## MORNING FITNESS

30-minute outdoor brisk walk - take a walk outside to get your body ready for a great day.
LITERACY

## Morning Reading

Each morning have your child read a book to you of their choice. Encourage them to use reading strategies such as sounding out, chunking, pointing to the words, looking at the pictures, flip the vowel sound (short and long) and rereading.

## Reading

## Comprehension - Human Histories: Helpful Heroes

In this article, children learn about different people around the world who have dedicated their lives to helping others. Children read the article and then use the worksheet to answer comprehension questions related to what they have read - a great activity to check for understanding of the text.

## Brain Break - The Bean Game

The whole family will enjoy this fun active game! Each card explains a different type of bean: baked bean, runner bean, broad bean, refried bean, jelly bean, string bean and chilli bean. All beans are described using have different active movements. One player picks up a task card that shows a type of bean and everyone needs to suddenly stop and make that movement. Take this game outdoors for some fresh air!

## Spelling

Look, Cover, Say, Write \& Check
Use List 10 of the High Frequency Words and practise using LSCWC on the attached sheet.

## CRUNCH \& SIP

LITERACY

## Writing

## Editing Task Cards

Use the editing task cards to find spelling errors and missing punctuation. Encourage your child to find and circle the spelling mistakes and add missing punctuation. Each task card tells you how many they should be looking for. Once they have completed this - they can re-write the passage correctly in their journals. Complete 2-5 depending on your child's focus level.

| LUNCH |
| :---: |
| MINDFULNESS |
| Mindfulness: Cosmic Yoga (https://www.youtube.com/watch?v=LhYtcadR9nw) |

## NUMERACY

## Basic Facts

## Roll and Write Addition

Roll two dice and add the two numbers together. Please use the link for virtual dice if needed:
https://www.virtualdiceroll.com/2/en/two-dice

## Mathematics Activity

## PRIME Unit 1 Lesson 1: Length in Informal Units

Complete the worksheet for Lesson 1, measuring length in informal units activity.

## AFTERNOON RECESS

## SCIENCE

Read about the Emperor Penguin using the attached information sheet. Answer the questions by ticking a box. Check and go through your child's answers.

# Human Histories Helpful Heroes 

## Police Officer: Kiran Bedi

She was the first policewoman in India.
She was a tennis star.
Then she was a police officer for 35 years.
She helped stop crime.
She made people feel safe.


## Doctor: Merit-Ptah

She was a doctor in Egypt a long time ago.
She was one of the first girl doctors ever.
Her job was to look after the king.
She told other doctors how to fix people.
There is art of her all around Egypt.

# Human Histories Helpful Heroes 

## Vet: James Herriot

He was born in England in 1916.
He was a vet. A vet is a doctor for animals.
He loved to write.
He wrote books about pets and their owners.

People liked to read his books.


## Fireman: Vladimir Pravik

He was born in Ukraine in 1962.
He was a fireman.
He put out a big fire that was very unsafe.
He helped save the city.
He was very brave.

$\qquad$

## Human Histories: Helpful Heroes

## Questions

1. In the text, who was your favourite hero?
2. What did they do that you thought stood out?
3. Who is a helpful hero in your life? How do you know them?
4. What do they do that makes them a hero to you?
5. Draw a picture of your helpful hero.


Broad Bean
Spread out your arms and legs to make a
broad and wide shape.


Baked Bean
Curl up on the ground like a small baked bean.


Stretch up and make a tall, thin shape with your body like a piece of string.


Jelly Bean


## Chilli Bean

Hop from one foot to the other like you are treading on hot coals.


Elvachntaterer
Runner Bean
Run on the spot like a runner.


Refried Bean
Move your hands, arms and legs quickly like you are being fried on a frying pan.


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(5) teachstarter
(1) New House

## (3) Mary's Birthday Party

jane and i went to a birfday party on Saturday. It was held at Splash Waterpark. we all bought an ice creme

Find 2 spelling mistakes.
Add 3 capital letters and 1 full stop.
king Kong has a pet frogg. The name of his frog is Fred. king Kong and Fred live in a castle calld Ruby Castle

Find 2 spelling mistakes.
Add 2 capital letters and 1 full stop.


## 5 A Day at the Beach

my famliy were going to the beach. mum asked me to pack my bag the night befor. i packed a towel, sunscreen, a ball and a bottle of water

Find 2 spelling mistakes.
Add 3 capital letters and 1 full stop.
you should be eating fruit evryday. pears, apples and bananas are great to take to skool in your lunchbox

Find 2 spelling mistakes.
Add 2 capital letters and 1 full stop.

2.

Name: $\qquad$ Date: $\qquad$

## Uni ti Lesson 1: Measuring and comparing lengths in informal units

## More Practice

Fill in the blanks.

1. Each $\varepsilon$ stands for 1 unit.

a) The length of the bread knife is about units.
b) The length of the sandwich is about units.
c) The length of the fork is about units.
d) The
is the shortest.
e) The sandwich is
units shorter than the fork.
Each $\#$ stands for 1 unit.

a) The length of Fish $A$ is about
units.
b) The length of Fish B is about units.
c) The length of Fish $C$ is about
units.
d) Fish $B$ is units longer than Fish $A$.

## Fish B

e) Arrange the fish in order. Begin with the longest.

## The Emperor Penguin

The emperor penguin is the largest penguin in the world. Penguins are birds but they cannot fly. They use their wings to help them swim.

## Habitat

They live in Antarctica and it is very cold. Emperor penguins live together in a big group (a colony) so that they can keep warm.
Body


Did you know...?
-The female lays an egg and passes it to the male. He keeps it warm all winter in his brood pouch.

- Adults can grow up to 130 cm .
- They can swim underwater for up to 22 minutes.


## Questions

1. Which of these is true about the emperor penguin? Tick one.
the largest animal in the world
the largest penguin in the world
the smallest penguin in the world
2. What is their habitat like? Tick one.

It is very cold.
It is very warm.
It has a yellow patch.
3. What is a big group of penguins called? Tick one.
a brood pouch
a habitat
$\bigcirc a$ colony
4. Look at the Did You Know...? section. What does the female do with the egg? Tick one.
She keeps it warm all winter in her brood pouch.
She passes it to the male.
She has webbed feet.
5. How long can emperor penguins swim underwater? Tick one.
for up to 22 minutes
for up to 22 days
for up to 130 cm

Something Extra?

+ Watch 'March of the Penguins Official Trailer \#1'on YouTube.
+ Learn how to draw a penguin on YouTube.
* Make a list of different animals that lay eggs.

