



These tasks can be completed in your Homework book and returned to the school for marking when you are collecting the next week's work.

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find the stories behind

A SOLAR WATER HEATER

A solar water heater **captures** heat from sunlight and stores it in water. Heat is absorbed by **dark**, **dull** surfaces and reflected from light, shiny ones. A solar water heater uses both types of surfaces. It works even in winter!

Requirements

2 squares of black plastic sheet (each 1m x 1m) aluminium foil coat hanger wire plastic garden hose bricks or stones (weights) and most importantly - a sunny day!



Steps

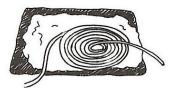
- 1. Spread one square of plastic on the ground in a sunny place. Use small wire loops to **pin** it down.
- 2. Cover the plastic with the aluminium foil. Use wire loops to pin this in place too.
- **3.** Make the hose into a tight, flat coil that touches itself all the way round. One end has to be connected to a tap, the other should just poke out from the plastic square. The coiled hose must lie on the aluminium foil (Fig. 1).
- **4.** Cover the hose coil with the other plastic square so that it makes as much contact with the hose as possible. It is best to stretch it tightly over the hose and weigh down the edges with bricks or stones, to keep out cold air (Fig. 2).
- **5.** Turn on the tap and let the water trickle through.

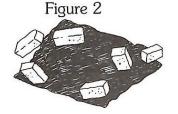
The black plastic must be clean. It absorbs heat which warms the water in the hose. Heat that escapes downwards is reflected back by the shiny foil.

Here are some ways to improve your solar heater.

- 1. Lay the bottom sheet on an insulating material, eg. old carpet.
- 2. Paint the coiled garden hose black.
- **3.** Add an extra layer of clear plastic a few centimetres above the top black plastic, making sure no breeze can get under it to blow the warm air away. It is using the same techniques that are used to keep hothouses warm.
- **4.** Attach the heater to a piece of chipboard, and angle this towards the sun.

Figure 1





Question 1: For all solar heaters it is essential to have:

- a. Bricks
- b. Sunlight
- c. Electricity
- d. Aluminium foil

Question 2: In the instructions the word captures could be replaced with:

- a. Collects
- b. Arrests
- c. Locates
- d. Attracts

Question 3: The plastic is black so that it will:

- a. Hide the hose
- b. Reflect the light
- c. Absorb the sun's heat
- d. Shade the aluminium

Question 4: The heater will NOT work:

- a. Outside
- b. At night
- c. In winter
- d. Early morning

Question 5: If you cannot find bricks you could use:

- a. A hose
- b. Stones
- c. A board
- d. Coat hangers

Question 6: By attaching the heater to a board you can:

- a. Put it in the shade.
- b. Take it inside at night.
- c. Place away from the tap.
- d. Angle it towards the sun

Question 7: One way to improve your heater is to:

- a. Paint the hose black
- b. Remove the aluminium foil
- c. Let a breeze pass over the heater
- d. Suspend a shade just above the hose

Question 8: In Step 1 the word **pin** could be replaced with:

- a. Sew
- b. Bend
- c. Lock
- d. Hold

Question 9: The opposite to a dark, dull surface is a:

- a. Light, shiny surface
- b. Bright, slippery surface
- c. Colourful, glossy surface
- d. Smooth, colourless surface

Question 10: Read this sentence.

"The backyard was in a dreadful **state** after the party."

Choose the sentence below which has the word state with the same or a similar meaning.

- a. Judy's trip across the **state** border was at night.
- b. The officer told us to **state** the reason for being on the oval.
- c. When Ms Brown saw the **state** of the Art Room she was less than happy.
- d. The governor made a **state** visit to the festival.

Maths Activity – Appendix 2 - Whole Number - Monday

Answer the following questions.

Question 1: Place Value

a. Arrange the following numbers in ascending order:

46 827, 468 455, 250 015, 12 698

b. Arrange the following numbers in descending order:

306 107, 408 453, 115 468, 89 632,

c. 160 can be written as 100 + 60. Write two other ways 160 could be split.

Question 2: Rounding

Round the following numbers to the closest hundred

- a. 245=
- b. 690 =
- c. 5169 =

Question 3: Factors

- a. List all the factors of 64
- b. List the highest common factor of 15 and 35
- c. List the highest common factor of 81 and 54

Question 4: Multiples

- a. List all the multiples of 8 under 100
- b. List the lowest common multiple of 48 and 24

Question 5: Integers

- a. What is an integer?
- b. Place the following numbers on the number line below: 5, -4, 3, 0, 1, -3, -2, -1, 4, -5, 2

< + + + + + + + + + + + + → 0

c. Write if the following statements are true or false.

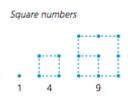
-5 > 0 _____ 3 < -4 ____ 6 > - 2 ____

Question 6: Prime and Composite Numbers

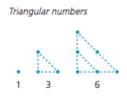
- a. What is a prime number?
- b. List all the prime numbers from 1 to 20
- c. Explain why 22 is not a prime number.

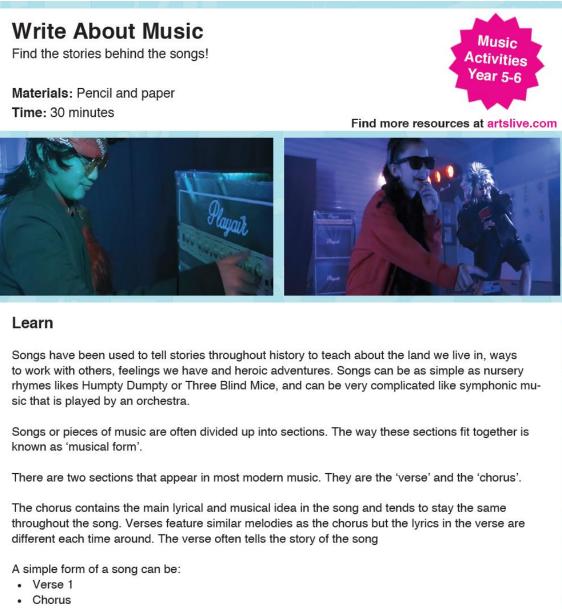
Question 7: Square and Triangular Numbers

a. Look at the pattern of square numbers below. Describe what happens in the pattern and find the next three terms.



b. Look at the pattern of triangular numbers below. Describe what happens in the pattern and find the next three terms





- Verse 2
- Chorus
- Chorus

Most songs have sections other than verses and choruses, such as introductions, bridges (or 'middle 8s), solos and pre-choruses.

Listen and Write

Choose two of your favourite songs and use the questions on the the next page to think about those songs.

Write your responses on the blank pages at the end of the activity.



Write About Music

Find the stories behind the songs!

Materials: Pencil and paper Time: 30 minutes



Find more resources at artslive.com

Song Title	Does this give a clue to what the song is about?Why doyou think the song is called this?
Chorus	 Does the title of the song appear in the Chorus? What is the main message of the Chorus? Do each of the lines in the Chorus rhyme or not? Can you give an example? How does the music change? – does it get louder/ softer? Use different instruments? Have more people singing? Are there lots of words in the Chorus or words that are repeated?
Verse	 What parts of the story does each Verse tell? Does the story in each Verse make a sequence of events? Write these down in order Are there repeated words/ phrases in each Verse? How many people are singing? Does the music sound different to the Chorus? Describe some of the differences in sound you can hear.
End of the Song	 How does the song end? Does it repeat a phrase and fade out? Does it have a definite finish? Does it use music from the Chorus or Verse or does it have it's own music?
Form	• Write out the Form of your song – list each section in order as you hear it.
	KARTS: KORN : ARTS:

Write About Music Music Find the stories behind the songs! Activities Year 5-6 Materials: Pencil and paper Time: 30 minutes Find more resources at artslive.com Song One Song Title Chorus Verse End of the Song Form



Write About Music

Find the stories behind the songs!

Materials: Pencil and paper Time: 30 minutes



Find more resources at artslive.com

Song Two						
Song Title						
Chorus						
Verse						
End of the Song						
Form						
	Story ARTS: ROOM LIVE					

understand the processed To be experts about a topic, we need to I help others learn more about the topic by how or why something works. For examp new information before we start writing in Read Appendix 1a – Effects of a volcanic Then complete Appendix 1b – Volcanic e Break Mathematics – Volume and capace	heed to: bacts a volcanic eruption can cause is that cause natural disasters help others by "building the field". This means that we y showing them background information to understand ble, teachers build the field about the topic by introducing nformative texts. c eruption eruptions quiz city conversions convert units of measurement of capacity.						
To be successful at this activity you will r • describe the different imp • understand the processed To be experts about a topic, we need to I help others learn more about the topic by how or why something works. For examp new information before we start writing in Read Appendix 1a – Effects of a volcanic Then complete Appendix 1b – Volcanic e Mathematics – Volume and capace	heed to: bacts a volcanic eruption can cause is that cause natural disasters help others by "building the field". This means that we y showing them background information to understand ble, teachers build the field about the topic by introducing nformative texts. c eruption eruptions quiz city conversions convert units of measurement of capacity. heed to:						
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Mathematics – Volume and capac Middle	convert units of measurement of capacity. need to:						
Middle	convert units of measurement of capacity. need to:						
	need to:						
To be successful at this activity you will r • convert litres (L) to millilit	litres (L), dividing by 1000						
1 st : View the Volume and Capacity Co	1 st : View the Volume and Capacity Conversion slides (Appendix 2a)						
2 nd : Complete the Wk9 Volume and Ca	2 nd : Complete the Wk9 Volume and Capacity Conversion quiz (Appendix 2b).						
Break							
PDHPE – What does it mean to be hea	PDHPE – What does it mean to be healthy?						
Afternoon In this activity, we are learning to desc To be successful at this activity you will r • describe different aspect • create a healthy and bala	need to: s of life I can be healthy in						
	th advice to a Stage 2 (Year 3 and Year4) student about ur video or poster, you should include information about:						
$_{\odot}$ What is healthy eating? (don't forget hydration!)						
$_{\odot}$ What makes a balanced	diet?						
$_{\odot}$ What should a healthy lu	nchbox include?						
$_{\odot}$ How can we check if our	foods are healthy and balanced?						
 What is a way we can ma 	ake eating healthy exciting?						
<u>PDHPE Outcomes</u> : PD3-6 distinguishes co participation in physical activity which are c	ontextual factors that influence health, safety, wellbeing and controllable and uncontrollable.						

Writing Activity – Appendix 1a – Effects of a volcanic eruption - Tuesday

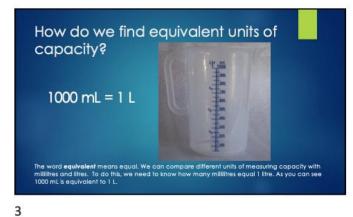
Volcanic eruptions can be both heard and seen. Extremely hot lava oozes out from the volcano through the crater and vents. This causes extensive damage to the area near or around the volcano as the lava scorches and burns everything it encounters. Catastrophic and violent eruptions release huge amounts of gases and rocks as an explosion into the air where pyroclastic flows are formed from the immense pressure. Pyroclastic flows roll down the sides of the volcano as a mixture of extremely hot toxic gases and volcanic ash, moving as fast as a cyclone burning everything in its way. Volcanoes also have other deadly aftereffects. Earthquakes and tsunamis are created due to the violent trembling in the Earth's crust causing damage to tall buildings and flooding coastlines. Not only do volcanoes cause tremendous amounts of damage, but volcanoes can also benefit the natural environment. The hot ash from a volcano breaks down and enriches the land making it extremely fertile and healthy to grow new plants. The heat generated from eruptions can be used to produce electricity, as heat creates steam when in contact with water, and this in turn can be used to drive turbines.

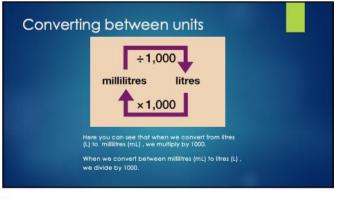
Writing Activity – Appendix 1b (Volcanic eruptions quiz) - Tuesday

1.	True or False. A volcano can be both seen and heard.
2.	 What is it called when magma slowly oozes out from a volcano and moves across land? Magma river Lava flow
	o Lava ocean
3.	Why would a lava flow be dangerous?
4.	What can be released into the air during a volcanic eruption?
5.	A pyroclastic flow travels
	• Up into the air
	 Down the side of a volcano
6.	What other natural disasters could a volcanic eruption cause?

Maths – Appendix 2a: Volume and Capacity Conversion slides - Tuesday

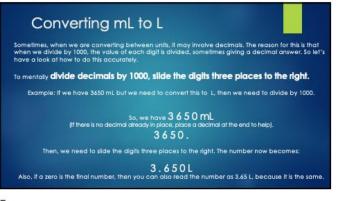






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Converting L to mL
When we multiply by 1000, each digit moves three places to the left because multiplying increases the number, as the value of each digit is multiplied.
o mentally multiply decimals by 1000, slide the digits three places to the left.
Example: If we have 2.475 L but we need to convert this to mL, then we need to multiply by 1000.
So, we have 2 . 475L
Then, we need to slide the digits three places to the left. The number now becomes:
2 4 7 5 mL

Wk9 Volume and Capacity Conversion Quiz

Converting between units of measurement

Converting litres (L) to millilitres (mL) To convert from litres to millilitres, multiply by 1000.

- 1. 5 L = how many mL
- 2. 3.6 L = how many mL
- 3. 4.95 L = how many mL
- 4. 12.83 L = how many mL
- 5. 0.75 L = how many mL
- 6. 0.105 L = how many mL

Converting between units of measurement

Converting millilitres (mL) to litres (L). To convert from millilitres to litres, divide by 1000.

- 7. 6000 mL = how many L
- 8. 2800 mL = how many L

1

- 9. 4250 mL = how many L
- 10. 2010 mL = how many L
- 11. 14 625 mL = how many L
- 12. 812 mL = how many L
- 13. 35 mL = how many L
- 14. How many millilitres in 8.025 litres?
 - o 8,025 mL
 - o 80, 250 mL
 - o 825 mL

	Wednesday							
Morning	Task 1 - English – Informative Writing Activity							
	In this activity, we are learning to write informative texts that make us sound like the expert. To be successful at this activity you will need to:							
	 Identify tier two and three language. Explain why the writer has chosen to use tier two and three words. 							
	 Your Task: Read Appendix 1 - "Effects of a volcanic eruption" List tier three words for this paragraph. Then list tier two words. Explain: why do writers of try to fill informative texts with accurate tier 2 and tier 3 words? 							
Break								
Middle	Mathematics – Numbers and Algebra Revision							
	In this activity, we are learning about number patterns involving all four operations. To be successful at this activity you will need to: identify and continue number patterns involving addition, subtraction, multiplication and division							
	 Use equivalent number sentences involving multiplication and division to find unknown quantities 							
	Go to Appendix 2 and complete the Number Patterns revision questions.							
Break								
Afternoon	Health and Wellbeing Activity - Screen breaks are important!							
Artemoon	Did you know that screen breaks are an essential part of your learning?							
	Regular breaks help you to reduce your stress and they also help your eyes to focus on something else at different distances away from you. A screen break also makes you move your body so that your blood flow increases, you oxygenate your brain, and your muscles move and flex.							
	Recent research has shown that our brains aren't idle when we take breaks. Instead, they are hard at work processing memories and helping us make sense of what we experience. Thus, screen breaks are crucial for consolidating memories, reflecting on past experiences, and planning for the future—in other words, it helps shape how we make sense of our lives.							
	Overall, screen breaks keep our brains healthy and play a key role in cognitive (brain) abilities such as comprehension (understanding something) and thinking up new ideas or things to try.							
	Your Task:							
	Create a screen break video <u>'script'</u> .							
	Your video script needs to take less than 2 minutes to perform.							

Writing Activity – Appendix 1 (Effects of a volcanic eruption) - Wednesday

Volcanic eruptions can be both heard and seen. Extremely hot lava oozes out from the volcano through the crater and vents. This causes extensive damage to the area near or around the volcano as the lava scorches and burns everything it encounters. Catastrophic and violent eruptions release huge amounts of gases and rocks as an explosion into the air where pyroclastic flows are formed from the immense pressure. Pyroclastic flows roll down the sides of the volcano as a mixture of extremely hot toxic gases and volcanic ash, moving as fast as a cyclone burning everything in its way. Volcanoes also have other deadly aftereffects. Earthquakes and tsunamis are created due to the violent trembling in the Earth's crust causing damage to tall buildings and flooding coastlines. Not only do volcanoes cause tremendous amounts of damage, but volcanoes can also benefit the natural environment. The hot ash from a volcano breaks down and enriches the land making it extremely fertile and healthy to grow new plants. The heat generated from eruptions can be used to produce electricity, as heat creates steam when in contact with water, and this in turn can be used to drive turbines.

Maths Activity - Appendix 2 - Numbers and Algebra Revision - Wednesday

a. b.	A pattern is best described as: An ordered set of numbers arranged according to a rule A set of numbers arranged in a random order An ordered set of numbers that are multiplied again and again
a. b. c.	Identify the rule in the following sequence: 28, 36, 44, 52 +6 +7 +8 +9
a. b. c.	Identify the missing number in the sequence: 823, 846,, 892 858 865 860 869
a. b. c.	Find the unknown quantity in the number sentence 5 x = 80 13 15 16 `8
a. b. c.	Find the unknown quantity in the number sentence x 9 = 108 10 11 12 13

a. b. c.	
a. b. c.	
	4
a. b. c.	Balance the number sentence by finding the unknown quantity: 90 ÷ 9 = 17 27 10 37 20

10. What is the rule for the following number pattern?

$$1\frac{5}{8}$$
, $1\frac{6}{8}$, $1\frac{7}{8}$

- a. increasing by 1/8b. decreasing by 1/8
- c. increasing by 1
- d. decreasing by 1
- 11. What is the rule for the following number pattern?

$$1\frac{1}{6}^{1}, 1\frac{2}{6}, 1\frac{3}{6}^{3}$$

- a. increasing by 1
- b. decreasing by 1
- c. decreasing by 1/6
- d. increasing by 1/6

12. Answer the following question: 6 + 7 + 9 x 3

- a. 66
- b. 40
- c. 78
- d. 31

13. Answer the following question: 49 ÷ 7 - 30 ÷ 6

- a. 7
- b. 14
- c. 2
- d. 32

14. Answer the following question: 20 ÷ 5 + 10 ÷ 2

- a. 9
- b. 6
- c. 24
- d. 38

15. Answer the following question: 30 - 6 x 2 + 10

- a. 46
- b. 19
- c. 39
- d. 28
- 16. True or False: 3 x 12 + 5 is equivalent to 50 9
- a. True
- b. False
- 17. True or False: 146 + 10 2 is equivalent to 50 x 2 + 54
- a. True
- b. False

	Thursday
Morning	Writing
	In this activity, we are learning to demonstrate our knowledge on the effects of volcanos. To be successful at this activity you will need to: Illustrate my understanding of the effects of a volcano Label my illustrations using words from a given text. Activity Read text on Effects of Volcanoes (Appendix 1). Notice that it is highlighted. Each effect is in a different colour. The yellow highlighting is about pyroclastic flows, the rose highlighting is about earthquakes and tsunamis, and so on. Use the highlighted sections of the text to complete the brainstorm (in Appendix 1) to illustrate your understanding of the effects of a volcano. The first effect, highlighted yellow, about pyroclastic flows is done for you with a diagram and labels. Include your own diagrams AND labels that clearly illustrate and explain your understanding of the effects of volcanoes.
Break	
Middle	Mathematics – Questions about Fractions and Decimals
	In this activity, we are learning understand fractions as numbers and as operators . Success criteria: I can • Write fractions in their simplest form • Find unit fractions of quantities using division • Add, subtract and multiply fractions • Convert between fractions, decimals and percentages Go to Appendix 2 complete the questions on Fractions
Break	
Afternoon	Book Review
	You are learning to deliver an effective speech To be successful you will: • maintain eye contact • use a loud voice • speak clearly • use an effective pace • give at least 3 reasons for your opinion • use hand gestures
	 Choose ONE of the following topics and deliver a 60 second speech: Would you rather have a dragon or be a dragon?
	 Would you rather win an Olympic Gold medal or be in a popular band? Would you rather be famous and followed everywhere or not famous and left alone?
	Would you rather live now or live in the year 3000?
	Free choice topic

Read the success criteria carefully to ensure you deliver an effective speech. Make sure you have at least 3 relevant reasons to support your opinion. Speak at an effective pace (not too fast or too slow). You can use hand gestures and an expressive voice to make your point clear. If you have notes, use them to remember your points.

Deliver your speech to a family member (or in front of a mirror). Write two positive comments about your speech (e.g. I gave 3 strong reasons and I spoke clearly) and one area you could improve on (e.g. I did not look up from my notes).

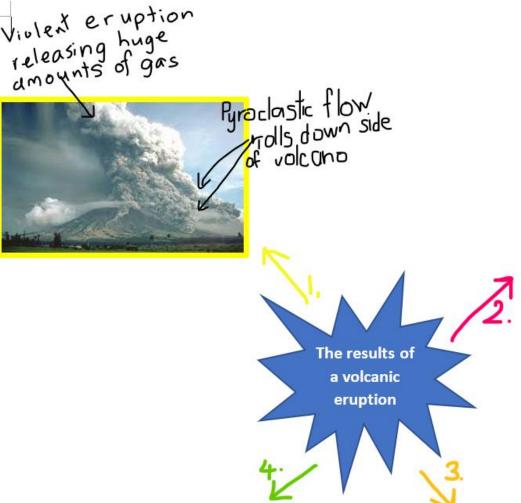
SPEAKING SKILLS FOR ORAL PRESENTATIONS

TONE	Tone is the expression and feeling in a speaker's voice. The tone helps keep listeners interested and can help them form an emotional reaction to the speech. The tone should match the content of the speech, e.g. a serious subject should have a serious tone, but a speech meant to entertain should have a fun, happy tone.
-35- PACE	Pace is the speed of your speech. A good pace should be not too fast but not too slow. A speaker's words should be slow enough to be easily understood but fast enough that the speech flows at a steady rate.
く)) VOLUME	Volume is how loud a speaking voice is. It is important to speak loudly enough for people to hear your words clearly at the back, but not so loud that it is distracting for the audience.
	Gestures are movements of the body. Good gestures help emphasise what is being said and hold the audience's attention. Gestures should be small so they do not distract the listeners, e.g. small hand or head movements and facial expressions.
© EYE CONTACT	Eye contact means looking at the audience. Making eye contact creates a connection between the speaker and the listeners. A speaker should look up as much as possible during a speech.

Appendix 1 – Effects of Volcanoes - Thursday

Volcanic eruptions can be both heard and seen. Extremely hot lava oozes out from the volcano through the crater and vents. This causes extensive damage to the area near or around the volcano as the lava scorches and burns everything it encounters. Catastrophic and violent eruptions release huge amounts of gases and rocks as an explosion into the air where pyroclastic flows are formed from the immense pressure. Pyroclastic flows roll down the sides of the volcano as a mixture of extremely hot toxic gases and volcanic ash, moving as fast as a cyclone burning everything in its way. Volcanoes also have other deadly aftereffects. Earthquakes and tsunamis are created due to the violent trembling in the Earth's crust causing damage to tall buildings and flooding coastlines. Not only do volcanoes cause tremendous amounts of damage, but volcanoes can also benefit the natural environment. The hot ash from a volcano breaks down and enriches the land, making it extremely fertile and healthy to grow new plants. The heat generated from eruptions can be used to produce electricity, as heat creates steam when in contact with water, and this in turn can be used to drive turbines.

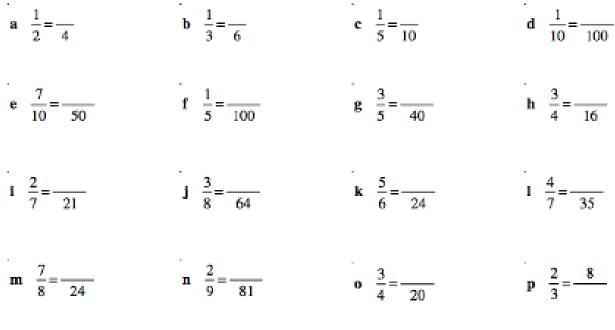
Your Brainstorm



Maths activity - Appendix 2 – Fractions and Decimals - Thursday

Answer the following questions.

QUESTION 1 Complete the following to make equivalent fractions.



QUESTION 2 - Find the missing number to complete the equation.

a	$\frac{5}{20} = \frac{-1}{4}$	b	$\frac{18}{36} = \frac{1}{36}$	с	$\frac{8}{20} = \frac{4}{10}$	d	$\frac{16}{20} = \frac{4}{20}$

QUESTION 3 - Simplify the following fractions

a. 10/20 =	b. 30/50=	c. 40/100=	d. 75/100=
e. 25/100=	f. 8/12=	g.12/36=	h. 10/100=

QUESTION 4 Solve the following problems. Write your answers in the simplest form.

- a. Louis scored 16/20 on a test. What fraction was incorrect?
- b. Mischa scored 12/20 on the same test. What fraction did she get right?
- c. 25 out of the 75 kids in Year 6 ride their bikes to school. What fraction does this represent?
- d. Out of the 26 students in 6A, 14 rate Maths as their favourite subject. What fraction is this?
- e. What fraction did not choose Maths as their favourite subject?

QUESTION 5 Converting fractions to decimals

- a. 4/10=
- b. 9/10 =
- c. 10/10=
- d. 61/100=
- e. 80/100=
- f. 55/100=

QUESTION 6 Converting fractions to percentages

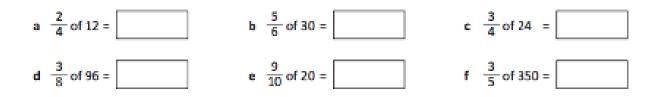
- a. 60/100=
- b. 30/100=
- c. 9/10=
- d. 25/100=
- e. 45/100=
- f. ¾=
- g. 89/100=
- h. ½=

QUESTION 7 We use fractions of time regularly in our lives. Use the clock to work out the following:



- a. What fraction of an hour is 15 minutes?
- b. What fraction of an hour is 30 minutes?
- c. What fraction of an hour is 45 minutes?
- d. What fraction of an hour is 20 minutes?
- e. If Cody practises guitar from 4:20 to 4:35 each day, what fraction of an hour does this represent?
- f. Ju Hee practises soccer for 1 hr 15 min. How would you express that as an improper fraction?

QUESTION 8 Find the following fractional amounts



QUESTION 9: Adding and subtracting fractions.

- a. ¼ + 2/4=
- b. 2/5+ 1/5=
- C. $\frac{1}{4} + \frac{1}{2} =$
- d. 2/5 + 6/10=
- e. 4/5-2/10=
- f. 4/6+2/3=
- g. ¾-1/2=
- h. ¾+1/8=
- i. Brad ate 2/6 of a packet of chips. Jen ate 2/3 of a packet of chips. How much did they eat altogether?

QUESTION 10 Multiplying fractions (remember we multiply the numerators and then we multiply the denominators. We simplify the fraction if needed)

- a. 1/2x1/2=
- b. 1/2x1/3=
- c. 1/3x2/3=
- d. 1/10 x1/4=
- e. 2/5x3/6=

Friday

Morning To-do List Wellbeing Activity (part 1)

In this activity, we are learning to acknowledge and accomplish things in our life right now.

To be successful at this activity you will need to:

- Write a list of 10 things you can/would like to accomplish right now
- Number these items in order from most likely to least likely to accomplish.

Less is more if it leads to taking action and ticking items off a To-Do List. You could accomplish these things in a day, an afternoon, an hour or even a single minute.



Task: Write a list of 10 things you can/would like to accomplish right now (even if we are limited with the current lockdown).

These things don't have to be big, grand and adventurous. They could be sweet gestures for family or friends, new self-care rituals or things you've always wanted to do but haven't gotten around to yet. Examples could include - watch the sunrise/sunset, learn a magic trick, clean your bedroom, complete a 1000-piece jigsaw puzzle.

Number these items in your To-Do List from 1-10, number 1 being the item you will most likely do first.

Break Middle Keeping active! In this activity, we are learning engage in physical activity to keep active and healthy. To be successful at this activity you will need to: engage in physical activity reflect on your movements Your task:

1) Complete a home workout that requires no gym equipment and only household items.

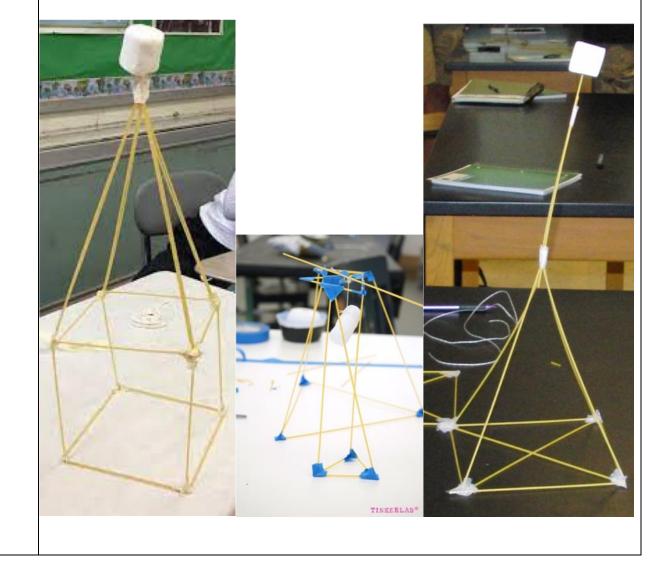
	 Warm-up: <i>TUCK JUMPS:</i> Do 10 tuck jumps. Jump up and tuck knees up to chest. Land with knees bent. Rest, then repeat until warm. Main workout: Create a new exercise routine from last week, you may utilise Appendix 1 for ideas to include in your exercise. Your workout should be approximately 30 minutes in length and can be one or a mixture of: Dance routine Cardio Body weight/resistance Balance e.g. Yoga Cool down: Don't skip this: Skip for a designated distance, gradually reducing the skipping speed and length until skipping slowly in one place. Reduce to a march, then to a walk in place. IMPORTANT NOTE: If you feel like you are not physically able or are uncomfortable in any way,
	you MUST STOP an activity immediately to avoid injury.
	2) Once you complete the workout, please complete the reflection form (Appendix 2).
Break	
Afternoon	STEM ACTIVITY - It's time to think outside the box!
	Task: BUILD A SPAGHETTI TOWER
	 In this activity, we are learning about designing and engineering skills with a few simple materials. To be successful at this activity you will need to: Build a tower out of dry spaghetti. Build the tallest and strongest spaghetti tower that can hold the weight of a jumbo marshmallow (or something similar) Construct the tower in a time limit (optional) What you need: 20 sticks of dry spaghetti String Tape 1 jumbo marshmallow (or something similar)

TASK:

Build a tower of spaghetti that will hold a jumbo marshmallow. Make the <u>tallest tower</u> <u>possible</u> from the materials supplied. The marshmallow must be able to sit on top without falling off.

OPTIONAL TIME CONSTRAINT: Try to complete this task in 20 minutes (you may want to use a stopwatch/timer).

Sketch your design ideas. Describe the structure and strength, <u>record the height of your tower</u>, what worked/didn't work and if you used the optional time constraint.

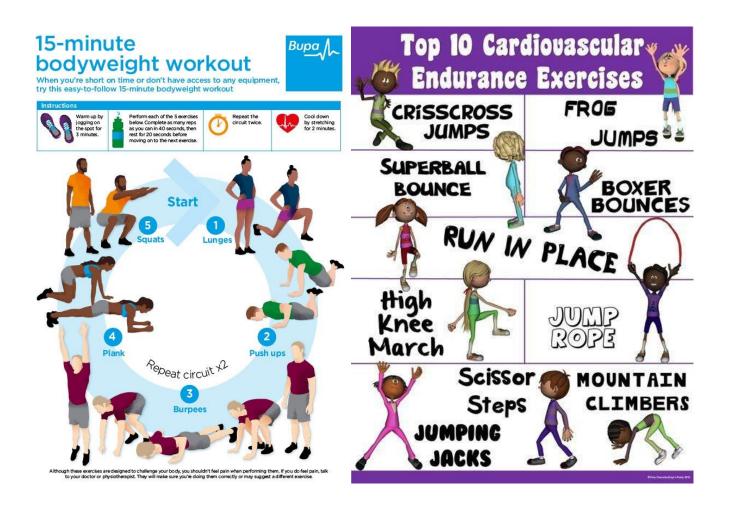




Stand tall. Bring your arms up over your head and place your palms together. Bring your palms down to the center of your chest.

From a kneeling position, sit back on your heels and

gently drop your forehead down to rest.



Appendix 2 – PE: Wk9 Reflection form - Friday

 How would you rate the intensity of your exercise from 1 -10 (1 being the least intense and 10 being the most intense)?

2. Which part of your body did your main exercise workout the most? (upper body, core or lower body)

3. Compared to week 7, were you more, or less active? Why?

Chinese CLOTE Program Activity

Week 9 Program	Topic- Sports and Hobbies Activities				
Activity	—) Look at the following sentences。				
Chinese CLOTE	 (*Please check with your parents before you click on this link.) 1) Say that you like something, Use "I +like+ something." 				
	For example: 我喜欢运动。(Wǒ xǐhuān yùndòng.) I like sports.				
Learning Intention: (We are learning about)	2) Talk about that you prefect to do something, use "I + prefect + do + something" For example: 我 <u>比较喜欢</u> 打乒乓球。(Wǒ <u>bǐjiào xǐhuān</u> dǎ pīngpāng qiú.) I <u>prefer</u> to play table tennis.				
-Chinese sentences					
structure。	3) Talk about something that you don't like, use " I + not + like + something"				
Success Criteria:(We can)	For example: 我 <u>不喜欢</u> 拳击(Boxing)。(Wǒ <u>bù xǐhuān</u> quánjí.) I <u>don't like</u> boxing.				
-Make sentences in correct	$\vec{-}$) Use the phrases below to make sentences. You can use online translation app to support you to				
structure.	find				
	the Chinese characters when you make the sentences. (*Please check with your parents before you use the online translation app) 喜欢 比较喜欢(bǐjiào xǐhuān) 不喜欢(bù xǐhuān)				
	1. 喜欢:				
	 比较喜欢: 				
	3. 不喜欢:				

Korean CLO	TE Program Activity					
	Topic: The Giving Tree-1 (아낌없이 주는 나무-1)					
Week 9 Program Activity	Read out the passage below three times. (Mark-only the sentences in red) You can refer to the meanings of the new words in the spelling list below.					
Korean CLOTE	다음 글은 쉘 실버스타인의 아낌없이 주는 나무 입니다.					
	옛날에 한 그루의 나무가 있었습니다. 그리고 그 나무에게는 귀여운 한 작은 소년이 있었습니다. 그 <mark>소년은 매일같이 그 나무에게로 왔습니다</mark> . 소년은 바람에 날리는 나뭇잎을 열심히 주워 모아 왕관을					
Learning	조언은 매일같이 그 나누에게도 왔습니다. 조언은 마담에 일리는 나뭇잎을 열심이 누워 모아 용관을 만들어 쓴 채 숲 속의 왕 놀이를 즐겼고 나뭇가지를 타고 그네를 타기도 했습니다. 열매를 따먹기도					
Intention We are learning	하고 숨바꼭질도 하고 나무 그늘 아래서 낮잠도 잤습니다. 그렇게 나무와 소년은 사랑하며 행복하게					
about diverse	지냈습니다. 그러나 세월은 자꾸 흘러 소년도 나이가 들었습니다. 소년이 나무를 찾는 시간이					
language	줄어들고 나무는 때때로 고독하기도 했습니다. 나이가 들면서 나무와 노는 것보다 돈이 필요했던					
structures and expressions.	소년에게 나무는 사과 열매를 주었습니다. 소년은 열매를 따 가지고 멀리 떠났지만 그래도 나무는					
	행복했습니다. 오랜만에 돌아온 소년은 옛날처럼 놀고 싶은 나무에게 보금자리가 필요하다고					
Success Criteria	요구했습니다. 나무는 자기의 가지를 베어가라고 했습니다. 소년은 나뭇가지를 베어갔지만 그래도					
l can: Understand the	나무는 행복했습니다. 오랜 세월이 흘러 소년이 늙어 돌아왔을 때 나무는 아무것도 줄 것이 없다고					
meanings of key	하자 소년이 말했습니다. " " 나한테 필요한 것은 쉴 곳이야 나무는 베어진 자신의 밑둥에 앉으라고 했습니다. 노인이 된 소년은 그 위에 걸터앉았습니다 나무는 그저 행복했습니다. 나무는 자신의 모든					
words or phrases	이 있습니다. 도한이 된 소전은 그 뒤에 설리앉았습니다 나무는 그지 행득 있습니다. 나무는 자전의 도근 것을 아낌없이 주었습니다. 그러면서도 마냥 행복했습니다. 사랑은 무엇입니까? 소년을 위해 모든					
in the text.	것을 내어주고도 행복해하는 나무의 모습에서 우리는 사랑의 참 뜻을 깨닫게 됩니다.					
Read with						
expressions and pauses.	Spelling- 소년- boy 아낌없이-generously 왕관- clown 숲-forest					
	그늘- shadow 그네- swing 열매- fruit of a tree 숨바꼭질- hide and seek					
	낮잠- nap 세월- time 줄어들다- decrease/lessen					
	때때로- sometimes 고독하다- be lonely 필요하다- need 보금자리-nest					

	가지를 베다-cut	the branch	요구하다- demand	밑둥- stump		
	걸터앉다- sit ar	걸터앉다- sit around the edge		마냥-infinitely/so much		
	자신-self	모습-figure	참 뜻- real meaning	깨닫게 되다- come to realise		
	Activity 1: Read out the Activity 2: Spelling act		rent.			
	1. Look, Cover, V	Vrite, Check: Choose	7 words and write them th	ree times in your workbook. (4 words for Mark)		
	 Choose 6 words (3 words for Mark) from the spelling list and write a sentence with the word in it. Make sure the sentence makes sense AND it shows you understand the meaning. Alternatively, Mark can write the sentences below twice and write the English translation of the sentences. 					
	우리는 나무 그늘	한아래에 앉아 쉬었다.	<mark>세월이</mark> 많이 흘렀다.	나는 연필이 <mark>필요합니다</mark> .		