or plant some seeds.</p>	<p>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>Cooking Fun</p> <p>With your parent/caregiver, cook something delicious.</p> <p>Share with your family.</p> 
<p>Book Bento Boxes</p> <p>Bento is Japanese for a takeaway meal that is served in a box with separate sections for different portions.</p> <p>Make a Bento Box, using a book and 5-7 items that represent the book.</p> 	<p>Exercise Your Brain</p> <p>Draw a picture using a pencil.</p> <p>Using your opposite hand, try to draw the same picture.</p> 	<p>Mandala</p> <p>Mandala means “circle”.</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>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>Mix It Up!</p> <p>Pick an item in your house.</p> <p>Add or change something about this item to make it even better.</p> <p>Draw it and explain what it is for.</p> 	<p>Construction Time</p> <p>Construct something using Lego, blocks or something similar.</p> <p>Sketch your design.</p>	<p>Musical Instruments</p> <p>Make a musical instrument from something you can find at home.</p> 	<p>Recycled Art</p> <p>Create something using items from your recycling.</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 in 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"> • Hit a baseball • Perform a basketball shot • 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 with a family member.</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.</p> <p>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 Spelling

Snowman

The aim of the game is to guess the secret word.

1. One player is the host. This player picks one of the spelling words that player two needs to guess.

2. The host draws a blank line for each letter of the word they have chosen.

For example, if the secret word is snowman, they would draw _ _ _ _ _

3. Player two needs to guess which letters are in the word. For example, you might say "Is there an 'n' in the word?"

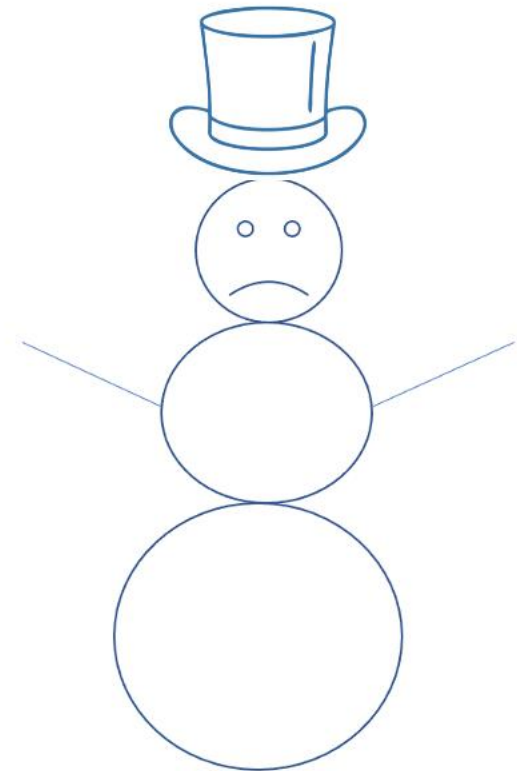
4. If a letter is guessed correctly, the host fills in that letter on the blank lines.

For example, _ n _ _ _ n

5. Each time player 2 guesses a letter which is not in the word, a part of the snowman is drawn:

- First wrong answer: A large snowball for the bottom of the snowman is drawn.
- Second: A second snowball is added to the middle of the snowman as his body.
- Third: A third snowball is added for the head of the snowman.
- Fourth: One arm is drawn.
- Fifth: A second arm is drawn.
- Sixth: A top hat is drawn.
- Seventh: One eye is drawn.
- Eighth: A second eye is drawn.
- Ninth: A sad face is drawn. Once this happens, player 2 has lost.

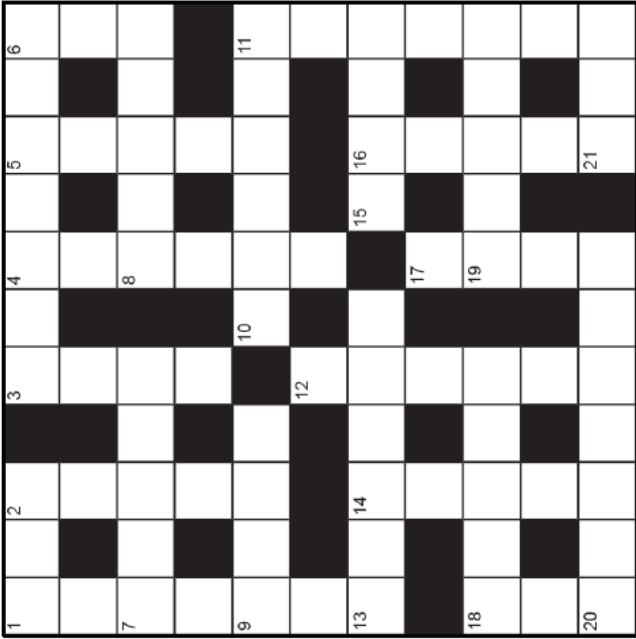
Guess all the letters in the word to win.



CROSSWORDS

Across

- 1. Opposite of *good*.
- 3. A garbage can.
- 7. A fertile place in a desert.
- 8. A desire to eat that is more than hunger.
- 9. Things to play with.
- 10. Snapped, fractured, fallen apart.
- 13. Far away.
- 15. Saliva.
- 18. A boy's name that has the same letters as *cuber*.
- 19. An African animal (same letters as *Opika*).
- 20. Someone who dreams.
- 21. A large piece of wood.



Solution next month!

Down

- 1. This is used for soaking up ink.
- 2. Covered with dust.
- 3. A special table for writing at.
- 4. Sweet.
- 5. To snap, fracture or fall apart.
- 6. To move your head up and down.
- 11. Zero.
- 12. A small river.
- 14. A small rodent.
- 16. You might find this in an oyster.
- 17. A number.
- 18. This is for sleeping in (or growing in—if you're a flower).

SOLUTIONS



Sylphie's Red Hot Puzzler
(from page 20)

HIS PARENTS WERE IN A JAM.

Appendix 3 Writing

Pobble 365 Storystarter – Magnetised



Story Starter

Macy kept her powers secret. Not even her parents knew about the things she could do. Macy had known from a very young age that she was different, and although she was fascinated by the magic that she possessed, it also frightened her. Her younger sister, Judith, gripped her hand tightly. She was the only person that Macy had trusted with her secret, so far...

Continue the story.

Sick Sentences

The sentences below are 'sick' and need to be improved...

The girls walked along the road. There were lights. It was nighttime. Macy put up her hand. Something happened. It was weird.



Name:

Date:

Writing a Biography

Date and place of birth and death:

Family information:

Lifetime accomplishments:

Major events in life:

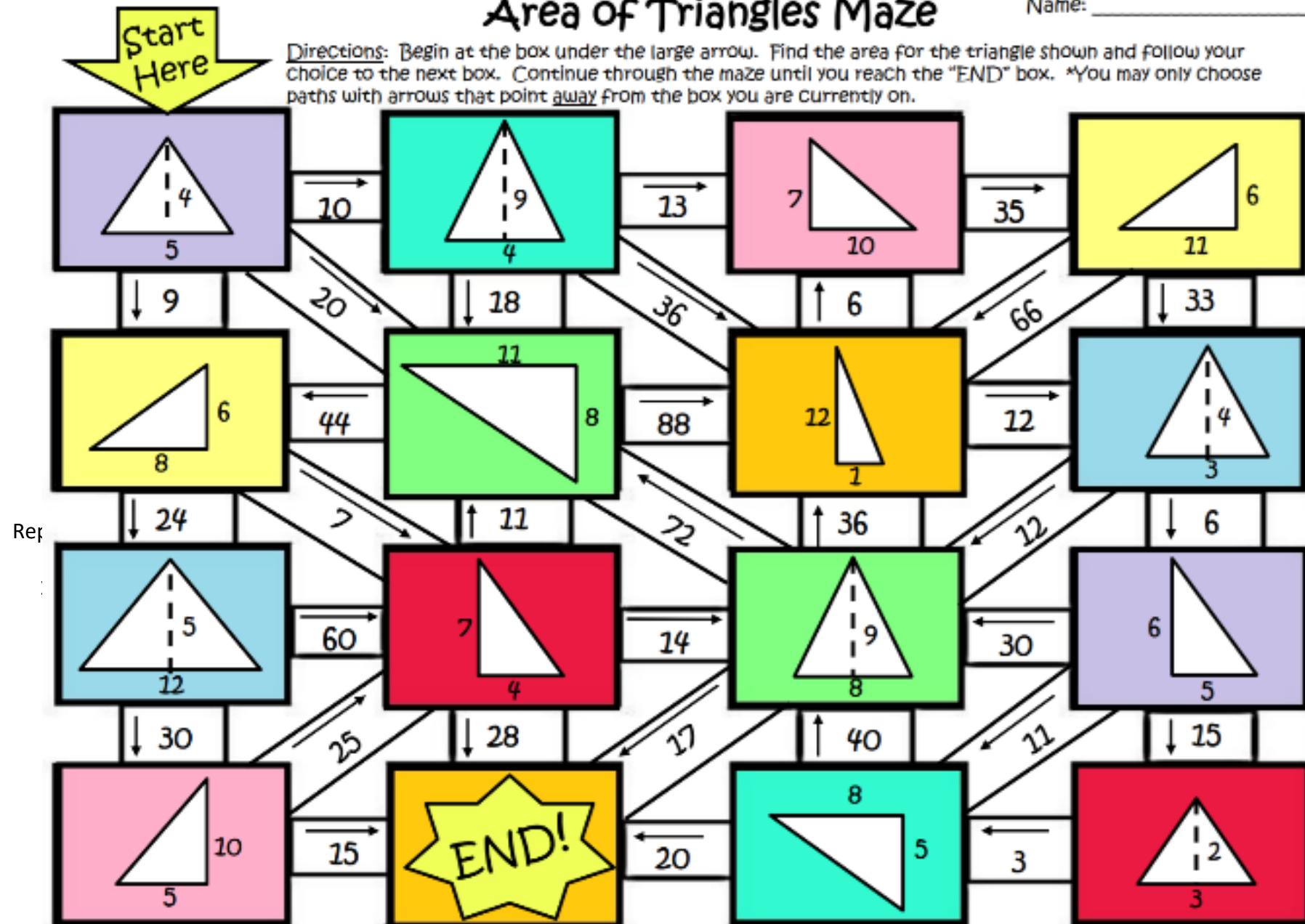
Lasting impact on society:

Appendix 4 Mathematics

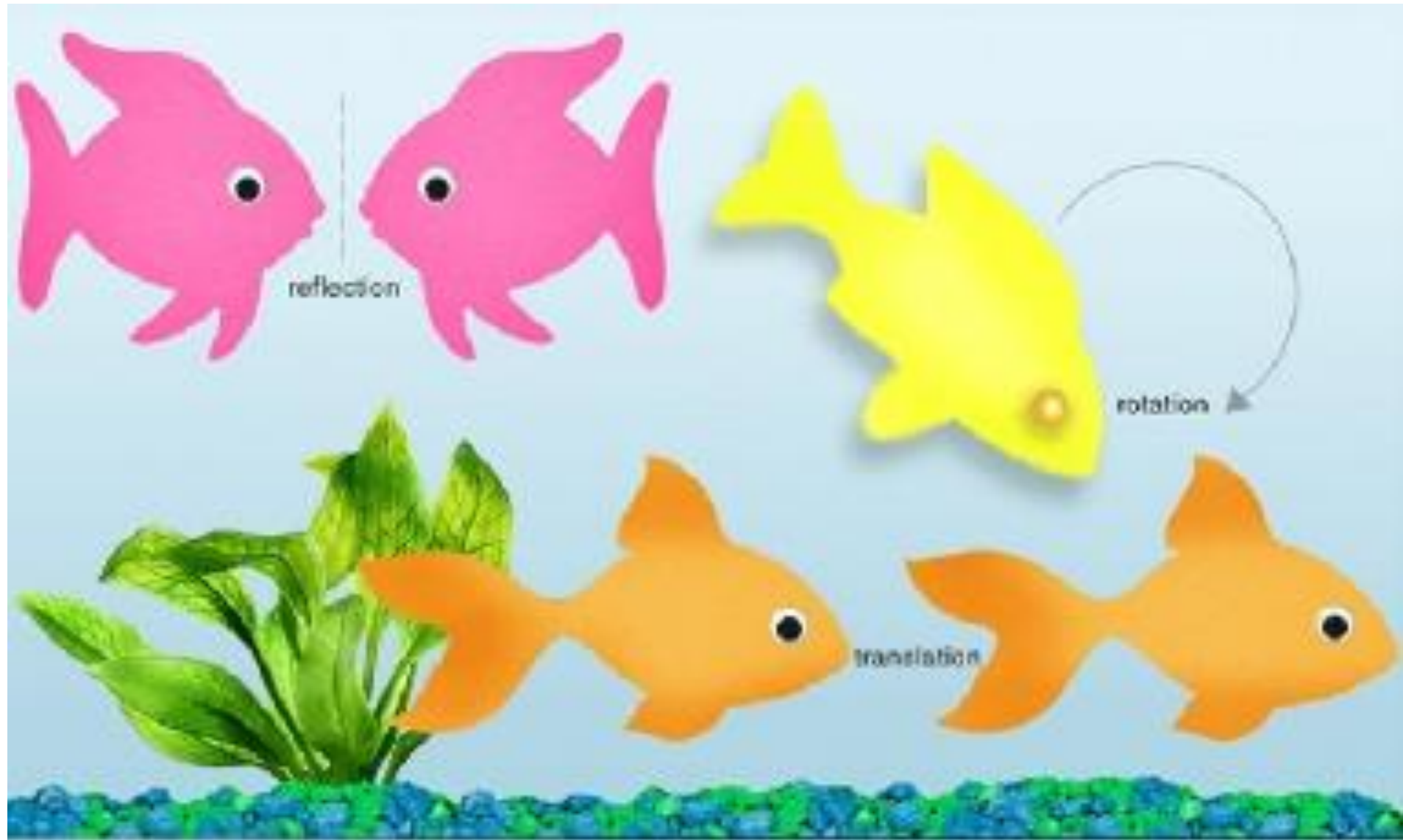
Area of Triangles Maze

Name: _____

Directions: Begin at the box under the large arrow. Find the area for the triangle shown and follow your choice to the next box. Continue through the maze until you reach the "END" box. *You may only choose paths with arrows that point away from the box you are currently on.



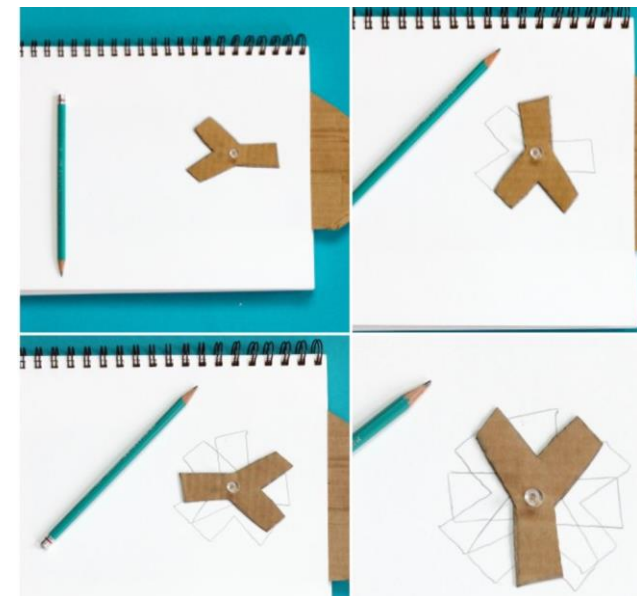
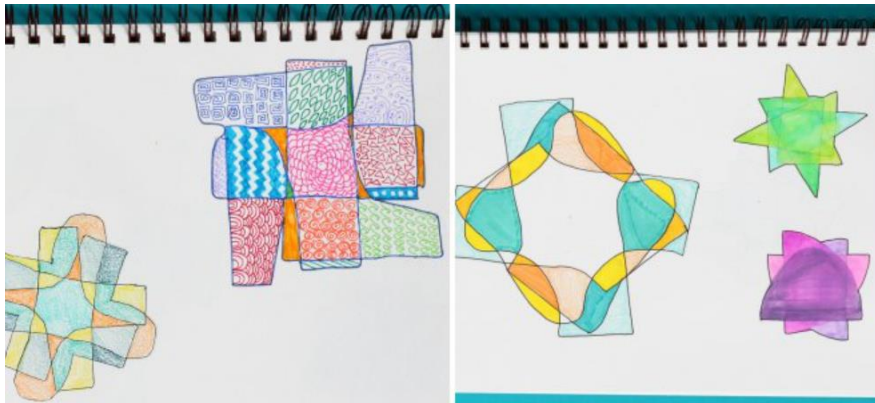
Transformation Aquarium



Rotational Symmetry Art

What You Need: Sharp pencil, cardboard, A4 paper, scissors and coloured pencils/textas of your choice

1. Draw a shape on the cardboard (use paper if you don't have cardboard). It can be regular or irregular.
2. Cut out the shape.
3. Place shape on top of paper.
4. Using a sharp pencil, tack the cardboard shape to the paper.
5. Trace the shape.
6. Turn your shape a quarter turn. Trace the shape again.
7. Repeat quarter turn rotation until you have traced the shape four times in total.
8. Repeat steps 1-8 again with another shape.
9. Decorate as desired – see examples below.



Appendix 5 Science & Technology

Orange Fizz



Materials:

★ An Orange

★ 1/2 Teaspoon Baking Soda

Instructions:

1. Cut the orange into slices or peel separate into sections
2. Dip a slice or section into the baking soda
3. Take a bite! As you chew, it should start to bubble in your mouth

Easy Video Tutorial if needed:

<https://www.youtube.com/watch?v=qWBxKXoJ8ZU>

How does it work?

When acids and bases mix, you get some exciting chemistry! Oranges and other citrus fruits are filled with citric acid. It is a safe acid, and it's what gives oranges, lemons, and limes their sourness. Baking soda is a base, the opposite of an acid. It's also safe, but doesn't taste very good on it's own, and will give you a tummy ache if you eat a lot of it. As the citric acid and baking soda mix, it makes millions of carbon dioxide bubbles, the same gas you breathe out, and the same one that makes soda so fizzy.



COLOURED CABBAGE

MATERIALS:

- Cabbage
- 2 jars or cups
- Food colouring

DIRECTIONS:

1. Slice or gently pull off the cabbage from the stalk (stem).
2. Place large piece of cabbage (with the stalk) into each jar or cup.
3. Pour in water
4. Add a few drops of food colouring
5. Wait a while, what do you see?

THINK LIKE A SCIENTIST!!

1. Why did we add food colouring to the water?
2. What do you think the water travels through to make the cabbage coloured?
3. What other vegetables would this experiment work with? Maybe try one of your own

THE EUREKA STOCKADE

The discovery of gold in Buninyong near the Victorian town of Ballarat in 1851 formed a major part of Australian identity. It resulted in a rebellion - a dramatic battle over unfair laws and regulations imposed on miners by the Victorian government.

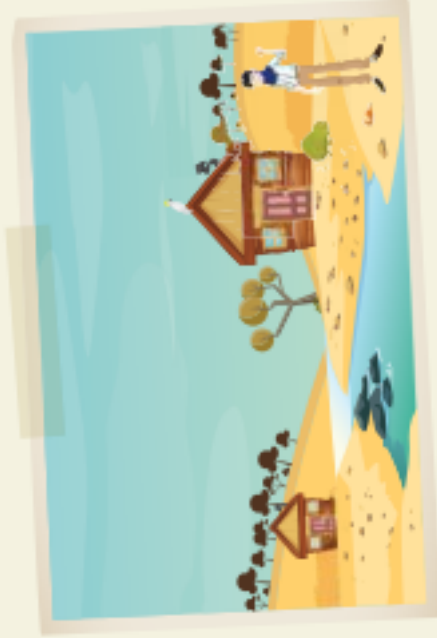
People descended on Ballarat from all over Australia, Europe, China and America in the hopes of finding their fortune. Life on the goldfields proved difficult and many gave up and returned home poor. Others were luckier and found gold that changed their lives. By law, Queen Victoria owned all the land in Australia and the government decided that for the privilege of mining, the miners would have to pay a licence fee. The miners thought this was terribly unfair.

If miners were found not to be carrying a licence, they were tied up at night, and often sent to jail. This caused growing tension between the miners and authority and often fights broke out. At the time, only wealthy men had the right to vote, so this excluded miners. In 1854, the miners formed the Ballarat Reform League, and demanded the following from the government; voting rights, better working conditions and the abolition of the licence fee. The

Government refused and the miners responded by building a stockade on December 2, 1854, to separate themselves from the troops. The miners armed themselves in anticipation of an attack, and elected Peter Lalor as their leader. Inside the stockade, the miners burnt their licences and raised a new flag that displayed the Southern Cross on a blue background. This became known as the Eureka Flag.

On December 3, 1854, a brief but devastating battle occurred at the stockade. The Victorian Government claims at least 6 troopers and 22 miners were killed, with 125 miners taken prisoner. With the exception of Peter Lalor, the leaders of the miners were later tried for treason. The charges were dismissed and the men were set free. Following this, licence fees were lowered to £1 per year. More importantly, the miners were finally given the right to vote.

In 1855, Peter Lalor was elected to parliament and represented the constituents of Ballarat. He sought to improve many conditions for the people in the area. A monument dedicated to the men who died in the Eureka Stockade stands in Ballarat today.



The Eureka Stockade

1. Describe what would life have been like for the miners of Ballarat.

2. Do you think it was fair that the miners had to pay a licence fee? Why? Why not?

3. The Eureka Stockade is often credited as the birth of Australian democracy.
Explain what this means.

4. What questions do you have about the Eureka Stockade?

5. Would you determine the Eureka Stockade successful for the miners? Why?
Why not?

Appendix 7 Creative Arts

'Warm and Cool Tree' – Artwork

Supplies Needed:

- Coloured pencils/crayons
- Lead pencil
- Paper/cardboard
- Ruler
- Something round (to trace)
- Black marker
- Anything else you'd like to use

Warm colours: red, orange, yellow and pink.

Cool colours: purple, blue, green

Step 1: On white paper, rule and draw a grid covering the whole page (use lead pencil).

Step 2: In the middle of the page, draw or trace a large circle (use lead pencil).

Step 3: Draw the tree trunk and branches (use lead pencil).

Step 4: Erase grid lines that are inside the tree trunk and branches.

Step 5: Begin colouring the boxes. Warm colours inside the circle, cool colours outside the circle.

Step 6: Trace the tree in a black marker. Colour the tree in black or create a pattern.



Appendix 8 PDHPE

Distractions, Distractions!

List 3 different distractions that may arise when:

Riding to school



For example: Talking with another friend whilst riding and not looking where I am going

Walking whilst listening to music



For example: Looking at my phone whilst walking and running into someone

What strategies would reduce these distractions?



Driver Distractions

Answer the following questions in your book.

1. **Why do you think children are a distraction in the car?**
2. **What is your responsibility as a passenger in a car?**
3. **Why is it important for passengers not to distract the driver?**

How to get to school safely – Comic Strip (Helpful Hints – wear a helmet, get off bike to walk across the crossing)

twinkl.com














Mrs Morison's PE Activity

GET MOVING

Complete the "What's your name?" activity.

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	

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)

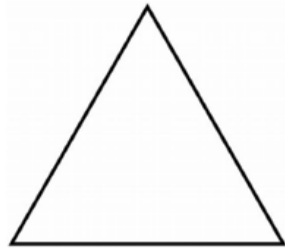
There are 6 games in the table below. Each game has different builds, that change the game slightly. Select the game you want to play and enjoy. Remember to be working on your skills as you play each game. Also remember to play fairly and have fun – IT'S ONLY A GAME!

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. <i>(If using socks, the sock must be caught before it hits the ground)</i> . 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.

Appendix 9 Mindfulness and Positivity

Triangle Breathing

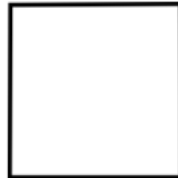
As you breath in, trace up one side of an imaginary triangle and as you breath out you can trace down and across the other two sides of the triangle.



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

Breathing Cards from: Headandheartmindfulness.com.au