

Stage 2 Offline Home Learning Timetable– Term 3 – Week 3

Week	Monday 26 th July	Tuesday 27 th July	Wednesday 28 th July	Thursday 29 th July	Friday 30 th July
Morning: English	<p>Reading Read the text about Australia. Record 10 interesting facts from the text. Optional Extra- Draw and colour the Australian Flag</p>	<p>Reading Read the attached text "Polar Animals" Complete the following activity- - Read text and then answer comprehension questions in your booklet.</p>	<p>Reading Using the book of your choice, read for 15-20 minutes and complete the following activity: Word Detective- Find and record 20 nouns and 20 verbs from your book.</p>	<p>Reading Read the attached text "Seeds and Weeds" Complete the following activity- - Read text and then answer comprehension questions in your booklet.</p>	<p>Reading Using the book of your choice, read for 15-20 minutes and complete the following activity: What was your favourite part of the story? Write about it and explain why you liked it.</p>
	<p>Spelling – Brainstorming 's' words. 1. Brainstorm as many 's' words as possible. 2. Take a look at the list words and record at least 10 words. 3. Write 5-10 sentences using these words.</p>	<p>Grammar Nouns A noun is the name of a person, place or thing. A COMMON NOUN names ANY person, place or thing. For example, teacher, school, student. A PROPER NOUN names a SPECIFIC person, place or thing. For example, Mrs Giles, James Erskine Public School, Bob. Proper nouns always have capital letters. Complete the worksheet about nouns.</p>	<p>Handwriting Complete the 'Japan' handwriting page by first tracing the text and then writing it below. Year 3: Pre-cursive Year 4: Cursive</p>	<p>Spelling Take a look at the spelling grid attached. Pick 3 different ways to practise your list words.</p>	<p>Handwriting Complete the 'The Three Sisters' handwriting page by first tracing the text and then writing it below. Year 3: Pre-cursive Year 4: Cursive</p>
	<p>Writing Story Writing- <i>Be careful, this robot is...</i> Today you are going to write a story. Look at the stimulus "Be careful, this robot is.." to find some ideas on how to structure your work. - You will need an introduction, complication (a problem) and a resolution (solving the problem) - Write in full sentences and paragraphs - Give your story a title - Draw a picture to go with your writing - Re-read and edit your writing</p>	<p>Writing Behind the News For writing today we are going to do something different. Watch Behind the News Classroom Episode 20 on TV channel ABC Me at 10am. Write down 5 – 7 facts that you learnt while watching this episode.</p>	<p>Writing Speed writing – <i>You meet a magical genie and you are given three wishes. What are your three wishes and what happened after you met the genie?</i> - Write or type for 15-20 minutes. - Don't forget to edit your writing. - Add a title and a picture to your work - Re-read and edit your writing</p>	<p>Writing Persuasive writing – <i>Movies are more enjoyable than books.</i> - Today you are going to write a persuasive text. Look at the stimulus "Movies are more enjoyable than books" to look for some reasons for and against this topic. - You will need an introduction (stating your opinion), 3 arguments (reasons with supporting evidence) and a conclusion (summary of your arguments). - Write in full sentences and paragraphs - Use high modality words and emotive language - Re-read and edit your writing</p>	<p>Writing Poetry – Colours Pick one colour that you would like to write a poem about. Brainstorm things that are typically this colour. Think about how each of these things feels, smells, tastes and sounds like. Use adjectives and similes. Here is an example to help you structure your poem: <i>Green tastes like a sour apple. Green smells like freshly cut grass in my yard. Green sounds like the tall trees swaying in the breeze. Green feels as calm as spring time.</i> - Don't forget to edit your writing. - Add a title and draw or insert pictures to go with your poem</p>
Break	Break	Break	Break	Break	Break

Middle: Mathematics	Mathematics Start by practising your 6 times tables. Use the times tables chart provided to help you. Activity: Complete the algorithm worksheet. OPTIONAL EXTRA- Create your own algorithms and then show how you would solve them.	Mathematics Start by practising your 6 times tables. Use the times tables chart provided to help you. Activity: Complete the word problems worksheet. OPTIONAL EXTRA- Create your own word problems and then show how you would solve them.	Mathematics Start by practising your 6 times tables. Use the times tables chart provided to help you. Activity: Number of the day worksheet. Use a die to create a number a 3-digit number. If you don't have a die then you can create your own number. Write this number on the top of your worksheet and use this number to answer all of the questions on the worksheet. • OPTIONAL EXTRA- Write everything you know about the number 7. Think about where we see it in everyday life, how we use this number and different ways we could represent it.	Mathematics Warm up: Start by practising your 7 times tables. You may read these out from the times tables chart provided. Activity: Complete the subtraction algorithm worksheet. • OPTIONAL EXTRA- Create your own algorithms and then show how you would solve them.	Mathematics Warm up: Start by practising your 7 times tables. You may read these out from the times tables chart provided. Activity: Complete the subtraction algorithm worksheet. • OPTIONAL EXTRA- Create your own algorithms and then show how you would solve them.
PE	PE -Choose 10 new boxes on the fitness challenge to complete.	PE -View the GetActive@Home Poster Episode 1. -Complete the skipping challenges. AND/OR Spell out your full name using the RAA – Alphabet workout . Complete the exercises for every letter of your first, middle and last name.	PE -Choose 10 boxes on the fitness challenge to complete.	PE -View the GetActive@Home Poster Episode 2. -Complete the hopping challenges. AND/OR Spell out the first names of all the family members in your home the RAA – Alphabet workout . Complete the exercises for every letter of their names.	PE Choose 10 boxes on the fitness challenge to complete (dance is one of them).
Break		Break	Break	Break	Break
Afternoon: Various	Creative arts – Art This week is Education Week. The theme of the week is Lifelong Learners. Education Week is an annual celebration of NSW public education and we celebrate the achievements of schools, students and our education system. Design a poster with the theme "Lifelong Learners". You can get as creative as you like and you can use any media of your choice (e.g. cardboard, paper, wood, whiteboard, chalk or technology).	HSIE Complete the Tokyo Olympics 2021 Word Search	Health There are many different ways to stay healthy. Some of these are: •Exercising regularly •Eating healthily •Having a happy attitude Fill out the Health Worksheets about your diet, sleep and exercise for the day. Participate in the fitness workouts and then write about how your body feels afterwards	Olympics Design an Olympic medal for this years Olympics in Tokyo.	Friday Fun Make a certain food that you like in your kitchen. This could be anything even a sandwich. Take a picture or draw what you made.

Australia

Classification

The Aboriginal and Torres Strait Islander Peoples were the first people to live in Australia. The main language that is spoken within Australia, is English. Australia is a very multicultural country, with people from different countries living here.



Flag

The Australian flag is blue, white and red. There are six stars on the flag. Five of the stars make up the Southern Cross. The Southern Cross is a symbol of Australia being founded in the Southern Hemisphere. The seven-pointed star represents the different states and territories of Australia. In the top left hand corner of the flag is the Union Jack. This symbolises Australia's connection to England and their rules.

Food

In Australia, there are all different kinds of foods. This is because Australia is very multicultural. As people moved to Australia from different countries, they brought their traditional foods with them. Australians are well-known for eating yeast extract spread, prawns, meat pies, tomato sauce and barbecue food.



Landmarks

In Australia, there are many landmarks like Uluru, Sydney Harbour Bridge, the Sydney Opera House, and the Great Barrier Reef. People from all over the world like to visit these landmarks because they are all so beautiful. When people visit these landmarks, they must remember that there can be certain rules to obey in order for these to stay special for a long time.

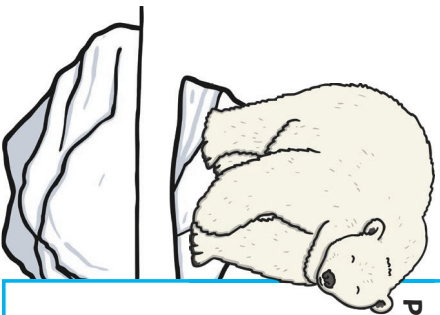


Polar Animals

Some animals live in very hot places, e.g. snakes and camels live in deserts. Other animals live in extremely cold places, like the Arctic or Antarctic.

Polar Bears

Polar bears live in the ice and snow. They hunt seals. Their bodies are adapted to the cold. This means their bodies have changed to help them stay warm.

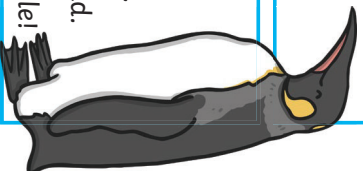


Polar Bear Facts

- They have big feet for swimming through the sea. They spend most of their lives in water.
- Their fur is the same colour as the snow so they blend in.
- Their super sense of smell lets them know where to hunt for seals.
- They have sharp teeth to help them hunt and eat.

Penguin Facts

- They use their wings like flippers for swimming.
- They have waterproof feathers to keep them dry.
- They have lots of fat to stop them getting too cold.
- Their beaks open wide to catch and eat fish whole!



Did You Know...?

Penguins are found in both hot and cold places. Some kinds of penguin love hot weather!

Questions

1. Name one animal found in a desert.

2. What do polar bears hunt?

3. What are polar bears' feet useful for?

4. What can penguins' beaks do that helps them?

5. Why do polar bears need to look white?

6. Can you draw your own picture of a penguin and label the beak, feet and flippers?

All about...

How Weeds Get Everywhere!

How come weeds get everywhere in our gardens? One minute your lawn can be lovely and green and the next minute it's covered - and I mean covered - in dandelions! Well, it's all to do with the clever way that plants spread their seeds to keep making more plants.

Making the Seeds

So, how do the plants make so many seeds?

Most plants are made up of some female and male plant parts. Bees and other insects come to the flower because they smell nice and have lovely colours. While the bees are in the flower, they help move pollen around to fertilise the plant. Sometimes even the wind can help with moving the pollen around to the right places.

Once the plant is fertilised, the seeds can grow. When this happens in a dandelion, the yellow flower turns into what we call a dandelion 'clock'. If you look closely at a dandelion clock, it is full of dark coloured seeds with light, feathery, white tops that look like umbrellas.

Fact File

- A weed is only a plant that someone does not want in their garden. They can be very pretty!
- Nettles can be used for making tea and medicines, so they are really useful.
- The world's largest weed is giant hogweed. It can grow up to 3.65m in height and have leaves that measure 91cm long.
- Some people think that if you hold a buttercup under your chin and the yellow reflects on your skin it means that you like butter.



Spreading the Seeds

So, how do the seeds get everywhere?

This is the clever bit...

As we said before, dandelions make lots and lots of seeds that look like umbrellas. This makes the seeds really good at floating and flying through the air. So, all they need is the wind to carry them off to another part of the garden, or sometimes even further. Before you know it, there are hundreds of seeds all over your lawn. These seeds are all ready to germinate and make yet more dandelions. Other flowers and plants have other clever ways of spreading their seeds, including putting them inside tasty fruit so that animals eat them. Eventually the seeds come out of the other end in their poo and start to germinate!

How Weeds Get Everywhere!

Questions

1. What is the name of the world's largest weed?

2. Which animals can move pollen around in the flower?

3. What are the dark-coloured objects that you can see in a dandelion clock?

4. What is a good thing that nettles can be used for?

5. What makes dandelion seeds good at floating in the air?

6. What do some people think it means if a buttercup reflects yellow under your chin?

7. How tall can the largest weed grow?

8. How many questions are there in the text?

9. In paragraph one, the author has used the contracted word **it's**. Write the full words without the apostrophe.

10. What happens when you blow on a dandelion clock and how does that help the dandelion?

Week 3

List Words

sold	Easter	glass	next	ice
cent	story	sound	dance	face
once	sprint	fence	post	son
sail	centimetre	sent	sister	across
Christmas	circle	seem	desk	



Extension Words

s	seal	sc	science
ss	kiss	ps	psychology
se	mouse	st	listen
ce	juice	sw	sword
x(ks)	fox	sce	acquiesce
c	pencil		

astronomy	accident	certain	message
essential	ambulance	explanation	
loneliness	business	juice	

Brainstorm as many 's' words as possible.

Take a look at the list words and record at least 10 words.

<hr/>	<hr/>
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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Write 5-10 sentences using these words.


A noun is the name of a person, place or thing.

A COMMON NOUN names ANY person, place or thing. For example, teacher, school, student.

A PROPER NOUN names a SPECIFIC person, place or thing. For example, Mrs Giles, James Erskine Public School, Bob. Proper nouns always have capital letters.

Complete the following activities about nouns.

Identify common nouns and proper nouns.



Sort the nouns!

Identify common nouns and proper nouns.

COMMON NOUNS	PROPER NOUNS

lady

store

Nike

tree

car

dog

Africa

Target

Peter

Rug

Tuesday

Kite

flower

Hawaii

city

day

Mandy

Toyota

IPad

March

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Circle the proper nouns

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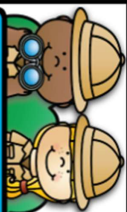


April Wednesday Jack
I Texas
Monday school
Thanksgiving
teacher
August Nike
city Barbie Lily
Florida
Africa month
I country
Colgate Ford
July

Underline the verbs in each sentence.

1. I ran to the pool and jumped in the cold water!
2. My sister baked a cake for my birthday.
3. I always write very neatly.
4. Peter painted a pretty picture for our teacher.
5. I heard a noise and saw a cat sitting outside my window.
6. My friend gave me a new pencil.
7. I walked to the lake and fed the ducks.
8. Please mix the sugar and the butter carefully!
9. Lilly and Alex walked to school.
10. We washed the dishes and swept the floor.





Animal Verbs! Choose the correct verb:

- The lion loudly!
- The little dog at the big cat.
- The snake into the long grass.
- The little spider a large web.
- The ostrich her large wings.
- The lonely wolf at the moon.
- The rabbit through the garden.
- The butterfly from flower to flower.
- A flock of birds through the sky.
- The dangerous tiger at me!

grewled barked
spun roared
fluttered flew
slithered flapped
howled hopped

Can you find all the nouns?

☐ cat ☐ Max ☐ July ☐ baby ☐ eat
☐ in ☐ bus ☐ on ☐ Ford ☐ ear
☐ door ☐ she ☐ car ☐ pen ☐ bag
☐ USA ☐ rat ☐ Africa ☐ swim ☐ Sam
☐ if ☐ flower ☐ America
☐ IKEA ☐ an ☐ Target
☐ water ☐ he ☐ the



SPELLING ACTIVITIES

Write your spelling words in fancy letters.	Choose a book or magazine. Can you find any of your spelling words inside?	Write your words using marker.	Sort your words by how many letters they have.
Choose 5 words. Scramble the letters and see if someone can work out the real words.	Choose 5 words and use them in a sentence.	Choose 6 words and draw a picture to match them.	Write your words in alphabetical order.
Can you find any words that rhyme with your spelling words?	Write your words in rainbow writing.	Write a song using as many spelling words as you can.	Write out your words 2 times.
Write out your words and then circle all the vowels.	Write your words in bubble writing.	Have someone test you on your spelling words.	Create a word search using your spelling words.
Write a sentence using as many of your spelling words as you can.	Choose 5 interesting words. Why did you choose them?	Write your words backward.	Write a story using as many spelling words as you can.

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Take a look at the spelling grid attached.
Pick 3 different ways to practise your list words.

Japan

Geography

Japan is to the east of Asia. To the west of the country is Russia, Korea, China and the Sea of Japan. To the east is the Pacific Ocean. The capital city of Japan is Tokyo. Japan contains several thousand islands. Four main islands make up the country—Hokkaido, Honshu, Shikoku and Kyushu. Although it looks small, Japan is vast. Most of Japan is mountains, including the Japanese Alps. One of the most famous and highest mountains in these alps is Mount Fuji. Japan is also home to around 200 volcanoes, 60 of which are active. The country is covered in forests.

Population

Japan is a highly populated country. Over 125 million people live in Japan. Many of them are in huge cities around Japan. The biggest city in Japan is Tokyo, where around 9.5 million people live. Around the towns is countryside. Some of the most popular religions in Japan are Shintoism and Buddhism.



The Three Sisters

Read the following paragraph:

The Three Sisters is the name given to an unusual rock formation in the Blue Mountains, New South Wales. They are named Meehni, Wimlah and Gunnedoo after three sisters of the Katoomba tribe. According to Aboriginal Dreaming, the sisters were turned to stone by a witch doctor to protect them during a battle with a neighbouring tribe. Before they were turned back, the witch doctor was killed in battle.

Trace the following paragraph:

The Three Sisters is the name given to an unusual rock formation in the Blue Mountains, New South Wales. They are named Meehni, Wimlah and Gunnedoo after three sisters of the Katoomba tribe. According to Aboriginal Dreaming, the sisters were turned to stone by a witch doctor to protect them during a battle with a neighbouring tribe. Before they were turned back, the witch doctor was killed in battle.

Copy the paragraph.

"Be careful, this robot is..."

Today you are going to write a narrative (a story).

The topic you have been given for your narrative is "Be careful, this robot is..."

Think:

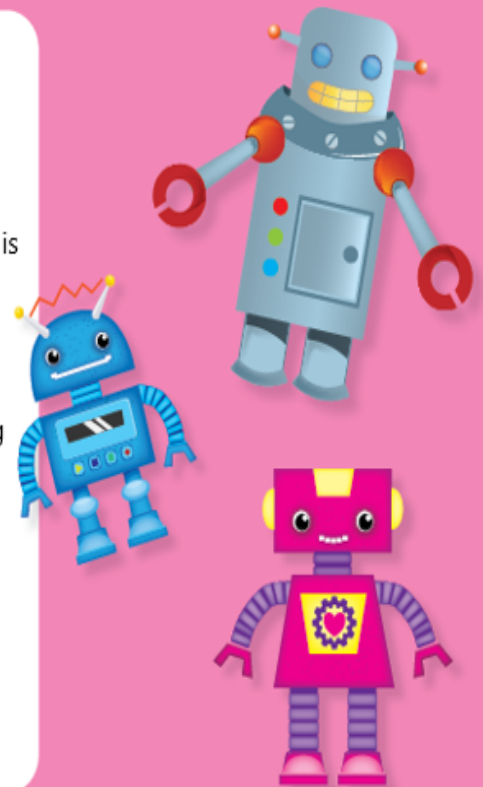
What do you want your story to be about? Your story might be about a robot that is causing destruction, a problem that occurs with a robot or even an unexpected event that happened between a robot and humans.

Plan:

Plan your writing before you begin and decide who your characters are, the setting of your story, the complication or problem and how it is solved and how the story will end.

Remember to check:

- that your spelling and punctuation is all correct
- that you have used sentences
- that you have stayed on topic
- that you have edited your writing.



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Movies Are More Enjoyable Than Books

Reasons For

- Movies are visually appealing and bring imagination to life.
- Movies include only the most interesting parts of a story.
- Movies show an entire story within a relatively short time-frame.
- Movies can be enjoyed as a social outing with friends.
- Movies showcase the talents of a range of people within the film industry.

Reasons Against

- Books allow the reader to picture the story however they choose.
- Books tell the whole story in detail; nothing is left out.
- Books are portable and can be enjoyed anywhere, anytime.
- Books can be enjoyed over as long or as short a time as you choose.
- Books allow the reader to spend some quiet time relaxing on their own.



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Column Addition Practice (No Regrouping)

[illegible]

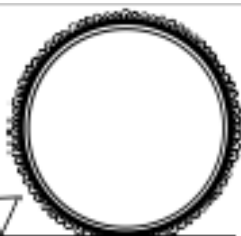
3-Digit Column Addition (With Regrouping)

[illegible]

Solve the word problems below

1. Poppy has \$3. Melons cost 75c. How many melons can poppy buy? _____
2. Isaac needs to be in town at half past two. The journey takes 40 minutes. What time does Isaac need to leave? _____
3. String A is 66cm long. String B is 41cm long. What is their total length? _____
4. Ellie gets 30c pocket money every week. She wants to buy a toy for \$2.70. How many weeks must she save to buy the toy? _____
5. A small egg weighs 33 grams. How much would 3 small eggs weigh? _____
6. A large egg weighs 60 grams. How much would 4 large eggs weigh? _____
7. One book weighs 200grams. How much does 5 books weigh? _____

Number of the DAY



Name: _____



Hundreds



Tens



Ones

_____ + _____ + _____ = _____

Number Word:

.....

-10	-1	+1	+10	+100

Make a word problem using the number.

.....

.....

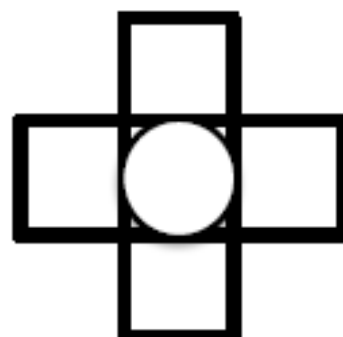
.....

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Odd or
Even?



Ways To Make It

1

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2

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3

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4

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5

.....

6

.....

7

.....

8

.....

Make a number bond.



_____ + _____ = _____


_____ + _____ = _____

_____ - _____ = _____

_____ - _____ = _____

3-Digit Column Subtraction

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



Subtracting 3-Digit Numbers from 3-Digit Numbers - With Exchanging

LO: to use column subtraction
Calculate the answer to the following:

$\begin{array}{r} 451 \\ - 218 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 840 \\ - 525 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 472 \\ - 238 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 481 \\ - 323 \\ \hline \\ \hline \end{array}$
$\begin{array}{r} 690 \\ - 526 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 726 \\ - 419 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 427 \\ - 233 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 519 \\ - 450 \\ \hline \\ \hline \end{array}$
$\begin{array}{r} 353 \\ - 136 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 627 \\ - 258 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 622 \\ - 394 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 951 \\ - 652 \\ \hline \\ \hline \end{array}$

Subtraction Word Problems





























Winter is almost here, and most animals are migrating to warmer countries.

1. There are 67 bird families living near the mountain. If 32 bird families flew away for winter, how many bird families were left near the mountain?
2. At the river, 25 out of 55 salmon families went to warmer waters to avoid being frozen. They had to swim 125 miles to get there! How many salmon families were left in the river?
3. The wolves, though accustomed to cold weather, also wanted to move away from the incoming winter. If there are 43 packs of wolves living in the forest and 31 packs went away, how many wolf packs were left in the forest?
4. Some deer families are also moving out to avoid the shortage of grass that will result from the snow. If there are 79 deer families in the area and 45 of them stayed, how many deer families moved out?
5. Even the chipmunks tried to get away to find other warmer places to stay. They would have to walk for 14 days to get somewhere warmer. If 21 chipmunks were left from the original 86, how many chipmunks went away?



Fitness Challenge



Do 20 star jumps. 	Hop around like a frog for 1 minute. 	Touch your toes 10 times. Hold for 30 secs each time. 	Balance a ball on your head. 	Spin in a circle for 10 seconds. 
Walk like a crab for 1 minute. 	Stretch as high as you can and hold it for 30 seconds 	Choose a song and create your own dance routine for the song! Perform it in front of your family. 	Pick up a ball from the floor without using your hands. 	Take 10 giant steps. 
Balance on one leg for 30 seconds. 	Do 6 cartwheels. 	Lay on your back and paddle your legs like you are on a bike. 	Skip the rope for 1 minute. 	Make your own hopscotch. Play it for 1 minute. 
Stretch like a cat. Do it 5 times. 	Do an egg and spoon race with your sibling. 	Dance like a chicken for 1 minute. 	Walk backwards 10 steps and then skip back. Repeat 5 times. 	Do 10 squats in 30 seconds. 
Wiggle like a worm for 30 seconds. 	Do Yoga for 10 minutes. You can find videos on YouTube. 	Tiptoe for 25 seconds. 	Throw a ball in the air and catch it. Repeat 10 times. 	Shake your arms and clap your hands. Do this 5 times. 
Create your own obstacle course and time yourself doing it! 	Do gorilla shuffle for 15 seconds. 	Lay on the floor. Lift your arms and legs above the floor for 10 seconds. Repeat 10 times. 	Balance a book on your head for as long as you can. 	Do 10 sit ups in one minute. 

Each letter = 50m!

The RAA Workout

Alphabet

Click each image for exercise technique instruction

 A 5 push ups	 B 5 pilates roll ups	 C 5 tricep dips	 D 5 V sits
 E 6 squats	 F 7 mountain climbers	 G 7 lunges	 H 8 lateral jumps
 I 10 jumping jacks	 J 15 high knees	 K 15 sec high plank	 L 10 sec superman
 M 15 sec warrior pose	 N 10 jumping jacks	 O 15 high knees	 P 5 push ups
 Q 5 pilates roll ups	 R 5 tricep dips	 S 5 V sits	 T 6 squats
 U 7 mountain climbers	 V 7 lunges	 W 8 lateral jumps	 X 10 jumping jacks
 Y 15 high knees	 Z 15 sec high plank		

GetActive@Home

Episode 1 - Skipping

Stage 2

Challenges

With/without a skipping rope, attempt the following jumping combinations.

- Slalom skier - feet together and jump from side to side.
- Scissor - jump with one foot forward and one foot back, then alternate each jump.
- Square - jump with feet together forward, to the side, back, then to the side again to finish at the starting point.
- Pony - jump from side to side and make a quick one, two, three step each time.
- Flick kick - kick one leg out in front and alternate for each jump.

Mega Challenges

- Set the body in either a low or high plank position. Keeping the elbows (low plank) or hands (high plank) underneath the chest and the body straight.
- Try raising an arm or leg and holding the position.
- Alternate between the low and high plank position.

Other variations

With a partner try:

- create jumping combinations with a partner
- go slower or faster make it easier or harder.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD2-4 performs and refines movement skills in a variety of sequences and situations.

PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.

Sample questions

How can you combine foot movement and twirling the rope to master a new skipping combination?

How can you use your eyes to create balanced movement?

Teaching cues

Tuck elbows in.

Rotate the wrists.

Bounce feet.

Eyes ahead.

Equipment

Skipping rope or similar.

GetActive@Home

Episode 2 - Hopping

Stage 2

Challenges

Perform the following movement activities changing every 5-10 seconds.

- Running on the spot (fast, slow, high knees).
- V-sits, side leans, static balances, arabesques.
- Jumping half turns, full turns.

Mega Challenges

- Using a combination of small and big hops create the outline of letters or shapes on the ground.
- Hop between two markers (islands) carrying a piece of equipment (essential item) or object from one marker to the other.
- Vary the distance between the markers and alternate hopping foot.

Other variations

With a partner try:

- hopping on the spot while another person completes 10 throws of a ball then change roles
- set up a hopscotch court on the ground using chalk
- skip with a skipping rope only using a hop.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD2-4 performs and refines movement skills in a variety of sequences and situations.

PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.

Sample questions

How can we get more height from our hop?

Why do we land with our knee bent?

How can we use hopping in different movements?

Teaching cues

Stand on one leg weight on ball of foot (rocket ready).

Bend knee slightly and spring up (rocket explode).

Land with knee bent (rocket land).

Equipment

5 small items (small soft toy or bean bags), a marker such as a witches hat or shoe.

Olympics in Tokyo 2021

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

aquatics
archery
athletics
baseball
canoe
cycling



equestrian
football
golf
gymnastics
hockey
Japan

karate
medallist
olympics
rowing
skateboarding
sport



surfing
tennis
Tokyo
torch
triathlon
volleyball



FitFUTURES
building active lifestyles

HOME LEARNING

PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

STAGE TWO

WEEK: THREE

Today I am feeling: _____

Last night, I slept for _____ hours.

I ate _____ for breakfast this morning.

Yesterday, I ate _____ pieces of fruit.

Today, I have had _____ glasses of water.

Yesterday, I spent _____ hours using a screen (iPad, phone, television, computer etc).

One type of physical activity I will do today is: _____

Today I have eaten/will eat:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

One thing I could add/change to make my diet even more healthy would be:

WEEK ONE ACTIVITIES

Try to do each of these activities for 30 seconds without stopping. Take a 15 second break, then repeat this twice more.

Don't forget to tick the box once you have completed the activity!

WEEKLY FOCUS: CARDIO

Before you begin, try to feel your heart beat by placing your hand on your chest or two fingers on your neck. Notice how fast or slow it is beating. Repeat this after each exercise.



Activity One: High Knee Running

What: Run on the spot getting your knees up as high as you can. Use those arms!

Challenge: Find some space outside to run instead of running on the spot.

☐

Activity Two: Half Burpees

What: Reach your arms up to the sky and jump. Put your hands on the ground, and jump your feet back into a push up position. Jump back up and repeat.

Modified: Don't jump when you stand up.

☐

Activity Three: Frog Jumps

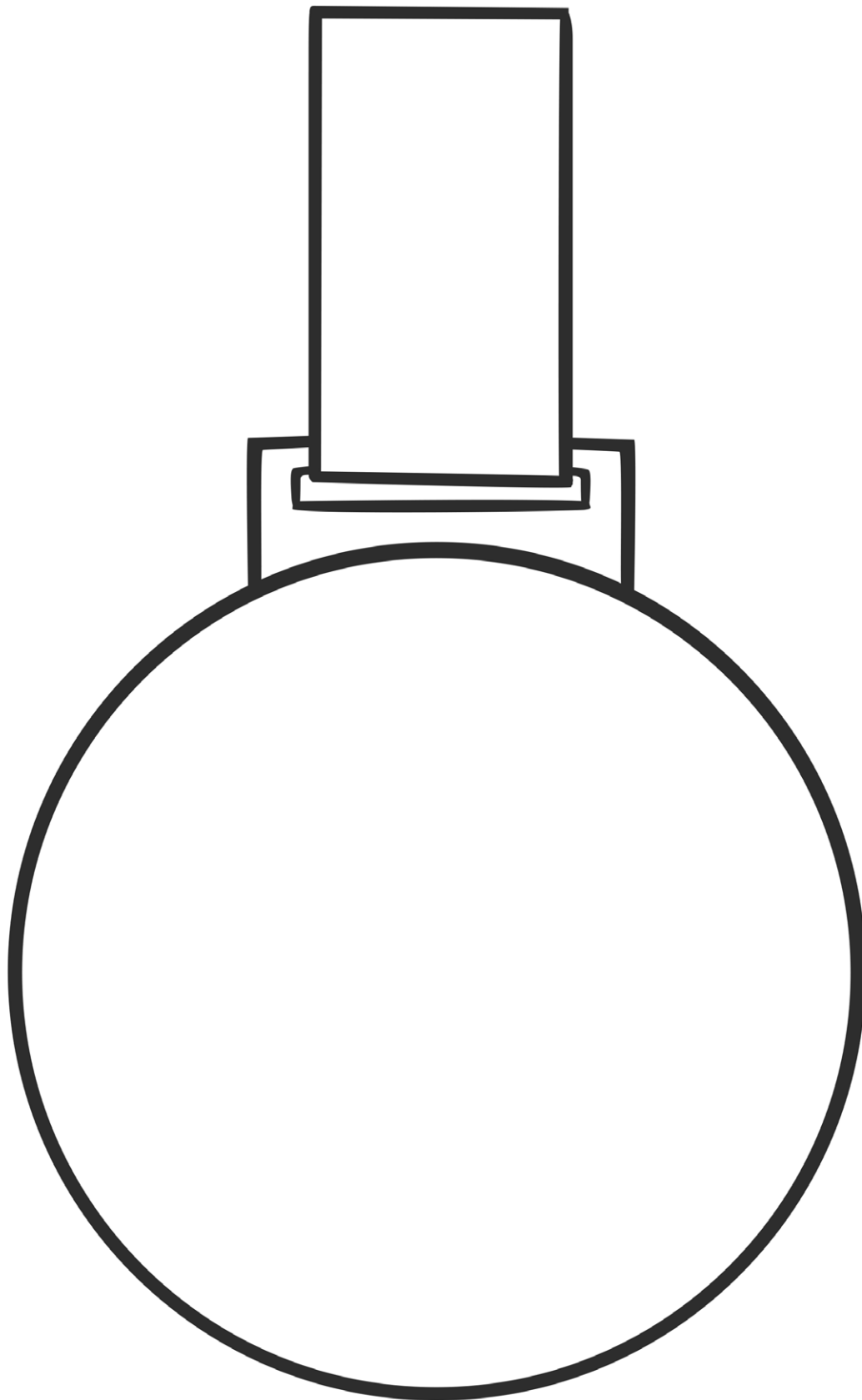
What: Get into a push up position on the ground. Bring both knees to your elbows by jumping into a squat position with your feet on the outside of your hands, keeping your hands on the ground. Jump your feet back into a push up position.

Modified: Move one leg at a time instead of jumping with both.

☐

My Olympic Medal Design

Create your Olympic medal design in the template below.



How did your body feel after doing the exercises?

What did you notice about your heart rate after each exercise?

Which exercise did you think was the hardest? Why?

CHALLENGE OF THE WEEK

Complete the Fit Futures 90 second workout -
https://www.youtube.com/watch?v=0_CeRrcdlag

Choose at least 3 of the exercises in this video, or come up with your own, to create your own 90 second workout. Teach this workout to a family member. Write down the exercises you have chosen below:
