Home Learning Activities for Year 6 - Week 11 (06/04/20 - 09/04/20)

第 6 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
WALT: develop our typing skills Go to www.typing.com and practise your typing every day. 发展我们的打字技能 去 www.typing.com,每天练 习你的打字。	WALT: develop our typing skills Go to www.typing.com and practise your typing. 发展我们的打字技能去www.typing.com,每天练习你的打字。	WALT: develop our typing skills Go to www.typing.com and practise your typing every day. 发展我们的打字技能 去 www.typing.com,每天练习你的打字。	WALT: develop our typing skills Go to www.typing.com and practise your typing. 发展我们的打字技能 去 www.typing.com,每天练习你的打字。	GOOD FRIDAY HAVE A HAPPY EASTER 星期五 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:

- 1. 描述性和有说服力的 语言
- 2. 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 3. 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:

- 1.目标受众和目标受众
- 2. 文本布局及其对受众的影响
- 3.图像、颜色的使用
- 4.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?

- 4. 声音效果/特殊效果
- 5. 图像和颜色的使用
- 6. 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。

- 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
- 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

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

WALT: describe the features of 2D shapes.

Warm up

Number of the day 描述 **2D** 形状的特征。

预热

当天的编号

https://mathsstarters.net/num oftheday/6digit

Vocabulary

<u>Vertices</u> – corners <u>Sides</u>, <u>Regular</u>, <u>Irregular</u>, <u>parallel</u>.

<u>Quadrilateral</u> – any 4 sides shape.

词汇

<u>顶点</u>+ 角

侧, 定期, 不规则, 平行.四边形 = 任意 4 边形状。

Learning Task

- 1. **Using a ruler,** draw the following 2D shapes;
- Sqaure with 4cm sides,
- Equilateral Triangle with 6cm sides,
- Rectangle with 2 x 10cm sides and 2 x 4cm sides,
- Irregular quadrilateral (any size you like),
- Pentagon with 3cm sides,

Mathematics

数学

WALT: investigate the diagonals of 2D shapes (quadrilaterals).

Warm Up

Number of the day

调查 2D 形状(四边形) 的对角线。

预热

当天的编号

https://mathsstarters.net/numoftheday/6digit

Vocabulary

Vertices, diagonal, end point (end of the diagonal line)

Learning Task

- 1. Draw a square that has 4cm sides.
- 2. Draw and identify the diagonals as shown in the example below. **Notice** how the diagonals begin and end at each vertex (corner).

词汇

顶点、对角线、终点(对 角线末端)

学习任务

1. 绘制一个 4 厘米的正方 形。

Mathematics

数学

<u>WALT:</u> describe the features of the different triangles, including diagonals.

Warm up

Number of the day 描述不同三角形的特征,包 括对角线。

预热

当天的编号

https://mathsstarters.net/numoftheday/6digit

Vocabulary

Isosceles triangle, equilateral triangle, scalene triangle, right angle triangle

Learning Task

1. Draw the 4 types of triangles and identify what features make them different.

For example -

Right angle triangle

词汇

等边三角形、刻度三角形、 直角三角形

学习任务

Mathematics 数学

WALT: identify 2D shapes based on a description.

Warm up

Number of the day

根据描述识别 2D 形状。

预热

当天的编号

https://mathsstarters.net/numoftheday/6digit

Learning Task I have 4 sides and 4 vertices. All 4 of my sides are equal in length. What am I?

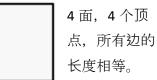
I am a square.

4 sides, 4 vertices, all sides are equal in length.

学习任务

我有 4 个边和 4 个顶点。我 所有 4 个边的长度都相等。 我是什么?

我是一个正方形。



 Identify the 2D shapes based on their descriptions by completing the page

GOOD FRIDAY HAVE A HAPPY EASTER 星期五



- Hexagon with 4cm sides,
- Octagon with 3cm sides.
- Name the shape and identify the features of each shape (side, and vertices).

学习任务

- 1. 使用标尺绘制以下2D 形状;
- 4厘米边的斯考尔,
- 6 厘米边的等边三角形, 长方形,有2×10 厘米的边和 2×4 厘米的边、

不规则的四边形(任何**你**喜欢 的大小),

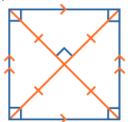
五角大楼有3厘米的侧面, 面有4厘米的六角形, 八角形,有3厘米的侧面。

2. 命名形状并标识每个形状的特征(侧面和顶点)。

2. 绘制和识别对角线,如 1. 下例所示。请注意对角线 在每个顶点(角)开始和 结束的方式。



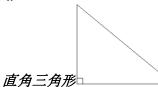
- 3. Measure the lengths of the diagonals. What did you discover?
- 4. Measure the angles where each line bisect (meets). What did you discover?
- 3. 测量对角线的长度。**你** 发现了什**么**?
- 4. 测量**每**条线一分为二的 角度(满足)。**你**发现了 什**么**?



5. Draw the following shapes. Measure and compare the lengths of the diagonals. Measure and

1. 绘制 4 种类型的三角 形,并确定哪些要素 使它们不同。

例如-



A right-angle triangle had **two equal sides.** Two edges meet to for a **right angle.**

Type of triangles: Right angle triangle, equilateral triangle, isosceles triangle and scalene triangle.

(Please use Google search if you need assistance drawing the different triangles.)

- Draw 3 different irregular quadrilateral 2D shapes and draw their diagonals.
- 2. Identify the triangles that are within each quadrilateral now.

For example:

直角三角形有**两**个相等的边。**两**个边会满足直角。

三角形类型:直角三角形、 等边三角形、等腰三角形和 比例内三角形。 in the Mathematics Resources for Friday.

Create question cards to quiz someone. For these question cards, describe a shape without naming it. See example above and the once from the page in the Maths Resources below.

1. 完成周五数学资源中的页面,根据 2D 形状的描述确定它们。

创建问题卡来测验某人。对 于这些问题卡片,描述一个 形状,而不命名它。请参阅 上面的示例和下面的数学资 源中的页面中的一个。 identify the angles where they bisect.

- Rectangle,
- Trapezium,
- Rhombus,
- Parallelogram

(use Google search to assist you when drawing these shapes).

5. 绘制以下形状。测量和 比较对角线的长度。测量 和识别它们一分为一的角 度。

矩形

梯形

菱形

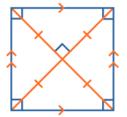
平行四边形

(使用 Google 搜索来帮助您绘制这些形状)。

(如果**您**需要绘制不同三角 形的**帮**助,请使用 Google 搜 索。

- 1. 绘制 3 个不同的不规则四 边形 2D 形状并绘制其对角 线。
- 2. 立即**确**定**每**个四边形内的 三角形。

例如:



This square contains 4 right angle triangles, as identified by the small square where the lines meet making it a 90-degree right angle.

此正方形包含 4 个直角三角形,由线所在的小正方形标识,使其为 90 度直角。

Challenge Activity

Identify additional features of the 2D shapes you have drawn. Such as, parallel lines, angle types (obtuse, acute and right angle). And add these features to the original shapes you have drawn.

Draw a dodecahedron and identify its features.

挑战活动

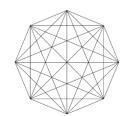
确定绘制的 2D 形状的其他特 征。例如, 平行线、角度类型 (斜度、锐角和直角)。 并将 这些要素添加到已绘制的原始 形状中。

绘制一个多卡赫德龙并识别其 特征。

Challenge Activity

Draw a multi-sided shape and identify all its diagonals.

Here is an octagon as an example.



Draw your name in block letters and identify the diagonals.

以块状字母绘制您的姓名 并标识对角线。

Challenge Activity

Draw a multi-sided shape and colour in each triangle that is formed once you identify the diagonals.

Colour code the triangles based on which type of triangle it is.

For example -

Blue – scalene triangle Red – isosceles triangle Yellow – equilateral triangle Green – right angle triangle

Feel free the use the octagon shape from Tuesday's challenge.

挑战活动

在识别对角线后形成的每个 三角形中绘制多面形状和颜

颜色编码三角形, 基于三角 形的类型。

例如 -

蓝色 = 刻度三角形

红色=等腰三角形

黄色=等边三角形

绿色+直角三角形

请随意使用八角形形状从周 二的挑战。

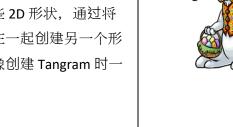
Challenge Activity

Draw and cut out a variety of 2D shapes.

With these 2D shapes, create another shape by putting them together, much like when you create Tangrams.

挑战活动

绘制和剪切各种 2D 形状。 使用这些 2D 形状, 通过将 形状放在一起创建另一个形 状,就像创建 Tangram 时一 样。



GOOD FRIDAY HAVE A HAPPY EASTER 星期五



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-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

Your eyes are your camera. you wrote a letter, could you Get a piece of paper and post it to someone? draw your sky picture. 写下或画出你感激的 5 件事。 Mindful Reflection: **您也可以**给某人写信,感谢他 Show someone your 们为某事。 picture. Did you feel more relaxed after this activity of 正念反射: being in the present? **你能**给朋友或祖父母打电话, 闭上眼睛 5 秒钟。当你打 分享你感激的 5 件事吗?如果 开它们时,拍下你在天空 你写了一封信,你能把它寄给 中看到的照片。你的眼睛 别人吗? 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?

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.

- How are we similar?
- 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 a grandparent or other family

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

WALT: investigate geological changes to our Earth's surface 调查地球表面的地质变化

Lesson notes are posted on Google Classroom. Access codes for each class are:

6B - n4aqnrd

6C - rltx5dq

6FB - 4zphsvr

6L – intankf

OPTIONAL BUILDING TASK:-

- suitable design ideas and production of an earthquake proof building (labelled diagrams, notes, built design)
- careful and sensible testing of your building designs
- insightful observations and evaluations of your design
- appropriate modifications of your design in response to your evaluations
- an explanation on how your building design meets the current and future local community

<u>Personal Development & 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

火有 DIN 労相

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,

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...

- 1. Select 4 of the actions to use in a dance performance you will choreograph.
- 2. 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.
- 3. 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。
- 3. 执行它!

needs in relation to earthquakes

课程笔记张贴在谷歌课堂

上。 每个类的访问代码包括:

6B - n4agnrd

6C - rltx5dq

6FB - 4zphsvr

6L = intankf

可选建筑任务:-

- 1. 合适的设计理念和防震 建筑的制作(标记图、 注释、建筑设计)
- 2. 仔细和明智的测试您的 建筑设计
- 3. 对设计有见地的观察和 评估
- 4. 根据您的评估,对设计进行适当修改

解释您的建筑设计如何满 足当前和未来当地社区与 地震相关的需求 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/watch ?v=2hU04IFAr7Q

或

附录1

孩子们练习视频中概述的跑步 技巧。

Physical

<u>Education</u> (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/wat ch?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/wat
ch?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!



2D shapes - polygons

A polygon is a 2D (flat) shape with 3 or more straight sides. The word comes from the Greek words, poly and gonia, meaning 'many angles'.

All polygons are closed – they have no break in their boundaries. They have no curved sides.



These are polygons.

It's time for a polygon pop quiz. Read through the questions and answer any you know. Now for the research. You may draw the shapes, use the internet, or a maths dictionary to help you find the answers. If you want to add some excitement, work in small teams and race against other teams. The first correct team wins.

I have 4 equal sides and I'm a 3 sided polygon. I have I have 5 sides and 5 angles. 4 equal angles. 2 equal sides and angles. This makes me a pentagon. r'm a I'm an My angles add to I have 6 sides and 6 angles. I have 4 sides and 4 angles. I have 12 sides and 12 angles. I'm a hexagon. I have 1 pair of parallel lines. My angle sum is I'm a I'm a quadrilateral. Both pairs I'm a triangle with 1 axis of What does the phrase 'angle of opposite sides are parallel. symmetry. Draw and label me. sum' mean? I'm a

I'm an equilateral triangle. Draw me. There may be more than one right answer for some of these.



CHECK

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.
- High knee lift (thigh almost parallel to the ground).
- 4. Head and trunk stable, eyes focused forward.
- Elbows bent at 90 degrees.
- Arms drive forward and back in opposition to the legs. (Introductory components marked in bold)

Skill components







1

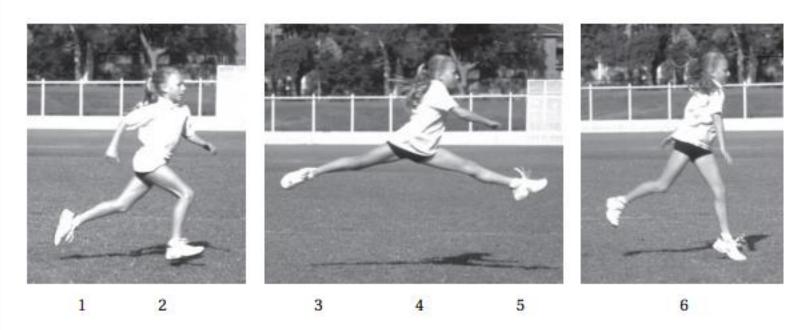
- Changes direction by bending knee and pushing off the outside foot.
- 2. Change of direction occurs in one step.
- Body lowered during change of direction or in the direction of travel.
- 4. Eyes focused forward.
- Dodge repeated equally well on both sides. (Introductory components marked in bold)





5

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)