

Weekly Bulletin

Google Classroom

If you are not already on Google classroom our code is: **2T - k4auudh** **1V - xxasanp**

We will use this to post our Weekly Timetable.

Submitting work on Google Classroom

Each week you will be assigned one task, this will be a Google Doc that is blank called "Week 3 Completed Work". This document can be used to type any work you complete or insert pictures of completed work. Teachers will be able to access and support you with your work in this document throughout the week.

Please only "turn in" your work on Friday once you have completed everything otherwise you will not be able to access it again.

Printing

There is no expectation that families print any of the resources from the timetable/Google Classroom. Students can complete tasks digitally on their assigned Google Doc for the week or via paper and upload photos to their Google Doc.

Zoom Meet Up

Our Zoom meet up will be on Wednesday at **2T 10:00am** and **1V 11:30am**. Please make sure you have practiced joining Zoom before then to ensure you are able to get on.

2T - The link for our Zoom is: <https://nsweducation.zoom.us/j/68114915507?pwd=NmkvdVlxd3dKSjBuTEljaTRaY0hXUT09>

Meeting ID: 681 1491 5507 Passcode: Class2T

1V - The link for our Zoom is: <https://nsweducation.zoom.us/j/4362611439?pwd=NWNuTW9kQStrcTFLL1B5YINrYWU0UT09>

Meeting ID: 436 261 1439 Passcode: Class1V

Science and History

Once you have completed your Science or History work for the week, please notify Mr Quach (for Science) or Miss Macris (for History) by writing a brief comment indicating you have finished in the private comments section. This will greatly assist Mr Quach and Miss Macris in viewing your work and providing feedback in a timely manner.

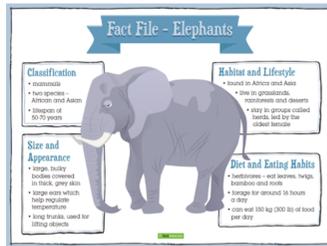
EDUCATION WEEK -26th-30th July: Lifelong Learners

To celebrate Education Week, join the NSW Department of Education's virtual celebration. Visit <https://education.nsw.gov.au/public-schools/education-week/ed-week-events> to see the virtual events schedule. We would like as many students to join in and watch the Education Week launch live stream on Monday 26th July at 10am. #EdWeek21 #LoveWhereYouLearn

1V & 2T T3 W3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><u>English</u></p> <p>Spelling- Look at the list of words and choose your 5 for the week. These words will be used to complete your spelling activities for each day. Look at the spelling Tic Tac Toe and complete 3 activities for today.</p> <p>Writing -This week we are going to write an information report again about a different animal based on facts gathered from an informative video clip or fact sheet. Watch the following video Sloth Facts for Kids. https://www.youtube.com/watch?v=9qdxBpyV24k Watch the clip the first time without stopping or</p>	<p><u>English</u></p> <p>Spelling- Use your 5 words for this week to complete your 3 activities for today.</p> <p>Writing-In this lesson we are going to learn how to put dot points and key phrases into sentences. Look at the fact file on Elephants. Look in the boxes under each heading. Notice the information has not been put into sentences. Today on the Information Report worksheet, you are going to turn the dot points from the fact file you wrote yesterday on 'Sloths' into full sentences. We are going to use the same sub-headings we learnt</p>	<p>Zoom Check In IV - 11:30am 2T- 10:00am</p> <p><u>English</u></p> <p>Grammar- Sentence a Day- See Worksheet for Wednesday below</p> <p>Handwriting- Today we are practising the letter 'S s' (lowercase and uppercase). Click on the link https://vimeo.com/410145331/b5633cd156 to watch an explanation on how to form the letter correctly. Practise the letter 's' on the two worksheets below or on some blank paper.</p>	<p><u>English</u></p> <p>Spelling - Use your 5 words for this week to complete your 3 activities for today.</p> <p>Grammar- Sentence a Day Adjective Revision. Complete the worksheet below for Thursday.</p> <p>Reading- Read your assigned Wushka book aloud. Complete your activity sheet or task card.</p> <p>Optional: Watch Education Live at 10:00am https://education.nsw.gov.au/parents-learning-at-home</p>	<p><u>English</u></p> <p>Spelling -Use your 5 words for this week to complete your 3 activities for today. Have a family member test you on your 5 spelling words for this week.</p> <p>Handwriting-Today we are writing some words that use lower case 's' or upper case 'S'. You might know these words already or you might find them in your reading. For example: Saturday, silly, Samantha, snake.</p> <p>Reading-Read your second assigned book on Wushka aloud. If you are unsure of what any words mean write them down to check with an adult. After</p>

taking notes. Watch it again, this time stopping the clip to write dot points under the correct headings using the fact file worksheet. If you do not have access to the clip, use the written text below for your information. You can watch the video as many times as you need to, remember **dot points are not full sentences**.

Look at the example Fact File on Elephants.



Reading-Read your assigned book on Wushka aloud. If you are unsure of what any words mean write them down to check with an adult. After reading, complete the quiz.

about in our last lesson (classification, size and appearance, habitat and lifestyle, diet and eating habits). Look at the fact sheet for Elephants, under the heading *Classification*. The dot points are:

- .mammals
- two species –African and Asian
- lifespan of 50 –70 years.

The three sentences could be:Elephants are mammals. There are two species of elephants African and Asian.Elephants have a lifespan of 50 to70 years. On your information worksheet or in your google workbook, turn the dot points you wrote yesterday into three or more full sentences. Don't forget to use adjectives to give the reader more information. Once you have finished, read through it carefully for spelling mistakes and missing capital letters and full stops.

Reading- Read your assigned Wushka book

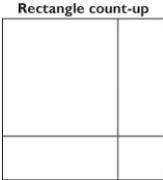
Reading- Read your assigned Wushka book aloud. Complete your activity sheet or task card.

Optional: Watch Education Live at 10:00am
<https://education.nsw.gov.au/parents-learning-at-home>

reading, complete the quiz.

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	Optional: Watch Education Live at 10:00am https://education.nsw.gov.au/parents-learning-at-home	aloud. Complete your activity sheet in Wushka Slides. Optional: Watch Education Live at 10:00am https://education.nsw.gov.au/parents-learning-at-home																																	
Break																																			
Middle	<p><u>Maths</u></p> <p>Number- choose a number of the day from the options below and complete the number of the day sheet. Look at the example sheet as a guide.</p> <table border="1"> <thead> <tr> <th>Easy</th> <th>Medium</th> <th>Hard</th> </tr> </thead> <tbody> <tr> <td>6</td> <td>25</td> <td>42</td> </tr> </tbody> </table> <p>Shapes -Draw the shapes below. Make the parallel lines a different colour = . Label the shapes.</p>	Easy	Medium	Hard	6	25	42	<p><u>Maths</u></p> <p>Number- choose a number of the day from the options below and complete the number of the day sheet. Use the hundreds chart to practise counting by 2's.</p> <table border="1"> <thead> <tr> <th>Easy</th> <th>Medium</th> <th>Hard</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>28</td> <td>54</td> </tr> </tbody> </table> <p>Shapes - How many rectangles can you find in the image below? Explain how you know you found</p>	Easy	Medium	Hard	12	28	54	<p><u>Maths</u></p> <p>Number- choose a number of the day from the options below and complete the number of the day sheet. Use the hundreds chart to practise counting backwards by 2's.</p> <table border="1"> <thead> <tr> <th>Easy</th> <th>Medium</th> <th>Hard</th> </tr> </thead> <tbody> <tr> <td>16</td> <td>32</td> <td>65</td> </tr> </tbody> </table> <p>Shapes- Look around you- draw an item of furniture. Write down what shape this furniture is like.</p>	Easy	Medium	Hard	16	32	65	<p><u>Maths</u></p> <p>Number- choose a number of the day from the options below and complete the number of the day sheet. Use the hundreds chart to practise counting by 5's to 100 and back.</p> <table border="1"> <thead> <tr> <th>Easy</th> <th>Medium</th> <th>Hard</th> </tr> </thead> <tbody> <tr> <td>15</td> <td>45</td> <td>88</td> </tr> </tbody> </table> <p>Shapes - Draw a rectangle, trapezium, hexagon, and triangle. Colour the diagonal lines</p>	Easy	Medium	Hard	15	45	88	<p><u>Maths</u></p> <p>Number- choose a number of the day from the options below and complete the number of the day sheet. Use the hundreds chart to practise counting by 10's to 100 and back.</p> <table border="1"> <thead> <tr> <th>Easy</th> <th>Medium</th> <th>Hard</th> </tr> </thead> <tbody> <tr> <td>20</td> <td>60</td> <td>99</td> </tr> </tbody> </table> <p>Length- Make a paper airplane. Measure how far the plane flies. Repeat the flight three more times and record your measurements.</p>	Easy	Medium	Hard	20	60	99
Easy	Medium	Hard																																	
6	25	42																																	
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	 <p>Complete the Two Dice activity located below. Upload your results as a photo to your weekly google doc.</p>	<p>all of them? Describe the features of a rectangle.</p>  <p>Complete the Tall Tower activity located below. Upload your results as a photo to your weekly google doc.</p>	<p><u>Health</u> The password for all of these videos is: safety Watch - Video 5: Crossing the road (1:30) https://vimeo.com/449240240</p> <p>Q1. Why does holding hands with an adult when crossing the road increase your safety? Q2. If there is no adult around, can you hold hands with an older brother or sister when crossing? Q3. DO - Demonstrate each step of STOP LOOK LISTEN & THINK before crossing the road. Q4. Why is it important to not run around in carparks at the shops?</p> <p>Complete Page 3 & 4 in your Road Safety Booklet.</p>	<p>a different colour /. Turn your shapes around.</p> <p>Are they the same shape? Explain Why or Why not?</p> <p>Complete the Heads and Feet activity located below. Upload your results as a photo to your weekly google doc.</p>	<p>You can use foot steps or a ruler to measure. Remember: No gaps or overlaps!</p> <p>Complete the Sharing Numbers activity located below. Upload your results as a photo to your weekly google doc.</p>
Break					

Afternoon	<u>Science</u> We have finished all the lessons on 'Look Up and Around' (Year 1) and 'Earth's Resources' (Year 2). This week we are starting on a new unit called 'Materials and Changes'. There are 2 activities for you to do this week. Activity 1 Objects are made from different things. We call these things "materials". 1. Have a look at the 4 images on this page:  <i>If you would like to view a bigger version of this page, please look further down in this document for the page titled 'Monday - Science'.</i> 2. In your 'Week 3 Completed Work' Google Doc, please answer the following 2	<u>History</u> Task 1: Who is Bennelong? Click through and read some of the the story of Bennelong (Click here) Bennelong is an Aboriginal Elder from the past. Discuss who he is and why he is a significant person from our past. Why do we remember him? Where was Bennelong born? Use the information on the sheet to fill in the Bennelong Writing Frame. Once you have filled in the information you can colour in the picture. Bennelong was the leader of a 100 man clan who lived on the side of the river to the west of Kissing Point in Wallumedegal country. Unfortunately Bennelong also died at this location in 1813. Complete the activities on the sheet instructions are located further down in this document.	<u>Sport/fitness</u> Complete the warm up session by clicking this link to get your muscles warmed up. If you are working offline, see below for the warm up instructions. https://www.youtube.com/watch?v=SbFqQarDM50 Complete the lesson on the fundamental movement skill-The Side Gallop and cool down yoga poses. <i>Instructions are located further down in this document.</i> Click the dance fever link and complete the Dance Activity #2- Iconic Mega Mix. https://www.dancefevermultisport.com/remote-learning-1/	<u>Creative Arts</u> Activity 1: Complete the Water Bottle Fish craft activity. <i>Instructions on how to do this are located further down in this document.</i> OPTIONAL: Activity 2: Draw a picture of a fish from memory and colour. OPTIONAL: Activity 3: Use the following link to complete a directed drawing of a fish. https://www.youtube.com/watch?v=VkFK_2cti7g Upload a photo of your artworks to your weekly google doc in your google classroom.	<u>Wellbeing</u> Choose one activity to complete from the Wellbeing Activity Grid. <i>Activity grid is located further down in this document.</i>

questions using
full sentences:

- What do you think each sculpture is made from?
- Are any of these sculptures made from more than one type of material?

Activity 2

1. Have a look at this image:



If you would like to view a bigger version of this picture, please look further down in this document for the page titled 'Monday - Science'.

2. In your 'Week 3 Completed Work' Google Doc, please answer the following question in one full sentence:
- What is this girl

	<p>doing with the wood?</p> <p>Once you have finished both activities, please write a short comment in the comments section to say you have finished so Mr Quach knows your work is ready to be marked.</p>				
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CORE LIST - YEAR 1

a	all	am	an	and	are
as	at	away	baby	be	big
book	boy	but	by	can	car
cat	come	dad	day	did	do
dog	doll	down	father	for	-from
get	girl	go	good	got	had
has	have	he	her	here	him
his	home	I	if	in	into
is	it	jump	just	like	little
look	man	me	mother	mum	my
no	not	of	off	on	one
over	play	put	ran	run	said
saw	school	see	she	so	some
that	the	them	then	they	this
to	took	under	up	us	walk
was	way	we	well	went	when
will	with	yes	you		

CORE LIST - YEAR 2

about	after	afternoon	along	also	again
any	anyone	anything	another	around	ask
because	before	best	been	better	broth
called	came	children	coming	could	cry
dear	does	doing	door	don't	didn't
eat	every	face	fast	find	first
found	friend	gave	give	going	gone
half	happy	head	hear	house	I'm
inside	kind	letter	live	lunch	long
made	make	many	Miss	morning	Mr
Mrs	myself	name	never	new	next
nice	night	now	old	once	open
our	out	people	place	pretty	read
road	should	sister	something	start	story
their	there	these	thing	think	time
told	today	too	two	very	want
water	were	what	who	would	year
yesterday	your				

- ALSO:
- ✧ days of the week
 - ✧ numbers to 20
 - ✧ months of the year
 - ✧ personal street, suburb name
 - ✧ seasons

Spelling Tic Tac Toe

Instructions: Each day, choose two squares to complete plus the middle square which is a **must** do. The two squares you choose should allow you to win tic, tac, toe by making a straight or diagonal line of three. There are four different ways to win this game - try a new way each day.

Each week, choose 5 sight words from the list provided (5 DIFFERENT words each week). These 5 words will be your spelling list for the week. Yes, you can choose 'easy' words, but you won't learn much. We challenge you to choose 5 words that will challenge you. Complete the activities below using these words you have chosen.

<p>Write the words and circle all of the vowels. a, e, i, o, u</p>	<p>Write out your words in fancy writing.</p>	<p>Write out your entire list end-to-end as one long word, using different colours for different words.</p>
<p>Make up two sets of your words using scrap paper and play a game of snap.</p>	<p>Write your words three times each day in your best handwriting.</p> <p>** MUST DO **</p>	<p>Play spelling tennis with your family. Choose a word and take turns spelling it letter by letter until the word is completed.</p>
<p>Write short sentences using your spelling words.</p>	<p>Write your words forwards and backwards. Example: bump - pmub</p>	<p>Ladder Words- Write each spelling words as shown below: Example: exit e ex exi exit</p>

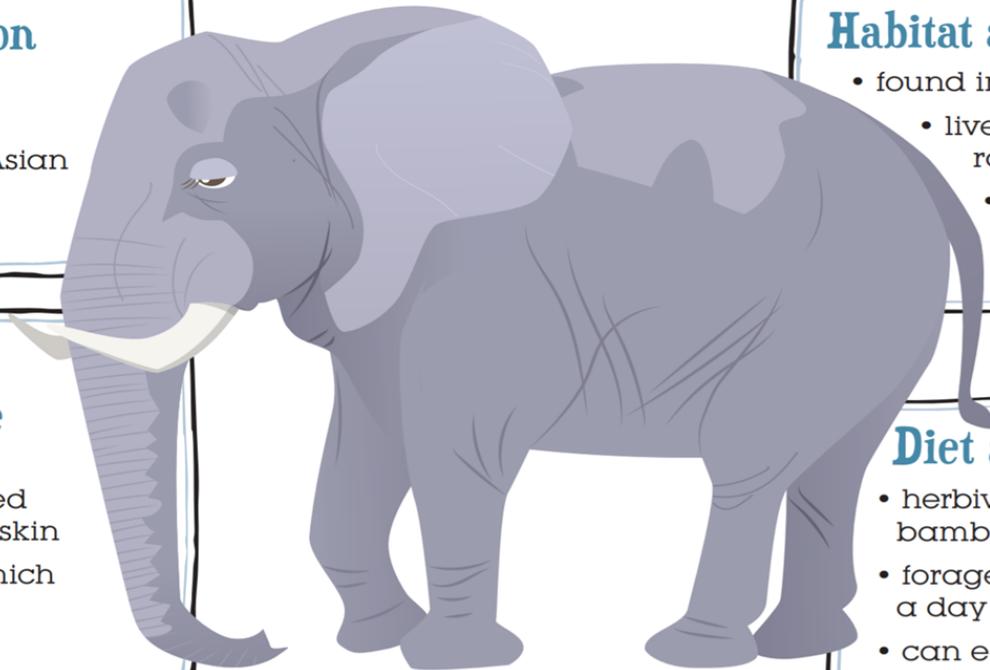
Fact File - Elephants

Classification

- mammals
- two species – African and Asian
- lifespan of 50-70 years

Size and Appearance

- large, bulky bodies covered in thick, grey skin
- large ears which help regulate temperature
- long trunks, used for lifting objects



Habitat and Lifestyle

- found in Africa and Asia
- live in grasslands, rainforests and deserts
- stay in groups called herds, led by the oldest female

Diet and Eating Habits

- herbivores – eat leaves, twigs, bamboo and roots
- forage for around 16 hours a day
- can eat 150 kg (300 lb) of food per day

Teach Starter.com

Here is a reminder of what the headings mean:-

Classification: The family name of the animal

Habitat: Where it lives

Diet and Eating Habits: What it eats and how it eats

Size and Appearance: Any information about what it looks like

Topic: The name of the animal

Lifestyle: How it lives in its habitat

Fact File - Animals

Classification

Habitat and Lifestyle

Topic

Size and Appearance

Diet and Eating Habits

Sloth

Sloths are known for being particularly slow-moving creatures; all of their movements are careful and deliberate. They are mostly nocturnal and spend up to 90% of their time hanging upside down. Sloths have fairly poor vision and hearing so they rely on a strong sense of smell and touch.

Appearance

Species of sloths are divided into two families: two-toed sloths and three-toed sloths. Both of these species share similar appearance characteristics, including thick fur, rounded heads, flat snouts and stumpy tails. As they spend so much of their time hanging from branches, they have long curved claws to help with grip. Typically, they are between 60cm and 80cm in size, weighing anything between 2kg to 10kg.

As they move so little, they often have algae growing on their fur. Their fur provides the algae with a place to grow and the green colouring from the algae provides camouflage for the sloth. What's more, with insects feeding on the algae, it makes the sloth's whole body like a mini jungle habitat of its own!



Sentence A Day - Wednesday

Rewrite these sentences putting in all the missing punctuation marks. (capital letters, full stops, commas, and question marks)

1. what film did you see on tuesday

2. Mr baker sailed his yacht around new zealand

3. i bought milk bread cheese and ham today

4. anzac day is on the 25th of april

5. can you hear the kookaburra sitting outside in the tree

Objects are made of different things. We call these things materials.

3

Look at the pictures of these sculptures.

What is each one made from?

Are any of them made from more than one material?



How do materials change?



1

What is this girl doing with the wood?

Vocabulary

plastic

metal

glass

fabric

paper

wood

rubber

materials

MONDAY

Maths Tasks

TUESDAY

Two Dice



Can you find **ALL** the numbers that can be made by adding the dots on two dice?

You can write the numbers down on the whiteboard.

What is the highest total you could make?

What is the lowest total you could make?

How will you know you've found all the possible totals?

nrich.maths.org/roadshow

THURSDAY

Heads and Feet

Age 5 to 7
Challenge Level ★★



On a farm there were some hens and sheep.

Altogether there were 8 heads and 22 feet.

How many hens were there?

The Tall Tower

Age 5 to 7

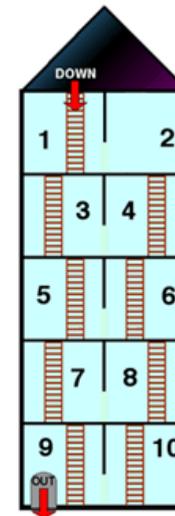


You have been imprisoned at the top of the Tall Tower by the Wicked Magician!

You can get out by climbing down the ladders. As you come down you collect useful spells.

You can go down the ladders and through the doorways into an adjoining room, but you cannot go into the same room twice, nor climb up the ladders.

The numbers in the rooms show how many spells there are in each one.



Which way should you go to collect the most spells?

And which way to collect as few as possible?

Can you find a route that collects exactly 35 spells?

Maths Task- FRIDAY

Sharing Numbers

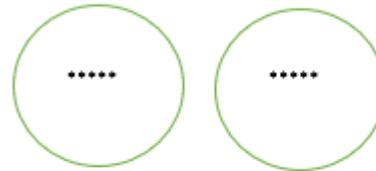
1. Choose a number from the chart below.
2. Record as many ways as you can to share the number evenly.
3. Draw your results and upload a photo to this week's google doc.
4. Repeat this activity with as many different numbers from the chart as you like.
5. HINT- there is more than one way to share these numbers evenly.

Amounts to Share

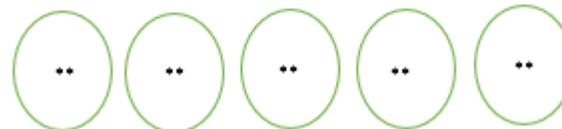


EXAMPLE: Sharing 10

2 groups of 5



5 groups of 2



Sentence A Day - Thursday

Adjectives

Adjectives are describing words.

They are used to describe nouns (naming words).

Example: A tall tree. My hat is blue. Did you see the big hairy gorilla?

1. Read and colour all the adjectives(describing words) below. For example, neat is an adjective.

Look at my neat handwriting.

cold	tall	truck	small	wet
nose	old	neat	duck	soft

This week we were learning about 'sloths'. Write a descriptive sentence about a sloth. Try to include three adjectives to describe him.



Lower case s

The lower case 's' is a short letter.
When we write this letter, we start
at the top and move to make two
smooth curves.

Example mnemonic: Left, right, up!

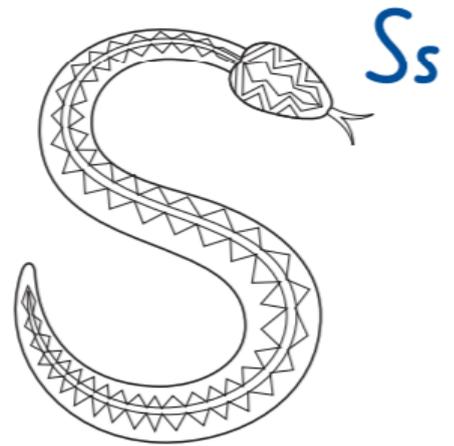


Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid). A small red lowercase 's' with stroke direction arrows is positioned at the beginning of the first line.

Upper case S

The upper case 'S' is a tall letter.
When we write this letter, we start at the top and move to make two smooth curves. It is the same as the lower case letter but taller.

Example mnemonic: Left, right, up!



Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid). The first set includes a red uppercase 'S' with stroke order arrows and numbers 1 and 2.

Words that use S

Write some words that use lower case 's' or upper case 'S'.

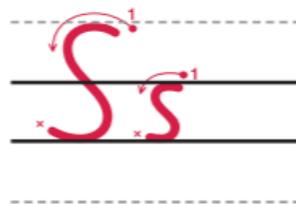
You might know these words already or you might find them in your reading.

The lower case 's' is a short letter. When we write this letter, we start at the top and move to make two smooth curves.

Example mnemonic: Left, right, up!

The upper case 'S' is a tall letter. When we write this letter, we start at the top and move to make two smooth curves. It is the same as the lower case letter but taller.

Example mnemonic: Left, right, up!



Handwriting practice lines consisting of multiple sets of three horizontal lines (top dashed, middle solid, bottom solid) for writing words using the letter 'S'.

HUNDREDS CHART

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

NUMBERS BEFORE:

--	--	--

NUMBER:

--

NUMBERS AFTER:

--	--	--

THE NUMBER WORD IS:

--

- 10

+10

--

--

COUNT IT OUT IN BLOCKS:

--

CIRCLE IT:

ODD

EVEN

TENS

ONES

--

--

NUMBERS BEFORE:

--	--	--

NUMBER:

--

NUMBERS AFTER:

--	--	--

H

T

O

--	--	--

- 10

+10

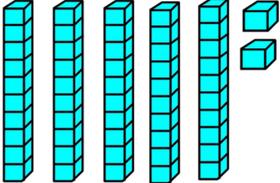
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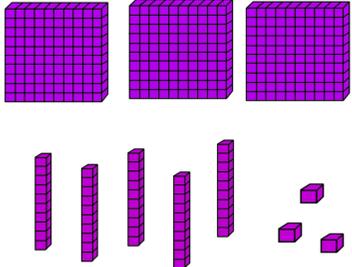
ODD

EVEN

SHOW IT WITH BLOCKS:

--

NUMBERS BEFORE:			NUMBER:	NUMBERS AFTER:		
49	50	51	52	53	54	55
THE NUMBER WORD IS:			- 10		+10	
fifty-two			42		62	
COUNT IT OUT IN BLOCKS:			CIRCLE IT:		TENS	ONES
			ODD <input type="radio"/>		5	2
			<input checked="" type="radio"/> EVEN			

NUMBERS BEFORE:			NUMBER:	NUMBERS AFTER:		
350	351	352	353	354	355	356
H	T	O	SHOW IT WITH BLOCKS:			
3	5	3				
- 10			+10			
343			363			
<input checked="" type="radio"/> ODD		EVEN				

History - Activity 1

Bennelong was born sometime around 1764. He belonged to the Eora Aboriginal people.

Today the city of Sydney sits upon the traditional lands of the Eora people.

He was captured in 1789 by Governor Phillip. Bennelong adapted easily to the British men, he enjoyed their foods and drinks. He learnt to speak English and he and Governor Phillip became friends.

In May in 1790 Bennelong escaped and wasn't seen for many months. The natives injured Governor Phillip because it was thought to be payback for kidnapping Bennelong.

Bennelong often visited Governor Phillip to check if he was okay.

Bennelong was important because he settled the fight between the Eora people and the British people.

Bennelong

Date of birth: _____

Date of Death: _____

_____ is significant because _____

A picture of Bennelong



Interesting Facts

History - Activity 2

What do you know about this location?

Have you ever visited this site?

Write 3 sentences (or more) describing if you have visited this location, what you were doing and who you were with.

Have a look at Google Maps, create a route from your house to this wharf. You can use the Google Doc to map out instructions to get from your house to the wharf.

- Include street names, positional language e.g. right, left, down



Stop, Look, Listen and Think



Practise how to **STOP, LOOK, LISTEN** and **THINK**.
Trace the words.



First I stop.



Look left and right.



Then I listen for cars.



Now, is it safe to cross?

Hold hands with an adult when crossing the road



Colour
in the
picture



Complete the sentences

hands walks stop zebra both

1. This is a z _____ crossing.
2. Jack holds h _____ when crossing the road.
3. He waits for the cars to s _____ first.
4. Jack keeps looking _____ ways.
5. He _____ as it is safer than running.

WEDNESDAY- PE

Warm Up (6 minutes)

Get your muscles warmed up by doing a warm up with Joe. Click the link below to watch the video or if you have no internet access, do the following for 5 minutes. <https://www.youtube.com/watch?v=SbFqQarDM50>

40 seconds: Star jumps

20 seconds: Have a break

40 seconds: Running and punching straight out at the same time

20 seconds: Have a break

40 seconds: Frog jumps

20 seconds: Have a break

40 seconds: Squats- up and down

20 seconds: Have a break

40 seconds: Marching on the spot with high knees using opposite elbows to touch opposite knee

Fundamental Movement Skill Focus: The Side Gallop (5 minutes)

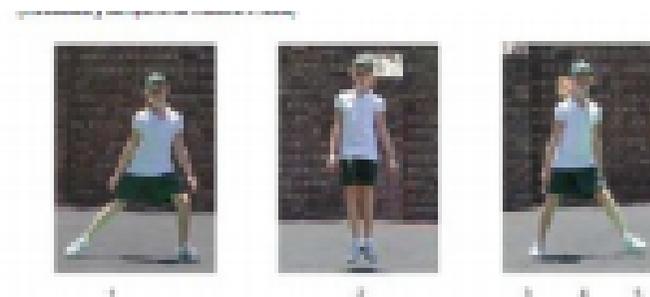
The side gallop is a skill that is used in many sports such as basketball and softball.

Click the link to watch how to perform this skill

<https://www.youtube.com/watch?v=D812EVCdy0w>

Side Galloping with your family (15 minutes)

Hold hands facing a family member and side gallop around in an open space. Practise side galloping in both directions. You might like to put some of your favourite music on so that you can try and side gallop to the rhythm. Take turns to call out the number of side gallops and directions i.e. "three right, four left, one left, five right" etc. Try and do the same but put something on your head to balance like a bean bag, a pillow or a soft toy. Once you are confident with this skill, try to perform it in slow motion and then at high speed.



Follow the leader (15 minutes)

Use chalk to draw lines outside on the ground. If you do not have chalk or can't draw lines, just go up and down the footpath, or up and down your hallway. Try to involve as many people in your family as you can. Line up in a line. Turn your body sideways and side gallop along the lines. When the leader yells change or someone blows a whistle, the leader goes to the end of the line and the second person becomes the leader. If you are playing by yourself, yell 'change' and switch your position so you are facing in the other direction. Continue to side gallop along the lines you have created.

Optional: create a routine with star jumps, side gallops, sprinting and hopping when following the lines you have drawn.

Cool Down (Approximately 10 minutes)

Finish with some yoga poses, hold each pose for 30 seconds each side. See the yoga poses below.

Hold each Yoga Pose for 30 seconds

SUPERHERO YOGA



I am brave.
WARRIOR 1 POSE



I am strong.
WARRIOR 2 POSE



I am peaceful.
PEACEFUL WARRIOR POSE



I am kind.
WARRIOR 3 POSE



I am a superhero!
HALF MOON POSE

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OCEAN YOGA



I am a jellyfish.
STANDING FORWARD BEND



I am a shark.
LOCUST POSE



I am a dolphin.
DOLPHIN POSE



I am a crab.
TABLE TOP POSE



I am a turtle.
TORTOISE POSE

© Kids Yoga Stories

THURSDAY- Creative Arts

Water Bottle Fish

1. Select your water bottle and remove any labels.
2. Draw and colour on the water bottle to make it look like a fish. Textas, sharpies or paint work the best.
3. Add eyes, scales, stripes, polka dots or any design along the body.
4. The spout of the water bottle becomes the mouth and can be coloured as well.
5. Cut off the end (the bottom) of the water bottle using scissors.
6. Staple the end of the water bottle together with some pieces of tissue paper and/or feathers. You can staple leaves if you have no access to feathers or coloured paper.



FRIDAY-Wellbeing

<i>Choose an activity to complete on Wellbeing Fridays</i>			
Create a treasure hunt with a map and clues.	Make the alphabet from sticks or other natural items.	Build a fort using cushions and blankets.	Make dinner for your family.
Make your name or words out of recycled materials.	Write instructions to make a sandwich and let someone follow them.	Write your own book, including drawings and a cover.	Invent your own musical instrument.
Pick a word and see how many other words you can make from it.	Draw your own comic book.	Freeze a small toy or coin in water and make a time-lapse video of it melting.	Put different amounts of water in glass containers and tap them gently to make music.
Make paper aeroplanes.	Put some dirty coins in vinegar and see what happens.	Learn different bird calls.	Use playing cards to build a tower as high as you can.
Observe the moon each night and take pictures to make a time-lapse video.	Use a tape measure and measure items around your home. Draw and label these items.	Build a model city with items from your home.	Make a mini-golf course.
Paint rocks with motivational and encouraging words.	Invent a board game using small bottle lids or other small items as pieces.	Draw a detailed map of your home.	Look at the clouds and draw what you see.
Sit in your backyard, front yard or somewhere in your home and just listen. What can you hear? What is the closest sound you can hear? What is the furthest sound you can hear? Can you hear your own breathing?	Discuss with an adult why it is important that we keep our passwords safe. Can you think of 5 ways you can be a Safe Cyber Citizen? Discuss or list them.	Teach someone in your family how to do something on your device. It might be using an APP, playing a game or even taking a photo using a special filter.	List 10 ways you can be a responsible helper in your home. Think of a job/activity you would like to help with at home. Write down or discuss with an adult at home why you would be the best person for this job.
Talk to an adult at home about something you are proud of that you have achieved. Remember to listen, encourage and celebrate other people's success along with your own.	Choose a family member and write down or draw pictures of all the things you love about them. Using your list, write a letter or draw a picture telling them how much you love and why you respect them.	What are some kind words others have said to you? What are some kind words you have said to others? Write them down. Create a poster to display in your home for your family about being kind.	Search for an inspirational quote that will motivate you while you are learning from home. Get creative by making a poster of your quote and stick it somewhere you can see it while you complete your school work to help keep you motivated.
Role play and practise different ways of using your manners with a family member (eg when asking to use something, politely interrupting someone). You might like to video yourself so you can watch your role play together afterwards.	Draw or build a robot. You can build a robot out of blocks, lego or cardboard boxes. What would your robot be able to do?	Go outdoors and play a game and do some physical exercise either by yourself or with your family. Example: hopscotch, basketball, soccer, gymnastics, netball, skipping, ride your bike/scooter.	Visit https://www.youtube.com/user/cosmickidsga and choose an episode of cosmic kids yoga.
Visit https://storylineonline.net/ and listen to a story.	Visit Arts for Kids Hub online and choose a video to complete an instructional drawing.	With an adult, make playdough or slime.	Play a board game or card game with your family.

How to access Zoom meetings

Sign into Zoom with a desktop browser



Chrome Edge Firefox Safari

1. Use a **modern browser** in Windows, MacOS or Linux.
2. Browse to the NSW DoE Zoom console at: <https://nsweducation.zoom.us>



3. Select **Sign in** at the bottom.
4. Login with your **department credentials**.



5. For first time users, **download and install** the Zoom desktop client when prompted.
6. Once signed in, **Zoom** will be ready for use!

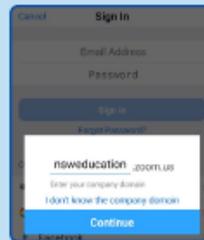
Accessing Zoom using mobile apps

1. Download the **Zoom** app for your specific mobile device.



iOS [Download](#) Android [Download](#)

2. Once installed, open **Zoom**, tap **Sign In** then tap **SSO**.
3. Type **nsweducation** and tap **Continue**.



4. The **DoE log on screen** will appear. Sign in with your normal department credentials.



5. Once signed in, **Zoom** will be ready for use!

More information

- [How to join a Zoom meeting](#)
- [Participating in a meeting](#)

