

## Stage 2 Offline Home Learning Timetable– Term 3 – Week 6

Week	Monday 16 <sup>th</sup> August	Tuesday 17 <sup>th</sup> August	Wednesday 18 <sup>th</sup> August	Thursday 19 <sup>th</sup> August	Friday 20 <sup>th</sup> August
Morning: English	<p><b>Reading</b> Using a PM book online, or a book at home, read for 20 minutes</p> <p><b>Word Search-</b> From your book- find- 5 nouns, 5 verbs and 5 tricky words. -Find the meanings of the tricky words in the dictionary and record their meanings. -Write each word in a sentence.</p>	<p><b>Reading</b> Read the attached text "Let's Get Ready to Rock!"</p> <p>Complete the following activity- - Read text and then answer comprehension questions in your booklet. (Write in full sentences)</p>	<p><b>Geography</b> Complete the Geography worksheet- "What is the big wide world like?"</p>	<p><b>Reading</b> Read the attached text "The Adventures of Pirate Nup and Captain Yet"</p> <p>Complete the following activity- - Read text and then answer comprehension questions in your booklet. (Write in full sentences)</p>	<p><b>Reading</b> 1. Read for 20 minutes using one of your PM books online or a book of your choice <a href="https://app.pmeccollection.com.au/login">https://app.pmeccollection.com.au/login</a> 2. Complete the School Life wordsearch 3. Create your own wordsearch for a family member to solve.</p>
	<p><b>Spelling</b> 1. Brainstorm as many 'or' 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><b>Grammar</b> To write compound sentences we can use coordinating conjunctions to join two simple sentences together. To know what coordinating conjunctions are we can use the acronym FANBOYS. F –for A – and N – nor B – but O – or Y - yet S – so Complete the compound sentences worksheet.</p>	<p><b>Handwriting</b> Make sure you are sitting with your back straight, feet on the floor flat and close together. Complete either the year 3 or year 4 handwriting worksheet</p>	<p><b>Spelling</b> <b>On a piece of paper:</b> 1.Circle the correct spelling of each word. 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>	<p><b>Handwriting</b> Choose a passage from your favourite book and write it in your neatest handwriting on the lined handwriting paper.</p>
	<p><b>Science</b> Write down your own definition of gravity. Draw a picture of the world. Draw people in four different places in the world with a balloon in their hand. Then draw an arrow to show where the balloon would go if they let go of the balloon.</p>	<p><b>Writing</b> <u>Behind the News</u> Watch Behind the News Classroom Episode 23 on TV channel ABC Me at 10am. Write down 7 – 10 facts that you learnt while watching this episode. Answer the question: What was your favourite story and why? -Write in full sentences -Re-read and edit your writing.</p>	<p><b>Writing</b> <u>Informative writing note taking</u> Today we are going to do some informative writing and take some notes about cheetahs. <b>It is important that you hold onto these notes as you will need them for tomorrow's writing task.</b> Remember that we only write <b>facts</b> when we do informative writing. Look at the <i>Writing an information report poster</i> to understand what each sub-heading means.</p>	<p><b>Writing</b> <u>Information Report</u> Today we are going to write an information report about cheetahs. Look at the <i>writing an information report poster</i> to understand how to set out your work. Use your notes and keywords from yesterday to write an information report about cheetahs. Include: -A title -Sub-headings (Classification, description etc) -Paragraphs -Full sentences -Re-read and edit your writing Optional: Add a scientific drawing (labelled diagram) of a cheetah at the bottom of your information report. A scientific drawing is made</p>	<p><b>Writing</b> <u>Journal writing</u> Think about some of the best memories that you have had. Describe one of your favourite memories. This could be something special that happened at school, home, on a holiday or something else. Why is it your favourite memory? -Write in full sentences -Use adjectives to describe your favourite memory -Edit your writing. -Add a title and draw or insert a picture of your favourite memory.</p>
			<p>Read the facts about cheetahs. Highlight keywords. Use the note taking template and record keywords as you read facts about cheetahs.</p>		

Break				by using a lead pencil and accurately drawing the animal and labelling its body parts.	Break	
Middle: Mathematics	<b>Mathematics</b> <b>Multiplication Algorithms</b> Warm up: Start by practising your 3 times tables. You might like to write them out on a piece of paper. Activity: Circles, Squares and Hexagons- Complete the 2-Digit by 1-Digit worksheet. Triangles- Complete the Multiplying 3 Digit numbers worksheet.	<b>Mathematics</b> <b>Multiplication Algorithms</b> Warm up: Start by practising your 3 times tables. You might like to write them out on a piece of paper. Activity: Circles, Squares and Hexagons- Complete the Multiplying 2-Digit numbers worksheet. Triangles- Complete the Multiplying 3-Digit numbers worksheet.	<b>Mathematics</b> <b>Multiplication Algorithms</b> Warm up: Start by practising your 3 times tables. You might like to write them out on a piece of paper. Activity: Complete the Multiplication Word Problems worksheet. Complete the algorithm problems worksheet Circles- 3 by 1 digit multiplication Squares and Hexagons- 3 by 1 digit and 4 by 1 digit multiplication Triangles- 3 by 1 digit, 4 by 1 digit and 2 by 2 digit.	<b>Mathematics</b> <b>Addition and Subtraction Algorithms</b> Warm up: Start by practising your 9 times tables. You may read these out or write them on a piece of paper. -Complete the addition and subtraction algorithms: -Circles and Squares: 2 digit -Hexagons and Triangles: 4 digit.	<b>Mathematics</b> Warm up: Start by practising your 9 times tables. You may read these out or write them on a piece of paper. <b>Activity:</b> Number of the day. -Circles and Squares (2- or 3-digit) -Hexagons and Triangles (3 or 4 digit) -Choose a 2,3 or 4 digit number -Use your number to complete all sections on the number of the day page in your workbook. • <b>OPTIONAL EXTRA-</b> Complete the number of the day questions on paper for a larger number (5 or 6 digit)	Break
PE	<b>PE</b> <b>Complete Workout 1</b> Stack sets! 10 rounds. See the exercise card.	<b>PE</b> <b>Complete Workout 2</b> UNO you'll enjoy this one! See the exercise card.	<b>PE</b> <b>Complete Workout 3</b> Call me on my cell phone! See the exercise card.	<b>PE</b> <b>Complete Workout 4</b> Round the twist. See the exercise card.	<b>PE</b> <b>Complete Workout 5</b> Drop the beat down low. See the exercise card.	
Break		Break	Break	Break	Break	
Afternoon: Various	<b>Writing</b> Story Writing- <i>The box</i> Today you are going to write a story. Look at the stimulus "The box" 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 - Use onomatopoeia (sound words e.g., bang, crash, pop) - Use some dialogue (speech) - Give your story a title - Re-read and edit your writing - Draw or insert a picture to go with your writing	<b>Fit Futures</b> Complete the tasks and fill in the Mid Term Check in worksheet. Let's see if our workouts over the last few weeks have improved our cardiovascular endurance and our strength.	<b>Creative arts – Art</b> Colour in the picture of Uluru	<b>Music</b> Take a look at the music grid and choose 1-2 activities to complete.	<b>Friday Fun</b> Mrs Weibye's Garden- My Backyard Map Explore what is growing in your backyard? Can you draw a map of your backyard? Remember to colour it in and label the names of any trees or plants that you know.	

## Word Search

*Read a book for 20 minutes- either one of your PM books online, or EPIC.*

Name of the Book-

•

Find five nouns in the book-

- 1.
- 2.
- 3.
- 4.
- 5.

Find five verbs in the book-

- 1.
- 2.
- 3.
- 4.
- 5.

Find five tricky/harder words in the book-

- 1.
- 2.
- 3.
- 4.
- 5.

Look up the meanings of the tricky words in the dictionary and write them down-

- 1.
- 2.
- 3.
- 4.
- 5.

Put each of the tricky words into a sentence-

- 1.
- 2.
- 3.
- 4.
- 5.

Week 6

List Words

wall	because	store	more	born
hall	sport	draw	morning	form
talk	sure	saw	fourteen	door
fork	floor	small	forty	poor
before	storm	fall	horse	

Extension Words



or	horse	oar	board	o	story
ore	core	ough	bought	ure	sure
a	ball	augh	caught	oa	broad
aw	paw	our	your	ort	mortgage
au	sauce	ar	war	aul	baulk
oor	door	al	talk		

according	coarse	brought
automobile	course	daughter
awful	astronaut	dinosaur
cautiously	board	

1. Brainstorm as many 'or' words as possible.

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

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

3. Write 5-10 sentences using these words.

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## 2-Digit by 1-Digit Multiplication

1. Solve the following problems. Make sure to show your working.

$$\begin{array}{r} 32 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 24 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 43 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 22 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 74 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 85 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 76 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 36 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 26 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 96 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 32 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 45 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 18 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 24 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 36 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 39 \\ \times 7 \\ \hline \end{array}$$

2. Solve the following word problems. Make sure to show your working.

a) A school has 9 classes of 32 students. How many students are there in total?

b) What is the total cost of a bike that requires 4 payments of \$89?

## Multiplying 3-Digit Numbers by 1-Digit Numbers

$$\begin{array}{r} 725 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 973 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 344 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 226 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 575 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 897 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 919 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 843 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 427 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 784 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 148 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 991 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 987 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 328 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 684 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 143 \\ \times 2 \\ \hline \end{array}$$



MULTIPLICATION

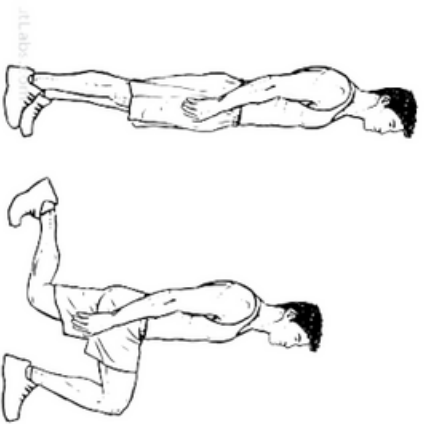
visit [twinkl.com](https://www.twinkl.com)

# WORKOUT 1

LIFE'S A CLIMB... BUT THE VIEW IS GREAT

- Stack set - Add 1 rep to every exercise every round,
- Begin by completing 1 rep of each exercise.
- 2nd round, complete 2 reps of each exercise
- Continue until you complete 10 reps of each exercise
- For an additional challenge, after completing the workout, begin at 10 again and travel back down to 1... ouch!

## LUNGES



**Fitness component:**  
Muscular Endurance

- Start by standing with your hands by your side
- Take a large step forward
- Ensure your knee does not extend beyond your toes
- If it is, you need to lower your back knee more
- Bring your feet back together
- Repeat with opposite leg

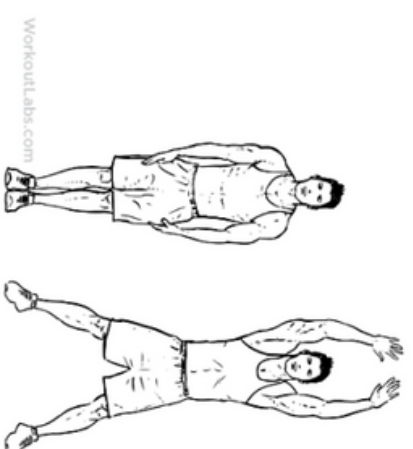
## SIT UPS



**Fitness component:**  
Muscular endurance

- Lay down and make sure your knees are bent at a 90 degree angle
- Place your feet firmly on the ground
- Curl your upper body all the way up toward your knees

## STAR JUMPS



**Fitness component:**  
Aerobic capacity

- Stand upright with your legs together, arms at your sides.
- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart.
- Stretch your arms out and over your head.
- Jump back to starting position.

## SQUATS



**Fitness component:**  
Muscular endurance

- Start with feet shoulder width apart
- Sit back and down like you're sitting into an imaginary chair.
- Try to make sure your knees don't pass over the line of your toes

# The Box

*Today you are going to write a narrative or story.*

The idea for your story is "The Box".

What is inside the box? How did it get there?  
Is it valuable? Perhaps it is alive!

The box might reveal a message or something that was hidden.

What happens in your story if the box is opened?

**Think about:**

- the characters and where they are
- the complication or problem to be solved
- how the story will end.

**Remember to:**

- plan your story before you start
- write in sentences
- pay attention to the words you choose, your spelling and punctuation, and paragraphs
- check and edit your writing when you have finished.



# Let's Get Ready to ROCK!

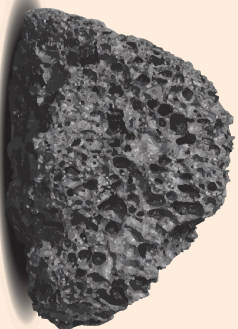
## Have you ever stopped and thought about rocks?

They are everywhere in nature, but how did they get there? Some people may think that rocks aren't very exciting, but they are actually a fascinating natural substance that in some instances can take millions of years to form.

A rock, or stone, is a solid that is made up of one or more minerals. Over time, these minerals have been fused together to create a solid lump.

There are three major types of rocks: metamorphic, igneous and sedimentary. The names describe how each rock is formed.

### Igneous Rock



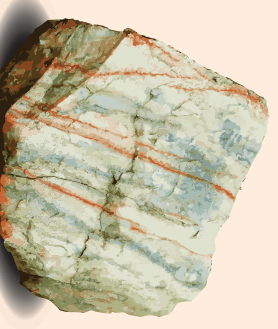
Igneous rocks are formed when magma rises from below the Earth's surface via volcanoes and becomes lava. When the lava cools down and becomes a solid, it creates an igneous rock. Igneous rocks can form either above ground or below the surface. If the lava cools down quickly above the surface, it creates igneous rocks such as tuff and basalt. If magma cools down slowly below the ground, we get igneous rocks such as granite.

### Sedimentary Rock



Sedimentary rocks are formed over time from sediments, which are tiny pieces of pre-existing rocks. They may also form from the remains of plants and animals. Rocks are slowly broken down into tiny pieces by wind, water and snow. This process is called erosion. Water then washes these tiny pieces into rivers or streams. These pieces will settle at the bottom in soft, loose layers called sediment. Over millions of years, the sediment builds up, hardens, and eventually becomes solid rock. Some examples of sedimentary rocks are sandstone and shale.

### Metamorphic Rock



Metamorphic rocks are igneous or sedimentary rocks that are changed over time by extreme heat or pressure. They are generally found inside the Earth's crust where there is enough heat and pressure to form the rocks. Metamorphic rock is also formed when water dissolves minerals in old rock or transfers new minerals into it. The heat of magma can also change old rock into metamorphic rock. Some examples of metamorphic rocks are marble, slate and soapstone.



**So, the next time you're walking along and kicking a rock, think about how that particular rock may have been breaking down, forming and changing for millions of years!**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Let's Get Ready to Rock!

1. What are the three different types of rocks?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

2. Which type of rock may also be made up of the remains of plants and animals?

\_\_\_\_\_

3. How does magma become igneous rock?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Explain the process of erosion.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Some people think the study of rocks isn't very exciting. Do you agree or disagree? Explain your answer.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Compound Sentences

Task: Add to these simple sentences to create a compound sentence.

Conjunctions to use: **for, and, nor, but, or, yet, so**

Trent likes to play football \_\_\_\_\_

The spelling test was easy \_\_\_\_\_

Pizza is my favourite food \_\_\_\_\_

Bananas are good for you \_\_\_\_\_

I fell over on the ground \_\_\_\_\_

It was cold outside \_\_\_\_\_

The kitten was hungry \_\_\_\_\_

It was Grandma's birthday \_\_\_\_\_

The movie was funny \_\_\_\_\_

I like to paint pictures \_\_\_\_\_

Now try and write your own compound sentences!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Multiplying Two-Digit Numbers by One-Digit Numbers

- |   |   |   |   |
|---|---|---|---|
| 1. $\begin{array}{r} 24 \\ \times 4 \\ \hline \end{array}$  | 2. $\begin{array}{r} 22 \\ \times 5 \\ \hline \end{array}$  | 3. $\begin{array}{r} 18 \\ \times 5 \\ \hline \end{array}$  | 4. $\begin{array}{r} 26 \\ \times 3 \\ \hline \end{array}$  |
| _____   | _____   | _____   | _____   |
| 5. $\begin{array}{r} 12 \\ \times 5 \\ \hline \end{array}$  | 6. $\begin{array}{r} 48 \\ \times 2 \\ \hline \end{array}$  | 7. $\begin{array}{r} 41 \\ \times 9 \\ \hline \end{array}$  | 8. $\begin{array}{r} 31 \\ \times 7 \\ \hline \end{array}$  |
| _____   | _____   | _____   | _____   |
| 9. $\begin{array}{r} 44 \\ \times 7 \\ \hline \end{array}$  | 10. $\begin{array}{r} 32 \\ \times 7 \\ \hline \end{array}$ | 11. $\begin{array}{r} 62 \\ \times 3 \\ \hline \end{array}$ | 12. $\begin{array}{r} 66 \\ \times 4 \\ \hline \end{array}$ |
| _____   | _____   | _____   | _____   |
| 13. $\begin{array}{r} 82 \\ \times 4 \\ \hline \end{array}$ | 14. $\begin{array}{r} 87 \\ \times 8 \\ \hline \end{array}$ | 15. $\begin{array}{r} 94 \\ \times 8 \\ \hline \end{array}$ | 16. $\begin{array}{r} 53 \\ \times 8 \\ \hline \end{array}$ |
| _____   | _____   | _____   | _____   |
| 17. $\begin{array}{r} 85 \\ \times 4 \\ \hline \end{array}$ | 18. $\begin{array}{r} 75 \\ \times 3 \\ \hline \end{array}$ | 19. $\begin{array}{r} 68 \\ \times 6 \\ \hline \end{array}$ | 20. $\begin{array}{r} 78 \\ \times 7 \\ \hline \end{array}$ |
| _____   | _____   | _____   | _____   |

# Multiplying 3-Digit Numbers by 1-Digit Numbers

- |   |   |   |   |
|---|---|---|---|
| $\begin{array}{r} 281 \\ \times 5 \\ \hline \end{array}$                          | $\begin{array}{r} 463 \\ \times 4 \\ \hline \end{array}$                          | $\begin{array}{r} 696 \\ \times 4 \\ \hline \end{array}$                          | $\begin{array}{r} 416 \\ \times 4 \\ \hline \end{array}$                          |
| $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ |
| $\begin{array}{r} 275 \\ \times 6 \\ \hline \end{array}$                          | $\begin{array}{r} 643 \\ \times 6 \\ \hline \end{array}$                          | $\begin{array}{r} 867 \\ \times 5 \\ \hline \end{array}$                          | $\begin{array}{r} 891 \\ \times 4 \\ \hline \end{array}$                          |
| $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ |
| $\begin{array}{r} 849 \\ \times 5 \\ \hline \end{array}$                          | $\begin{array}{r} 585 \\ \times 5 \\ \hline \end{array}$                          | $\begin{array}{r} 744 \\ \times 4 \\ \hline \end{array}$                          | $\begin{array}{r} 263 \\ \times 5 \\ \hline \end{array}$                          |
| $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ |
| $\begin{array}{r} 588 \\ \times 4 \\ \hline \end{array}$                          | $\begin{array}{r} 166 \\ \times 5 \\ \hline \end{array}$                          | $\begin{array}{r} 975 \\ \times 6 \\ \hline \end{array}$                          | $\begin{array}{r} 798 \\ \times 6 \\ \hline \end{array}$                          |
| $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ | $\begin{array}{ c c c } \hline \square & \square & \square \\ \hline \end{array}$ |

# HOME LEARNING

## PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

### STAGE TWO WEEK: SIX

### MID-TERM CHECK IN

Over the last few weeks, you have completed a number of activities, including exercises that focus on cardiovascular endurance and the strength of your lower body, upper body and core. This week, you are going to test yourself in each of these areas (plus some others!). Perform each task below, and note down your score in the box. Don't lose this sheet as you will need it for future lessons.

	score/time/ yes/no
How many star jumps can you do in one minute?	
How many sit ups can you do in one minute?	
How long can you stand on your left foot with your eyes closed?	
How long can you stand on your right foot with your eyes closed?	
How many push ups can you do in one minute?	
Put 20c on the back of your elbow. Move and try to catch it in the same hand. Could you do it?	
How long can you hold a plank for?	

# Tuesday

Try to do each of these activities for 20 seconds without stopping. Take a 10 second break, then repeat this twice more. Don't forget to tick the box once you have completed the activity!

### WEEKLY FOCUS: FLEXIBILITY



#### Activity One: Sit Up with Toe Reach

**What:** Lie flat on your back with your arms above your head and your legs out straight. Keeping your legs straight, do a sit up and slowly reach for your toes. Repeat this.

**Modified:** Bend your legs to sit up.

#### Activity Two: Quad Stretch and Balance

**What:** Standing on your left leg, grab your right ankle and bring it as far as you can towards your bottom. Keep your hips still and try to balance. Can you balance for 20 seconds? Try this twice on both legs.

**Modified:** Hold a chair or the wall to keep you steady.

#### Activity Three: Seal Stretch

**What:** Lie on your stomach with your legs a comfortable distance from each other. Place your hands flat beneath your shoulders. Push up slowly and pull your shoulders back.

**Modified:** Bend your arms at the elbow keep your elbows on the floor, rather than your hands.

How would you rate your flexibility? Circle one.

1                      2                      3                      4                      5

I have never stretched in my life.      Not very good.      I'm getting there!      Really good, I stretch most days.      I could be an olympic gymnast.

### CHALLENGE OF THE WEEK

Try to do the stretches on the previous page each day this week. After you stretch, try the sit and reach test below.

#### SIT AND REACH TEST

For this test, you will need a wall to sit against, a sticky note or something similar (a small object that doesn't roll would be fine) and a measuring tape. Make sure you don't do any bouncing movements during this test.

Sit up tall with your back against the wall, holding the sticky note in your hand. Make sure your legs are straight out in front of you. Keep your legs as straight as possible and about 5cm apart with your knees/toes facing the ceiling. Place one hand on top of the other and reach your arms out in front of your body. Extend your spine from your lower back and lean forward. Reach as far as you can until you get to the furthest point you can stay at for 3 seconds, and place the sticky note on the floor between your legs. Measure the distance from the wall to the sticky note - this is your result. Write this down, and see if you can beat it each day after you do your stretches!

Day	1	2	3	4	5	6	7
Distance							

## KEEP MOVING!

Access our online dance program here:

[https://drive.google.com/file/d/1okgzQb9qPbuu0iX794T2Z4U79\\_nUjNZg/view?usp=sharing](https://drive.google.com/file/d/1okgzQb9qPbuu0iX794T2Z4U79_nUjNZg/view?usp=sharing)

Videos are available for every stage. The dance program is presented by YouTube sensation, JustDance ambassador and Fit Futures dance coach Jayden Rodrigues and videos last about 20 minutes.

Get everyone moving with our workout and skills-based videos on the Fit Futures YouTube channel:

<https://www.youtube.com/channel/UCIRnP6dZYICdTdvTWRoYdfQ>

# WORKOUT 2

## DROP THE BEAT DOWN LOW

- Complete each set of exercises below
- Ensure you take care with technique.
- Slow and steady is okay!

100 - star jumps  
90 - Flutter kicks  
80 - sit-ups  
70 - lunges  
60 - second plank

50 - High knees  
40 - squats  
30 - squats  
20 - burpees  
10 - push-ups

OFFLINE- What is the big wide world like?

1. How many countries do you think there are in the world?

- Take a guess-\_\_\_\_\_
- How might you find the answer?

\_\_\_\_\_

2. Use a dictionary to find the meaning of:

- A country-

\_\_\_\_\_

- A continent-

\_\_\_\_\_

3. Write down the names of some of the countries in the world-

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Name some countries that are neighbours of Australia-

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Entry Rises *ijmnp ruvwy*

Writing Time Year 3

Name: \_\_\_\_\_ Date: \_\_\_\_\_

*iI**jJ**mM**nN**pP**rR**uU**vV**wW**yY*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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## Writing an information report

Title

### Classification

What are they?  
What family do they belong to?  
What is their scientific name?

### Description

What do they look like?  
What body parts do they have? Use adjectives to describe the shapes, colours, sizes and textures.  
What do they use these body parts for?

### Diet

What do they eat?  
Are they herbivores, carnivores or omnivores?

### Habitat

Where do they live? E.g. rivers or grasslands  
What parts of the world are they found in?

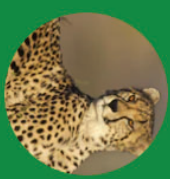
### Interesting Facts

Include facts that are special about the animal that you have not already mentioned in your report. You might like to use the words did you know?

## Cheetah

Fastest mammal on land, the cheetah can reach speeds of 60 or perhaps even 70 miles (97 or 113 kilometers) an hour over short distances. It usually chases its prey at only about half that speed, however. After a chase, a cheetah needs half an hour to catch its breath before it can eat.

**COMMON NAME:** Cheetah  
**SCIENTIFIC NAME:** *Acinonyx jubatus*  
**TYPE:** Mammals  
**DIET:** Carnivore  
**AVERAGE LIFE SPAN IN THE WILD:** 10 to 12 years  
**SIZE:** 3.5 to 4.5 feet; tail: 25.5 to 31.5 inches  
**WEIGHT:** 77 to 145 pounds



The cheetah's excellent eyesight helps it find prey during the day. The cheetah is hard to see because its spotted coat blends with the tall, dry grass of the plains. Suddenly, the cheetah makes a lightning dash. It knocks its prey to the ground and then bites its throat. Once found throughout Asia and Africa, cheetahs today are racing toward extinction. Loss of habitat and declining numbers of their prey combine to threaten the future of these cats. Cheetahs live and hunt mainly in open grasslands and bushy areas in parts of Africa and the Middle East.



# Wednesday and Thursday

Cheetahs eat small- to medium-size animals, such as hares, impalas, wildebeest calves, and gazelles.

Because of their size, strength, and predatory skills, cheetahs are considered one of the "big cats." Tigers, lions, leopards, jaguars, and cougars are also part of this grouping.



- Cheetahs were wide-spread across African and Asian continent. Now they are mostly confined to open grasslands, plains, and open forests in Sub-Saharan Africa with the majority living in natural reserves or parks.
- Cheetahs are carnivores so they rely on meat for survival. They eat antelopes, wildebeest calves and even smaller animals like rabbits and birds.
- They can survive on one drink of water every three to four days.
- Their long muscular tails have a flat shape that is used for balance and steering.
- These big cats' bodies grow between 1.1m and 1.4m metres long, plus a tail measuring 65cm to 80cm. Their weight ranges from 34kg to 54kg. Males are slightly heavier than females.
- Sadly, this beautiful animal is threatened by loss of habitat and prey.

Name: \_\_\_\_\_

## Note Taking Template

<b>Classification</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>		
<b>Description</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Diet</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	
<b>Habitat</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Interesting Facts</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	

## Multiplication Word Problems

1. Valerie went to the store 28 times last month. She buys 6 stickers each time she goes to the store. How many stickers did Valerie buy last month?

**Standard Algorithm**


2. There are 74 markers in each box. How many markers are in 3 boxes?

**Standard Algorithm**


3. Brenda went jogging 23 times last month. She jogs 4 kilometres every time she goes jogging. How many kilometres did Brenda jog last month?

**Standard Algorithm**


4. There are 8 apples in each basket. How many apples are in 64 baskets?

**Standard Algorithm**


5. A jewellery company made 34 emerald bracelets. They used 6 emeralds in each bracelet. How many emeralds were used?

**Standard Algorithm**


$$\begin{array}{r} 134 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 203 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 541 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 316 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 182 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 301 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 247 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 168 \\ \times 9 \\ \hline \end{array}$$

← Circles, Squares, Hexagons and Triangles

← Squares, Hexagons and Triangles

Step 7 Standard Algorithm Multiplication

$$\begin{array}{r} 6374 \\ \times 4 \\ \hline \end{array}$$

6,374 x 4 =

$$\begin{array}{r} 4192 \\ \times 3 \\ \hline \end{array}$$

4,192 x 3 =

$$\begin{array}{r} 9249 \\ \times 8 \\ \hline \end{array}$$

9,249 x 8 =

1.					
		3	6		
		x	3	2	

2.					
		4	6		
		x	3	3	

3.					
		1	6		
		x	3	3	

4.					
		1	4		
		x	2	3	

← Triangles

5.					
		2	5		
		x	3	6	

6.					
		3	5		
		x	5	6	

7.					
		3	4		
		x	2	3	

8.					
		4	3		
		x	3	3	

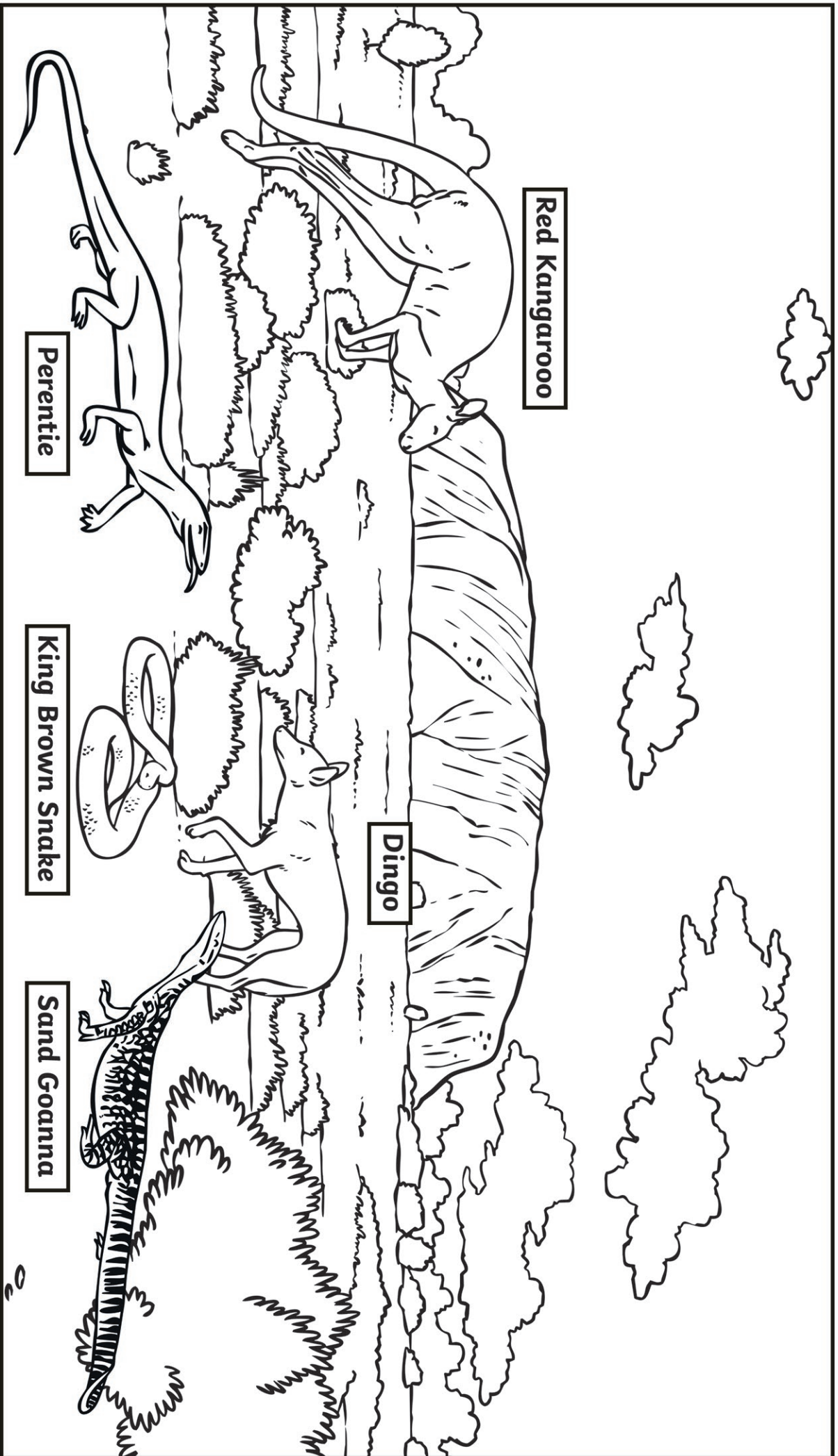
# WORKOUT 3

## UNO YOU'LL ENJOY THIS ONE

- Grab a deck of uno cards.
- If those aren't available, find any playing deck of cards
  - Red/clubs - Burpees, Blue/hearts - Star Jumps
  - Yellow/diamonds - Sit-ups, Green/spades - Squats
- Complete the number of reps, as represented by the number on the card
- Continue this for a total of 25 minutes



# Uluru Colouring Page



Red Kangaroo

Dingo

Perentie

King Brown Snake

Sand Goanna

## The Adventures of Pirate Nup and Captain Yet:

# SCEPTICAL SPECTACLES

"First Mate! Where are my spectacles?" Did you move them again?" Pirate Nup glared resentfully at the sleeping lump in the hammock, which was undisturbed by his rant. However, it appeared First Mate did not have his spectacles. "Absolutely useless! Honestly, he is supposed to be helping me organise this ship, but is always napping!" Pirate Nup muttered to himself.

"Squawk!" Becky, First Mate's parrot, screamed from the crow's nest.

"Not now, Becky!" Pirate Nup snapped. Pirate Nup always got into a sour mood when he couldn't do or find something.

As Pirate Nup set out in his search for his beloved spectacles, he heard an excited, "What's poppin', Nuppie?" Pirate Nup's favourite person in the world, Captain Yet, arrived next to his ship, riding on a large, white narwhal. Unfortunately, due to his frustration, Pirate Nup was not in the mood to see Captain Yet at this very moment.

However, Captain Yet asked, "How is your odyssey searching for treasure in the Aegean Sea, Nuppie?"

"Not now, Yette! I can't find my spectacles anywhere, meaning I can't navigate my ship. What if we crash into an island before I get the chance to call 'land ahoy'? How am I supposed to spot treasure without clear precision?"

Captain Yet climbed off his narwhal and onto the ship's main deck. "You mean you can't find your spectacles ... yet." Pirate Nup rolled his eyes and huffed impatiently. Captain Yet was always telling him that there was a solution for everything. "I am positive your spectacles will turn up, Nuppie. In the meantime, what else could you use to help you navigate your ship?"

Pirate Nup said in a hopeless tone, "Without my spectacles, I can't see anything past the edge of this ship."

Captain Yet looked around thoughtfully, then noticed a mast of an old shipwreck poking through the surface of the sea nearby. "I wonder if ... Nuppie, I'll be right back!" And without hesitation, Captain Yet dove off Pirate Nup's ship and into the sea.

"Squawk!" Becky screamed.

"Not now, Becky!" Pirate Nup yelled impatiently as he looked worriedly at the surface of the sea. Moments later, Captain Yet returned to the surface holding a long, strange, metallic-brass item. Pirate Nup dropped his ladder down to help Captain Yet climb back on board.

"What about this nifty nautical telescope, Nuppie? It will help you see even further than your spectacles."

"I have never used one of those before," Pirate Nup protested.

"... yet!" Captain Yet added. "I can teach you; it's simple. You need to look through the lens and turn the end to make it focus on different objects in the distance."

Pirate Nup cautiously picked up the telescope and attempted to look around. He couldn't believe his eyes.

"Wow! I can see so many islands in the distance from here. I can see Poseidon, the god of the sea, harassing some sailors. I can see that First Mate did not wash the top parts of the masts properly. I can see Becky up there in the crow's nest wearing a new pair of spec — Oi! My spectacles!" They both laughed at the ridiculous sight of Becky wearing a pair of large spectacles.

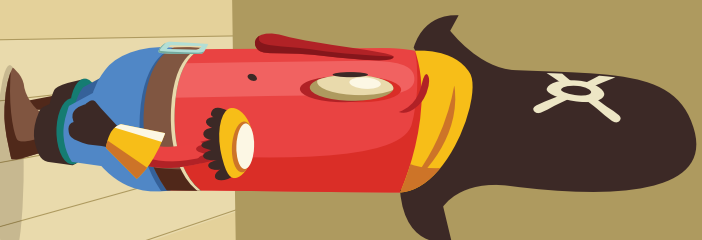
"Well, now we have a variety of items to help you navigate, Nuppie, where are we off to next?" Captain Yet asked.

"I hear there is a lot of treasure to be found in the Mediterranean Sea, but I don't know how to get there!" Pirate Nup said with a puzzled expression.

Captain Yet replied with a cheeky grin, "You mean, Nuppie, you don't know how to get there ... yet?"

Pirate Nup grinned back.

By Royce Styles



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# The Adventures of Pirate Nup and Captain Yet: Sceptical Spectacles

1. Captain Yet greets Pirate Nup by saying, "What's poppin', Nuppie?".  
What might this mean?

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2. Why is Pirate Nup feeling frustrated?

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3. If you were in Captain Yet's position, what advice would you have given  
Pirate Nup?

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4. What do you think the author's main message is within this text?  
Explain why.

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

5. What do you think happened after the end of this story? Continue the  
next phase of their adventure.

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**Circle the correctly spelt word:**

- |             |          |          |         |
|-------------|----------|----------|---------|
| 1. talk     | tork     |          |         |
| 2. dorter   | daughter | dauter   | doorter |
| 3. before   | beefor   | before   | before  |
| 4. small    | small    |          |         |
| 5. hors     | hourse   | horse    | hours   |
| 6. fourteen | fourten  | fourteen | forten  |
| 7. fourc    | fork     | forc     | fourk   |
| 8. because  | because  | becas    | because |
| 9. sor      | saw      |          |         |
| 10. door    | dour     | dore     |         |

**Write your list in rainbow colours**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Find the dictionary meaning for 5 words**

_____
_____
_____
_____
_____





## Adding 2-digit numbers in columns (with some regrouping)

Find the sum.

$$\begin{array}{r} 1) \quad 15 \\ + \quad 62 \\ \hline \end{array}$$

$$\begin{array}{r} 2) \quad 52 \\ + \quad 23 \\ \hline \end{array}$$

$$\begin{array}{r} 3) \quad 74 \\ + \quad 67 \\ \hline \end{array}$$

$$\begin{array}{r} 4) \quad 14 \\ + \quad 85 \\ \hline \end{array}$$

$$\begin{array}{r} 5) \quad 37 \\ + \quad 51 \\ \hline \end{array}$$

$$\begin{array}{r} 6) \quad 84 \\ + \quad 12 \\ \hline \end{array}$$

$$\begin{array}{r} 7) \quad 54 \\ + \quad 32 \\ \hline \end{array}$$

$$\begin{array}{r} 8) \quad 74 \\ + \quad 25 \\ \hline \end{array}$$

$$\begin{array}{r} 9) \quad 78 \\ + \quad 13 \\ \hline \end{array}$$

$$\begin{array}{r} 10) \quad 19 \\ + \quad 52 \\ \hline \end{array}$$

$$\begin{array}{r} 11) \quad 53 \\ + \quad 27 \\ \hline \end{array}$$

$$\begin{array}{r} 12) \quad 44 \\ + \quad 18 \\ \hline \end{array}$$

$$\begin{array}{r} 13) \quad 92 \\ + \quad 8 \\ \hline \end{array}$$

$$\begin{array}{r} 14) \quad 54 \\ + \quad 37 \\ \hline \end{array}$$

$$\begin{array}{r} 15) \quad 44 \\ + \quad 48 \\ \hline \end{array}$$

$$\begin{array}{r} 16) \quad 51 \\ + \quad 19 \\ \hline \end{array}$$

$$\begin{array}{r} 17) \quad 87 \\ + \quad 95 \\ \hline \end{array}$$

$$\begin{array}{r} 18) \quad 86 \\ + \quad 54 \\ \hline \end{array}$$

$$\begin{array}{r} 19) \quad 48 \\ + \quad 92 \\ \hline \end{array}$$

$$\begin{array}{r} 20) \quad 61 \\ + \quad 99 \\ \hline \end{array}$$



## Subtracting 2-digit numbers, some trading

$$\begin{array}{r} 1. \quad 81 \\ - \quad 60 \\ \hline \end{array}$$

$$\begin{array}{r} 2. \quad 77 \\ - \quad 50 \\ \hline \end{array}$$

$$\begin{array}{r} 3. \quad 61 \\ - \quad 30 \\ \hline \end{array}$$

$$\begin{array}{r} 4. \quad 53 \\ - \quad 42 \\ \hline \end{array}$$

$$\begin{array}{r} 5. \quad 45 \\ - \quad 14 \\ \hline \end{array}$$

$$\begin{array}{r} 6. \quad 63 \\ - \quad 33 \\ \hline \end{array}$$

$$\begin{array}{r} 7. \quad 56 \\ - \quad 35 \\ \hline \end{array}$$

$$\begin{array}{r} 8. \quad 63 \\ - \quad 21 \\ \hline \end{array}$$

$$\begin{array}{r} 9. \quad 65 \\ - \quad 13 \\ \hline \end{array}$$

$$\begin{array}{r} 10. \quad 61 \\ - \quad 14 \\ \hline \end{array}$$

$$\begin{array}{r} 11. \quad 23 \\ - \quad 18 \\ \hline \end{array}$$

$$\begin{array}{r} 12. \quad 63 \\ - \quad 34 \\ \hline \end{array}$$

$$\begin{array}{r} 13. \quad 88 \\ - \quad 49 \\ \hline \end{array}$$

$$\begin{array}{r} 14. \quad 73 \\ - \quad 46 \\ \hline \end{array}$$

$$\begin{array}{r} 15. \quad 33 \\ - \quad 26 \\ \hline \end{array}$$



## Adding 4-digit numbers in columns

Find the sum.

$$\begin{array}{r} 1. \quad 7,340 \\ + 9,473 \\ \hline \end{array}$$

$$\begin{array}{r} 2. \quad 3,026 \\ + 2,689 \\ \hline \end{array}$$

$$\begin{array}{r} 3. \quad 125 \\ + 867 \\ \hline \end{array}$$

$$\begin{array}{r} 4. \quad 6,804 \\ + 651 \\ \hline \end{array}$$

$$\begin{array}{r} 5. \quad 6,774 \\ + 7,826 \\ \hline \end{array}$$

$$\begin{array}{r} 6. \quad 1,762 \\ + 3,722 \\ \hline \end{array}$$

$$\begin{array}{r} 7. \quad 9,778 \\ + 1,226 \\ \hline \end{array}$$

$$\begin{array}{r} 8. \quad 4,400 \\ + 4,474 \\ \hline \end{array}$$

$$\begin{array}{r} 9. \quad 7,942 \\ + 9,798 \\ \hline \end{array}$$

$$\begin{array}{r} 10. \quad 7,559 \\ + 8,529 \\ \hline \end{array}$$

$$\begin{array}{r} 11. \quad 7,274 \\ + 4,558 \\ \hline \end{array}$$

$$\begin{array}{r} 12. \quad 8,704 \\ + 222 \\ \hline \end{array}$$

$$\begin{array}{r} 13. \quad 5,536 \\ + 5,619 \\ \hline \end{array}$$

$$\begin{array}{r} 14. \quad 290 \\ + 4,342 \\ \hline \end{array}$$

$$\begin{array}{r} 15. \quad 8,519 \\ + 9,033 \\ \hline \end{array}$$

$$\begin{array}{r} 16. \quad 491 \\ + 1,091 \\ \hline \end{array}$$



## Subtracting 4-digit numbers, with trading

$$\begin{array}{r} 1. \quad 6,561 \\ - 2,186 \\ \hline \end{array}$$

$$\begin{array}{r} 2. \quad 7,692 \\ - 5,473 \\ \hline \end{array}$$

$$\begin{array}{r} 3. \quad 3,996 \\ - 1,913 \\ \hline \end{array}$$

$$\begin{array}{r} 4. \quad 6,276 \\ - 1,614 \\ \hline \end{array}$$

$$\begin{array}{r} 5. \quad 5,381 \\ - 3,254 \\ \hline \end{array}$$

$$\begin{array}{r} 6. \quad 9,695 \\ - 1,498 \\ \hline \end{array}$$

$$\begin{array}{r} 7. \quad 685 \\ - 575 \\ \hline \end{array}$$

$$\begin{array}{r} 8. \quad 4,175 \\ - 3,232 \\ \hline \end{array}$$

$$\begin{array}{r} 9. \quad 3,823 \\ - 1,248 \\ \hline \end{array}$$

$$\begin{array}{r} 10. \quad 3,493 \\ - 1,298 \\ \hline \end{array}$$

$$\begin{array}{r} 11. \quad 5,454 \\ - 1,457 \\ \hline \end{array}$$

$$\begin{array}{r} 12. \quad 6,371 \\ - 2,573 \\ \hline \end{array}$$

# WORKOUT 4

## WHY DON'T YOU CALL ME ON MY CELLPHONE

- Complete exercises that correspond to your mum or dads phone number!
- 40 seconds of work, 20 seconds of rest. Use the timer on your phone to assist you with this.
- Once you complete it, have a 2-minute rest
- After your rest, complete a parents phone number as well

**0- HIGH KNEES**

**1- SIT-UPS**

**2- PUSH-UPS**

**3- SQUATS**

**4- STAR JUMPS**

**5- TUCK JUMPS**

**6- BURPEES**

**7- WALL SIT**

**8- WALKING LUNGES**

**9- STEP-UPS**



# Music Learning Grid Stage 2

<p>Teach 'Boom, Snap, Clap' to someone else in your house. Change the tempo, add more people or find a new creative way to play!</p>	<p>Teach a song or rhyme to someone else in your family.</p>	<p>Every Boy Deserves Football/FACE: use treble clef notes to create a list of words only using A,B,C,D,E,F,G. You can repeat a letter.</p>	<p>Research the history of the ukulele. Create a list of 5 facts.</p>
<p>Write a rhythmic composition using known rhythmic elements.</p>	<p>Draw/paint/collage your response to a piece of music.</p>	<p>Research your favourite music artist/s. Find out what musicians inspired them; who are their favourite artists?</p>	<p>Write a simple rhythmic pattern and then add body percussion. Perform it to someone.</p>
<p>Ask someone at home to teach you a song.</p>	<p>Interview an adult at home or via video chat. What music did they listen to when they were younger? Did they play an instrument? What did their parents (your great/grandparents listen to?)</p>	<p>Create a drum kit from kitchen pots and pans.</p>	<p>Hand washing is for 20 seconds. Find your favourite 20 sec fragments of your favourite songs and write out the lyrics. Sing your chosen 20sec bit when you next wash your hands!</p>
<p>Have a karaoke competition with people at home</p>	<p>Play "Guess that Tune". Hum a song for others to guess the title.</p>	<p>Create a dance to a song you love. Teach it to someone in your house.</p>	<p>Create a 'Stomp' routine - movements and sounds using everyday objects.</p>

# School Life

E	S	K	O	O	B	I	J	O	U	R	N	A	L
P	E	N	C	I	L	C	A	S	E	W	P	E	K
G	R	S	R	O	S	S	I	C	S	L	H	N	K
R	E	E	N	O	T	E	B	O	O	K	S	L	S
S	K	D	N	S	C	S	N	O	Y	A	R	C	O
N	S	R	G	E	L	R	E	T	T	I	L	G	C
E	B	A	L	R	P	I	R	O	B	L	X	L	O
P	A	O	U	A	E	R	C	R	A	O	K	E	M
K	C	B	E	D	O	S	A	N	B	B	O	P	P
E	K	K	S	S	B	I	S	H	E	A	C	N	A
I	P	C	T	B	N	G	C	R	S	P	K	L	S
P	A	A	I	B	T	N	M	A	R	K	E	R	S
S	C	L	C	N	U	E	R	A	S	E	R	O	I
O	K	B	K	L	K	R	O	W	E	M	O	H	N

LUNCH BOX  
 GLITTER  
 SCISSORS  
 BLACKBOARD  
 ERASER  
 PENS  
 SHARPENER  
 COMPASS  
 GLUE STICK  
 JOURNAL  
 NOTEBOOK  
 PENCIL CASE  
 PENCILS  
 CRAYONS  
 MARKERS  
 BACKPACK  
 HOMEWORK  
 BOOKS

Play this puzzle online at : <https://thewordsearch.com/puzzle/37/>

# NUMBER OF THE DAY

## NUMBER FORMS

SHOW TODAY'S NUMBER 3 WAYS.

STANDARD FORM:

EXPANDED FORM:

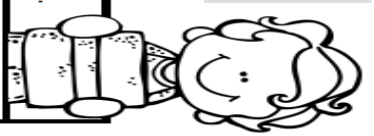
WORD FORM:

## ADDITION AND SUBTRACTION

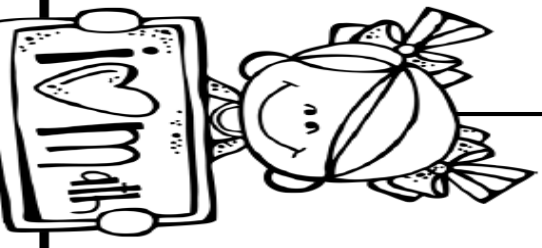
WRITE EQUATIONS THAT EQUAL THE NUMBER OF THE DAY.

+

-



Friday



# NUMBER OF THE DAY

## PLACE VALUE

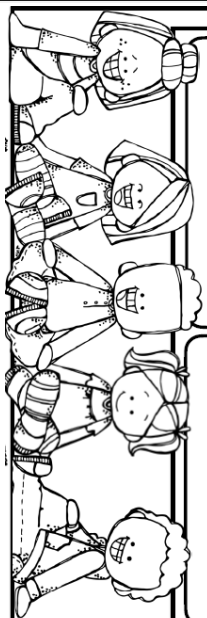
FILL IN THE TEN FRAMES TO SHOW TODAY'S NUMBER

THOUSANDS	HUNDREDS	TENS	ONES

## NUMBER VALUE

WHAT IS THE VALUE OF THE DIGIT IN THE...

ONES PLACE	HUNDREDS PLACE
HUNDREDS PLACE	THOUSANDS PLACE



## LESS THAN & GREATER THAN

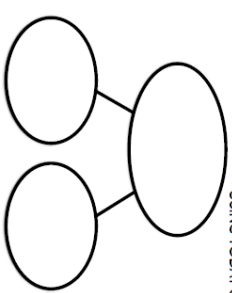
NUMBERS LESS THAN TODAY'S NUMBER

<	>
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NUMBERS GREATER THAN TODAY'S NUMBER

## NUMBER BONDS

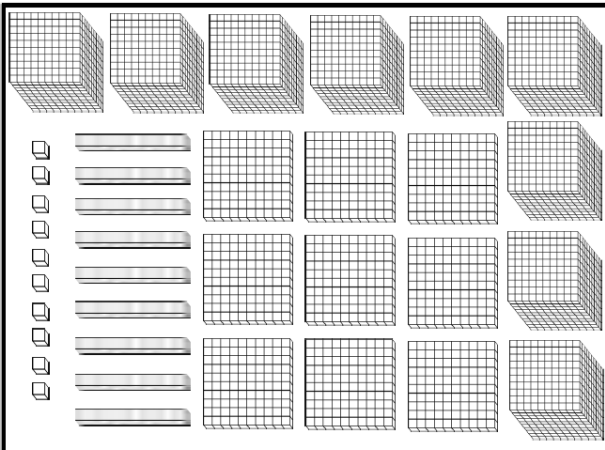
CREATE A NUMBER BOND USING TODAY'S NUMBER



# NUMBER OF THE DAY

## BASE TEN BLOCKS

SHADE THE PLACE VALUE BLOCKS TO SHOW THE NUMBER



## ROUNDING NUMBERS

- FILL IN THE SHADED BOXES TO SHOW WHICH 2 BENCHMARK NUMBERS THE NUMBER OF THE DAY FALLS BETWEEN
- PLACE A DOT ON THE NUMBER LINE TO SHOW WHERE THE NUMBER OF THE DAY WOULD BE IN RELATION TO THOSE TWO NUMBERS.
- RECORD YOUR ANSWERS IN THE BOXES.

ROUND TO THE NEAREST TEN:

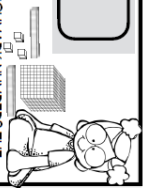
↑	<input type="text"/>	↓	<input type="text"/>
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ROUND TO THE NEAREST HUNDRED:

↑	<input type="text"/>	↓	<input type="text"/>
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ROUND TO THE NEAREST THOUSAND:

↑	<input type="text"/>	↓	<input type="text"/>
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# WORKOUT 5

## ROUND THE TWIST

### BURPEES



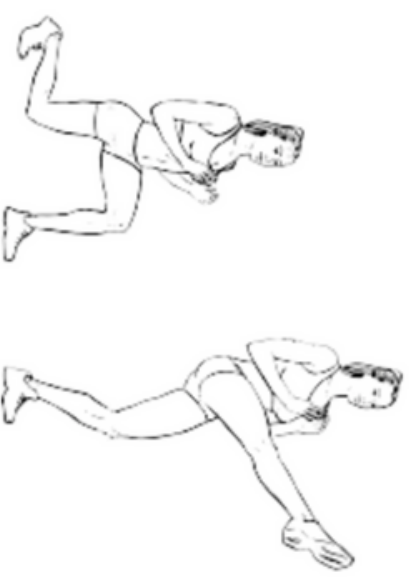
**Fitness component:**  
Muscular endurance, aerobic capacity

- Start with feet shoulder width apart
- Spring back and land in a plank position
- Try to tap your chest to the ground if you can
- Spring your feet back toward your feet, aiming to keep your feet flat on the ground
- Jump up and clap your hands above your head

**X 5**

- Rounds for time (RFT)
- Complete each set of exercises to finish 1 round
- Complete 6 whole rounds
- Time yourself and record your time

### LUNGE KICKS



**Fitness component:**  
Flexibility, Muscular endurance, Balance

- Start by taking a large step forward into a lunge
- Ensure your knee does not extend beyond your toes
- If it is, you need to lower your back knee more
- Stand up and kick your leg in the air
- Repeat with opposite leg
- \*If you are feeling pain, you need to reduce the height of your kick

**X 10**

### PLANK

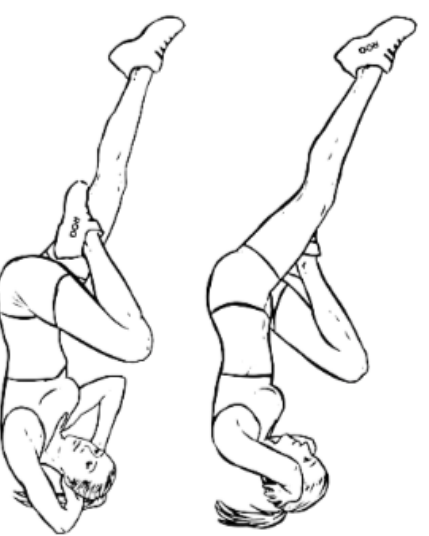


**Fitness component:**  
Muscular endurance

- Get in the pushup position, only put your forearms on the ground instead of your hands.
- Squeeze your gluteals and tighten your abdominals.
- Create a straight, strong line from head to toes
- Hold that position

**X 30  
SECONDS**

### BICYCLES

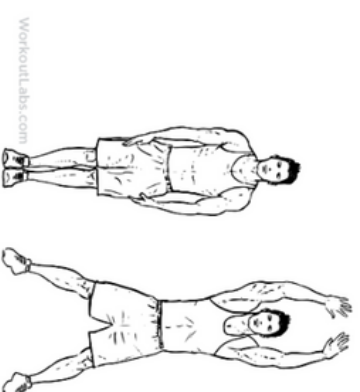


**Fitness component:**  
Muscular endurance

- Lay on your back with arms placed behind your head
- Lift your legs slightly off the ground
- Alternating between your legs, aim for your knee to tap your opposite elbow
- Squeeze your abs

**X 20**

### STAR JUMPS



**Fitness component:**  
Aerobic capacity

- Stand upright with your legs together, arms at your sides.
- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart.
- Stretch your arms out and over your head.
- Jump back to starting position.

**X 40**