

Years 3-6 Remote Learning Grid

Week 4 - Monday 15th February to Wednesday 17th February

| | Monday | Tuesday | Wednesday |
|---------------------|---|---|---|
| Maths | Complete 1000 points on Mathletics | Complete 1000 points on Mathletics | Complete 1000 points on Mathletics |
| English | Read your own book for at least 30min | Read your own book for at least 30min | Read your own book for at least 30min |
| Integrated (Health) | Draw up a grid and keep a record of all of the meals you eat over the day for the next 3 days. Record your snacks too. Bring this back to school. | Complete this fitness circuit below. Maintain form and don't worry about speed. Try to do it once a day. <ol style="list-style-type: none"> 1. 10 pushups 2. 10 situps 3. 10 burpees 4. 10 ab crunches 5. 1 minute of trampoline or skipping Repeat for 10-15minutes. | Prepare for the River Run. Go for a jog for 10-20 minutes. Try to maintain a steady without stopping. |
| Extra Tasks | 1-Practise your times tables 2 -Read these KidsNews Articles. Answer the quick quiz and choose an additional activity from the bottom of the article to complete. https://www.kidsnews.com.au/health/walk-the-path-to-a-healthy-life/news-story/3eb86aa319076608f47a5430083346f1 3-Well Being https://www.kidsnews.com.au/health/simple-steps-to-ease-your-worries-in-tough-times/news-story/5a9da8d53dd17dfe5c14876259707701 Explore this website. There is an option for a free trial. https://www.headspace.com/meditation/kids | | |
| | YEAR LEVEL SPECIFIC TASKS | | |
| Year 3 | Explore how things in your home work. Choose any item that moves and draw a labelled diagram. | | |
| Year 4 | Explore your front and back gardens. Sketch or photograph some of the interesting plants that you can find | | |
| Year 5 | 1) Make sure your bike is in good working order in preparation for our bike education program beginning later in the term. Go for a ride if you can. 2) Work on your healthy meal plan. | | |
| Year 6 | List your personal strengths and weaknesses. Interview your family members to discover their personal strengths and weaknesses. Create a table to present this information. | | |