

Set 1

Day 5

MORNING MEETING VIDEO

SeeSaw

MORNING FITNESS

Complete one of the Super Hero Workouts

LITERACY *Reading*

Complete 'My Book Report'. Pick one of your favourite Lexile books that you have read this week and complete the report. *Spelling*

Test Time: Get an adult to test and mark you on the words you have been practising this week. Take a picture of your test and upload to Seesaw and pop under Spelling Folder.

CRUNCH & SIP

LITERACY

Writing

Create your own 'All About Me' poster on the blank sheet provided.

See the Crazy Creative Challenge on 'Staying at Home' (yesterday's sheet) for the details you need to include.

Name, Birthday, What I like learning about, Friends, Favourite Activity, Food, Why I am Special Upload your poster on SeeSaw.

LUNCH

MINDFULNESS www.smilingmind.com.au

Please login and create a free account online and track your progress.

NUMERACY

Word Problems

Complete any word problems you did not finish. Remember to show your working out.

Mathematics Activity

Symmetry Drawing: Complete the other half of the owl.

Symmetry Song for Kids (Number Rocks) <https://www.youtube.com/watch?v=SJlhywRfvh8>

Something is symmetrical when it is the same on both sides. A shape has symmetry if a central dividing line (a mirror line) can be drawn on it, to show that both sides of the shape are exactly the same.

Consolidation

Prodigy Time... If you have finished your tasks and completed Khan Academy Time four times this week... You may go on Prodigy today! Enjoy 🎮

AFTERNOON RECESS

SCIENCE

Animals

Complete the 'Australian Animal Report' using the information from Session 2.

You might need to Google some information. For example, 'What is the lifespan of a [animal name]?'

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 plank 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 rolls



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

NEILA REY
WORKOUT
@neilarey.com



40 high knees



20 fly steps



20 squats



10 push-ups



30sec elbow plank



20 plank arm raises



40 climbers



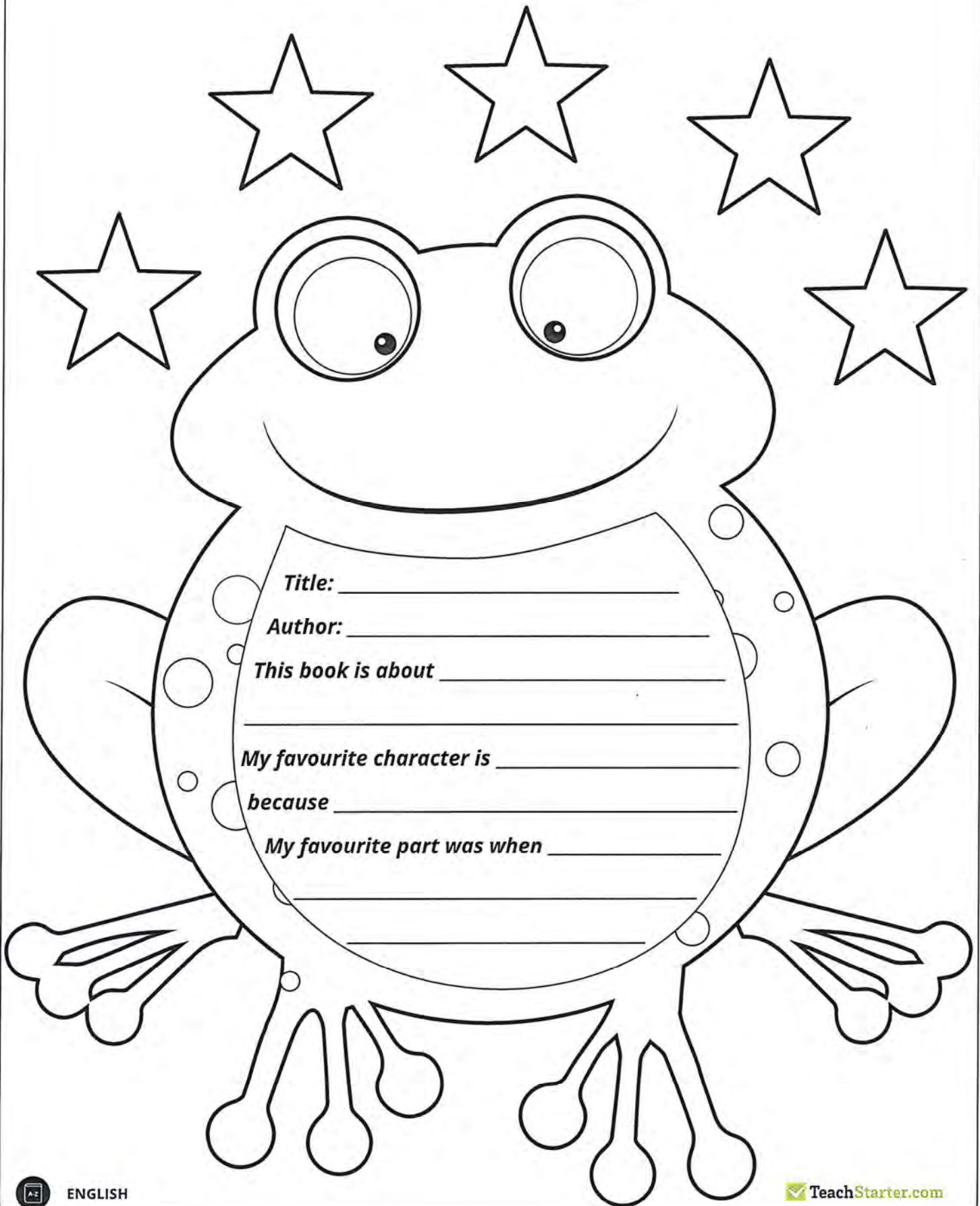
10sec star plank



10 superman

Superhero Workouts

My Book Report

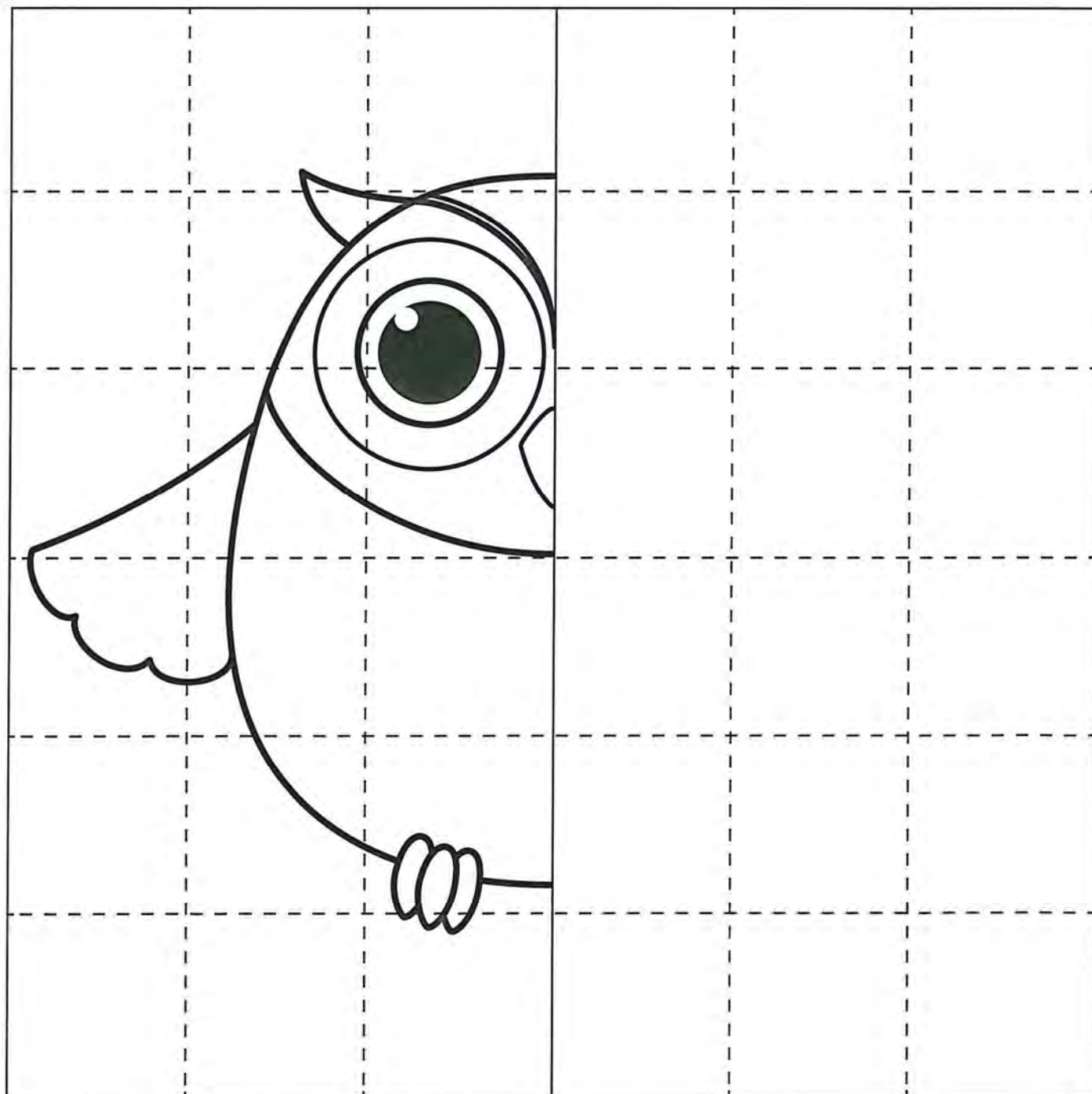


Name: _____

Date: _____

Symmetry Drawing - Owl

Use the grid to draw the other side of the owl. Colour it in when you have finished.



Australian Animal Report

Name of the animal: _____

Scientific classification (circle one):

amphibian	bird	fish
reptile	mammal	insect

Aboriginal name: _____

Size: _____

Average weight: _____

It is covered in (circle one):

fur	feathers	scales	skin
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Diet: _____

It gets its food by _____

Lifespan: _____

Habitat: _____

Interesting facts: _____

Picture

Where Is It Found?

Life Cycle

Something Extra? Draw your favourite animal
from the Art Hub for Kids YouTube channel.