

Stage 2 Offline Home Learning Timetable– Term 3 – Week 4

Week	Monday 2 nd August	Tuesday 3 rd August	Wednesday 4 th August	Thursday 5 th August	Friday 6 th August
Morning: English	<p>Reading</p> <p><i>Using the book of your choice read for 15-20 minutes and complete the following activity:</i></p> <p><i>About My Book-</i> Complete the attached document about your book</p> <p>Spelling</p> <ol style="list-style-type: none"> 1. Brainstorm as many 'ir/er/ur' 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>Reading</p> <p>Read the attached text "The World Cup 2018"</p> <p>Complete the following activity- - Read text and then answer comprehension questions in your booklet.</p> <p>Grammar</p> <p>Adverbs</p> <p>An adverb is a word that describes a verb. For example- Bob quickly ran to the shop. Complete the worksheet on adverbs.</p>	<p>Reading</p> <p>For 15 minutes, read aloud to a parent, family member or even a teddy bear! Pay attention to your fluency and expression.</p> <p>Handwriting</p> <p>Complete the handwriting worksheet. Year 3, you will be focusing on exit hooks. Year 4, you will be focusing on diagonal joins.</p> <p>Spelling</p> <ol style="list-style-type: none"> 1. On a piece of paper, write your spelling list words in alphabetical order. 2. Write your list in rainbow colours. 3. Find dictionary meanings for 5 or more of your words- you may like to use Google to find your definitions. 	<p>Reading</p> <p>Read the attached text "Moon Festival"</p> <p>Complete the following activity- - Read text and then answer comprehension questions in your booklet.</p> <p>Spelling</p> <ol style="list-style-type: none"> 1. On a piece of paper, write your spelling list words in alphabetical order. 2. Write your list in rainbow colours. 3. Find dictionary meanings for 5 or more of your words- you may like to use Google to find your definitions. 	<p>Reading</p> <p><i>Using the book of your choice read for 15-20 minutes and complete the following activity:</i></p> <p><i>Design a poster to advertise your book.</i></p> <p>Handwriting</p> <p>Pick a small passage from your favourite book or poem and practise your handwriting. Year 3: Pre-cursive Year 4: Cursive</p>
	<p>Writing</p> <p><u>Story Writing-Caught you</u> Today you are going to write a story. Look at the stimulus "Caught you" 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</p> <p><u>Behind the news</u> Watch Behind the News Classroom Episode 21 on TV channel ABC Me at 10am. Write down 5 – 7 facts that you learnt while watching this episode.</p>	<p>Writing</p> <p><u>Speed Writing</u> <i>The world's largest theme park just opened. You are a reporter and your job is to describe the theme park. Write about the amazing rides and other interesting features that the theme park has. Remember to use lots of adjectives.</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</p> <p><u>Persuasive writing – All families should own a pet.</u> -Today you are going to write a persuasive text. Look at the stimulus "All families should own a pet" to find 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</p> <p><u>Journal writing</u> <i>Write a list of all of the things that you are grateful for in your life.</i> -Don't forget to edit your writing. -Add a title and draw or insert a picture of the things that you are grateful for.</p>
Break	Break	Break	Break	Break	Break

Middle: Mathematics	Mathematics Warm up: Start by practicing your 4 times tables. You may read these out from the times tables chart provided. Optional: Write your 4 times tables down on a piece of paper. Activity: 3d Shape Properties Worksheet	Mathematics Warm up: Start by practicing your 4 times tables. You may read these out from the times tables chart provided or you. Optional: Write your 4 times tables down on a piece of paper. Activity: 3d Shape Scavenger Hunt	Mathematics Start by practicing your 4 times tables. You may read these out from the times tables chart provided. Optional: Write your 4 times tables down on a piece of paper. Activity: Complete the representing money worksheet.	Mathematics Start by practicing your 8 times tables. You may read these out from the times tables chart provided. Optional: Write your 8 times tables down on a piece of paper. Activity: Complete the correct change worksheet.	Mathematics Start by practicing your 8 times tables. You may read these out from the times tables chart provided. Optional: Write your 8 times tables down on a piece of paper. Activity 1: Complete the compass rose. Activity 2: Complete the compass directions worksheet Optional extra: Give instructions to someone in your household using only compass directions. See if you can instruct them to get from one room to another.
PE	PE Set a timer for ten minutes. Complete the following 5 exercises and repeat for the full 10 minutes: 15 pushups 20 high knees 15 sit ups 10 squats 10 burpees	PE View the alphabet activity poster. Spell out your name and complete the activity for each letter that is in your name. Complete each activity for 60 seconds.	PE Set a timer for ten minutes. Complete the following 5 exercises and repeat for the full 10 minutes: 15 star jumps 20 high knees 15 sit ups 10 lunges 10 burpees	PE View the alphabet activity poster. Choose 10 letters and complete each activity for 60 seconds.	PE View the yoga pose activity cards. Complete each pose and hold it for at least 30 seconds.
Break	Break	Break	Break	Break	Break
Afternoon: Various	PDH Healthy foods are fuel for the body. When we eat healthy foods, our body will have enough energy to work properly. When we eat unhealthy foods too often, we increase our chances of becoming unwell. Fill in the Fit Futures worksheets and participate in the fitness activities to improve our upper bodies.	Creative arts – Art <u>The Olympic Rings</u> Colour in the picture of the Olympic Rings.	Science <u>Focus – Push and Pull</u> View the push and pull poster. If you have a marble/ball get this, if not then get another object. Think about and write down all the different ways you could move this object. Complete the push and pull worksheet.	Drama <u>My Play Script</u> Use the “My Play Script” template to create your own play. Think about how you could make your play exciting and interesting.	Friday Fun <u>Create a mini compost</u> Use the instructions provided to create your own mini compost.

About My Book

Characters

*Write the names of all the characters in your book.
Draw or insert a picture of what you think they might look like*

Main Event

Write about the main events in your story

The Ending

Write about what happened at the end of your book.

My Thoughts

Did you like this story? Why or why not?

Word Hunt

*Type 5 nouns from your book in red
Type 5 verbs from your book in blue
Type 5 contractions from your book in green
(eg- can't)*

New or Unusual Words

List some new or unusual words that you found in your book.

The World Cup 2018

What Is The World Cup?

The World Cup is an international football tournament and involves football teams from around the world. It takes place every four years and was first held in 1930.

The World Cup can take place in any country around the world. In recent years, it has been held in Germany, South Africa and Brazil.

The World Cup 2018

In 2018, the World Cup was held in Russia from 14th June to 15th July. It was the first time that Russia hosted the World Cup.

There were 32 teams from around the world competing. They played a total of 64 matches at 12 different stadiums around Russia.

The teams were split into eight groups of four teams. England was in Group G with Belgium, Panama and Tunisia.

All teams played in Group Stage matches. Then, the top two teams from each group went through to the Knockout Stage. The best two teams, Croatia and France, played in the final at the Luzhniki Stadium in Moscow. France won and became the World Cup champions.



The World Cup Emblem

The emblem (logo) for the 2018 World Cup was the shape of the World Cup trophy. It was red, gold, black and blue and was designed in a similar style to Russian art from the past.

The World Cup Mascot

The mascot was a wolf whose name means 'the one who scores' in Russian. He wore orange glasses, a blue and white T-shirt and red shorts. Red, white and blue are the colours of the Russian team.

The World Cup Trophy

The winning team (France) were presented with a trophy made from gold. They did not get to keep this because of its high value. Instead, they were given a gold-plated copy of the trophy.

All members of the top three teams received medals in gold, silver and bronze.



Questions

- Where was The World Cup held in 2018? Tick **one**.
 - ☐ Germany
 - ☐ South Africa
 - ☐ Brazil
 - ☐ Russia
- How many teams competed in the tournament? Tick **one**.
 - ☐ 64
 - ☐ 8
 - ☐ 32
 - ☐ 12
- What type of animal was the mascot? Tick **one**.
 - ☐ rabbit
 - ☐ wolf
 - ☐ dog
 - ☐ cat
- Which of these was **not** a country in the same group as England? Tick **one**.
 - ☐ Tunisia
 - ☐ Panama
 - ☐ Germany
 - ☐ Belgium
- Fill in the missing words in this sentence:
In 2018, The World Cup was held in _____ from 14th _____ to 15th _____.
- List two facts about The 2018 World Cup from the text.
 - _____
 - _____
- Would you like to watch a World Cup match? Explain your answer.
 - _____
 - _____
 - _____

Moon Festival

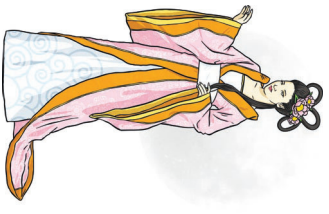
The Moon Festival is also known as the Mid-Autumn Festival and is held on the 15th day of the eighth month in the Chinese lunar calendar (between September and October). It is when the moon is full and at its brightest. It is believed that the moon provides positive influences over the earth during this time of year. The festival is celebrated in many south-east Asian countries and districts including: China, Vietnam, Taiwan, Korea and Malaysia. It is one of the most important traditional events in the Chinese and Vietnamese year and is a public holiday in these countries.

Mooncakes

Mooncakes are a traditional Chinese delicacy. They are usually round and have an elegant crust pattern on top. The baked cakes are a sweet treat and can have several fillings including lotus seed paste, sweet bean paste and different nuts. They are eaten in wedges and accompanied with Chinese tea. Mooncakes are considered a symbol of family reunion and are served in a beautiful box.



A Chinese Moon Festival legend is that of Chang'e. Chang'e was a famous mythical lady known for her beauty. She swallowed a magical potion that made her fly to the moon and she has lived there ever since. It is said that you might see her dancing on the moon during the moon festival. The festival is celebrated by eating some of Chang'e's favourite foods- fruit and mooncakes.



The Moon Festival is a time for families. People travel all over the country to be with their families during this time. When the full moon rises, families get together to watch and enjoy the beauty of the moon. Many people pray to the moon to give them blessings. When the families are together they eat mooncakes and participate in traditional activities. Families sing moon poems and children make flying lanterns that they light up and send into the sky. In Hong Kong, they celebrate the Moon Festival with fiery dancing dragons. Many families continue the celebrations by going out for a delicious dinner afterwards and eating lots of special food.

Questions

- Read the sentences below and circle the correct word.
 - It is when the moon is full and at it's brightest / biggest.
 - She swallowed a medicinal / mythical potion that made her fly to the moon and she has lived there ever since.
 - It is believed that the moon provides positive imagination / influences over the earth during this time of year.
- Choose the correct answer.

Why is the Moon Festival celebrated with Mooncakes and fruit?

 - because people like eating cakes and fruit
 - because Chang'e liked to dance on the moon
 - because Chang'e liked to eat Mooncakes and fruit
- Choose the correct answer.

What do the children make?

 - paper planes
 - mooncakes
 - flying light lanterns
 - mythical potions
- True or False?
 - The Moon Festival is based on the Chinese lunar calendar.

 - The Moon festival is not celebrated with mooncakes.

 - The moon festival is held during a full moon.

Moon Festival

5. Circle the correct answer.

What does the word festival mean?

- a. a day off school
- b. a day or period of celebration
- c. it is a full moon
- d. you have fun

6. List four countries/districts that celebrate the Moon Festival.

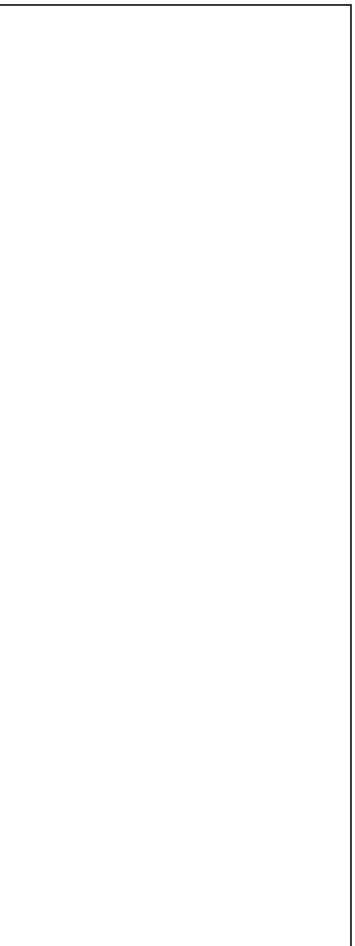
7. What is the Moon Festival a time for?

8. What are mooncakes considered to be a symbol of?

9. List two interesting things people do during the Moon Festival.

10. Challenge Option

Draw a picture of you and your family enjoying the Moon Festival. Think about all the things you will see and do. Write at least two sentences describing your picture.



Week 4

List Words

return	service	vertical	third	word
world	Thursday	worthwhile	thirteen	hurt
worst	turtle	girl	thirty	turn
learn	journey	dirt	were	church
serve	observe	first	work	early

Extension Words



ir	bird	ear	early
ur	nurse	our	journey
or	world	err	conferred
er	fern	urr	occurred
ere	were	yr	myrtle

affirm	courteous	herbivorous
burglar	certain	journal
circular	emergency	
commercial	furniture	

Brainstorm as many 'ir/er/ur' words as possible.

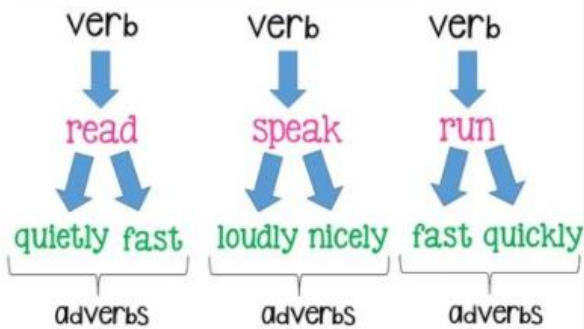
Take a look at the list words and record at least 10 words.

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

Write 5-10 sentences using these words.

What is an **adverb**?

An adverb is a word that directs a verb. It tells us **how**, when or where.



***The adverbs above tell us **HOW**.**

How does he read?

he reads **quietly**

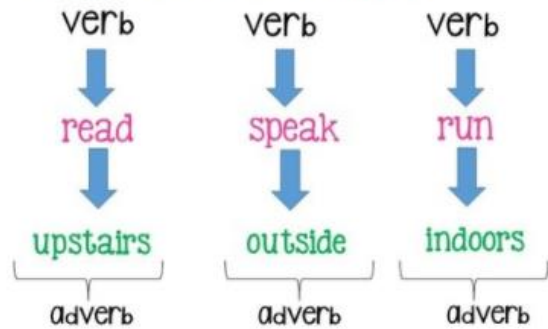
How does she run?

she runs **quickly**

Can't Stop Smiling

What is an **adverb**?

An adverb is a word that directs a verb. It tells us how, when or **where**.



The adverbs above tell us **where.**

Where does he read?

he reads **upstairs**

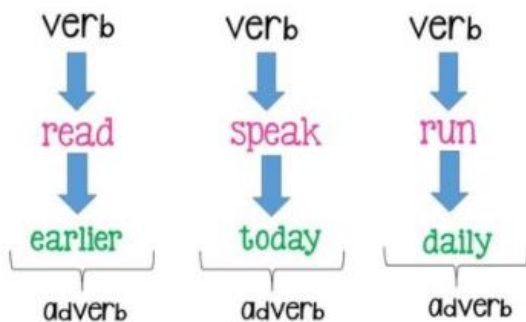
Where does she speak?

she speaks **outside**

Can't Stop Smiling

What is an **adverb**?

An adverb is a word that directs a verb. It tells us how, **when** or where.



The adverbs above tell us **when.**

When did he read?

he read **earlier**

When did she speak?

she spoke **today**

Can't Stop Smiling

Adverbs

SORT IT

Sort the adverbs below by their specific purposes.
Does the adverb tell us **WHEN** something happens,
HOW it happens or **WHERE** it happens?

WHERE

HOW

WHEN

tonight

here

forever

quickly

shortly

upstairs

soon

badly

outside

quietly

indoors

weekly

Adverbs (when)

SOME Of the words below are adverbs that tell us WHEN something happens. Some are NOT! Drag the best adverb to the green box within each sentence.

My dad said he would help me with my project .

Your mom said you have to go to bed tonight.

The boys are planning to go to camp this week.

I am lucky because I get to see my cousins .

It is important to brush your teeth .

daily

happily

gladly

tonight

yesterday

frequently

later

early

Adverbs (how)

SOME Of the words below are adverbs that tell us HOW something is done. Some are NOT! Drag the best adverb to the blue box within each sentence.

I worked very hard on my project and I shared it .

Look at my students! They are all reading so .

Ty was excited to get ice cream. He ran to the car.

I have some bad news. , our trip has been cancelled.

Sam was furious. He stormed out of the classroom.

salty

quietly

fast

Sadly

messy

angrily

quickly

proudly

Adverbs (where)

SOME Of the words below are adverbs that tell us WHERE something happens. Some are NOT! Drag the best adverb to the yellow box within each sentence.

I think you left your backpack on the driveway.

“Young lady, you will spend the rest of the night .”

I cannot find my homework and I have looked .

If it rains, we will have to have recess .

Mom, I see your keys right over where you left them.

right

upstairs

indoors

painfully

mainly

there

everywhere

outside

Name: _____ Date: _____

*aA**dD**hH**iI**kK**lL**mM**nN**tT**uU**aA**dD**hH**iI**kK**lL**mM**nN**tT**uU*

Name: _____ Date: _____

ai	am
an	ap
au	ay
ci	cr
cu	di
de	dr
ee	ei
em	en
ep	er
eu	he
hi	hu
ie	in
ip	ir
ki	le

"Caught you!"



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

The topic you have been given for your narrative is "Caught you!".

Think:

What do you want your story to be about? Who has been caught? What were they caught doing? You might write a story about someone caught doing the wrong thing or even a game that was being played between friends.

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.



All Families Should Own a Pet

Reasons For

- Owning a pet teaches children to be more responsible.
- Owning a pet helps to reduce loneliness and stress.
- People who own pets are healthier than people who do not.
- Sharing the care of a pet brings families closer together.
- Caring for a pet teaches children how to be loving and affectionate to others.

Reasons Against

- Some families do not have enough money to properly care for a pet.
- Some families do not have enough time to properly care for a pet.
- Some people do not like animals, or may be allergic to them.
- Some pets have diseases which they can pass on to humans.
- Animals do not belong in people's homes; they belong in the wild.



1x table

$1 \times 1 = 1$
 $2 \times 1 = 2$
 $3 \times 1 = 3$
 $4 \times 1 = 4$
 $5 \times 1 = 5$
 $6 \times 1 = 6$
 $7 \times 1 = 7$
 $8 \times 1 = 8$
 $9 \times 1 = 9$
 $10 \times 1 = 10$
 $11 \times 1 = 11$
 $12 \times 1 = 12$

2x table

$1 \times 2 = 2$
 $2 \times 2 = 4$
 $3 \times 2 = 6$
 $4 \times 2 = 8$
 $5 \times 2 = 10$
 $6 \times 2 = 12$
 $7 \times 2 = 14$
 $8 \times 2 = 16$
 $9 \times 2 = 18$
 $10 \times 2 = 20$
 $11 \times 2 = 22$
 $12 \times 2 = 24$

3x table

$1 \times 3 = 3$
 $2 \times 3 = 6$
 $3 \times 3 = 9$
 $4 \times 3 = 12$
 $5 \times 3 = 15$
 $6 \times 3 = 18$
 $7 \times 3 = 21$
 $8 \times 3 = 24$
 $9 \times 3 = 27$
 $10 \times 3 = 30$
 $11 \times 3 = 33$
 $12 \times 3 = 36$

4x table

$1 \times 4 = 4$
 $2 \times 4 = 8$
 $3 \times 4 = 12$
 $4 \times 4 = 16$
 $5 \times 4 = 20$
 $6 \times 4 = 24$
 $7 \times 4 = 28$
 $8 \times 4 = 32$
 $9 \times 4 = 36$
 $10 \times 4 = 40$
 $11 \times 4 = 44$
 $12 \times 4 = 48$

5x table

$1 \times 5 = 5$
 $2 \times 5 = 10$
 $3 \times 5 = 15$
 $4 \times 5 = 20$
 $5 \times 5 = 25$
 $6 \times 5 = 30$
 $7 \times 5 = 35$
 $8 \times 5 = 40$
 $9 \times 5 = 45$
 $10 \times 5 = 50$
 $11 \times 5 = 55$
 $12 \times 5 = 60$

6x table

$1 \times 6 = 6$
 $2 \times 6 = 12$
 $3 \times 6 = 18$
 $4 \times 6 = 24$
 $5 \times 6 = 30$
 $6 \times 6 = 36$
 $7 \times 6 = 42$
 $8 \times 6 = 48$
 $9 \times 6 = 54$
 $10 \times 6 = 60$
 $11 \times 6 = 66$
 $12 \times 6 = 72$

7x table

$1 \times 7 = 7$
 $2 \times 7 = 14$
 $3 \times 7 = 21$
 $4 \times 7 = 28$
 $5 \times 7 = 35$
 $6 \times 7 = 42$
 $7 \times 7 = 49$
 $8 \times 7 = 56$
 $9 \times 7 = 63$
 $10 \times 7 = 70$
 $11 \times 7 = 77$
 $12 \times 7 = 84$

8x table

$1 \times 8 = 8$
 $2 \times 8 = 16$
 $3 \times 8 = 24$
 $4 \times 8 = 32$
 $5 \times 8 = 40$
 $6 \times 8 = 48$
 $7 \times 8 = 56$
 $8 \times 8 = 64$
 $9 \times 8 = 72$
 $10 \times 8 = 80$
 $11 \times 8 = 88$
 $12 \times 8 = 96$

9x table

$1 \times 9 = 9$
 $2 \times 9 = 18$
 $3 \times 9 = 27$
 $4 \times 9 = 36$
 $5 \times 9 = 45$
 $6 \times 9 = 54$
 $7 \times 9 = 63$
 $8 \times 9 = 72$
 $9 \times 9 = 81$
 $10 \times 9 = 90$
 $11 \times 9 = 99$
 $12 \times 9 = 108$

10x table

$1 \times 10 = 10$
 $2 \times 10 = 20$
 $3 \times 10 = 30$
 $4 \times 10 = 40$
 $5 \times 10 = 50$
 $6 \times 10 = 60$
 $7 \times 10 = 70$
 $8 \times 10 = 80$
 $9 \times 10 = 90$
 $10 \times 10 = 100$
 $11 \times 10 = 110$
 $12 \times 10 = 120$

11x table

$1 \times 11 = 11$
 $2 \times 11 = 22$
 $3 \times 11 = 33$
 $4 \times 11 = 44$
 $5 \times 11 = 55$
 $6 \times 11 = 66$
 $7 \times 11 = 77$
 $8 \times 11 = 88$
 $9 \times 11 = 99$
 $10 \times 11 = 110$
 $11 \times 11 = 121$
 $12 \times 11 = 132$

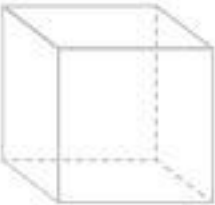


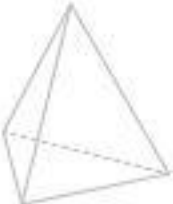

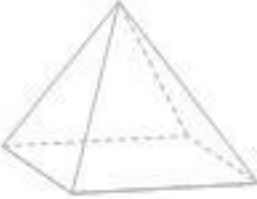
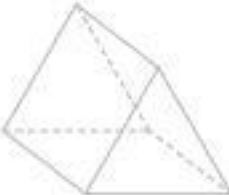
12x table

$1 \times 12 = 12$
 $2 \times 12 = 24$
 $3 \times 12 = 36$
 $4 \times 12 = 48$
 $5 \times 12 = 60$
 $6 \times 12 = 72$
 $7 \times 12 = 84$
 $8 \times 12 = 96$
 $9 \times 12 = 108$
 $10 \times 12 = 120$
 $11 \times 12 = 132$
 $12 \times 12 = 144$

Name: _____

Date: _____


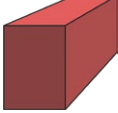

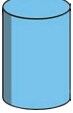
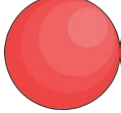
3D Object Properties

Trace the shape	Name	Edges	Faces	Vertices	Curved surfaces	Flat surfaces
						
						
						
						
						
						
						

3D Shapes Walk

Look for objects that are 3D shapes. Record your findings in the table below. You can draw pictures or write names of the objects you find.

Shapes to find: cube, cuboid, cone, cylinder, sphere.

Cube 	Cuboid 	Cone 	Cylinder 	Sphere 	Object

Name: _____

Date: _____

Representing Money Amounts - Coins

In the table below, draw three different combinations of coins that could be used to make the amount shown. Draw your coins as accurately as you can, thinking carefully about the size and shape of each coin.

	Combination 1	Combination 2	Combination 3
50 cents			
90 cents			
1 dollar			
\$2.50			



Name: _____

Date: _____

Representing Money Amounts - Notes

In the table below, draw three different combinations of notes that could be used to make the amount shown.
















	Combination 1	Combination 2	Combination 3
\$55			
\$70			
\$100			
\$130			



Correct Change

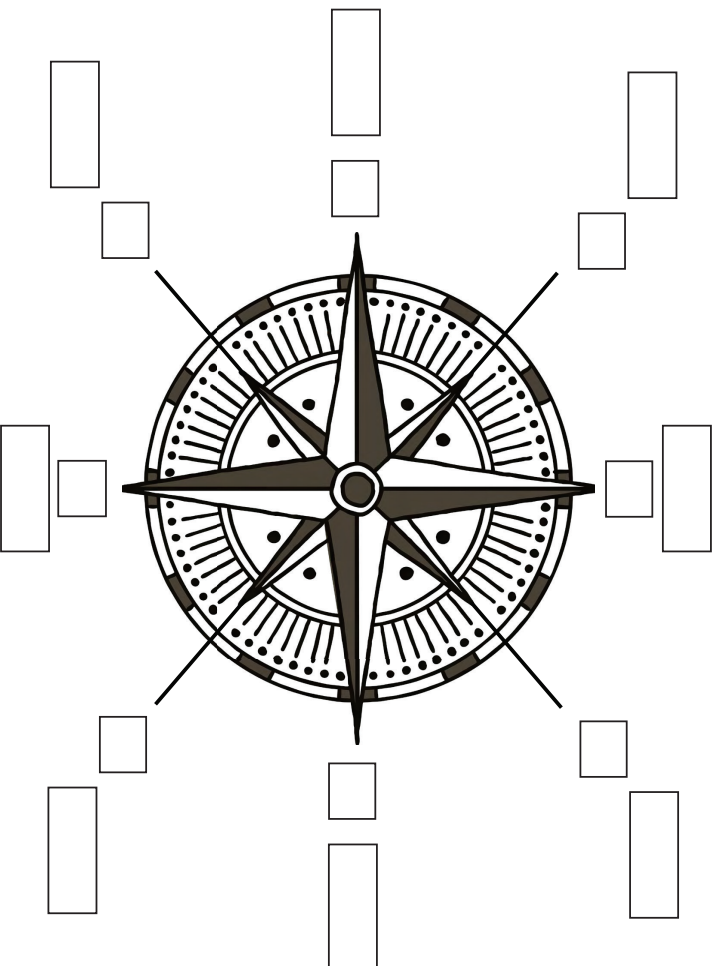
When shopping, it's always important to check the change that you receive. Do you have the correct change?

You buy	You pay	Your change	Correct Change or Incorrect Change
 \$3.70			
 \$4.75			
 \$1.35			
 \$2.50			
 \$2.95			

You buy	You pay	Your change	Correct Change or Incorrect Change
 \$69.95			
 \$8.15			
 95¢			
 \$3.65			
 \$2.70			








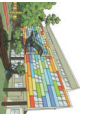







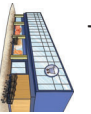



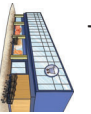
Compass Labelling Activity

Label the eight points of the compass.



- N north NE north-east E east NW north-west
- S south SE south-east W west SW south-west

Compass Directions

Compass directions: the town

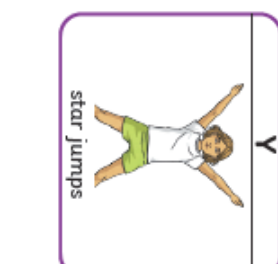
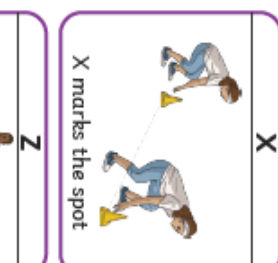
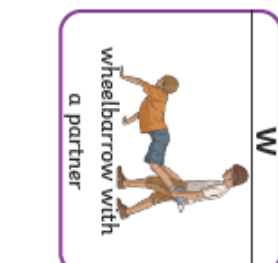
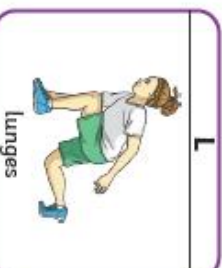
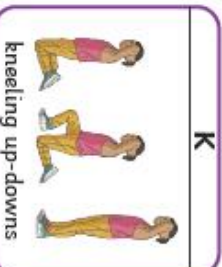
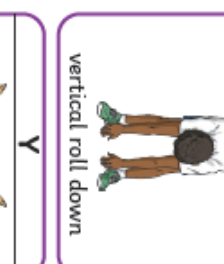
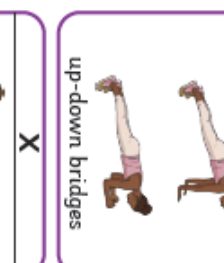
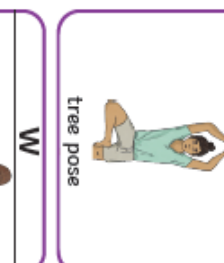
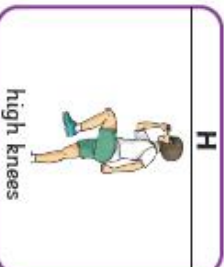
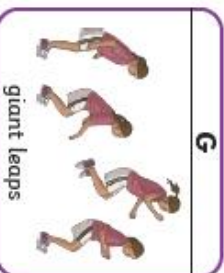
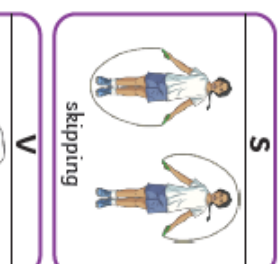
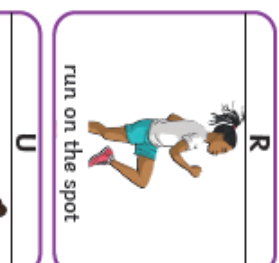
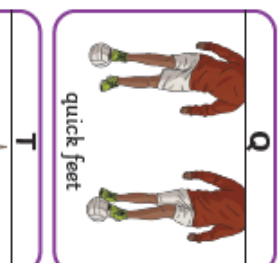
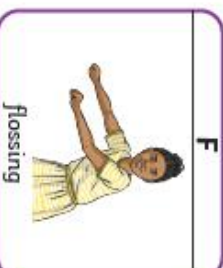
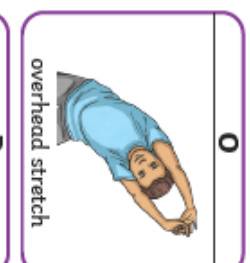
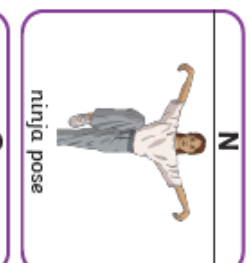
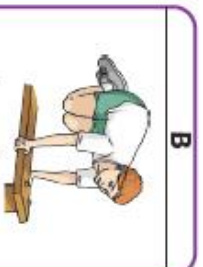
- From the start , go north 4 squares. Where are you now?
- Go north-east 1 square. Where are you now?
- Go south 2 squares. Where are you now?
- Go west 4 squares. Where are you now?
- Go south-east 2 squares. Where are you now?
- Start at the school. How do you get to the theme park?
- Direct someone from the theme park to the hospital.
- Write directions from somewhere on the map to another place.



Alphabet Exercise and Movement

Alphabet Exercise and Movement

Get moving and have some fun spelling out your name. Complete the exercise or movement associated with each letter.



HOME LEARNING PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

STAGE TWO WEEK: FOUR

NUTRITION

Healthy foods are fuel for the body. When we eat healthy foods, our body will have enough energy to work properly. When we eat unhealthy foods too often, we increase our chances of becoming unwell.

The food we eat can be split up into groups.

Watch 'Food Groups and My Plate' by clicking the link below and then answer the questions:

<https://www.youtube.com/watch?v=L7QOU1QCb5E>

There are 5 food groups which we should eat from often, and a group for 'sometimes' foods. Name these groups and give two examples of foods that would be in each group.

1.	2.	3.
4.	5.	6. Sometimes foods



WEEK FOUR 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: UPPER BODY



Activity One: Jog and Punch

What: For a warm up, jog on the spot and see if you can do some controlled punches out in front of you and then above your head. It's a bit of a brain workout!

Modified: Punch without jogging.



Activity Two: Tricep Dips

What: Sit with your knees bent and place your hands flat on the floor behind your bottom, fingers pointing towards your heels. Lift your bottom off the ground with straight arms. Bend at your elbows, then push up. Repeat this, keeping your bottom off the ground.

Modified: Put your bottom back on the ground between each dip.



Activity Three: Push Ups

What: Start in a plank position. With straight arms and legs, place your hands slightly wider than your shoulders and lower your body until your chest nearly touches the floor. Pause, then push yourself back up. Repeat.

Modified: Do the push ups on your knees, or take a break when you need to between push ups.



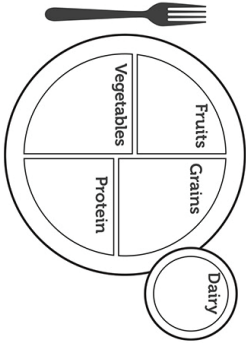
CHALLENGE OF THE WEEK

Read back over the information you came up with on the first page all about the food groups. Choose two foods from the ones you have written down to research and fill out the food fact cards below based on what you find.

Name of food:

Food group (colour)

The main vitamins, minerals, nutrients it gives our body are:



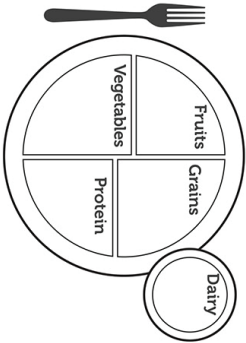
Overall health rating (colour)



Name of food:

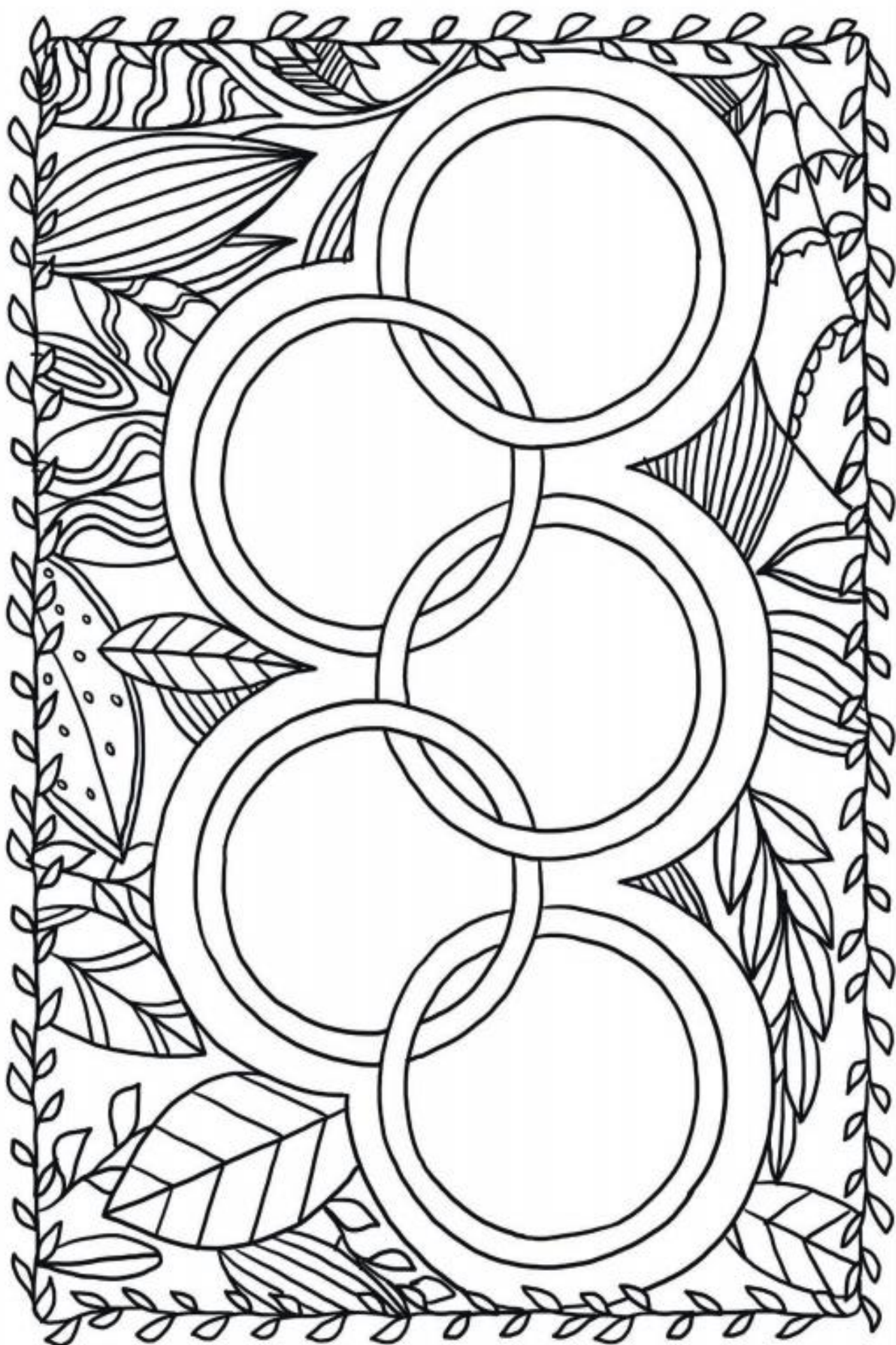
Food group (colour)

The main vitamins, minerals, nutrients it gives our body are:



Overall health rating (colour)





PULL FORCES

A pull is a force moving something towards you.



PUSH FORCES

A push is a force moving something away from you.



Pushing and Pulling Forces



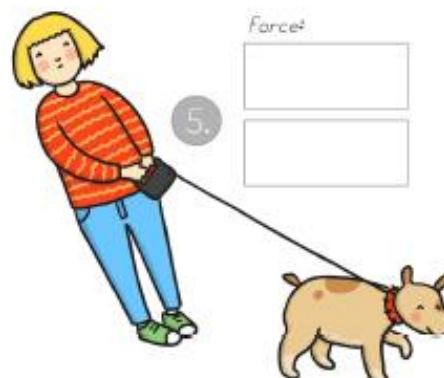
Pushes and pulls are forces. You can make something start or stop moving when you push or pull it.

Activity

Below are some pictures of children using pushing and pulling forces. Write down *push* or *pull* in the force box. Does the force cause something to start or stop moving? In the second box write *start* or *stop*.



When you kick a football, what type of force do you use? Can you describe other sports or activities that involve pushing or pulling?



My Play Script

The characters in this scene are:

The setting is:

Character name	What is said

twinkl.com

Create a Mini Compost

For a super cool outdoor activity that teaches you to look after the planet, build a mini compost! This activity is a great way to introduce your family to the idea of composting and it's totally doable.



You Will Need:

- a large glass jar
- garden debris such as fallen leaves, grass clippings and dirt
- old newspaper
- fruit and vegetable scraps
- 1 cup of rainwater
- a permanent marker pen.

How to Make a Mini Compost

1. Layer soil, newspaper and organic food scraps in that order until your jar is almost full.
2. Pour 1 cup of rainwater into the jar and secure with a lid.
3. Make small holes in the lid for extra oxygen.
4. Draw a fill line on the glass to show the top of the contents.
5. Place the jar in a sunny spot and observe the changes!