

Good morning Year 3 students,

Welcome to the second half of Week 3. Below you will find everything that you need to know to access your work for the next three days.

On Friday, to support our Australian Olympic Team we are wearing Green and Gold!



Hopefully you were able to speak to your teachers on Monday over Zoom. If not, don't worry we have another two sessions planned for Wednesday and Thursday this week.



Please only submit the work requested by your teachers on **Seesaw**. These activities are marked with a star in the overview so you can clearly see which ones to submit.



A reminder to keep all your work together to bring in to your teachers when we go back to school.

We look forward to seeing you very soon.

Lots of love,

Year 3 teachers :)



Wednesday 28/7/2021

Morning

English

Spelling

Use 10 of the words in interesting sentences of your own. Try to show the meaning and the best use of these words.

Complete this task on the paper in your booklet.

Continue 'Look, Say, Cover, Write, Check' throughout the week on the page in your Monday - Tuesday booklet.

Click on the link below to watch a video from Mr Reid.

<https://youtu.be/b6pGhCSG7-8>

Writing

Task: Choose an elite Australian athlete and write a biography about them.
What does a biography tell us about a person?

Using the Biography Organiser template (in your booklet), find and record information about the person you have chosen.

Some possible areas of research include:

- Where and when was the person born?
- What do you learn about their family life growing up?
- What are some of their achievements?

Choose one to explore in more detail.

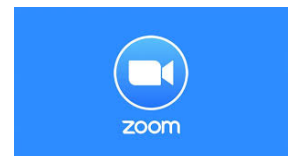
- What are some of the challenges they have faced?

- Once you have completed your research, present your findings in an interesting way.

Here is a good place to start your research; <https://www.olympics.com.au/olympians/>

Zoom Meeting 10:30-10:55am

Join a Zoom meeting with your class teacher and the rest of your class. Your teacher will send you an email with details.



RECESS

Mathematics

Complete your Maths Mental for Set 3

Warm Up (5 minutes)

Using a deck of cards, draw out 3 cards at a time. Create the largest 3 digit number that you can and write it down. Then draw another 3 cards from the deck and write the smallest 3 digit number that you can. Practise this until 5 minutes is up.

Lesson (40 minutes)

Remember, there is 1000 grams in 1 kilogram. We write grams as 'g' and kilograms as 'Kg' (with a lowercase 'g' and a capital 'K'). This means that if something weighs 1500g then that would be 1.5Kg (1000 grams = 1kg + 500 grams left over).

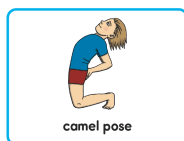
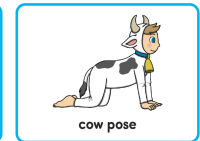
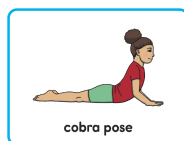
1. Complete the activity sheet '**Mass-Gram 1 and 2**'
2. Think about the mass of different objects like an apple, a leaf and a pencil case etc. Would you measure their mass in grams or kilograms? Complete the page in your booklet called '**Units of Measure Cut and Paste**'. You will need to cut out the labels for each object and glue it into the correct column for the unit for measuring the mass.
3. Brainstorm items in the classroom or at home that you think **might** weigh 100g, 200g and 1Kg. List on the back of your '**Cut and Paste**' page. Alternatively, use kitchen weighing scales to find and weigh items that are: 100g, 500g and 1000g.

Extension and Fast Finisher:

1. Go to the Woolworths or Coles website or use a supermarket catalogue if you have one.
2. Choose 3-5 vegetables online (write these down on a spare piece of paper). Choose vegetables that have their price per kilogram listed. Make sure you **write down** the price per kilogram of the vegetables as you list them on your sheet. You might choose to look at potatoes, beans, pumpkin, mushrooms or eggplant. Once you have chosen your vegetables, have a go at converting what the cost per **gram** would be.

Brain Break

Take a moment to stretch your body before continuing with your booklet. Find some space and complete each of these yoga poses.



Library with Mrs Chapman

World Book Online – Olympic Games WebQuest!

The Tokyo Olympic Games have begun! Let's start doing some research on the origins of the Olympic Games and why they are so important to all countries and competitors who participate.

Go to the Olympic Games article in World Book Online, read the information carefully and complete the given worksheet activity in your work booklet.

<https://www.worldbookonline.com/student-new/#/article/home/ar402520>

Login ID: lindfield

Password: student



LUNCH TIME

Afternoon

History (40 mins)
Who lived here first?

****You need to do this activity on Seesaw.**

Watch the video from the Aboriginal Heritage Office that explains the primary sources you studied last week.

<https://www.youtube.com/watch?v=PFPGvV3Kbjs>

On **Seesaw**, look at the pictures and listen to the explanation about the people who lived in Lindfield first. Reflect on what you have learnt about 'who lived here first'. Record what you have learnt, what you already knew and what you wonder about. Use Seesaw or do this reflection in your exercise book.

FAST FINISHER FUN

Follow the instructions from the video and draw an Olympic Karate Kid. <https://www.youtube.com/embed/62k1Hb1viHl>



Morning

English

Reading

Independent reading (20 minutes)

Read a book of your own choice for 15 minutes, record the name of the book and then complete the 'Monitoring' activity on the 'independent reading' section of your booklet.

Shared Reading

Listen to 'Hello, Hello' on Story Box.

[Hello, Hello link here](#)

Login: lindfield

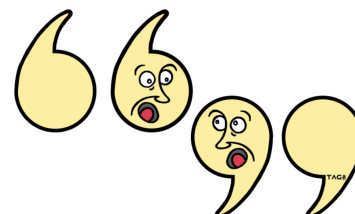
Password: stories405



****There is an activity for you to complete afterwards on Seesaw. You can also find the link to Story Box on your Seesaw activity.**

Grammar - Speech Marks Rules

Earlier this week you looked at direct speech, where you had to spot the missing speech marks in sentences and punctuate them correctly. Today you will be writing your own sentences that include direct speech.



First, watch Miss Ryan's video on the rules you need to remember when using speech marks in your writing.

<https://www.youtube.com/embed/cJ7NNjKs6ns>

Complete the **Using Speech Punctuation** Sheet in your booklet.

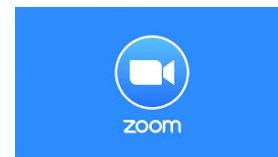
Writing

You have been looking at the Olympics and some of the amazing athletes who have and/or are competing.

Write a fan letter to your star. Wish them well, thank them for all the effort and explain to them why they are an inspiration to you. Complete this on the lined paper in your booklet. If someone at home has 'Twitter', you could even send it to them over in Tokyo.

Zoom Meeting - 10:30-10:55am

Join a Zoom meeting with your class teacher and the rest of your class. Your teacher will send you an email with details.



RECESS

Middle

Mathematics

Starter: (5 minutes) Your answer is 36. Set up a timer (or ask your parent or carer to time you) and write as many possible equations as you can in 5 minutes. You may like to use addition, subtraction, multiplication or division.

Lesson (40 minutes)

Remember, there is 1000 grams in 1 kilogram. We write grams as 'g' and kilograms as 'Kg' (with a lowercase 'g' and a capital 'K'). This means that if something weighs 1500g then that would be 1.5Kg (1000 grams = 1kg + 500 grams left over).

Complete the '**Metric Units of Mass: Grams and Kilograms**' and '**Converting between Kilograms and Grams**' pages in your booklet. You will need to convert between grams and kilograms.

Complete your Maths Mental for Set 4

Fast Finisher:

Go on a hunt around your house to find objects that weigh:

1Kg 5Kg 250g 100g

If you are at school, on the back of your worksheet guess which objects around the classroom might weigh this amount.

History (40 mins) - How did the first people of Lindfield live?

This is a **Seesaw** task. Explore the book 'The Playground' by Nadia Wheatley to hear stories about our country's first children. Visualise the stories and facts by completing the 'Sketch to Stretch' in your **booklet**. Take a photo of your 'Sketch to Stretch' and upload it to **Seesaw**.

Look for this task in Seesaw Shared library.
Note it will not be there until **Wednesday morning**.



FAST FINISHER FUN

Follow the instructions from the video and draw an Olympic Volleyballer

<https://www.youtube.com/embed/dHs1FdMp5TY>



LUNCH TIME

Afternoon

Music

Today we will be watching and listening to 3 video clip animations. We will express ourselves by moving to one of the pieces and also responding in words and a drawing to our favourite piece.

The first is called 'The Flight of the Bumblebee'.

Watch the clip and listen to the music using this link:

<https://www.youtube.com/watch?v=X14kC-sEH0I>



The second clip is called 'The Swan'. It is from the 'Carnival of the Animals', written by Camille Saint-Saens.

Watch and listen using this link:

<https://www.youtube.com/watch?v=0NuYR6acMSs>



The third, and last, clip is called 'Ballet of the Unhatched Chicks'.

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



ACTIVITY : Choose just one (1) of the 3 animations to act out (move to the music) at home or school while the music is playing. You will need a lot of space to move!

Please write/draw a response using the heading 'Music Appreciation' and post your response on Seesaw.

Tell me i) Which piece of music did you prefer?

ii) Why did you prefer that piece?

iii) Draw a picture about your favourite piece of music.



Friday 30/7/2021

Morning

English

Reading

Independent reading (20 minutes)

Read a book of your own choice for 15 minutes, record the name of the book and then complete the 'Making Connections' activity on the 'independent reading' section of your booklet.

Shared Reading

Listen to 'Benny Bungarra's Big Bush Clean Up' on Story Box.

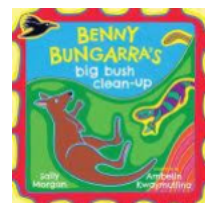
Link:

[Story Link here](#)

Login: lindfield

Password: stories405

Complete the activity on SeeSaw



Grammar

Past, present and future tense verbs.

Watch the video presentation from Mrs Foreshew then complete the Past Tense page in your booklet.

<https://youtu.be/5Eb956-8r-E>

Writing

Editing is an important step in writing. Check over your biography from Wednesday.

- Are all the sentences grammatically correct?
- Are all the words spelled correctly?
- Are there clear paragraphs and punctuation?
- Is it organised in an interesting way?
- Have you included all the important information about your chosen athlete?



**** Share it with your teacher through Seesaw.**

Handwriting

One of the most symbolic and important parts of the Tokyo Games Opening Ceremony is the Olympic oath taken by one athlete on behalf of all the athletes competing at the games.

Go to your handwriting page and trace the oath.

Using your best handwriting that you have been learning in class, rewrite the oath on the blank lines below.



RECESS

Middle

Mathematics

Warm up

Can you solve this place value riddle:

The number has four digits

It is smaller than 8000 but bigger than 7000.

The hundreds digit is smaller than 3 but bigger than 1.

The tens digit is an even number smaller than 5 but bigger than 2.

The ones digit is in the 3 times tables and is bigger than 5 but smaller than 8.

Lesson: (40 minutes)

Create a poster or a digital product that shows what you know about Mass.

Make sure you include:

-What is 'hefting'. How and why do we 'heft' mass.

-Conversions. How to convert between Kilograms and grams.

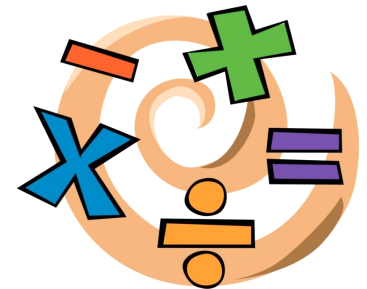
-A selection of pictures of objects with estimated masses in both grams and kilograms

Complete '**Mystery Mass**' page in your booklet.

Fast Finisher:

Include the following illustrations on your poster or create a new page. Draw 3 different pictures of an equal arm balance and what it would look like measuring the following objects:

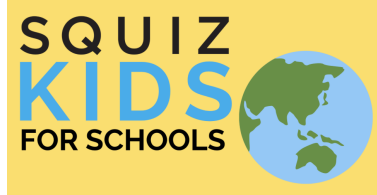
1. A mouse and an elephant
2. A 1 kg bag of flour and a 1000g bag of sand
3. A 3 kg bag of sugar and a 500g bag of frozen peas



Word Problems

Complete the Matharoo Worksheet - LP 21 21.

Remember to show your working out on a separate piece of paper.



Brain Break

It's time for a news break! Click on the link below and press play. Listen to today's Squiz Kids podcast. <https://www.squizkids.com.au>

Technology - Mr Brock

Mr Brock has assigned a new task through Grok Learning. You will need to check your email and look for emails from Mr Brock and Grok Learning.



If you have any trouble please email Mr Brock directly.

FAST FINISHER FUN

Follow the instructions from the video and draw an Olympic Boxer.

https://www.youtube.com/embed/jsJo_RR9bql



LUNCH TIME

Afternoon

Physical Education - Gymnastics with Mr Elsley

Safety:







- Please do these practice skills on some grass or carpet in your house. Nothing you will be doing will be too difficult or put you at risk of injury.
- If you are doing the skills inside, remove all objects that you could hit or knock into.
- The students attending school will be doing these same skills on Ginkgo Playground.
- If you find a skill too difficult, you can skip it.
- Make sure you warm up before attempting any skills.

Activity 1: Warm-up and Stretch Video: <https://youtu.be/cbG-dU4PGN8>

Watch some Gymnastic Routines in the Olympics that are currently on Seven Plus.

Activity 2: Skills to learn with no or minimal equipment:

Star Jump into Motorbike	Soldier Kicks	Tuck rock and sit
1. Stand in pencil position	1. Stand with hands outside to side of	1. Sit in tuck position

<ol style="list-style-type: none"> Jump and perform a star shape in the air Keep legs and arms straight as you perform the star Land in motorbike position for 2 to 3 seconds. 	<p>body for balance</p> <ol style="list-style-type: none"> Kick one leg up as high as you can and point your toes Leg needs to stay straight Hold position for 3 seconds Plant foot down and repeat with opposite leg 	<ol style="list-style-type: none"> Tuck your chin to chest Rock and fall backwards staying in tuck position Rock forwards until you feet touch the ground Repeat <p>Extension: Try to stand up after rocking forwards.</p> <p>TUCK ROCK SIT</p> 
Superman/Dish	Pike Sit	Back Support
<ol style="list-style-type: none"> Lay down flat on the ground. Lift your legs and arms off the ground Keep legs and arms straight and together. Hold for 3 - 5 seconds. 	<ol style="list-style-type: none"> Sit on the ground Legs straight in front of you and together with toes pointed. Arms out to reach feet. 	<ol style="list-style-type: none"> Lay on your back Push up with your arm and face hands towards body Keep body straight Place feet flat on ground <p>Extension: Transition from back support to front support</p> 

Activity 3: Floor work Routine

Make sure you have enough room. Follow the floor routine I have made from last week and this week's skills. Go through the shapes listed below in order and repeat to create a floor routine.

Log roll, Pike, Tuke and Tuck, Rock and Sit to Stand (do each position for 3 seconds)

Extension: Children add their own shape to start and finish routine. Perform to music as an option.

Optional Activities:

Cosmic Yoga – <https://www.youtube.com/watch?v=CYoTXPray5Y>

Workout – <https://www.youtube.com/watch?v=f1DCBvypjNw>