



St Joseph's Narrabeen – Weekly Home Based Learning Grid
Stage 3, Term 3, Week 5 2021

Growth Mindset Quote of the Week -



Meme of the Week -



Gather: Time for a great start to the day

- A walk
 - A prayer
 - What are you grateful for today?
 - Mindfulness - Tai chi, meditation
- Try out this website - www.smilingmind.com.au

Brain Break Activities -

- Go Noodle - You can set up an account to access this
- Check out the animals at the zoo - <http://zoo.org.au/animal-house>
- Cosmic Yoga
- Read a book

YOU SHOULD BE READING YOUR OWN NOVEL OF YOUR CHOICE EVERYDAY! JUST LIKE YOU WOULD BE DOING IN SILENT READING AND READING AT HOME EVERY NIGHT.

Instructions -

THIS IS A GUIDE OF ACTIVITIES THAT YOU CAN COMPLETE. OBVIOUSLY THIS IS VERY DIFFERENT TO LEARNING AT SCHOOL AND WE ONLY EXPECT YOU TO COMPLETE WHAT WORKS IN YOUR HOUSEHOLD. WE HAVE PLANNED ACTIVITIES THAT WE HOPE WILL BE ENGAGING WITH THE EXPECTATION THAT YOU WILL CHALLENGE YOURSELF TO DO YOUR BEST, JUST AS YOU WOULD AT SCHOOL. THIS IS NOT MEANT TO BE A STRESSFUL EXERCISE. PLEASE REMEMBER TO HAVE FUN AND ENJOY YOURSELF IN YOUR LEARNING! We strongly encourage you to complete the English and Maths activities please!

Zoom Schedule

Make sure you check your Google Classroom for the links, meeting ID and password!

Monday	Class Zoom with your teacher - 9.15am
Tuesday	Maths Zoom - 10am
Wednesday	English -Bring any questions you have about your speech- 9.30am
Thursday	Maths Zoom 10am
Friday	Feedback Friday + Kahoot - Zoom in at 10:15am

English

Reading/viewing and Writing Activity 1 -

Reading/ Viewing -Watch [BTN Episode 21](#) that is linked here (this is from last week).

Take notes whilst watching it.

Writing - Pick one article you enjoyed and write a summary. Make sure you include all the important points they've talked about. **Post your summary in the appropriate place on our classroom feed on Google classroom.**

- Make sure you have correct spelling, punctuation and grammar throughout and have a mix of sentences,

The image shows a vertical sidebar of controls for a digital reading application. At the top is a 'Bookmark' icon. Below it is 'Open Magazine View'. A 'JUMP TO' section contains 'Teaching Resources' and 'Text-to-Speech'. A 'READING LEVEL' section has two buttons: '900L' (grey) and '690L' (blue). At the bottom is a 'Go Back to Issue' icon.

Scholastic

<https://classroommagazines.scholastic.com/support/learnathome/grades-6-9-week-3.html>

On scholastic you can change the reading levels and use the text to speech to assist when reading. You can find these settings on the left hand side of the article.

The text has two different levels 900L and 690L.

If the above is too challenging use this link -

[Week 5 | Remote Learning Resources and Strategies](#)

Click on linked articles, read the article for each day (see below) and complete the task/s. When you click the links for each day you can view it as a magazine by clicking 'Open Magazine View' on the left of the page.

Reading Activity 2

[Read a short story 'The Roach'](#) about courage, grit, and growing up.

Directions:

1. Find one metaphor.
2. Find two similes.
3. Find three examples of onomatopoeia.

Activity 3

Choose a side in a space debate: "Should humans go to Mars?"

What do you think: Should Humans Go to Mars? Write one argument for, using facts, details, and quotes from the article to support your opinion.

Activity 4

Banish stress like a superstar in "Secret Stress Busters of the Stars."

Write a mantra (a short phrase you repeat to stay focused) for yourself, then use it to practice mindful meditation. Meditate for two minutes, twice a day, repeating your mantra in your head. Write your mantra on a piece of paper and post it in your bedroom to help you remember to stay calm even when you're not meditating.

Activity 5

Meet Noah Carver, an unstoppable 15-year-old in "Nothing Holds Me Back."

Choose three character traits that Noah possesses based on the story and sidebar "What Noah Wants You to Know." Explain how Noah demonstrates those traits. Support your ideas with text evidence.

Writing: Speech Writing Activities

- Continue with your speech writing. REMEMBER TO CHECK YOUR SPEECH WRITING TIPS TO HELP YOU PUT YOUR SPEECH TOGETHER
- Edit your speech, just like you would any other piece of writing. Consider improving vocabulary and the placement of punctuation that will help you to pause, question and emphasise important points
- Write your speech on palm cards to assist you when you present it
- Practice your speech, in front of a mirror, your family or video it and watch it back to see where you need

to improve

- Practice, practice, practice!

PLEASE COPY AND PASTE YOUR SPEECH WRITING FROM LAST WEEK ON YOUR NEW DOCUMENT! THIS IS IMPORTANT SO WE CAN SEE AND MARK YOUR WORK THIS WEEK AND YOU ARE ABLE TO BUILD ON THE WORK YOU CREATED LAST WEEK!

Maths:

Maths warm up activity

<https://mathsstarters.net/numbersgame>

<https://www.proofmathgame.com/math-puzzles>

USE THE ADDITION AND SUBTRACTION SLIDES TO ANSWER YOUR QUESTIONS!

Science

RESEARCH TASK: (Weeks 4 and 5)

Using PowerPoint, Google slides or Keynote, (or another of your choice) create a presentation that compares and contrasts the planet you have chosen to Earth.

Your presentation must include:

- The name of all eight planets and how many moons they have.
- At least 5 interesting facts or characteristics about the planet you have chosen to research

Make sure you include:

- Appearance (what does it look like?)
- Size
- Circumference
- Diameter
- Radius
- Relative Size
- Distance from the Sun
- Time taken to orbit the Sun (how long is a day/ year)
- Atmosphere components
- What planet is made of (composition)
- Does the planet have moons?
- Where did the planet get its name?
- How was the planet formed or created?
- A table or chart comparing (to Earth) the

The table will look something like this-

	Earth	Planet you research
Appearance		
Size		

Circumference		
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...and continue with all the other criteria

- Make sure you include a bibliography to show where you get your information from.

Religion

This week is Mary MacKillop's Feast Day - Make a google slide about Mary Mackillop and her life. Give 3 detailed slides about her. Use these links below to create your slide.

<https://www.youtube.com/watch?v=eOqGWciHi70>



Shaping a Nation: St Mary MacKillop

Learn more about some of Australia's most accomplished women, past and present, with the insightful and heart-warming special 'Australian Women: Shaping a Nation' and the new Ruby Connection:

<http://www.rubyconnection.com.au>
Here, we profile Australia's first Roman Catholic saint, Mary MacKillop. See the full episode on Foxtel's Bio channel.

BTN - Aussie Saint

<https://www.abc.net.au/btn/classroom/aussie-saint/10535594>

Creative Arts

Be creative and use some of your recycled bottoms to create art!

We have added some pictures for inspiration but we would like to see what you come up with!

The sky's the limit (or the amount of resources you have is your limit)

Enjoy.



PDHPE

PDH

USE THE GOOGLE SLIDES TO ANSWER ALL YOUR PDHPE TASKS

PE

**Wednesday and Friday 4pm - Northern Beaches Jiu Jitsu Academy
Live Facebook Classes!**

Create a dance. Maybe include different levels, directions, speed even equipment maybe watch some rhythmic gymnastics videos and think about including a ribbon, hula hoop, a ball.

**Practice hand eye coordination skills using
a spoon and ball
racket and ball**

cricket bat

See if you can balance the ball

See if you can balance the ball and make your way around every room in your home

Enjoy!

Library

See your library classroom for your activities.

Keep reading!

Email Mrs McCamey if you have any issues with these activities.

kathryn.Mccamey@dbb.catholic.edu.au

Enjoy!

If you have any questions - email your teacher.

Remember this is a guide, only do as much as you can do but still try and challenge yourself and have a growth mindset!