

Set 3

Day 5

FAMILY MORNING FITNESS Scorchers Activity cards (see attachment)

LITERACY

Daily Reading – Each morning have your child read a book to you of their choice.

Reading Comprehension – Chomp Like a Champion – Reading Comprehension

Read “Chomp Like a Champion” worksheet and complete the reading comprehension activity attached. Your task is to design a menu as an Olympian. Also attached is a “Sports Nutrition” sheet to assist you in designing your menu.

Speaking and Listening –

(Technology NOT Required) - Find a book that you are currently reading, or you have read at home. Once selected you are to write the opening paragraph to the sequel of the book. A sequel is where it continues from where the last part left off. An example of this would be the “Harry Potter Series”. If you are finding it difficult to write a sequel then you can write a blurb about the book.

OR Alternative

option:

(Technology Required) - Read the assigned book on Scholastic “Earth Day” and complete the quiz associated with the book. (technology required, activity optional). Complete a video reflection summarising the book. Please use the following link: <https://slz04.scholasticlearningzone.com/slz-portal/#/login3/AUSTGFT>

Spelling

Test

List 23: Parents are to read aloud the spelling words (List 23) to the student/s, collect work, mark and upload to Seesaw or hand in with your pack to school.

BREAK

LITERACY

Writing

Warm-up: Handwriting.

Look at the handwriting examples shown for **letter C**. Circle the correctly formed letters.

In your lined school exercise book write two lines of both capitals and lower case **letter C** and choose your best line of work.

Remember to use your dotted thirds.

Write the following sentence:

The creative, courageous, cream coloured cat created a catastrophe when she crouched on a cactus.

Writing – Command, Statement, Question and Exclamation sentences

Instructions – Using the Kung Fu Punctuation Worksheet sentences, identify each of the sentences as either a Statement, Command, Question or Exclamation sentence. Write the answer next to your edited sentences in your exercise books.

Grammar: Kung Fu Punctuation

Instructions – Complete the remaining Kung Fu Punctuation worksheets in your exercise book. Remember to write what type of sentence it is next to your edited sentence in your exercise book.

BREAK

MINDFULNESS CHOICES www.smilingmind.com.au

Journal Writing
Mindful Mats

NUMERACY

Basic Facts - Warm Up

4 Times Table Challenge Day 4. Start the final set located in Tuesday's worksheets. You have **90 seconds** to complete as many as you can.

Additional Activities to consolidate learning: Technology Required

Kahoot Challenge – Place Value (continued) Go to <https://kahoot.it/> and enter the game **PIN***. Students view questions and answer them on their own device. Once finished they must address their errors.

PIN Codes: TH1: 0531076 TH2: 02167609 TH3: 0875260 TH4: 06221788

***Please use your **real first name** and last initial for your nickname. **Teachers will be assessing your results.**

Hit the Button (online): Go to <https://www.topmarks.co.uk/maths-games/hit-the-button>. Practise 3 sets of each activity, screenshot each score screen, then post all 3 in a single post to Seesaw;

- **8 times table (Tables up to 12 tab)**
- **Division facts $\div 8$ (Division up to 12 tab)**

Main Learning Concept

FOIL Method Multiplication worksheet: A final algorithm to consider. Similar to the Box Method. **Multiplication & Division worksheet:** Use the skills you have learned to tackle these problems.

Note: basic facts and main learning concept to be uploaded to Seesaw or hand in your pack to school.

BREAK

SCIENCE

Use the plus, minus and interesting graphic organiser to evaluate your volcano experiment. Upload your work to SeeSaw.

BEDTIME STORY

Choose a book you could read with your child and/or family before bed 😊

Seesaw Upload

Please upload Friday's activities to the "Learning at Home Friday 8th May" on Seesaw. Note:
You're going to upload all activities in your booklet as one file.

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



Try and stand side on to your target when throwing.



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



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



Finish with your throwing arm down and across your body.



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



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



Name _____

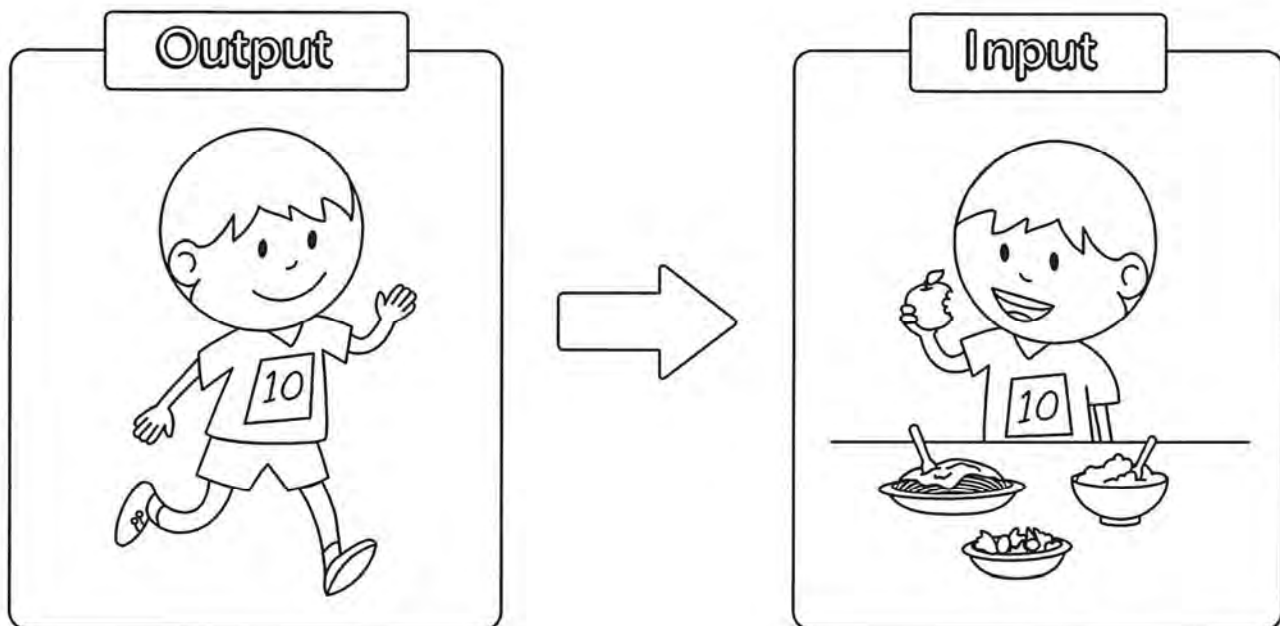
Date _____

Chomp Like a Champion

Nutrition is a vital part of athletic performance.

In the same way that a car needs the correct fuel to operate at its best, an athlete needs the correct food, to perform at his/her best.

An athlete needs to provide their body with enough energy (kilojoules) to meet the demands of training and enable proper recovery between exercise sessions. Generally, the more training an athlete does, the more energy their body needs. Think of it as input and output. The more energy they use (output), the more energy they need to put in (input).



An athlete must remember to drink plenty of water to keep their body hydrated.

The three main nutrients from food that supply the body with energy are carbohydrate, fat and protein. These can be obtained by eating foods from six main food groups:

- grains (cereal) foods
- vegetables and legumes/beans
- lean meats and poultry, fish, eggs, tofu, nuts, seeds and beans
- fruit
- milk, yoghurt, cheese and/or alternatives
- fats.

Task

1. Research the most recent dietary guidelines for your country.
2. Imagine that you are an athlete training for a major sporting event. Using the menu planner, design a menu for a three-course meal. Remember to include a healthy balance of all the food groups.

Menu Planner

Course 1
Course 2
Course 3
Drinks



SPORTS NUTRITION

Good nutrition is vital for performance, whether you're a professional athlete or a weekend warrior.

The Australian Dietary Guidelines recommend 2.5–4 serves from the dairy food group per day for a variety of health benefits. For athletes and active Australians, dairy foods offer extra benefits. They're known for their calcium content, but are also high in protein and can be a great source of electrolytes for rehydration. This unique composition means milk, cheese and yoghurt can be used as targeted sports foods in a range of situations around exercise.

BEFORE EXERCISE

Although individual goals vary, a pre-exercise meal or snack usually aims to top up carbohydrate stores in the muscle and optimise hydration. Hydration is particularly important in hot conditions, as dehydration can reduce performance and increase perceived effort or discomfort associated with exercise.

When planning what to eat before activity, it's important to choose foods that are familiar and easily digested to avoid gastrointestinal discomfort. Dairy foods like flavoured milk, yoghurt and dairy desserts provide fluid, extra carbohydrate and are low in fibre, helping to maximise gut comfort.

Some athletes worry that dairy foods before sport will cause gut problems – but recent research has debunked this myth. A study in competitive female cyclists compared gut comfort and performance when they ate either a breakfast containing three serves of dairy or a similar meal that was dairy free. The study found there were no negative effects on gut comfort or sporting performance – even with daily dairy recommendations concentrated into a single meal before a strenuous cycling workout.

There may also be some benefits to bones from a rich source of calcium just before activity, especially in activities like cycling which don't provide the bone-building benefits of high-impact exercise.

RECOVERY

The period following exercise is an opportunity to replenish the body and allow it to recover and adapt.

Athletes may need:

- fluid and electrolytes if rehydration is required;
- carbohydrate to refuel muscles; and
- high-quality protein to promote muscle recovery and regeneration.

When there's only a small amount of time (less than eight hours) between hard training sessions or competitive events, it's usually a good idea to have a meal or snack in the 30–60 minutes after exercise. This provides muscles with the building blocks needed for effective recovery. When there is more time between bouts of exercise, it's less critical to start the recovery process immediately and your next scheduled meal or snack can provide the necessary nutrients.

Milk, cheese and yoghurt can contribute to several recovery goals by providing valuable amounts of the important nutrients.

TIP: Ensure recovery foods are on hand when you need them by using an insulated lunch box or freezer pack to keep foods chilled, or trying UHT products.

Rehydrate

For effective rehydration, fluid needs to be taken in adequate volumes to replace sweat losses. This amount will vary between individuals and depends on factors including the type of exercise and environmental conditions. Electrolyte-containing fluids help ensure the fluid is retained more effectively by the body.

Milk and higher-fluid dairy foods, like smoothies, yoghurt and custard, provide the body with a great source of water and electrolytes. In fact, the sodium concentration of milk is similar to that of sports drinks, with several studies showing that it is equally effective (or even better) than sports drink or water for rehydration. Milk and flavoured milks offer additional nutrients that may help the body retain fluid and milk is also better for dental health, as it is less acidic. The extensive variety in flavour, texture and taste of dairy products may also make rehydrating more enjoyable and enhance rehydration.

Refuel

In the period following exercise, there may be a need to replace carbohydrate stores in the liver and muscle by eating carbohydrate-rich foods. Sweetened dairy foods, like flavoured milk, dairy desserts and yoghurts, all provide carbohydrate along with a host of other essential nutrients. Whether they are included as part of a meal or eaten on their own as a snack, dairy foods offer appealing options to replace the carbohydrate fuel used during exercise.



Why are dairy foods great choices for refuelling?

1. They are easy to consume and widely available.
2. Their energy content can be altered by making different choices to meet individual needs (e.g. choosing low-fat products).
3. They contain essential vitamins and minerals that contribute to overall health, including calcium, iodine, vitamin B12 and potassium.
4. They contribute to other aspects of recovery nutrition: rehydration and muscle repair.

Growth, repair and adaptation

After exercise, muscle tissue undergoes repair and adaptation to make it even better than it was before. Consuming high-quality protein promotes this process. Several studies have suggested the optimal serve of high-quality protein needed to enhance gains in muscle strength and function following resistance exercise, high-intensity interval training and endurance events is 0.3 g per kg of body mass. Given the variation in body shape and size between active people, this translates to a range of between 20–25 g of protein. Dairy protein has been found to be superior to other protein sources in optimising muscle protein synthesis following resistance training.

Practical recovery choices

20g of protein =

- 600 ml flavoured milk; or
- 200g tub fruit yoghurt and 30g nuts; or
- ½ cup low fat cottage cheese with crackers

SUPPORTING AN ACTIVE LIFESTYLE

Health

Calcium and other essential nutrients in dairy foods contribute to the healthy formation and maintenance of strong bones and teeth. Frequent and high-intensity exercise can suppress the immune system, an effect which can be reduced by ensuring adequate energy, protein, carbohydrate, vitamin and mineral intake. Dairy foods contribute towards these nutrient targets.

Body composition

Research has shown consumption of dairy foods (or whey protein) is associated with greater increases in lean muscle gain and fat loss for those on an energy restricted diet. Epidemiological studies have also found a positive or neutral relationship between eating dairy foods and reduced risk of obesity.


For some individuals, a diet rich in dairy foods helps achieve physique goals.

MINIMUM RECOMMENDED NUMBER OF SERVES FROM THE DAIRY FOOD GROUP

	Age (years)	No. of serves per day
Men	13–18	3 ½
	19–70	2 ½
	70+	3 ½
Women	13–18	3 ½
	19–50	2 ½
	50+	4
	Pregnant or breast feeding	2 ½


Adapted from: 2013 Australian Dietary Guidelines. The dairy food group includes milk, cheese, yoghurt and/or alternatives.*

ONE SERVE OF DAIRY IS EQUIVALENT TO:




milk
1 cup
(250 ml)

OR




cheese
2 slices
(40 g)

OR



yoghurt
¾ cup
(200 g)

OR



ricotta
½ cup
(120 g)

It is recommended more than 50% of intake from dairy foods is reduced-fat varieties.

*Alternatives include: 250 ml soy, rice or other cereal drink with at least 100 mg of added calcium per 100 ml

The information provided in this document is intended to be used as a guide only. Dairy Australia recommends that all persons seek independent medical advice and, where appropriate, advice from a qualified dietitian, before making changes to their dietary intake. Whilst all reasonable steps have been taken to ensure the accuracy of the information contained above, to the fullest extent permitted by Australian law Dairy Australia disclaims all liability for any inadvertent errors and for any losses or damages stemming from reliance upon the content. For further information on any of our resources, visit legendaire.com.au, or call our consumer line on 1800 817 736. © Dairy Australia Limited (ACN 105 227 987) of Level 5, IBM Centre, 60 City Rd, Southbank, Victoria, 3006, Australia. This brochure may be photocopied for non-profit or non-commercial applications. All other rights reserved. August 2015 (DA1317)

Warm-up: Handwriting

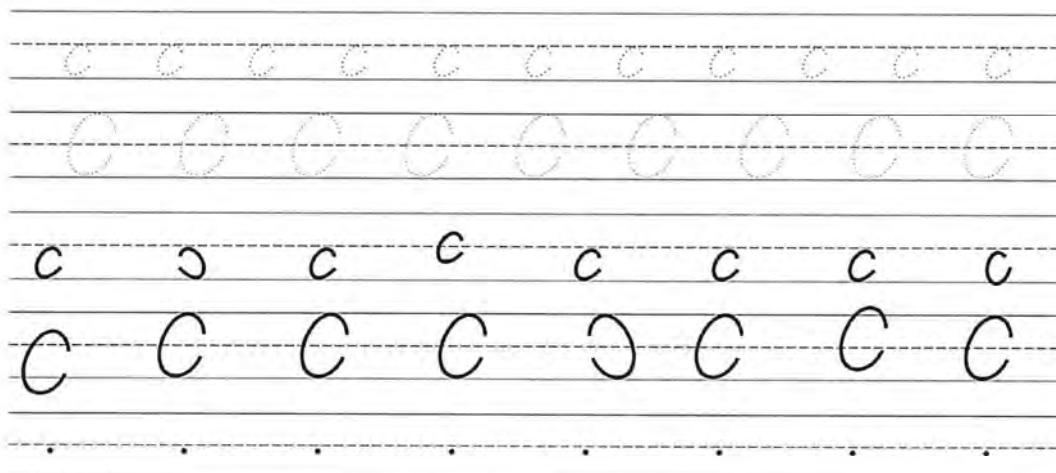
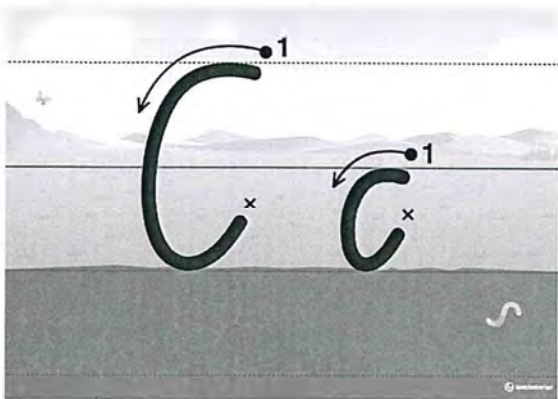
Look at the handwriting examples shown for **letter C**. Circle the correctly formed letters.

In your lined school exercise book write two lines of both capitals and lower case **letter C** and choose your best line of work.

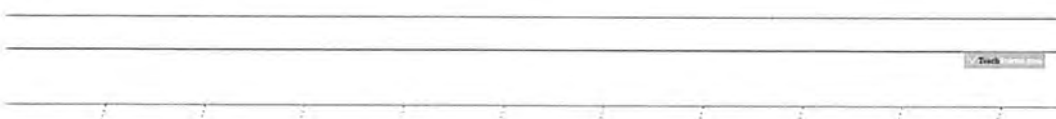
Remember to use your dotted thirds.

Write the following sentence:

The creative, courageous, cream coloured cat created a catastrophe when she crouched on a cactus.



Please complete this section in your dotted thirds workbook.
Rule up using a read pen, and write with a sharp pencil!



have you seen
tim. he has my
hat.

25.

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What colour is
your pet bird is
it red

26.

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have You seen
an owl.

27.

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Who did you
meet at the
park

28.

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do you? Like
monsters

29.

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I Love
Icecream How.
Do you make it

30.

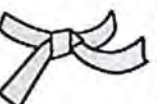
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can you tie
your shoe lace

31.

© Little Miss Literacy 2016



Do. You want to
go to the park
with me

32.

© Little Miss Literacy 2016



will you push? me
on the swing

33.

© Little Miss Literacy 2016



did you eat a
worm did it
taste bad

34.

© Little Miss Literacy 2016



are you afraid
of spiders

35.

© Little Miss Literacy 2016



Do you like.
Rainy days? or
sunny days?

36.

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is the pool or
the beach
better

37.

© Little Miss Literacy 2016



would you kiss.
A frog?

38.

© Little Miss Literacy 2016



why? do dogs
bark.

39.

© Little Miss Literacy 2016



do you like
elephants. I think
they are the best?

40.

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I saw a starfish crab
and seahorse when i
went snorkelling.

25.

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the loud green train
chugged along the
track

26.

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we read books
played and did
science at school
today

27.

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Grandad asked Jed
to put his cars
trucks and boats
away

28.

© Little Miss Literacy 2016



Batman is big
strong and
brave

29.

© Little Miss Literacy 2016



I collected tulips
daisies and roses
from the garden.

30.

© Little Miss Literacy 2016



the three pigs made
houses of sticks hay
and bricks

31.

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red riding hood
had scones biscuits
and lemonade in
her basket.

32.

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Oh no? there are
spiders snakes and
bugs in the house

33.

© Little Miss Literacy 2016



i can make boiled
fried or scrambled
eggs.

34.

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On my holiday I
went on planes
and trains and
buses

35.

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Mix butter then flour
then sugar then
eggs in a bowl to
make a cake

36.

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Do you want to play
soccer tennis or
basketball asked ned

37.

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ladybirds are red
black and spotty

38.

© Little Miss Literacy 2016



Oops. I dropped my
pencils crayons and
textas

39.

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i put icing sprinkles
and lollies on top of
my ice cream

40.

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The last algorithm we want to show you is called the **FOIL Method**. You may think it doesn't *look* like an algorithm, but remember that an algorithm is simply a **logical and sequential way of doing things** - you probably follow an algorithm when you brush your teeth or cross the road...

Of course, if you **don't**, you're probably **not** doing these things in the safest and most efficient way. If your way is better, then stick with it. If **not**...

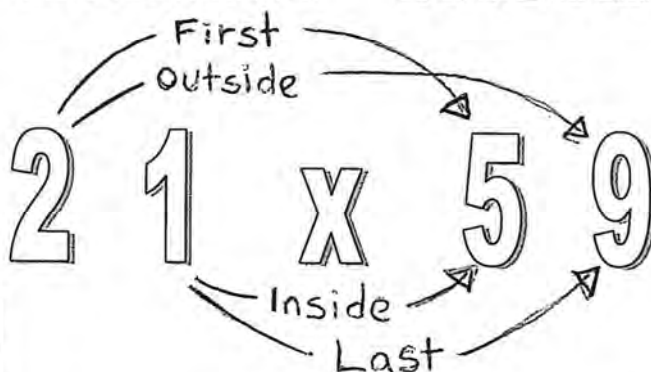


FOIL is an **acronym**. It stands for...

First Outside Inside Last

The **First** digit in each multiplier is 2 and 5, but watch the place value of each! Our first calculation is 20×50 .

The **Inside** digits are 1 and 5, which represent 1 and 50.



The **Outside** digits are 2 and 9, which represent 20 and 9 respectively.

The **Last** digits are 1 and 9, which represent 1 and 9.

So, we should end up with **four** different calculations, because we have **four** digits -

20×50 , 20×9 , 1×50 and 1×9 .

At this point, if you were thinking that the **FOIL Method** is simply the **Box Method** without the boxes, you'd essentially be **correct!**

In the end, the way that **works best for you** will be the **best** way!



Try the **FOIL Method** to solve these calculations...

A) 43×28

$$\begin{array}{r} \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} \\ F + O + I + L \\ = \end{array}$$

B) 58×38

$$\begin{array}{r} \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} \\ F + O + I + L \\ = \end{array}$$

C) 76×35

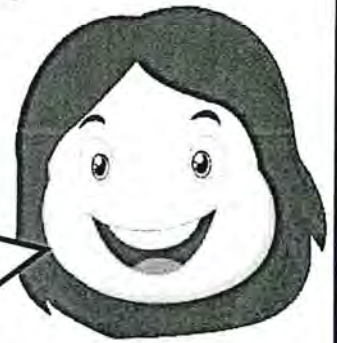
$$\begin{array}{r} \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} \\ F + O + I + L \\ = \end{array}$$

D) 19×82

$$\begin{array}{r} \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} \\ F + O + I + L \\ = \end{array}$$

Multiplication & Division

Okay! Let's get some practice with our multiplication and division! By now, you're probably developing a preference for *either right or left brain strategies*, but remember - *some arithmetic problems demand a certain way of doing them*, and to do otherwise is usually clunky and unhelpful. My friends and I will try and give you some clues along the way to help you...



Complete these problems using any method you choose. Whatever works best for you is best!

A) 232×4

Maybe consider partitioning..?



B) 55×33

C) 4.5×2.5

Try ignoring the decimals until the end...



D) 324×22

E) 84×0.5

Isn't 0.5 just a *half*?



F) $777 \div 111$

Don't stop thinking...



G) $4848 \div 4$

H) $520 \div 5$

I) $319 \div 3$

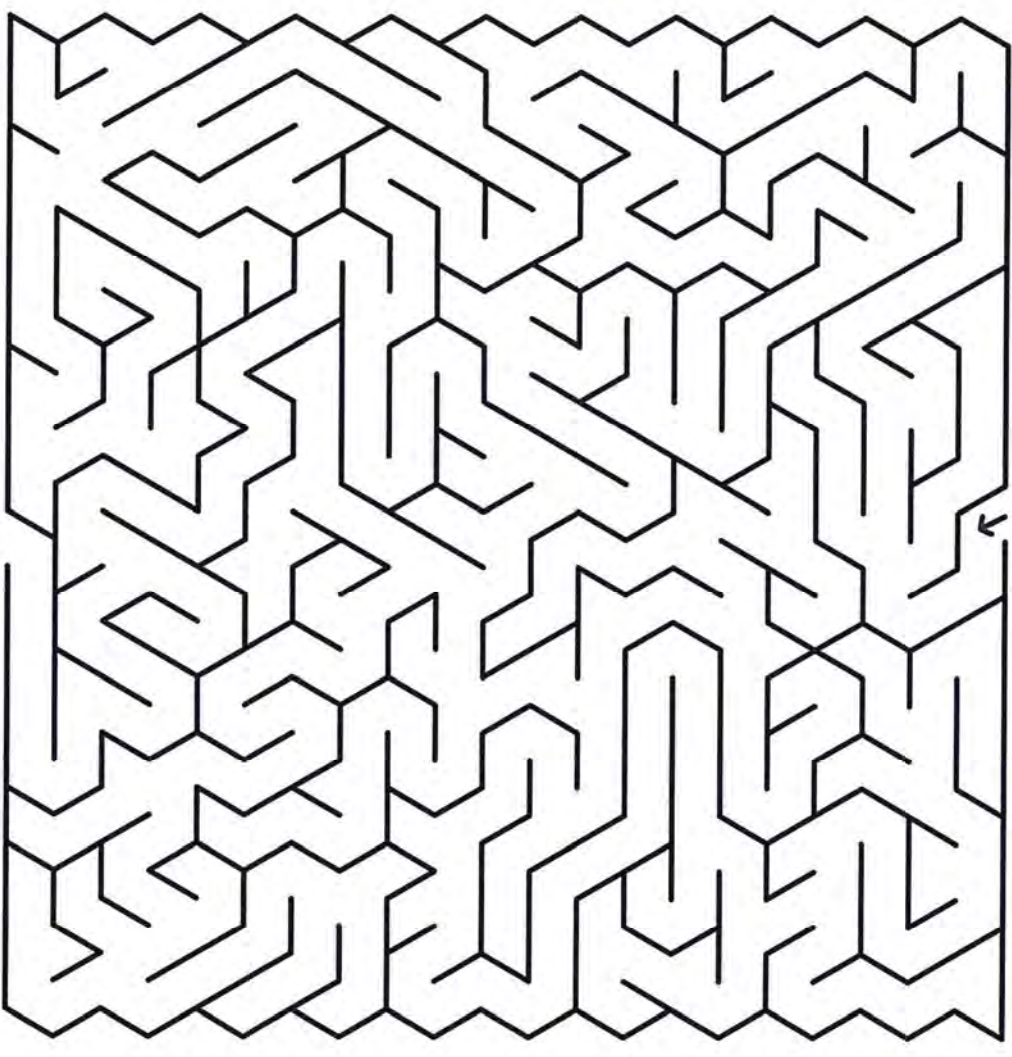
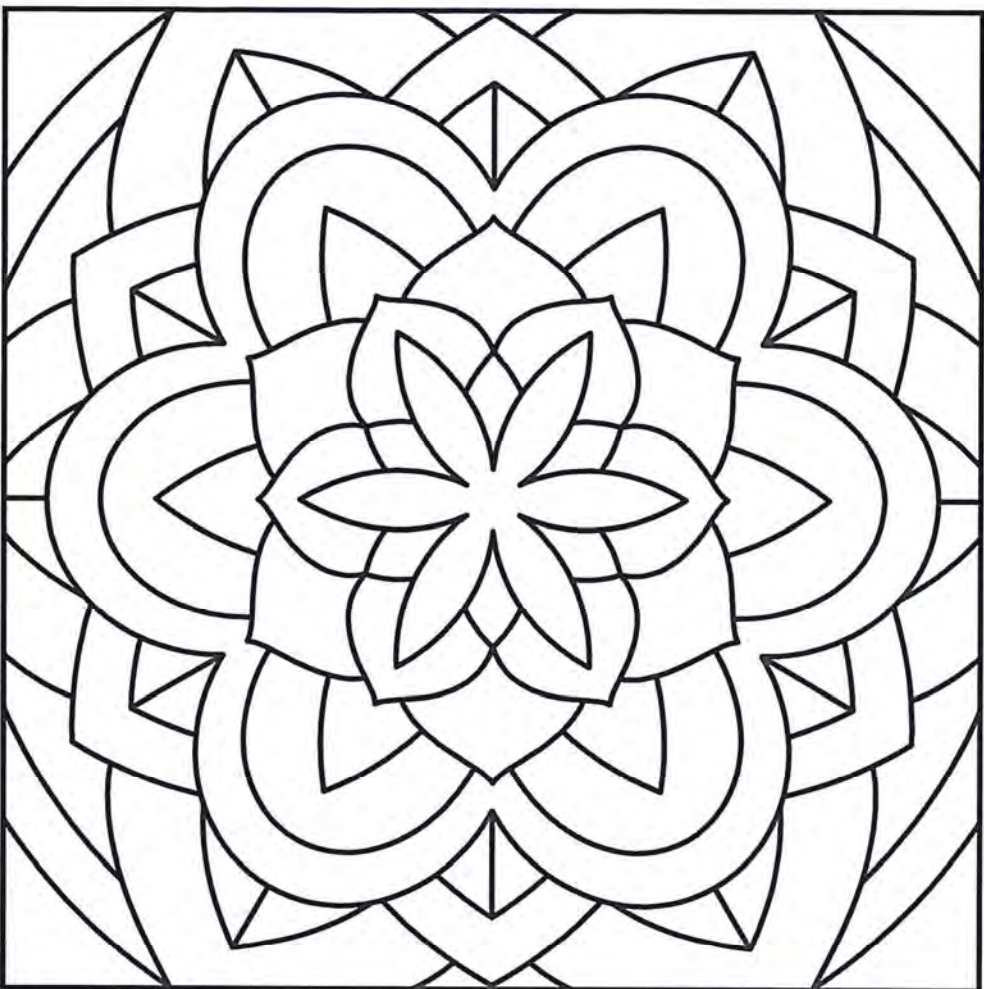
This one has a *remainder*!



J) $8199 \div 9$

MINDFUL

Mats



What is a song you enjoy and how does it make you feel?

PMI

Plus, Minus and Interesting

P	M	I