




Enrichment Learning Grids: Stage 3





Weeks 6 – 7

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:			
Newspaper Words Cut out letters for each of your spelling words from a newspaper, magazine or catalogue and paste together in your workbook.	Suffix Focus What is the suffix focus this week? Create a poster for the suffix rule. Use words, drawings, etc.	Syllable Count! In your book, write out your spelling words and clap out the syllables. Record the number of syllables next to each word.	How Quick are You? <i>How many times can you write your spelling list in 1 minute?</i> See if you can improve!
Illustrations Draw a picture for each of your spelling words to help you remember each word. 	Find-A-Word Create your own Find-A-Word 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 Rhyme! Using your spelling list, write as many rhyming words as you can. Remember they have to be actual words.	Tongue Twister Create a tongue twister using your spelling words. Record yourself saying it slowly so your teacher can try and then 5 times fast. 
Short Story Write a short story using as many words from your spelling list as possible.	Font-astic Write your spelling words in your book using as many different fonts as you can. e.g. FUN, fun, fun , <i>fun</i>	Acrostic Poems Choose 5 of your spelling words and create an acrostic poem for each. 	Ball throw Record a video of you and a sibling/parent spelling out your words as you throw the ball. Upload to Seesaw.






READING

Choose your activity below:

<p>Pobble365 – Perfect Picture</p> <p>‘A Dangerous Pet’</p> <p>Think about what the children will teach the dragon. Can you draw them teaching him a certain skill?</p> <p style="color: red;">Appendix 1</p> 	<p>Thinking Differently</p> <p>Choose 3 important events from your chosen book and explain how you would have handled them differently to the characters in the story.</p> <p>Explain how it may have changed the outcome of the story in either a small or major way.</p>	<p>It’s in the Instructions</p> <p>From a book or article you have just read, select either an important object or creature and create a user manual or a guide explaining how to care for it.</p>	<p>You Have 3 Wishes</p> <p>A genie lands in the midpoint of the story you have just read and grants the two main characters three wishes.</p> <p>What do they wish for and why?</p>
<p>Bubbles and Clouds</p> <p>Using speech bubbles and pictures of the characters, draw a conversation between two characters from the book you have been reading.</p> <p>Remember a thought is drawn as a cloud and a spoken statement is drawn as a bubble.</p> 	<p>What’s Cooking?</p> <p>Find a new recipe to prepare as dinner for your family.</p> <p>(check with an adult before cooking)</p> 	<p>A Lifetime Tale in Pictures</p> <p style="color: red;">Appendix 1</p> <p>Draw the main character from a book you have read. Show them as a baby, middle aged and as an older person. Underneath each picture, write what you think they might be doing at that point of their life and explain why.</p> <p>For example, if you drew Harry Potter as a baby, he might be casting spells on his mum to feed him lots of yummy food.</p>	<p style="text-align: center;">Studyladder</p> <p>Click on the link below and complete the activities on compound words.</p> <p>https://www.studyladder.com.au/games/activity/compound-words-22741?backUrl=/games/literacy/au-year-three/english-grammar-1743?q=compound%20words</p>
<p>Make a Bookmark!</p> <p>On one side, illustrate the main characters, setting, problem and solution/resolution of a book you have read/are reading.</p> <p>If it is a non-fiction text, then draw pictures to illustrate 5 new facts you’ve learned from the text.</p>	<p>Behind the News (BtN)</p> <p>https://www.abc.net.au/btn/classroom/zoos-during-coronavirus/12201848</p> <p>Watch the story and use your summarising skills to write down at least 5 important or interesting points from the video.</p>	<p>Literacy Shed</p> <p>https://www.literacyshed.com/megacity.html</p> <p>Please read and complete dot point 6 - ‘Create an advert for your own pet food using a range of persuasive devices’ in your workbook, after viewing the story.</p>	<p>Crossword</p> <p>Complete the School Magazine crossword in Appendix 1</p> 






WRITING









Choose your activity below:

<p style="text-align: center;">Literacy Shed 'The Rocketeer'</p> <p>Watch the story and write your own adventures of The Rocketeer.</p> <p>https://www.literacyshed.com/the-rocketeer.html</p>	<p style="text-align: center;">Persuade Me!</p> <p>Use the prompt below to convince your teacher.</p> <p style="text-align: center;"><i>The greatest movie of all time is...</i></p>	<p style="text-align: center;">Which Animal!</p> <p>If you could be any animal on Earth what would it be and why?</p> <p>Explain your reasons in your workbook and draw your selection.</p> 	<p style="text-align: center;">Mystery Box!</p> <p>A mysterious box arrived in the post... What could it be inside the box?</p> <p>Write a story using this idea.</p>
<p style="text-align: center;">What's the Status?</p>  <p>Create a Facebook page for a character out of a book with some status updates about what they have been up to. Include some pictures and make sure your status updates are relevant to the character and the story.</p> <p>Use Appendix 2 as an example of how you could create your Facebook page.</p>	<p style="text-align: center;">Pobble365 - Story Starter 'A Dangerous Pet'</p> <p>Read the story starter and continue writing the story in your workbook.</p> <p style="text-align: center;">Appendix 2</p>	<p style="text-align: center;">Television Reporter</p> <p>You are a reporter for a television show. You are going to interview your role model.</p> <p>Write 10 questions that you would ask them.</p> <p>Record yourself asking these questions.</p> 	<p style="text-align: center;">Be Persuasive!</p> <p style="text-align: center;">_____ is/is not the best subject at school. Convince your audience.</p> <p>Make 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;">Cup Stacking-Keyboarding</p> <p>Improve your typing skills! Cup Stack Keyboarding is a fun game for children to practice typing quickly.</p> <p>https://www.abcya.com/games/cup_stack_typing_game</p>	<p style="text-align: center;">Change Anything!</p> <p>If you could change anything in the world what would it be and why?</p> <p>Write a speech responding to this question and record yourself presenting your speech.</p> 	<p style="text-align: center;">Scavenger Hunt</p> <p>Hide 5 things around your house.</p> <p>Create a scavenger hunt with pictures or written clues to help a family member find them.</p>	<p style="text-align: center;">FREE CHOICE</p>

MATHEMATICS

Choose your activity below:

<p>Studyladder</p> <p>Balancing Number Sentences</p> <p>Complete the Number Sentence activity on Studyladder.</p> <p>https://www.studyladder.com.au/games/activity/balancing-number-sentences-23083</p>	<p>Monster Truck Number Patterns</p> <p>Play the interactive game below based on number patterns:</p> <p>https://www.abcya.com/games/number_patterns</p>	<p>Rock Paper Sixths</p> <p>Use the template Rock Paper Sixths (Appendix 3) to determine the likelihood of winning a simple game.</p> 	<p>Its Spinner Time!</p> <p>Draw a spinner that will land on blue 50% of the time, red 40% of the time, white 5% of the time and yellow 5% of the time.</p>  <p>Make a Spinner!</p> <p>Now, using a circular piece of paper or a paper plate, make a spinner and test it out. Record your answers.</p>
<p>Geometric Art</p> <p>Using a whole page in your maths book and a ruler create your own Geometric Artwork.</p> 	<p>Balancing Number Sentences</p> <p>Create your own balancing number sentences using multiplication and one other operation and then answer.</p> <p>e.g. $5 \times \underline{\quad} = 30 - 10$</p>	<p>Dice Roll Investigation</p> <p>Use the template: <i>'Probability as Fractions - Dice Roll Investigation'</i> (Appendix 3)</p> <p>Conduct chance experiments using a dice and represent possible outcomes in fraction format.</p>	<p>Studyladder</p> <p>Complete the Studyladder Interactive activity below on 'Representing Chance as a Fraction'</p> <p>https://www.studyladder.com.au/games/activity/chance-fraction-21548?lc_set=</p>
<p>Sketch it!</p> <p>In your maths book sketch your own geometric pattern and then create it using materials from around your home or classroom.</p> <p>Example of materials you could use: straws, paper cut into 2D shapes, pens, toilet rolls, sticks.</p> 	<p>Dance Patterns!</p> <p>Make up 4-5 dance moves and repeat them in a pattern.</p> <p>Record and upload to Seesaw.</p> 	<p>Studyladder</p> <p>Complete the Studyladder Interactive activity below on 'Line Graphs'</p> <p>https://www.studyladder.com.au/games/activity/line-graphs-26534</p>	<p>Designer Data</p> <p>With your family members, play the board game: <i>'Designer Data'</i> (Appendix 3)</p> <p>You must accurately read and interpret the data in the column graph to make your way around the board and cross the finish line.</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>Fun with Density</p> <p>Complete the 'Fun with Density' experiment in Appendix 4.</p> <p>Just use the ingredients that you already have at home.</p> 	<p>Can you Strike it Rich during the Gold Rush?</p> <p>Play the interactive game below:</p> <p>https://games-digital-classroom.nma.gov.au/goldrush/</p>	<p>'Mountain Landscape' Artwork</p> <p>Use the clip below to complete your artwork, pausing when necessary.</p> <p>https://www.youtube.com/watch?v=5lZEPiqYSOw</p> <p>If you don't have access to the internet the steps are included in Appendix 6.</p> 	<p>Bike Safety</p> <p>Complete the 10 sentences on 'Bike Safety' in Appendix 7.</p> <p>Write the full sentences in your workbook.</p>
<p>Building with Food</p> <p>Watch the 'Science Max' episode below on YouTube.</p> <p>https://www.youtube.com/watch?v=GxenX7xq63M</p> <p>Design your own bridge in your scrapbook.</p> <p>Optional: Make your bridge using dried pasta and glue/blu tack.</p> 	<p>Gold Nuggets</p> <p>In Appendix 5 you will find 2 sets of strips that have a location, date and size of a gold nugget found in Australia.</p> <p>You need to do the following:</p> <p><i>Set 1 – cut out and paste in your workbook in chronological (date) order</i></p> <p><i>Set 2 – cut out and paste in your book in nugget size (largest to smallest)</i></p> 	<p>Songs from the 70s</p> <p>See how many songs from the 70s you recognise in Appendix 6.</p> <p>With your family, listen to some of them and make a play list of all your favourite 70s songs.</p>	<p>Road Safety</p> <p>Complete the 8 sentences on 'Road Safety' in Appendix 7.</p> <p>Write the full sentences in your workbook.</p>
<p>Fruity Sweets Colour Mixing</p> <p>Next time your parents/carers do the grocery shopping, ask them to buy a bag of skittles</p> <p>Using the skittles, complete the experiment in Appendix 4.</p> 	<p>Gold Mining Word Search</p> <p>Complete the 'Gold Mining Equipment' wordsearch in Appendix 5.</p> 	<p>You're the Voice!</p> <p>With your family sing 'Don't Go Breaking My Heart'.</p> <p>Record yourself singing a verse or the chorus or both.</p> <p>https://www.youtube.com/watch?v=WWieJZBKl2A</p> 	<p>Mrs Morison's PE Activity</p> <p>Complete Mrs Morison's PE activity in Appendix 7.</p> <p>Ask a family member to video record you participating in part of the activity.</p> 

MINDFULNESS & POSITIVITY

Choose your activity below:

Kindness

Do an act of kindness and record it.

Will you write it, draw a picture or take a photo?



Triangle Breathing

Practise your special breathing.

Appendix 8: Breathing

Gratitude

Begin a Gratitude Jar

Each day write or draw something you are grateful for and place it in your Gratitude Jar.



Square Breathing

Practise your special breathing.

Appendix 8: Breathing

Heart Breathing

Practise your special breathing.

Appendix 8: Breathing

Goal Setting

What would you like to get better at?

Write/draw at least 2 things.

What will help you achieve this goal?

Write/draw the steps you can take to achieve this goal.

Wave Breath

Practise your special breathing.

Appendix 8: Breathing

Challenges

Think of something which has been challenging for you.

How did you get through it?

What is something nice you could say to someone who is going through a challenge?

Peaceful Kids

Try a meditation that you haven't tried before.

Draw or write how you are feeling *before* the meditation, then how you feel *after* the meditation.

<https://www.peacefulkids.com.au/meditations1.html>

Be a Good Sport

Play a game with a member of your household. Think about how you can be a good sport and encourage each other.

What can you say to the other person if they win? Or you win?

Values

Respect, Responsibility & Excellence are our school values.

Are you practising our values at home?

Record it: write/draw/picture/video

Special Person

Think of someone in your life that is special to you.

Create a card or make a piece of artwork for them, showing them that you appreciate having them in your life.

HANDS ON LEARNING

Choose your activity below:

Roll the Dice!

Play a board game with a family member.
If you don't have one, make one in your scrapbook.

Champion Composter

Bury different food scraps under small mounds of dirt in your garden. Every few days uncover them and see how they are breaking down.
Record your observations.

Shape Shifter

Draw and name every shape you can think of in 2 minutes.
Use only these shapes to draw a robot or creation of your choosing.

Curious!

Trace around your hand and write a question on each finger.
Choose one question and spend 5 minutes writing down everything you know about this topic.

Make a Calm Down Jar

Research how to make a calm down jar using cooking oil, water and food colouring.



Make your jar and use it for a mindfulness activity

Puppet Theatre

Design and make two puppet characters using objects found around your home (eg. socks).
Write a script for a short play.
Perform it for your family.



Mandala

Mandala means "circle".

They are made with geometric shapes. They help people focus and feel calm.



Collect things from your garden and make a mandala.

Construct a Lego Bridge

Choose a gap between two objects of the same height (eg. two chairs).
Build a bridge that spans between them.



Paper Plane Challenge

Make a paper plane and test it out.
Did it fly well? What could you do to improve your design?
Try a new design and compare.

Recycled Art

Create something using items from your recycling.



What's for Tea?

Work together as a family to plan what's for tea.
Follow the recipe with the help of a parent/carer.

Stick Creation

Create something from a pile of sticks.

BRAIN BREAKS

Choose your activity below:

Look for the Good

Go for a walk with someone where it's safe. Walk for at least 10 minutes.

As you are walking, when you see something that is 'good' tell your walking buddy and tell them why you think it is good.

Some examples might be *funny animals, busy insects, lovely flowers, beautiful buildings, smiling people.*

A Note of Thanks

Think about someone you are thankful for.

Write them a little note to say why you are thankful.

Decorate it and present it to the person.

Soak up some Sunshine

Go outside and just have some time for you while you enjoy a little sunshine!

Colouring In

Take some time to colour in a picture.

If you can't find a picture to colour, draw your own picture and colour it.



Joking Around

Here's a couple of jokes to make you smile. Read them, giggle and share them. If you know some other jokes share them too!

Why do fish live in saltwater?

Because pepper makes them sneeze!

What did zero say to eight?

Nice belt!

Animal Walks

Can you move like an animal?

How many different animal walks can you do?

e.g *a penguin, a snake, a frog...*



Jigsaw Puzzle

Do a jigsaw puzzle with a family member.

What is the best way to start?
(straight pieces first)

Finger Spelling

Use the link below to learn how to fingerspell. Can you spell your name? Video yourself spelling hello to your teacher and share on Seesaw.

<https://www.signlanguageforum.com/auslan/fingerspelling/alphabet/>



Go Noodle!

<https://www.gonoodle.com>

Just Dance

Search 'Just Dance' on Youtube and select a suitable song/dance to move to.

Darebee

Mr Grumpy or Cardio Fix

<https://darebee.com/>

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Appendix 1 Reading

Pobble 365 – Perfect Picture - 'A Dangerous Pet'



A LIFETIME TALE IN PICTURES

Name

CHARACTER NAME _____

Empty box for character name and description.

Two empty boxes for additional notes or illustrations.

CROSSWORD 4

Across

1. A group of lions.
3. A spell.
6. These arrive in the mail.
9. A casual word for *because*.
10. Symphony Orchestra (initials).
11. A girl's name (rhymes with *ballerina*).
14. A mirror does this.
16. Brilliant Erasmus (initials).
17. A direction that is a little bit north of NE.
18. A place where there are many books.
21. A triangle has three of these.
22. This may come to you when you are sleeping.



Down

1. A friend.
2. The hole at the end of a needle.
3. Most cosy.
4. Near the North Pole.
5. A messenger carries this.
7. This is the Latin word for *I*.
8. A drink that some people drink white, and others drink black.
10. Races very quickly over a short distance.
12. Tingling feelings are sometimes called pins and _____.
13. To give offence.
15. A knight has this word in front of his name.
16. High-jumpers must clear this.
19. Opposite of *good*.
20. A word to use when something tastes delicious.

Solution next month!

SOLUTIONS

Crossword 3



Sylphie's Tree Tribulations
Puzzler (from page 33)

THE PALM TREE

Appendix 2 Writing

Story Starter - 'A Dangerous Pet'



The King had known that the gift he presented to his children on their 5th birthday was dangerous. He was prepared to take the risk of letting them own a pet dragon, however. One day, the twins would rule the kingdom together, and they would need all the help they could get. No-one could deny that a dragon was a powerful ally!

Before that day, though, the children had much work to do. They had to train their dragon!

Continue the story...

Facebook Profile Template

facebook

Search for people, places and things

Work and Education

History by Year

About You

Basic Info

Birthday

Gender

Interested In

Relationship Status

Religious Views

Political Views

Contact Info

Favorite Quotations

Living

Relationships and Family

Rock Paper Sixths









You will need:

- Game board
- Counters

How to Play...

1. Choose which result of rock, paper, scissors will be the most likely result. Place your counters at the top of your chosen column.
2. Now it's time to play rock, paper, scissors! Record the result of each game by placing a counter in the appropriate column.
3. The first column to fill up is the winner. Did you choose it? If not, better luck next time.
4. Now it's question time. Ask each other: Is each result an equally likely outcome? How can you affect the result? What is each result as a fraction?



10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	Rock/ Scissors	Rock/ Paper	Rock/ Rock	Scissors/ Paper	Scissors/ Scissors	Paper/ Paper
						



Probability as Fractions

Dice Roll Investigation



I can represent possible outcomes in fraction format.

Part 1.

1. List all of the likely outcomes when rolling a dice.

2. What is the probability (in fraction format) that you will roll a three (3)?

3. What is the probability (in fraction format) that you will roll an odd number?

4. What is the probability (in fraction format) that you will roll an even number?

Part 2.

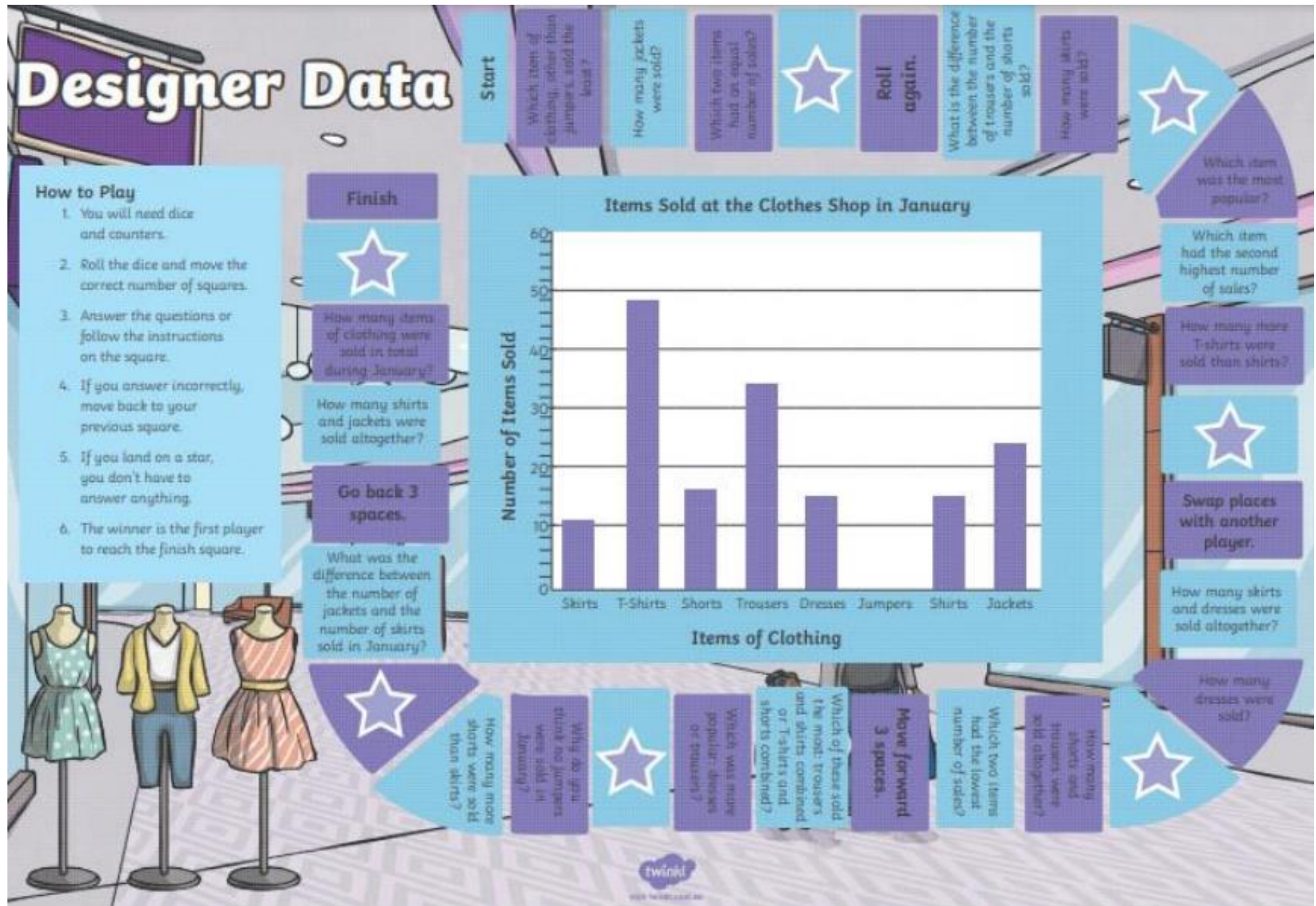
1. Roll a dice ten (10) times and record each number shown as a tally mark.

One (1)	Two (2)	Three (3)	Four (4)	Five (5)	Six (6)

2. Write each number total as a fraction.

3. Was the actual outcome for rolling even numbers different to the probability?

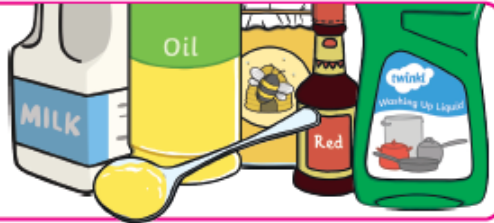
4. Was the actual outcome for rolling a three (3) different to the probability?



Fun with Density

You Will Need

- Honey
- Vegetable oil*
- Milk
- Food colourings
- Water
- Golden syrup
- A Glass
- Washing up liquid



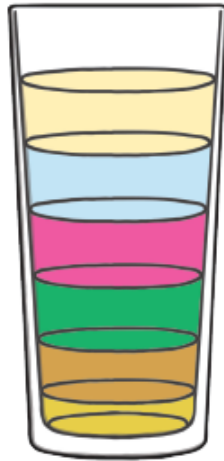
* Please dispose of oil safely and responsibly.

Density is a really tough concept to grasp. We confuse ourselves by referring to our weight all the time when we really mean our **mass**. **Mass** is effectively 'how much stuff' is there. **Density** is how much mass is in a volume (or space).

One way to illustrate density is to pour different liquids (which have different densities) on top of each other. The liquids with the greatest density sink to the bottom.

Method

- 1 Measure out the same volume of each of the liquids. Colour the water and the milk if you wish.
- 2 Starting from the bottom, pour in the honey. Make sure it goes into the middle of the glass and that you don't get any honey on the sides.
- 3 Slowly pour the golden syrup on top, followed by the washing up liquid.
- 4 Then add the milk, followed by the water.
- 5 Finally top with vegetable oil and admire your rainbow glass!



The Science Bit

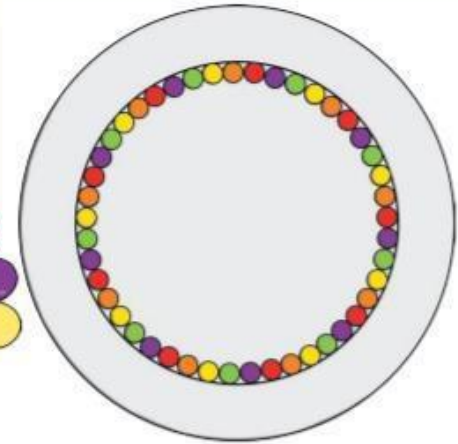
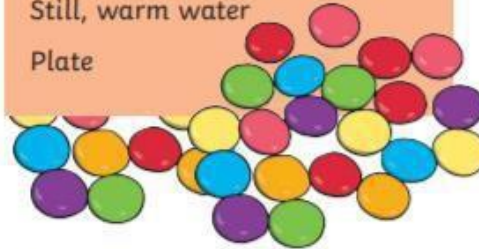
Each of the liquids have a different mass of molecules or different numbers of parts squashed into the same volume of liquid, this makes them have different densities and therefore one can sit on top of the other – the more dense a liquid is the heavier it is.

Do you think you could float small objects on each of the different levels? We'd love to see a photo if you can.

Fruity Sweets Colour Mixing

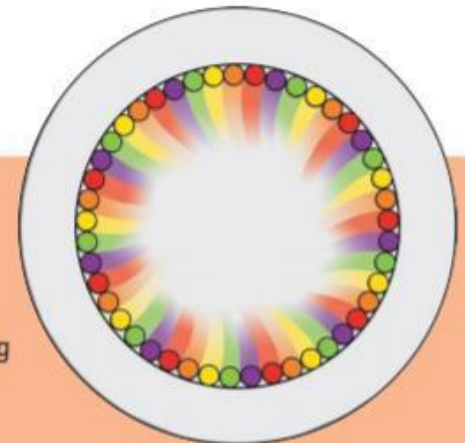
You will need:

- Fruity, rainbow-coloured sweets
- Still, warm water
- Plate



Instructions

1. First, place the coloured sweets around the edge of the plate in a circle shape.
2. Then, get some warm, still water in a jug. Ask an adult for help.
3. Next, pour the warm water into the middle of the circle until it reaches the sweets.
4. Watch what happens.
5. Why do you think this happens?



The Science Bit

The shells of coloured sweets are made from sugar. When sugar is put in warm water, it dissolves. As the colours meet, they mix, creating different colours.

Appendix 5 History

Maryborough	Maryborough, Vicotoria	1855	32.1kg
Burrandong	Burrandong, New South Wales	1853	40kg
Welcome	Ballarat, Victoria	1858	68.9kg
Viscount Canterbury	Dunolly, Victoria	1870	34.6kg
Blanche Barkly	Kingower, Victoria	1857	54.2kg
The Welcome Stranger	Moliagul, Victoria	1896	78.3kg
Precious	Dunolly, Victoria	1871	53.4kg
Sarah Sands	Ballart, Victoria	1853	34.7kg
Canadian	Ballarat, Victoria	1853	41.02kg
Lady Hotham	Ballart, Victoria	1854	36.6kg

Maryborough	Maryborough, Vicotoria	1855	32.1kg
Burrandong	Burrandong, New South Wales	1853	40kg
Welcome	Ballarat, Victoria	1858	68.9kg
Viscount Canterbury	Dunolly, Victoria	1870	34.6kg
Blanche Barkly	Kingower, Victoria	1857	54.2kg
The Welcome Stranger	Moliagul, Victoria	1896	78.3kg
Precious	Dunolly, Victoria	1871	53.4kg
Sarah Sands	Ballart, Victoria	1853	34.7kg
Canadian	Ballarat, Victoria	1853	41.02kg
Lady Hotham	Ballart, Victoria	1854	36.6kg

Gold Mining Equipment



m a e b h p x u i p a n
p u d d l i n g m s x i
a m l p o c q r v c w s
d v p i c k a x e v o a
d i d h y i p o d s o i
l f a b u c k e t k d k
e g n b d r s a h s e l
v m t u d a e w j l n g
g o l d c d w s r u b y
e t u i d l a i o i u t
s s h o v e l c i c i u
a f h h i u r g d e n b

bucket
paddle
puddling
tub

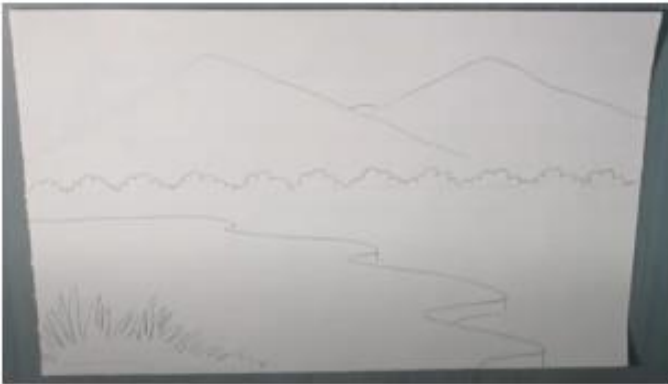
cradle
pan
shovel
wooden

gold
pick
sluice
pick axe



Appendix 6 Creative Arts

‘Mountain Landscape’ Artwork – Step by Step Instructions <https://www.youtube.com/watch?v=5IZEPiqYSOw>



Songs from the 1970s

Songs from the 70s.

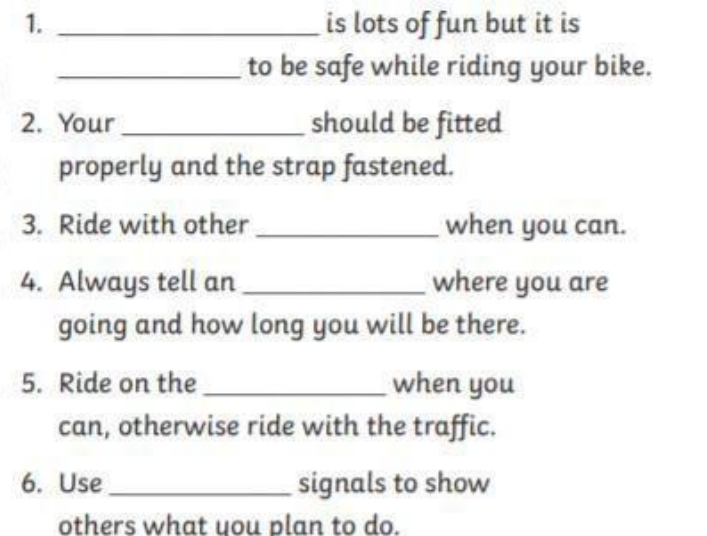
B. J. Thomas	"Raindrops Keep Fallin' On My Head"
The Jackson 5	"I Want You Back"
Shocking Blue	"Venus"
Sly & the Family Stone	"Thank You (Falettinme Be Mice Elf Agin)" / "Everybody Is a Star"
Simon & Garfunkel	"Bridge Over Troubled Water"♪ (1970)
The Beatles	"Let It Be"
The Jackson 5	"ABC"
The Guess Who	"American Woman" / "No Sugar Tonight"
Ray Stevens	"Everything Is Beautiful"
The Beatles	"The Long and Winding Road" / "For You Blue"
The Jackson 5	"The Love You Save"
Three Dog Night	"Mama Told Me (Not to Come)"
The Carpenters	"(They Long to Be) Close to You"
Bread	"Make It with You"
Edwin Starr	"War"
Diana Ross	"Ain't No Mountain High Enough"
Neil Diamond	"Cracklin' Rosie"
The Jackson 5	"I'll Be There"
The Partridge Family	"I Think I Love You"

Carly Simon	"You're So Vain"
Stevie Wonder	"Superstition"
Elton John	"Crocodile Rock"
Roberta Flack	"Killing Me Softly with His Song"
The O'Jays	"Love Train"
Vicki Lawrence	"The Night the Lights Went Out in Georgia"
Tony Orlando and Dawn	"Tie a Yellow Ribbon Round the Ole Oak Tree"♪ (1973)
Stevie Wonder	"You Are the Sunshine of My Life"
The Edgar Winter Group	"Frankenstein"
Paul McCartney and Wings	"My Love"
George Harrison	"Give Me Love (Give Me Peace On Earth)"
Billy Preston	"Will It Go Round in Circles"
Jim Croce	"Bad, Bad Leroy Brown"
Maureen McGovern	"The Morning After"
Diana Ross	"Touch Me in the Morning"
Stories	"Brother Louie"
Marvin Gaye	"Let's Get It On"
Helen Reddy	"Delta Dawn"

Appendix 7 PD/H/PE

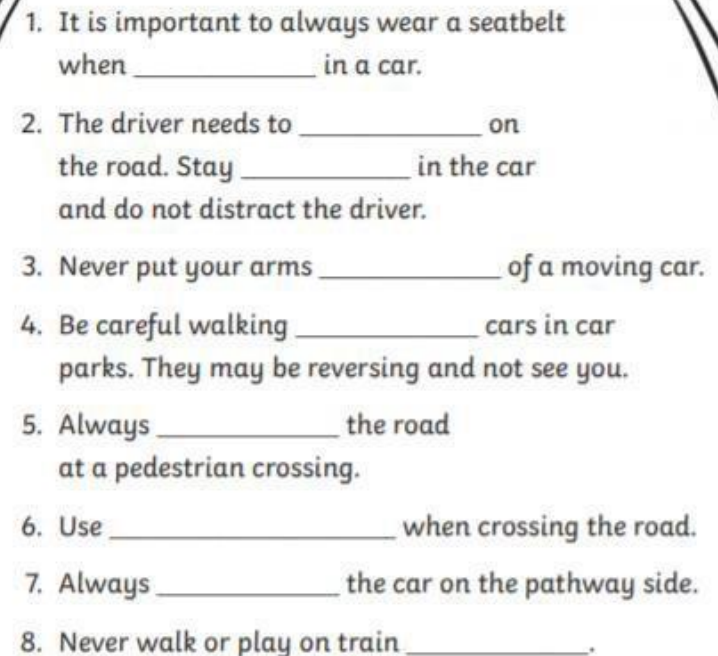
Bike Safety

night	middle	adult
hand	helmet	pathway
people	Bike riding	hazards
signals	important	straight

- 
1. _____ is lots of fun but it is _____ to be safe while riding your bike.
 2. Your _____ should be fitted properly and the strap fastened.
 3. Ride with other _____ when you can.
 4. Always tell an _____ where you are going and how long you will be there.
 5. Ride on the _____ when you can, otherwise ride with the traffic.
 6. Use _____ signals to show others what you plan to do.
 7. Do not ride in the _____ of the road or swerve around cars. Ride in a _____ line.
 8. Reflectors, on your clothes and bike, will help you be seen, especially at _____.
 9. Be aware of _____ or obstacles around you.
 10. Always follow the traffic _____ and lights.

Road Safety

cross	exit	quiet
outside	behind	tracks
stop, look, listen, think	concentrate	travelling

- 
1. It is important to always wear a seatbelt when _____ in a car.
 2. The driver needs to _____ on the road. Stay _____ in the car and do not distract the driver.
 3. Never put your arms _____ of a moving car.
 4. Be careful walking _____ cars in car parks. They may be reversing and not see you.
 5. Always _____ the road at a pedestrian crossing.
 6. Use _____ when crossing the road.
 7. Always _____ the car on the pathway side.
 8. Never walk or play on train _____.

Mrs Morison's PE Activity

GET MOVING

Using the PE MOVEMENT chart (next page) select **one** activity from each column (warm up, move, cool down) and perform each for approximately 1½ minutes each

IMPROVE YOUR SKILL 1. – STRIKING A BALLOON/LIGHT BALL – using your hands



















You will need a balloon, light ball, or improvised ball – such as rolled up socks, paper or even aluminium foil.

1. Keep the balloon/ball up for 1 minute (continuously tap the balloon/ball to keep it in the air). If the ball hits the ground, perform 5 jumping jacks and try again.
2. Tap the balloon/ball into the air as you walk jog, skip, sidestep etc. from one end of an area to another.
3. Repeat step 1, but use two hands together to keep the ball up – like a set shot in volleyball
4. Repeat step 1, but use two hands together to keep the ball up – like a dig shot in volleyball
5. Find an object to use as a mini barrier/net. Tap the balloon/ball upwards over the barrier and then attempt to move to the other side and tap it back – like a solo game of tennis. How many times can you tap the balloon/ball to yourself across the barrier?

IMPROVE YOUR SKILL 2. – STRIKING A BALL – using your hand

You will need a tennis ball, or similar item.

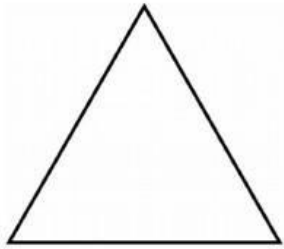
1. Hit the ball in the air 10 times
2. Hit the ball against a wall (make sure you get permission – or use an outside wall if possible) 10 times. Can you catch it in between hits?
3. Hit the ball against a wall, trying to hit a target. (stick a piece of paper or a chalk dot – get permission first.)
4. Hit the ball into the air 3 times in a row – without it hitting the ground.
5. Hit the ball against the wall 3 times in a row – without catching it, or having it hit the ground.
6. CHALLENGE – Can you hit the ball against the wall, followed by into the air, then back at the wall etc. – without it hitting the ground? How many can you do in a row?
7. Place a target on the ground (hoop, placemat, chalk circle etc.) Strike the ball, so that it hits the target, bounces off the wall and back – catch.
8. Repeat step 7, but attempt to strike repeatedly, without catching, but still hitting the target on the ground prior to hitting the wall.
9. CHALLENGE – Try to hit the ball onto the ground target and then hit the wall target, before catching – or if you are up to it – continue and see how many times in a row you can hit the floor target AND the wall target without catching the ball.

WARM - UP	MOVE	COOL DOWN
 <p>ARM CIRCLES</p>	 <p>FROG JUMPS</p>	 <p>BUTTERFLY STRETCH</p>
 <p>JUMPING JACKS</p>	 <p>BUTT KICKS</p>	 <p>ARM ACROSS BODY</p>
 <p>STRETCH TALL</p>	 <p>SIT UPS</p>	 <p>CHILD'S POSE</p>
 <p>BASKETBALL SHOOTING ACTION</p>	 <p>SQUATS</p>	 <p>QUAD STRETCH</p>
 <p>MARCH ON THE SPOT</p>	 <p>MOUNTAIN CLIMBERS</p>	 <p>SIDE STRETCHES</p>
 <p>DANCE ON THE SPOT</p>	 <p>JOG ON THE SPOT</p>	 <p>TOE TOUCHES</p>

Appendix 8 Mindfulness and Positivity

Triangle Breathing

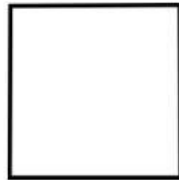
As you breathe in, trace up one side of an imaginary triangle and as you breathe out you can trace down and across the other two sides of the triangle.



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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.



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Heart Breathing

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



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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.



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