

## Set 1

### Day 5

#### MORNING MEETING VIDEO

SeeSaw

#### MORNING FITNESS

##### **Scorcher Challenge Cards**

Please refer to provided handouts. Complete the challenge cards for catching and throwing

#### LITERACY

##### **Reading**

Please complete a Lexile Test on the iPad.

##### **Spelling**

Test

Read out the spelling list for children and have them spell the words in their workbook.

#### CRUNCH & SIP

#### LITERACY

##### **Writing**

##### *Journal Writing*

If you could have an unlimited supply of anything, what would it be and why? Could it be food, money, maybe even access to many fancy cars? Write one page in your workbook.

#### LUNCH

#### MINDFULNESS

[www.smilingminds.com](http://www.smilingminds.com)

Please complete the **Exploring Tastes** program

#### NUMERACY

##### **Basic Facts**

Please complete the basic facts activity for **FRIDAY**. This basic fact sheet is provided. You have 1 minute!

##### **Times Tables**

Please practice your 6 and 7 times tables

##### **Word Problems**

Maths Word Problem Cards – Addition and Subtraction

Complete problems 13–16. Children can complete these word problems in their workbook.

##### **Symmetry**

3D Popcorn Box Template

Children design a label for a popcorn box by drawing and colouring. They then cut and assemble the box by gluing the 2D net to the faces, edges and vertices of the 3D object.

#### 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>

# COMPLETE THE MASCOT CHALLENGE WEEK 1 CATCHING



Complete **EACH** activity before moving on!

ACTIVITY

1

Throw the ball up with one hand and catch it with two hands.

ACTIVITY

2

Throw the ball up with one hand and catch it with the opposite hand, then start with the ball in your other hand.

ACTIVITY

3

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, each time catching the ball with TWO hands.

ACTIVITY

4

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, this time catching the ball with ONE hand.

**CONGRATS**  
YOU HAVE NOW COMPLETED  
THE MASCOT CATCHING CHALLENGE!





# THE MASCOT CHALLENGE COACHING TIPS

## WEEK 1 CATCHING



Make sure you watch the ball all the way into your hands.



Try to make your hands into a big bowl for the ball to land in.



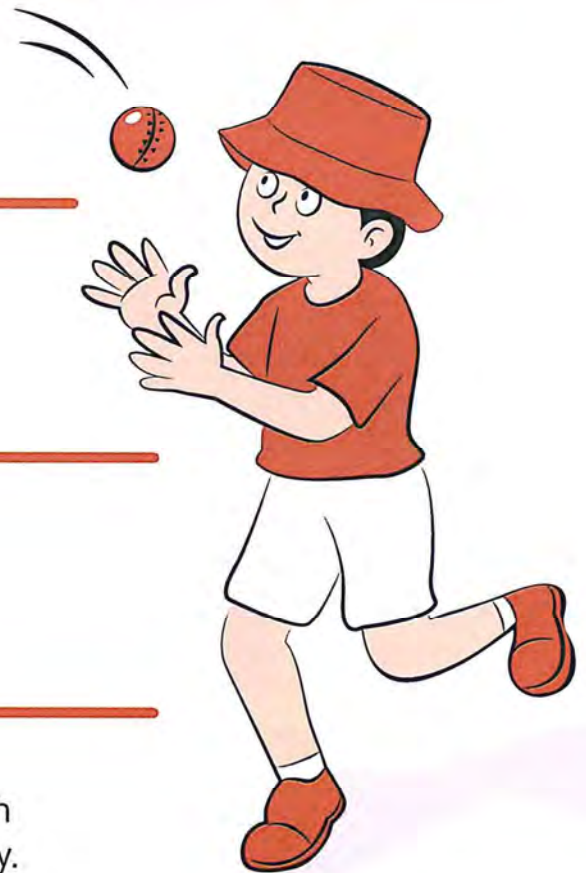
Stand with your feet shoulder width apart.



Catch the ball in your hands with your elbows in front of your body.



Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.



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COMPLETE  
THE MASCOT CHALLENGE

# WEEK 2 THROWING



Complete **EACH** activity before moving on!

ACTIVITY

1

Throw the ball into the ground and try and make it bounce above your head then catch it on its way down.

ACTIVITY

2

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball into the ground so it bounces up and your partner can catch it without moving.

ACTIVITY

3

Find a partner and stand with your toes touching theirs, now take four big steps backwards. One person stands with their feet apart, the other person tries to throw the ball between their legs.

ACTIVITY

4

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball to your partner so they can catch it before the ball bounces.

**FANTASTIC**  
YOU HAVE NOW COMPLETED  
THE MASCOT THROWING CHALLENGE!





# THE MASCOT CHALLENGE COACHING TIPS



## WEEK 2 THROWING

TIP

1

Try and stand side on to your target when throwing.

TIP

2

Your arm should nearly straighten behind you before you throw it.

TIP

3

Step towards your target with your front foot when you throw.

TIP

4

Finish with your throwing arm down and across your body.

TIP

5

Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.



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Friday	1.	$7 + 8 =$	_____	6.	$6 + 6 =$	_____
	2.	$12 + 4 =$	_____	7.	$3 + 16 =$	_____
	3.	$14 + 3 =$	_____	8.	$11 + 4 =$	_____
	4.	$8 + 7 =$	_____	9.	$17 + 2 =$	_____
	5.	$10 + 3 =$	_____	10.	$15 + 4 =$	_____

# POPCORN TEMPLATE

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