## Home Learning Activities for Year 5 - Week 11 (06/04/20 - 09/04/20)

第 5 至**第 11 周**的家庭学习活动 (06/04/20 - 09/04/20)

WALT (We are learning to...) describes the focus learning for the lesson.

(我们正在学习...描述课程的重点学习。

Monday	Tuesday	Wednesday	Thursday	Friday
星期一	星期二	星期三	星期四	星期五
<b>WALT:</b> develop our typing skills	WALT: develop our typing	WALT: develop our typing	WALT: develop our typing	GOOD FRIDAY
Go to <u>www.typing.com</u> and practise your typing every day. 发展我们的打字技能	skills Go to www.typing.com and practise your typing.	skills Go to www.typing.com and practise your typing every day.	skills Go to www.typing.com and practise your typing.	HAVE A HAPPY EASTER 星期五
去 <u>www.typing.com</u> , <b>每</b> 天练习你的打字。	<b>发展我们的打字技能</b> 去 <u>www.typing.com,</u> 每天 练习你的打字。	发展我们的打字技能 去 www.typing.com,每天练习你的打字。	<b>发展我们的打字技能</b> 去 <u>www.typing.com,</u> <b>每</b> 天练 习你的打字。	有一个快乐的EASTER

## <u>WALT:</u> respond to persuasive texts

**Purpose:** to identify persuasive techniques

#### 回应有说服力的文本

目的:确定有说服力的技术

Explore different posters used to promote movies in cinemas or look at a cover photo of a recently released G rated movie on Stan, Netflix, Disney etc.

Look at the catchy heading, descriptive and persuasive language, powerful imagery and movie rating.

Write notes, in dot point form, addressing each of the following topics and questions below:

- Purpose and targeted audience
- Text layout and the impact it has on the audience
- Use of imagery, colour
- Persuasive devices used Questions:

When has the technique been used? What is its effect on the audience?

探索用于在电影院宣传电影的不同海报,或查看最近上映的斯坦、Netflix、迪斯尼等 G 级电影的封面照片。

# WALT: compose a persuasive text

**Purpose:** to persuade an audience to watch a movie 撰写一个有说服力的文本

目的:说服观众看电影

Look at a variety of G rated movie trailers on Youtube, Stan, Netflix etc Consider the use of:

- descriptive and persuasive language
- powerful imagery
- movie rating/target audience
- sound effects/special effects
- use of imagery & colour
- audience/purpose

Using the features above, design an advertisement to persuade people to watch 'Mao's Last Dancer'.

This can be digital (eg. google slides/an imove) or a physical poster.

看看 Youtube 上的各**种** G 级电影《trailers》,斯坦 ,Netflix 等

请考虑使用:

- 描述性和有说服力的 语言
- 强大的图像

# **WALT:** respond to and compose persuasive texts

**Purpose:** to identify persuasive techniques

#### 回应和撰写有说服力的文本

目的:确定有说服力的技术

Research a range of book reviews for children's books. Consider the how the following have been used to persuade the audience:

- text layout
- use of imagery, colour
- use of hyperbole (exaggeration)
- other persuasive devices
- who is the target audience? Explain, in writing, how the techniques above have been used to persuade the audience. What is their effect?

Plan and create a persuasive poster to promote 'The Peasant Prince'. Consider the purpose of your poster and the target audience.

This can be done on your electronic device, or on paper or cardboard.

研究一系列儿童读物。

请考虑以下方式如何用于说 服受**众**:

- 1. 文本布局
- 2. 图像、颜色的使用

# WALT respond to and compose persuasive texts

**Purpose:** to persuade an audience to read the book

### 回应和**撰写有**说服力的文本

目的:说服观众阅读这本书

Watch examples of book reviews for The Chinese Cinderella

观看《中国灰姑娘》的书评示 例

https://www.youtube.com/w
atch?v=xg3\_fKfUgYs

https://www.youtube.com/watch?v=I7nfuZXX8Jw

**TASK:** Write a review of the book, *The Peasant Prince* to be published in a newspaper. In writing your book review, consider:

- what is the purpose of your review?
- \*to persuade others to read
- who is the audience for this book?
- do you have to like ballet to enjoy the text?
- does the huge success of the movie guarantee an audience for the book?

**任务:**写一本书的评论,<u>农</u> <u>民王子</u>要在报纸上发表。

在撰写书评时,请考虑:

## GOOD FRIDAY HAVE A HAPPY EASTER 星期五



看看吸引人的标题,描述性和 ● 电影分级/目标观众 有说服力的语言,强大的图像 和电影评级。

以点点形式写笔记, 讨论以下 每个主题和问题:

- 目标受众和目标受众
- 文本布局及其对受众的影响
- 图像、颜色的使用
- 使用的说服设备

问题:

该技术何时使用?它对观众有 什么影响?

- 声音效果/特殊效果
- 图像和颜色的使用
- 一种惰性/用途

利用上述功能,设计广告 ,说服人们观看《毛泽东 最后的舞者》。

这可以是数字(例如谷歌 幻灯片/imovie) 或物理海 报。

- 3. 使用夸张 (夸大)
- 其他有说服力的设备
- 谁是目标受众? 5.

书面解释上述技巧是如何用 来说服听众的。它们的效果 如何?

策划并制作一张有说服力的 海报,宣传"农民王子"。考 虑海报和目标受**众**的目的。 这可以在您的电子设备上, 或在纸张或纸板上完成。

- 您的审查的目的是什 1. 么?
- \*说服别人读它!
- 是这本书的观众书吗 2.
- 你必须喜欢芭蕾才能 欣赏课文吗?
- 这部电影的巨大成功 电影 保证了这本书的观众吗?

#### **WALT:** spell unfamiliar words

Practise your spelling words for the fortnight. Do you notice any patterns?

Can you find any other words that also follow this pattern?

Look in a dictionary to check for these patterns. What does the prefix mean? What does the word ending tell you about the tense of the word?

#### 拼写不熟悉的单词

练习你的**拼**写单词两周。**你**注 意到任何模式吗?

**您**能找到其他也遵循此模式的 单词吗?

在字典中查找以检查这些模式 。前缀是什么意思?结尾这个 词告诉你这个单词的时态是什 么?

## WALT: spell unfamiliar words

Practise typing out your spelling words.

Time yourself and see if you can improve each day.

#### 拼写不熟悉的单词

练习键入拼写单词。

自己时间,看看**你**是否能 **每**天提高。

#### **WALT:** spell unfamiliar words

Practise your spelling words for the fortnight.

Look up the words you don't know in a dictionary and write out their meaning.

Use a thesaurus to find synonyms for your spelling words.

#### 拼写不熟悉的单词

练习你的拼写单词两周。

在字典里查找**你**不知道的单词,并写下它们的意思。

使用同义词库查找拼写单词的同义词。

#### **WALT:** spell unfamiliar words

Ask an older sibling, parent or adult at home to test you on your words.

Compare this to your pretest result. How did you go? Are there still some words you need to practise some more?

#### 拼写不熟悉的单词

请家中的哥哥、父母或成年人 测试**您的**话。

将此与预检结果进行比较。你 怎**么走的?你**还需要练习一些 单词吗?

## GOOD FRIDAY HAVE A HAPPY EASTER 星期五



#### **WALT:** make connections

Read one chapter of your novel.

Focus: TEXT TO SELF

Record in one paragraph some of the connections you can identify between the text and yourself, your own life or your own experiences.

#### 建立连接

读你小说的一章。

焦点: 文本到自我

在一段中记录文本与**您**自己的、自己的生活或**您**自己的经历之间的一些联系。

#### **WALT:** make connections

Read one chapter of your novel.

**Focus:** TEXT TO TEXT

Record in one paragraph some of the connections you can identify between the text and another text you have read or viewed.

Remember, a 'text' includes books, comics, artworks, movies, advertisements etc

#### 建立连接

读你小说的一章。

焦点: 文本到文本

在一个段落中记录可以在 文本和已阅读或查看的**另** 一个文本之间标识的某些 连接。

记住,一个"文本"包括书籍,漫画,艺术品,电影,广告等

#### **WALT:** make connections

Read one chapter of your novel.

Focus: TEXT TO WORLD

Record in one paragraph some of the connections you can identify between the text and our world.

#### 建立连接

读你小说的一章。

焦点: 文本到世界

在一个段落中记录文本和我们世界之间的一些连接。

## <u>WALT:</u> compose a persuasive text

Write a persuasive text to convince your audience of your point of view.
You might like to create a persuasive speech and film yourself presenting it.

#### **Topics** (student choice):

Persuade Mr Scott Morrison (PM) that we should get a week of public holidays for Easter. (agree or disagree)

Persuade the Easter bunny to give only ONE person ALL the chocolates. (agree or disagree? Who should it be?)

#### 撰写有说服力的文本

写一篇有说服力的课文,让 听众相信你的观点。

**你**可能想创作一个有说服力 的演讲,并拍摄自己呈现它

#### 主题 (学生选择) :

说服斯科特·莫里森先生( PM),我们应该为复活节放 假一周。(同意或不同意)

说服**复**活节兔子只给一个人 所有的巧克力。(同意还是 不同意?应该是谁?

Snack break and play outside	
Snack break and play outside 小吃休息和在外面玩	

#### **Mathematics**

数学

## <u>WALT:</u> identify lines of symmetry 识别对称线

#### Investigation

Get a plain piece of paper. Fold it in <u>HALF</u>. How could you describe each part of the paper now? In how many different ways could you describe it? (\*Teaching Guide: you could describe each part as 'half', 'two equal parts', 'same size', 'a fraction', 'one over two')

Question: What exactly does someone mean when they say

Draw something that is symmetrical. What do you notice? Tell someone at home, on the phone, or record your thoughts in writing.

something is <u>symmetrical?</u>

#### What is symmetry?

Symmetry is when exactly similar parts face each other around an axis or line. *Examples:* half of a 2D shape; a mirrored reflection of an object **Activity** 

Draw each letter of your first and last name in upper case, block letters. For each letter, identify the line of symmetry (if

### <u>Mathematics</u>

数学

# **WALT:** identify rotational symmetry 识别旋转对称性

#### Warm Up

Number of the day – 5 digit 预热

当天的天数 = 5 位 https://mathsstarters.net/ numoftheday/5digit

# What is rotational symmetry?

Rotational symmetry is when a figure can be rotated (turned around) a centre point and it looks the same as at the start. Click on the link for further explanation.

#### 什么是旋转对称性?

旋转对称性是图形可以旋转(旋转)中心点,它看起来与开始时相同时。 单击链接以进行进一步说

单击链接以进行进一步说 明。

https://www.youtube.com
/watch?v=blQjglPb1jw

#### Activity

Draw a rectangle on a piece of paper and cut it out, and then put a pin in

#### Mathematics 数学

# **WALT:** identify rotational symmetry

识别旋转对称性

#### Warm Up

Number of the day – 5 digit 预热

当天的天数 = 5 位 https://mathsstarters.net/nu moftheday/5digit

Draw and cut out some regular polygons and place a coloured dot in the corner of the polygon. Practise rotational symmetry by spinning the polygon to determine if it turns on top of itself a full 360 degrees.

Then complete the worksheet below by examining:

- Is the shape a regular polygon?
- Number of order of rotations (number of matches in a full turn)
- Does it have rotational symmetry?

Conduct an art activity that demonstrates rotational symmetry. Use the link below to watch the video which demonstrates the order of

#### Mathematics 数学

**WALT:** measure and identify angles of different sizes

测量和识别不同尺寸的角度

#### Warm Up

Number of the day – 5 digit 预热

当天的天数 = 5 位 https://mathsstarters.net/nu moftheday/5digit

Use your protractor to measure as many of the different angles in the image of the dog (scroll down to find this activity). Record the size of each angle in degrees.

Identify whether each angle is acute, obtuse, right or reflex.

Label every angle in the image with its size and type. 使用量角器测量 as many of 狗图像中许多不同角度(向下滚动以查找此活动)。以度记录每个角度的大小。

确定每个角度是急性、迟钝 、右角度还是反射。

## GOOD FRIDAY HAVE A HAPPY EASTER 星期五



there is one). For each letter, name the line of symmetry. Is it a vertical line of symmetry? Is it a horizontal line of symmetry?

#### 调查

拿一张普通的纸。折叠在 <u>HALF 中。</u>你现在怎么描述论 文的每一部分?你能用多少种 不同的方式来描述它?

(\*教学指南:您可以将每个部分描述为"半部分","两个相等部分","相同大小","一小部分","一个二人")

问: 当某人说某件事是对称的 时, 他们到底是什么意思?

绘制对称的东西。*你注意到了* 什么?告诉家里的人,打电话 ,或者以书面形式记录你的想 法。

#### 什么是对称性?

对称性是完全相同的相似零件 在轴或线周围相互面对时。<u>示</u> 例:2D 形状的一半;对象的镜 像反射

#### 活动

以大写字母、块字母绘制您的 姓名和姓氏的每个字母。对于 每个字母,标识对称行(如果 the middle of the rectangle. You may need to use a ruler to find the exact centre. Spin it (rotate) and see how it moves around the centre point. This centre point is called the axis of symmetry.

Do you notice how the shape looks the same no matter what direction you spin the rectangle? This means the shape has rotational symmetry.

#### 活动

在一张纸上绘制一个矩形 并剪掉它,然后将一个图 钉放在矩形的中间。您可 能需要使用尺子来查找确 切的中心。旋转(旋转) ,看看它是如何围绕中心 点移动的。此中心点称为 对称轴。

您是否注意到形状的外观 相同,无论您旋转矩形的 方向如何?这意味着形状 具有旋转对称性。 rotational symmetry. Follow the steps to create your own rotational symmetry artwork. **Rotational Symmetry** Art:

绘制并剪切一些常规多边形 ,并在多边形的角放置一个 彩色点。通过旋转多边形来 练习旋转对称,以确定它是 否在自身顶部完全旋转 360 度。

然后通过检查完成下面的工 作表:

- 1.形状是常规多边形吗?
- 2.旋转顺序数(完全回合中 的匹配数)
- 3.它有旋转对称性吗?

进行展示旋转对称的艺术活动。使用下面的链接观看演示旋转对称顺序的视频。按 照步骤创建自己的旋转对称 图稿。

#### 旋转对称艺术:

https://www.youtube.com/wa
tch?v=xtd1DGNZzXk

使用图像的大小和类型标记 图像中的每个角度。

#### Mindfulness

觉 知

<u>WALT</u>: recognise and practise strategies that nurture mental health and wellbeing

认识并实践培**养**心理健康和福 祉的策略

# Physical (movement) Wellbeing-

Using my senses

Grab your Crunch and Sip/any food for this activity. Click on the link below and watch:

#### 身体(运动)福祉-

<u>用我的感官</u>

**抓住你的脆和 Sip/任何食物**为 这项活动。点击下面的链接, 观看:

#### Mindful Eating

#### Mindful Reflection:

Eating is necessary for our physical wellbeing, so let's eat thoughtfully.

How do you feel after this activity of focusing on your food?

#### 正念反射:

吃饭对我们的身体健康是必要的,所以让我们吃得周到。 在这次关注食物的活动之后,你感觉如何?

#### Mindfulness

觉 知

WALT: recognise and practise strategies that nurture mental health and wellbeing

#### 认识并实践培**养**心理健康 和福祉的策略

Emotional (feelings)
Wellbeing-\_
Sky Watching\_

Set a timer for 10 minutes and watch the sky. You might lie on your back or sit very still.

- What can you see?
- Is the sky changing?\_
- What colours can you see?

情感(情感)幸福-<sub>-</sub> 天空观看

设置计时器 10 分钟,观

看天空。你可能会躺在你 的背上,或者坐得很**静**。

- 你能看见什么?
- 天空在变化吗?
- 你能看到什么颜色?\_

Close your eyes for 5 seconds. When you open them, take a picture of what you see in the sky.

#### Mindfulness

觉 知

WALT: recognise and practise strategies that nurture mental health and wellbeing 认识并实践培养心理健康和福祉的策略

# Emotional (feelings) WellbeingShowing Gratitude

Use the QR code below or click on the link to listen to the story:

#### 情感(情感)幸福-表达感激之情

使用下面的 QR 码或单击链接收听故事:





Ten Thank You letters

Write down or draw 5 things that you are thankful for. You could also write a letter to someone thanking them for something.

#### **Mindful Reflection:**

Could you ring a friend or grandparent and share your 5 things you are thankful for. If

#### **Mindfulness**

觉 知

WALT: recognise and practise strategies that nurture mental health and wellbeing 认识并实践培养心理健康和福祉的策略

#### Cognitive (mind) Wellbeing-Tower building

Set a timer for 10 minutes. Build the tallest tower you can make. You could use blocks, lego, cards, books etc.

#### Mindful reflection:

Each time your tower falls, try a new way to build it to make it taller. How do we feel when we persevere with a task?

### 认知(头脑)幸**福**-<u>塔楼</u>

设置计时器 10 分钟。建造你能建造的最高的塔楼。您可以使用方块、乐高、卡片、书籍等。

#### 正念反射:

每次你的塔倒下,尝试一种 新的方法来建造它,使其更 高。当我们坚持一项任务时 ·我们感觉如何? GOOD FRIDAY HAVE A HAPPY EASTER 星期五 有一个快乐的 EASTER

Your eyes are your camera. Get a piece of paper and draw your sky picture.  Mindful Reflection: Show someone your picture. Did you feel more relaxed after this activity of being in the present? 闭上眼睛 5 秒钟。当你打开它们时,拍下你在天空中看到的照片。你的眼睛是你的相机。拿一张纸,画你的天空画。  正念反射: 向某人展示您的照片。参加现在的活动后,你感到更放松了吗?	post it to someone? 写下或画出你感激的 5 件事。 您也可以给某人写信,感谢他们为某事。 正念反射: 你能给朋友或祖父母打电话,分享你感激的 5 件事吗?如果你写了一封信,你能把它寄给别人吗?		
---	--	--	--

Make your lunch and play outside 做你的午餐和在外面玩

#### Geography

地理

<u>WALT:</u> identify the relationship between countries

确定国家之间的关系

Over the last two weeks, you have researched two different countries from Asia.

You then compared them, identifying the similarities and differences between the two.

Today, you will choose <u>ONE</u> of the Asian countries you've learnt about and compare and contrast it to Australia.

- 4. How are we similar?
- 5. How are we different?

Use <u>ONE</u> of the suggested scaffolds to represent your learning.

- (a) venn Diagram
- (b) table
- (c) fact file comparison

\*Refer to last week's home learning grid for examples of these scaffolds.

Share your learning with someone at home, or telephone

#### **Performing Arts**

#### **表演**艺术

WALT: recognise 'action' as an elements of dance. 认识到"行动"是舞蹈的元素。

What are the qualities of a good dance?
(All dancers are in time with the music, range of dance steps, transitions are fluid, it is energetic etc..)

There are 6 **Elements of Dance** (action, dynamics, time, space, relationships and structure).

#### **Focus: ACTION**

Watch the video found at the following link:

好舞的品质是什么?

(所有舞者都及时与音乐, 舞蹈**步**骤的范围, 过渡 是流动的, 它是充满活力 的等。

舞蹈有 6 个元素(动作、动态、时间、空间、关系和结构)。

聚焦:行动

#### <u>Science and Technology</u> 科技

<u>WALT:</u> research the key features of the planets of the solar system.

研究太阳系行星的主要特。
In this activity, you will:

- Read through a variety of texts and extract the most important information.
- Gather information from a variety of reliable sources e.g. books and websites.
- Write information in your own words.

#### Activity:

Students are to research the most important facts about the planet <u>Uranus</u>.

Watch the video clip below as an introduction:
Uranus 101-

https://www.youtube.com/
watch?v=m4NXbFOiOGk

After your research is complete, create an iMovie, Google Slide, PowerPoint or poster on Uranus based on the

#### <u>Personal Development &</u> <u>Health</u>

个人发展健康和体育

<u>WALT:</u> Explore how stereotypes influences people's emotions

探索成见如何影**响**人们的情 感

Watch the BTN clip 观看 BTN 剪辑

https://www.abc.net.au/btn/c lassroom/boysnetball/10488530

Research and answer the following questions:

- What is a stereotype?
- Where might stereotypes be witnessed/seen?
- What kind of stereotypes do you know that exist in the world today?
- Are stereotypes kind or unkind? Why?

研究和回答以下问题:

- 1. 什么是刻板印象?
- 2. 哪里可以看到成见?
- 3. **你**知道今天世界上存在什**么**样的成见?

## GOOD FRIDAY HAVE A HAPPY EASTER 星期五



有一个快乐的 EASTER

#### **EASTER GRATITUDE ACTIVITY**

Consider all of the things you are grateful for. Create a 'gratitude reflection' where you write down, mind map, draw or use dot points to record all of the people and things you are grateful for this Easter.

Make an Easter card for someone in your family. In your message, explain **why** you are grateful for them.

**Show your gratitude!** Do something kind for someone at home. Eg. clean up a room,

a grandparent or other family member to explain to them what you have learned.

在过去的**两**周里,**你**们研究了 来自亚洲的**两**个不同的国家。

然后,**您**比较了它们,找出了 **两**者的相似性和差**异**。

今天,**您**将选择一<u>个</u>**你**了解的 亚洲国家,并将其与澳大利亚 进行比较和对比。

- 1. 我们怎么相似?
- 2. 我们有什么不同? 使用建议的支架<u>之一</u>来表示**您** 的学习。
- (a) venn 图
- (b) 表
- (c) 事实档案比较
- \*请参阅上周的家庭学习网格, 了解这些基架的示例。

与家里的人分享**你**的学习,或者打电话给祖父母或其他家庭成员,向他们解释你学到了什**么**。

观看以下链接中的视频: https://www.elementsofda nce.org/action.html and then generate a list of all the different **actions** you saw in this video such as slap, jump, etc...

- 6. Select 4 of the actions to use in a dance performance you will choreograph.
- 7. Make sure the dance performance is at least 30 seconds long with a clear beginning and ending. Repeat your movements and create variations of your movements.
- 8. Perform it!

然后生成**您**在此视频中看到的所有不同操作的列表,如耳光、跳跃等...

- 1. 选择 4 个动作,用于舞蹈表演,您将进行编排。 2. 确保舞蹈表演至少 30 秒长,开始和结束清晰。 重**复你**的动作,并创造你的动作的变化。
- 6. 3. 执行它!

information you have gathered.

在此活动中, 您将:

- 1. 通读各种文本,提取最重要的信息。
- 2. 从各种可靠的来源收集信息,例如书籍和网站
- 3. 用你自己的话写信息。

#### 活动:

学生们将研究关于<u>天王星</u> 星球的最重要事实。

观看下面的视频剪辑作为 简介:

天王星 101-

https://www.youtube.com/ watch?v=m4NXbFOiOGk

研究完成后,根据您收集的信息,在天王星上创建iMovie、Google 幻灯片、PowerPoint 或海报。

成见是仁慈的还是不 友善的?为什**么**? help with the cooking, tidy the backyard toys, help a sibling etc.

#### 复活节感恩活动

想想所有**你**感激的事情。创 建一个"感恩反射",在这里 **你**写下,思维地图,绘制或 使用点点记录所有的人和东 西,**你**感谢这个**复**活节。

为你家里的人制作一张复活 节贺卡。在**你**的留言中**,解 释为什么你**感谢他们。

表达你的感激之情!在家里 为某人做点事。例如.打扫房 间,帮忙做饭,整理后院玩 具,帮助兄弟姐妹等。 <u>Physical Education</u> (approx. 30 mins)

WALT: use the fundamental skill of running.

Equipment: none.

Watch the following video:

https://www.youtube.com/wat
ch?v=2hU04IFAr7Q

or

Appendix 1

Children practise the technique outlined in the video for running.

体育课(约30分钟)

华特:使用**跑步**的基本技能。

设备:无。

观看以下视频:

https://www.youtube.com/wat
ch?v=2hU04IFAr7Q

或

附录1

孩子们练习视频中概述的**跑步** 技巧。 **Physical** 

Education (approx. 30

mins)

WALT: use the fundamental skill of running.

Equipment: plastic cones or any item similar.

Watch the following video:

https://www.youtube.com/watch?v=oaFYHppRm-A&t=10s

or

Appendix 1

In this video, the instructor outlines a game where students can run through cones to practise the running skills. You may modify this for your child to suit them, for example – expand the space between cones or set a time limit.

体育课(约30分钟)

华特:使用**跑步**的基本技

能。

设备:塑料锥或任何类似

物品。

观看以下视频:

<u>Physical Education</u> (approx. 30 mins)

WALT: use the fundamental skill of dodging.

Equipment: none.

Watch the following video:

https://www.youtube.com/wa
tch?v=ies4MpIXfHA

or

Appendix 2

Children practise the technique outlined in the video for dodging.

**体育课**(约 30 分钟)

华特:使用回避的基本技。

设备:无。

观看以下视频:

https://www.youtube.com/watch?v=ies4MpIXfHA

或

附录 2

孩子们练习视频中概述的回避技巧。

Physical Education (approx. 30 mins)

WALT: use the fundamental skill of leaping.

**Equipment: none.** 

Watch the following video:

https://www.youtube.com/wa
tch?v=rlbzgyfFeaU

Watch until 1:10 only

Or

Appendix 3

Children practise the technique outlined in the video for leaping.

**体育课**(约 30 分钟)

华特:使用跳跃的基本技。

设备:无。

观看以下视频:

https://www.youtube.com/wa
tch?v=rlbzgyfFeaU

只看1:10

或

附录3

孩子们练习视频中概述的跳 跃技巧。

GOOD FRIDAY HAVE A HAPPY EASTER 星期五



https://www.youtube.com /watch?v=oaFYHppRm-A&t=10s

或

附录 1

在本视频中,讲师概述了一个游戏,学生可以**跑**过圆锥来练习跑步技巧。**您**可以修改此功能,以便孩子适合他们,例如,扩展圆锥体之间的空间或设置时间限制。

#### If you have completed everything in your learning grid...

Go to the google classroom that you use with Mrs Ranaweera in library lessons. Complete the project you started this term. Have fun!

#### 如果您已完成学习网格中的所有内容...

转到您使用的 Google 教室 Mrs Ranaweera 在图书馆课上。

完成本学期**启**动的项目。

玩得愉快!



leasure the Angles — Worksheet			
lame	Measuring Angles Usin		Date
	Measure the	Angles - Dog	
Mark each of the following ang	les using the corresponding colour and	then write the number of angles.	
a) acute angles (green):	b) obtuse angles (blue)	c) right an	gles (red):
			CHALLENGE
			Mark each of the following
			angles using the
			corresponding colour and
			then write the number of
			angles.
	rieas rement:	measurement:	a) straight angles (yellow):
	i ame	name:	
		12 12 12	
			b) reflex angles (purple):
		n mes	
GEOMETRIC REASONING			▼ TeachStarter.co

#### **Testing for Rotational Symmetry**

Shape	Regular polygon? ✓ or ×	Number of matches in a full turn	Rotational symmetry? ✓ or ×
a)			
b)			
c)			
d)			
e)			
g)			
h)			
i)			
)			

## **Physical Activity Journal**

We should all be physically active for at least 30 minutes each day. Use this to record your activity.

Monday	Tuesday	Wednesday	Thursday	Friday

#### PHYSICAL EDUCATION APPENDIX

Appendix 1: Running

## Skill components







- 1. Lands on ball of the foot.
- 2. Non-support knee bends at least 90 degrees during the recovery phase.
- 3. High knee lift (thigh almost parallel to the ground).
- 4. Head and trunk stable, eyes focused forward.
- 5. Elbows bent at 90 degrees.
- Arms drive forward and back in opposition to the legs. (Introductory components marked in bold)

# Skill components







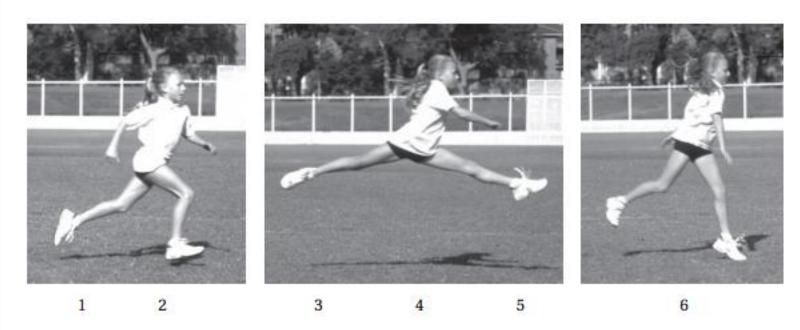
1

- Changes direction by bending knee and pushing off the outside foot.
- 2. Change of direction occurs in one step.
- Body lowered during change of direction or in the direction of travel.
- 4. Eyes focused forward.
- Dodge repeated equally well on both sides. (Introductory components marked in bold)





# Skill components



- Eyes focused forward throughout the leap.
- Knee of take-off leg bends.
- 3. Legs straighten during flight.
- 4. Arms held in opposition to the legs.
- 5. Trunk leans slightly forward.
- 6. Lands on ball of the foot and bends knee to absorb landing.

(Introductory components marked in bold)