

## Set 1

### Day 4

#### MORNING MEETING VIDEO

SeeSaw

#### MORNING FITNESS

Complete one of the Super Hero Workouts

#### LITERACY

##### Reading

##### **Comprehension – Staying at Home**

A comprehension worksheet that allows children to work on the comprehension strategy of compare and contrast. Children read the text and answer the questions using the sheet provided.

##### Spelling

##### **Look, Cover, Say, Write & Check**

Using the sheet provided Monday complete Week 9 the Look, Cover, Say, Write & Check template.

*High Frequency Words List 21* : let's, much, Ascot, told, another, great, why, cried, Belmont, room

#### CRUNCH & SIP

#### LITERACY

Journal: Students use their journal to write for 10-15mins. Upload picture to Seesaw and file it under Daily Journal.  
Topic: If you were in the circus, what role would you have?

##### Narrative Writing

##### **Narrative Writing Stimulus – Caught you!**

Use your planning template from yesterday to write your narrative story. Write this into your workbook. Reread and edit your work when you think you are complete. Get a parent to read and edit your work after you have.

#### LUNCH

#### MINDFULNESS

<https://www.youtube.com/user/CosmicKidsYoga> Pick your own Cosmic Yoga Video to complete.

#### NUMERACY

##### Basic Facts

Complete Mental Maths sheet for the day.

##### Word Problems

Complete Word Problems 10-12 into your work book. Cut out and glue problem into book and show your working out underneath. Mathematics Activity

Pandora's Party Palace: Use these problem-solving task cards to work with money in a real-world context. Cut the card out and glue into your book. Answer your questions and show your working out under the question. Draw pictures where needed. Consolidation

Spend half hour on Khan Academy - Early Maths activities mastering concepts.

#### AFTERNOON RECESS

### **MUSIC**

Make your own tin can drums. Help your child make tin can drums and decorate them. You will need a used tin can, a balloon, some sticky tape and 2 small sticks. Guide video: <https://youtu.be/yXp51Nv5Avk>

Practice some drum beats with your new tin can drums: <https://youtu.be/8qVulT1NEvo>  
Play the drum beats shown in the music video 'Zimbole': <https://youtu.be/zmrQY3akU7Q>

# Morning Fitness Activities



## CAPTAIN AMERICA

NEILA REY WORKOUT neilarey.com



120 steps / 30sec  
run on the spot



80 punches



10 knee tuck jumps



20 sit-ups



10 butt-ups



10 raised leg circles



10 push-ups



10 back rotations



20 doorframe rows

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes



NEILA REY WORKOUT  
neilarey.com

10 sets  
or as many as you can do  
rest between sets  
up to 2 minutes



40 knee to elbow



20 squats



20 climbers



10 planks w/rotations



20 deep lunges



40sec elbow plank



10 sit-ups



20 sitting cross punches



10 push-ups



NEILA REY WORKOUT @ neilarey.com



40 side leg raises



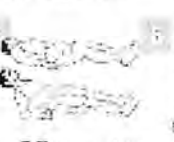
40 biceps curls



20 floor taps



10 reverse plank kicks



10 elbow lifts



80 punches



20 plank leg lifts



10 push-ups



10 seagulls

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes



10 sets  
or as many  
as you can do  
rest between sets  
up to 2 minutes

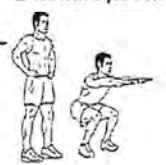
NEILAREY  
WORKOUT  
@ neilarey.com



40 high knees



20 fly steps



20 squats



10 push-ups



30sec elbow plank



20 plank arm raises



40 climbers



10sec star plank



10 superman

# Superhero Workouts



## Staying at Home

Molly hated going to school. She would rather be at home where she could stay in her pyjamas all day and not have to wear her school uniform. At home, she could raid the cupboard whenever she wanted and eat whatever food she felt like. She could watch TV, play computer games, go outside or just do nothing!

At school, Molly had to do everything the teacher told her. She could only eat what was in her lunch box. She kept getting in trouble for lying on the floor when the teacher was talking... and for taking her shoes off!

Sadly, at home, Molly had no one to play with, no one to talk to and no one to eat with. Sometimes, she got bored at home and got sick of watching the same TV show.

Molly enjoyed being with her friends at school. She liked doing all the different art and craft activities and looked forward to playing the musical instruments in music class on Fridays.

Soon, Molly started to like going to school, but she still loved being at home on the weekends where she could have a 'pyjama day'!



## Staying at Home

1. Create a pros and cons list for Molly staying at home.
2. Create a pros and cons list for Molly going to school.
3. What is something Molly can do at school that she cannot do at home?
4. Create a Venn diagram for your own home and school life.

### CRAZY CREATIVE CHALLENGE

Create your own 'All about Me' poster.

Draw a picture of yourself with some of the following details:

- ☐ Name
- ☐ Birthday
- ☐ What I like learning about
- ☐ Friends
- ☐ Favourite Activity
- ☐ Food
- ☐ Why I am Special

Name \_\_\_\_\_

Date \_\_\_\_\_

## Staying at Home

1. Create a pros and cons list for Molly staying at home.

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2. Create a pros and cons list for Molly going to school.

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3. What is something Molly can do at school that she cannot do at home?

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4. Create a Venn diagram for your own home and school life.

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# Mental Maths

Thursday

1.  $5 - 4 = \underline{\quad}$
2.  $6 + 6 = \underline{\quad}$
3.  $6 + 11 = \underline{\quad}$
4. Write the number showing 6 tens and 9 ones.  $\underline{\quad}$
5. Complete this counting pattern:  
6, 8, 10, 12,  $\underline{\quad}$ ,  $\underline{\quad}$ ,  $\underline{\quad}$
6. I have 12 toy racing cars. Benjamin has some toy racing cars too. Together we have 15 toy racing cars. How many toy racing cars does Benjamin have?  $\underline{\quad}$
7. Take 7 away from 8:  $\underline{\quad}$
8. Colour in a quarter of these stars.  

9. How many minutes in an hour?  $\underline{\quad}$
10. How many sides does a rectangle have?

[illegible]



**10.** How many sandwiches were sold in total? 15 chicken were sold. Vegetarian sold 8 less than chicken. Beef was the most popular sandwich and sold 14 more than vegetarian.



**11.** A total of 96 239 fans attended the grand final of the World Cup. If 36 829 supported Germany and 48 293 supported Argentina, how many neutral supporters were in the stadium?



**12.** Susan loves sushi! She ordered a plate with 4 chicken and avocado rolls, 6 California rolls and 3 prawn rolls. Her second plate had two less of each. How many sushi rolls did she have in total?



## PANDORA'S PARTY PALACE

Coach Carter needs enough bottles of water to give one to each player for the soccer gala day.

If 54 players are attending the soccer gala day, how many six packs of water should Coach Carter buy?

Calculate the total cost for the water.



## PANDORA'S PARTY PALACE

Class 4A held a cake stall to raise money for some new play equipment. They bought 12 boxes of cupcakes from Pandora's Party Palace and sold each cupcake at the stall for \$1.

Calculate:

- the total cost of the cupcakes
- the total money received once all the cupcakes sold.



## PANDORA'S PARTY PALACE

Naomi wants to decorate her house with bunting to welcome her grandparents back from an overseas trip.

Naomi needs 12 m of bunting to decorate the house.

Calculate how many packs of bunting Naomi needs and the total cost.



## PANDORA'S PARTY PALACE

As part of their end-of-school year celebration, Principal Jones bought yoghurt ice blocks for every child in the school.

If there are 250 students in the school, how many boxes of ice blocks did Principal Jones buy?

Calculate the total cost for the ice blocks.

