

Learning From Home 2021 Term 3 Week 8

Stage 2
Wed - Fri

Wednesday

Contractions

Circle the correct contraction

QUESTION #1

Write the matching contraction.

do not

- A. didn't
- B. don't
- C. doesn't

QUESTION #2

Write the matching contraction.

will not

- A. won't
- B. willn't
- C. wasn't

QUESTION #3

Write the matching contraction.

we will

- A. we'll
- B. we'lll
- C. wel'l

QUESTION #4

Write the matching contraction.

can not

- A. ca'nt
- B. can't
- C. can't

QUESTION #5

Write the matching contraction.

they are

- A. they're
- B. the're
- C. theyre

QUESTION #6

Write the matching contraction.

could have

- A. couldv'e
- B. could've
- C. couldn't

QUESTION #7

Write the matching contraction.

we have

- A. weh've
- B. wea've
- C. we've

QUESTION #8

Write the matching contraction.

he would

- A. he'd
- B. he'd
- C. he'd

QUESTION #9

Write the contraction to complete the sentence.

Shane _____ go to the party.

- A. wasn't
- B. can't

QUESTION #10

Write the contraction to complete the sentence.

Mum _____ been to the shop yet.

- A. haven't
- B. hasn't

QUESTION #11

Write the contraction to complete the sentence.

_____ my hat and jacket?

- A. Where's
- B. When's

QUESTION #12

Write the contraction to complete the sentence.

_____ won ten games this year!

- A. They've
- B. They're

QUESTION #13

Write the contraction that completes the sentence.

I _____ find my backpack today.

- A. shouldn't
- B. couldn't

QUESTION #14

Write the contraction that completes the sentence.

My brother _____ share with me!

- A. wasn't
- B. won't

QUESTION #15

Write the contraction that completes the sentence.

_____ go to the park together.

- A. We'll
- B. She'll

QUESTION #16

Write the contraction that completes the sentence.

The students _____ ready for lunch.

A. hasn't B. weren't

Name: _____

Date: _____

Which Contraction?

Choose the correct contraction from the list to use in the sentences below.

wouldn't	we'll	Don't	He's	They're
That's	hasn't	haven't	I'll	I'm

They _____ (have not) seen the movie yet.

After our picnic _____ (we will) pick up our rubbish.

_____ (They are) sitting under the big oak tree.

_____ (That is) a long way to walk.

_____ (I will) help you clean up the classroom.

_____ (Do not) forget to put sunscreen on before playing outside.

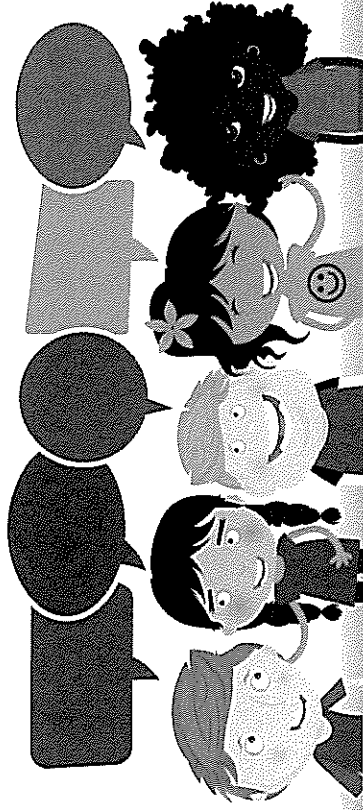
_____ (He is) always playing on his trampoline.

_____ (I am) going to go home and have a nap.

Your father _____ (has not) gone to the shops yet.

Amy _____ (would not) do what her teacher asked.

Developing Persuasive Writing Skills



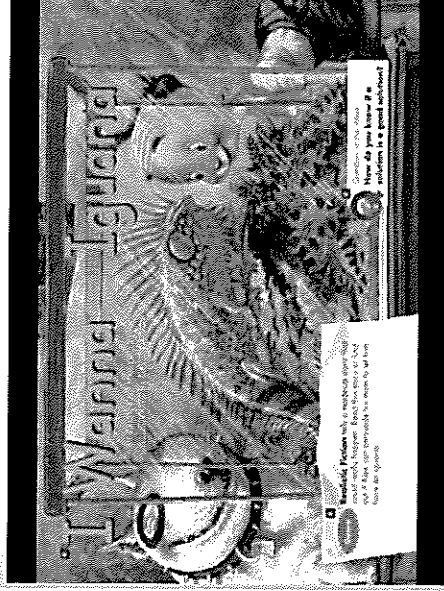
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On the next slide you will listen to the story
I Wanna Iguana again.

While listening to the story on the following
slide, make a list of words that Alex and her
mother use to express their point of view.

Words



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Questions

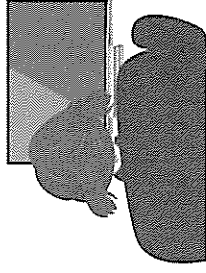
Do you think the words you collected are important in the story? Why or why not?

What might happen if these words were removed from the story?

What other words could Alex and his mother use to express their point of view?

Persuasive Language - Example

Thinking and feeling verbs I believe children watch too much television.
Strong, emotive words Children's lack of exercise is appalling .
Connecting phrases In addition, television destroys imagination.
Cause and effect phrases As a result, children become easily bored.



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Persuasive Language - Activity

Brainstorm some sentences that you could include in a persuasive text called *All Children Should Play a Team Sport*. Think about:

- thinking and feeling verbs
- strong, emotive words
- connecting phrases
- cause and effect phrases.



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Persuasive Language - Review

Read the following persuasive paragraph. In your workbook or on the next slide, make a list of the thinking and feeling verbs, emotive words, connecting phrases and cause and effect phrases.

I believe cooking is extremely valuable for children to learn. Firstly, cooking is a skill for life. If you have a basic understanding of cooking, you can make all sorts of delicious things to eat. Also, cooking allows you to express your creativity. I love using lots of different colours and textures in the foods I make! Finally, cooking teaches you how to follow instructions. If you can understand a recipe, you can follow directions to make all sorts of amazing things!



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Persuasive Language - Review

Thinking and feeling verbs,

Emotive words

Connecting phrases

Cause and effect phrases.



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Persuasive Language - Modality

Modal words are words which express different levels of certainty.

High modality words

Used when something is certain or definite e.g. must, will, definitely.

Medium modality words

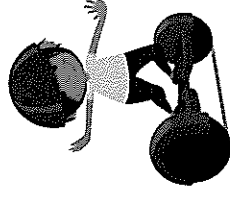
Used when something is possible or likely e.g. can, should, probably.

Low modality words

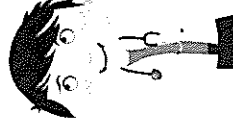
Used when something is doubtful or unlikely e.g. may, might, possibly.



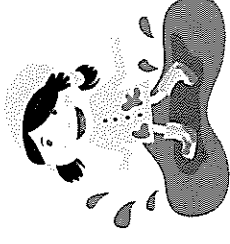
Modal Words - High Modality



We must win our important football game today.



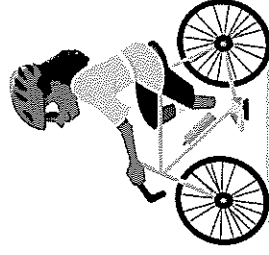
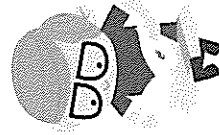
I will make you better if you follow my instructions.



You definitely need boots in muddy weather.

Modal Words - Activity

On the following slide or in your workbook, write some high modality sentences for the images below.



Modal Words - Activity



High modality sentences:

- 1.
- 2.
- 3.



Modal Words - Review

Sort the following modal words into the correct headings of the table:
definitely, must, never, might, will, always, could, possibly.

High Modality	Low Modality



Name: _____

Date: _____

Multiplication Facts of 4

1) $4 \times 2 =$	21) $3 \times 4 =$	41) $4 \times 2 =$	61) $4 \times 2 =$
2) $3 \times 4 =$	22) $7 \times 4 =$	42) $0 \times 4 =$	62) $4 \times 4 =$
3) $10 \times 4 =$	23) $6 \times 4 =$	43) $12 \times 4 =$	63) $4 \times 3 =$
4) $7 \times 4 =$	24) $4 \times 4 =$	44) $4 \times 3 =$	64) $4 \times 9 =$
5) $4 \times 1 =$	25) $4 \times 11 =$	45) $3 \times 4 =$	65) $4 \times 10 =$
6) $3 \times 4 =$	26) $4 \times 5 =$	46) $12 \times 4 =$	66) $4 \times 8 =$
7) $11 \times 4 =$	27) $4 \times 9 =$	47) $4 \times 5 =$	67) $5 \times 4 =$
8) $9 \times 4 =$	28) $3 \times 4 =$	48) $5 \times 4 =$	68) $0 \times 4 =$
9) $4 \times 10 =$	29) $4 \times 3 =$	49) $3 \times 4 =$	69) $12 \times 4 =$
10) $4 \times 2 =$	30) $4 \times 10 =$	50) $4 \times 10 =$	70) $4 \times 3 =$
11) $12 \times 4 =$	31) $2 \times 4 =$	51) $4 \times 1 =$	71) $4 \times 4 =$
12) $4 \times 5 =$	32) $0 \times 4 =$	52) $11 \times 4 =$	72) $6 \times 4 =$
13) $2 \times 4 =$	33) $4 \times 6 =$	53) $4 \times 3 =$	73) $0 \times 4 =$
14) $6 \times 4 =$	34) $6 \times 4 =$	54) $4 \times 6 =$	74) $4 \times 5 =$
15) $1 \times 4 =$	35) $2 \times 4 =$	55) $3 \times 4 =$	75) $1 \times 4 =$
16) $8 \times 4 =$	36) $4 \times 9 =$	56) $4 \times 5 =$	76) $2 \times 4 =$
17) $4 \times 3 =$	37) $11 \times 4 =$	57) $4 \times 12 =$	77) $10 \times 4 =$
18) $4 \times 11 =$	38) $4 \times 7 =$	58) $3 \times 4 =$	78) $4 \times 2 =$
19) $7 \times 4 =$	39) $4 \times 5 =$	59) $8 \times 4 =$	79) $4 \times 1 =$
20) $4 \times 0 =$	40) $1 \times 4 =$	60) $0 \times 4 =$	80) $6 \times 4 =$

Time: _____

Score: _____ / 80

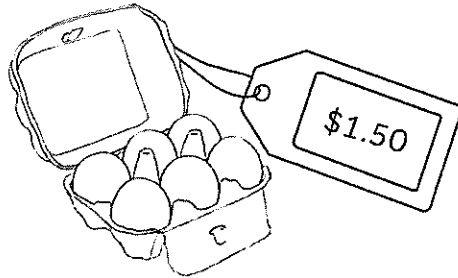


Calculating Change

1. Draw the coins that you would receive as change if you bought these items with the money shown.



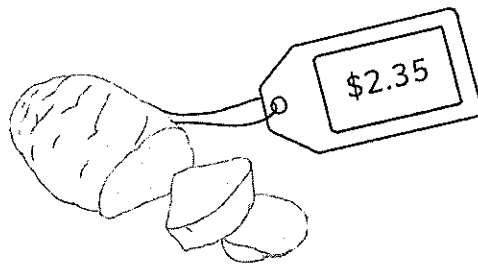
\$2



Change:



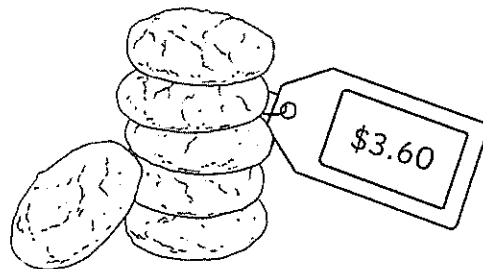
\$2.50



Change:



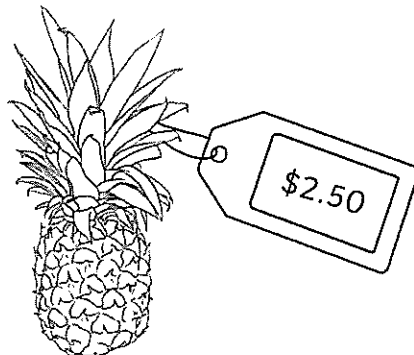
\$5



Change:



\$2.70

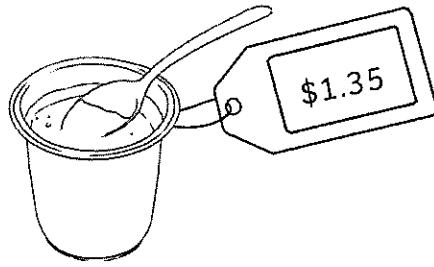


Change:

Calculating Change



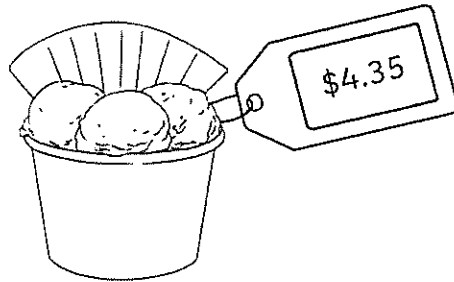
\$2



Change:



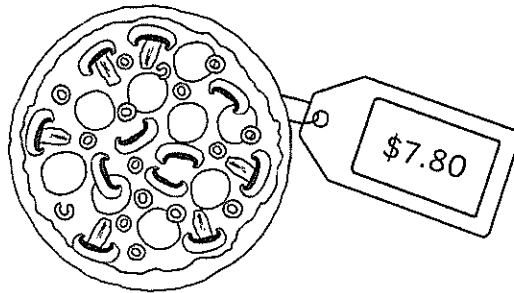
\$5



Change:



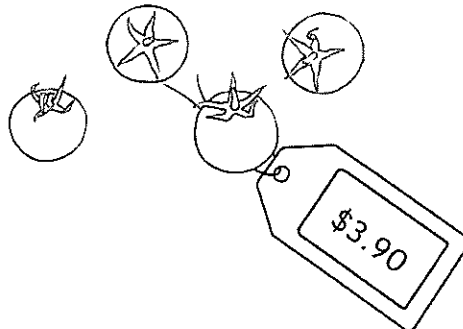
\$9



Change:



\$10



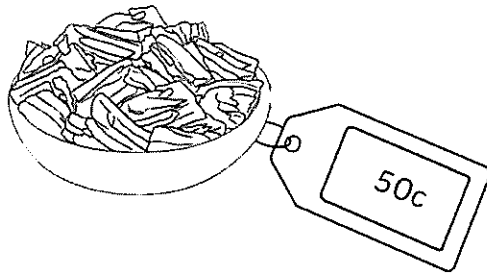
Change:

Calculating Change

2. Draw the coins and write the amount that you would receive as change if you bought these items with the money shown.



60c

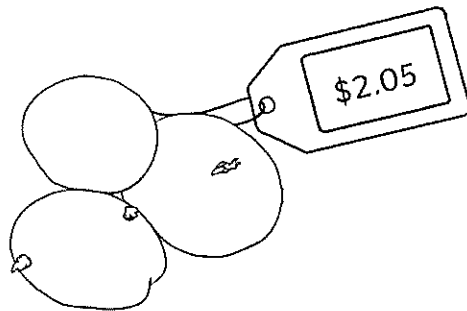


Change:

\$ _____



\$2.20

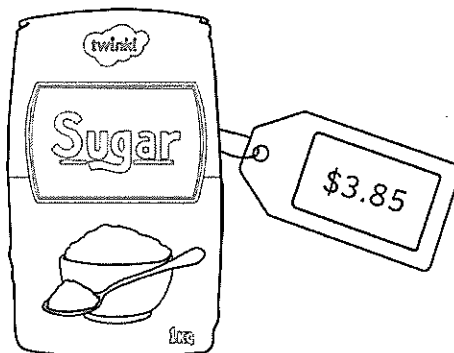


Change:

\$ _____



\$4

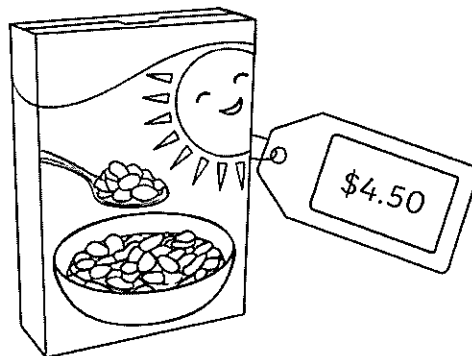


Change:

\$ _____



\$5



Change:

\$ _____

Calculating Change

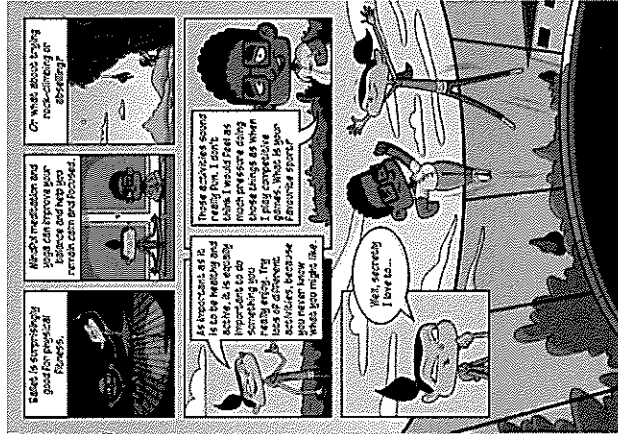
3. Imagine that you bought all of the items in question 2 with a \$20 note.
- a. Calculate the total amount that you would pay and then write the change that you would receive.

A large grid of 100 squares, arranged in 10 rows and 10 columns, used for drawing a picture.

Total amount to pay = Change =

- b. Draw the notes and coins that you would receive as change.

[illegible]



TASK

Find a sport that you enjoy. Pretend the reader of this presentation has never played or heard of the sport you have chosen.

1. **Introduce your sport**
2. **Explain how it is played**
3. **Describe any rules**
4. **Discuss how you learn to play. (Do you have to attend training?)**
5. **Are there different levels you need to achieve?**
6. **What are the benefits of playing this sport?**

Activity:

**HEALTHY MIND,
HEALTHY BODY**
Find Your Sport

Are you going
to come out
and play a
game with us?

I hate sports. I find
them boring. Plus, I
am never any good
at sports!

Not all sports are for everyone,
but that doesn't mean you can't
find the right sport for you!

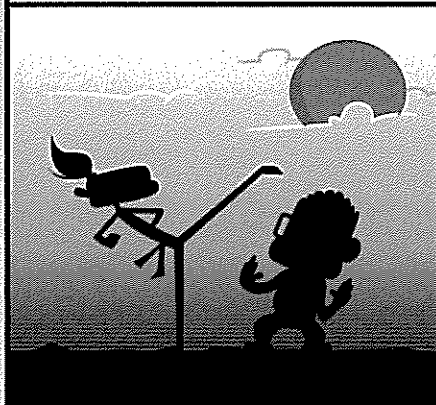
Sports are so
competitive. It's
too much pressure!

Not all sports are as
competitive as rugby,
hockey or basketball.
Have you ever tried...

kayaking or
paddleboarding?



How about kung fu?



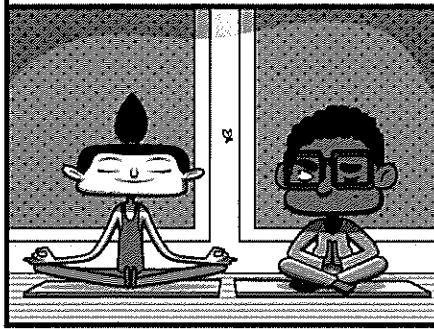
Kickball can be low-key,
but it's great exercise!



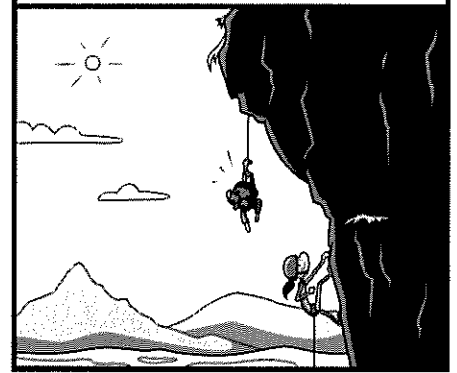
Ballet is surprisingly good for physical fitness.



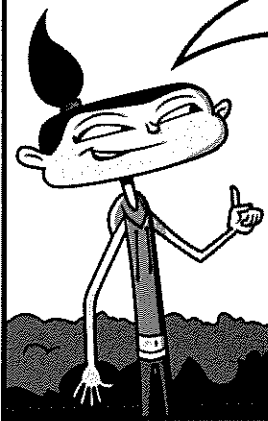
Mindful meditation and yoga can improve your balance and help you remain calm and focused.



Or what about trying rock-climbing or abseiling?



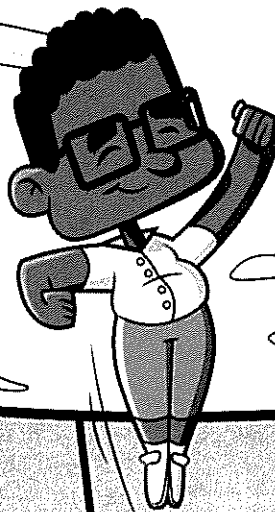
As important as it is to be healthy and active, it is equally important to do something you really enjoy. Try lots of different activities, because you never know what you might like.



Those activities sound really fun. I don't think I would feel as much pressure doing those things as when I play competitive games. What is your favourite sport?



Well, secretly I love to...



Name: _____

Date: _____

Healthy Mind, Healthy Body: Find Your Sport

Questions

1. What sorts of sports, games or activities do you like to do?

2. What do you think the boy in the story's reaction is to being exposed to different sports?

3. How would you describe the differences between the two main characters?

4. Why do you think the boy said he hated sports?

5. What sorts of activities do you think the boy would be into?

6. What sports or activities would you advise for the boy in the comic? Why?

7. Which one of these sports would you most like to do or try? Why?

8. What purpose did the author have for creating this comic?

Thursday

Name: _____

Date: _____

Matching Contractions

Join the words below to their contractions.

he is

she's

she is

that's

has not

he's

did not

he'll

that is

hasn't

he will

we're

we are

aren't

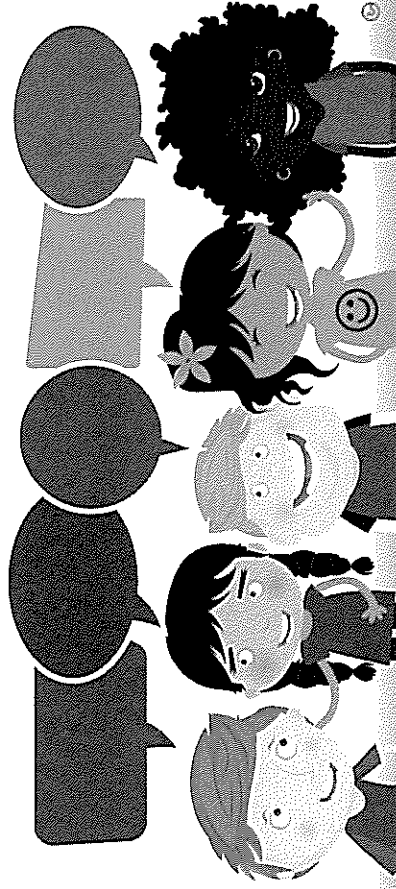
are not

I'm

I am

didn't

Introduction to Persuasive Devices

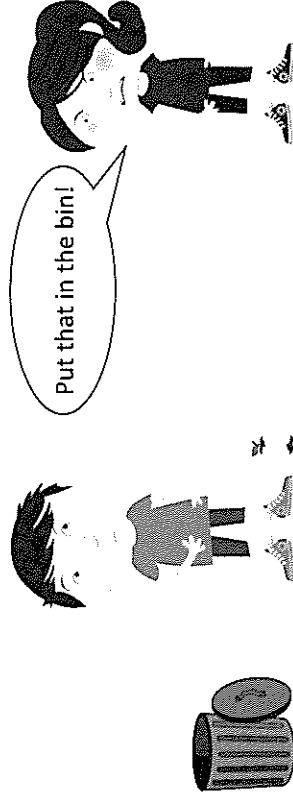


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Tuning In Activity

Think about what is happening in the situation below.
Do you think the boy will do what the girl is asking? Why or why not?



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Introducing Persuasive Devices

Persuasive devices are helpful tools we can use to convince others to agree with our opinion.

Persuasive devices are used to:

- create a relationship between the author and the reader
- appeal to the emotions of the reader
- reinforce and emphasise the author's opinion
- make the author seem clever, reliable and correct.

How might these devices help the girl present her opinion more strongly?



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Personal Pronouns

Personal pronouns are words such as 'you', 'we', 'our' and 'us'.
They make the reader feel like the author is talking directly to them.

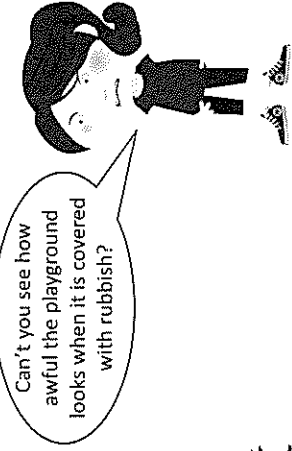
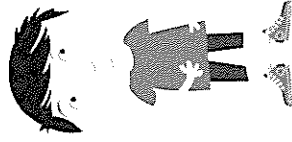


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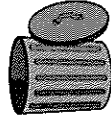


Rhetorical Questions

Rhetorical questions are asked just for effect or to emphasise a point. They do not require a response.

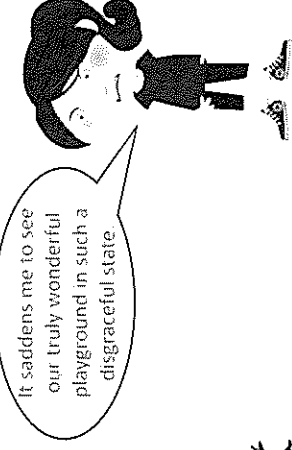


Can't you see how awful the playground looks when it is covered with rubbish?

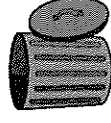


Emotive Words

Emotive words are words which provoke emotion within the reader. Some such emotions include joy, sadness, distress and guilt.

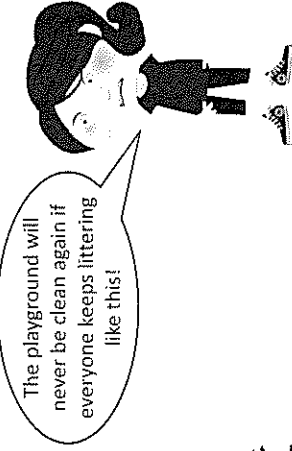


It saddens me to see our truly wonderful playground in such a disgraceful state.

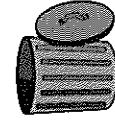


Exaggeration (Hyperbole)

Exaggeration is making a statement that is inflated or 'over the top'. It is used to emphasise the author's point of view.

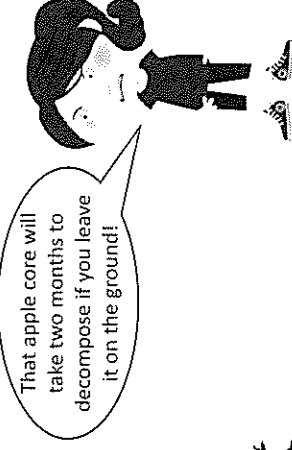


The playground will never be clean again if everyone keeps littering like this!

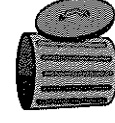


Facts (Evidence)

Facts are pieces of information that are used to support an opinion. They are used to make the author seem informed about the topic.



That apple core will take two months to decompose if you leave it on the ground!



Using Persuasive Devices

What happens if we join all of these persuasive devices together?
Put that in the bin! We must all take responsibility for keeping the playground clean and tidy. Can't you see how awful the playground looks when it is covered with rubbish? It saddens me to see our truly wonderful playground in such a disgraceful state. The playground will never be clean again if everyone keeps littering like this! That apple core will take two months to decompose if you leave it on the ground. Please, put it in the bin!

Do you think there is now a greater chance that the boy will listen?



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Persuasive Devices - Activity

On the following slide brainstorm and list some examples of each persuasive device that you could use to convince a friend that exercise is important. Think about:

- personal pronouns
- rhetorical questions
- emotive words
- exaggeration
- facts.



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Persuasive Devices - Activity

Give examples of the following to convince a friend that exercise is important:

- personal pronouns
- rhetorical questions
- emotive words
- exaggeration
- facts.



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Persuasive Devices - Review

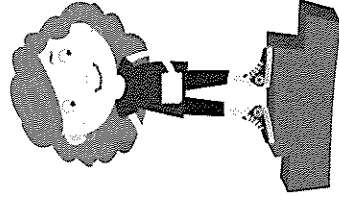
You should now have a clearer understanding of how persuasive devices can be used to convince others to agree with a viewpoint.

To help you revise persuasive devices and their uses, complete the [Persuasive Language Devices Worksheets](#).

These are attached to your task on google classroom.



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Name: _____

Date: _____

Finding Persuasive Devices

Find and colour these persuasive language features:

- rhetorical questions (green)
- personal pronouns (red)
- modality words (yellow).

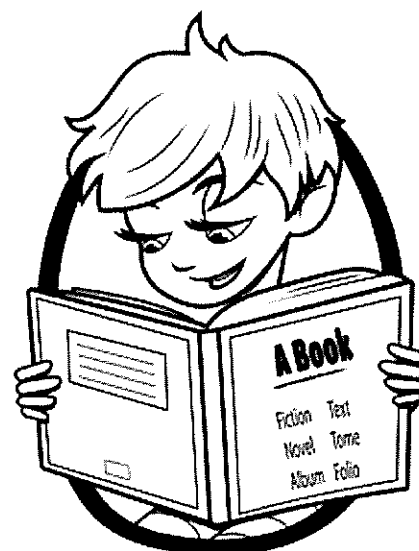
Don't students deserve to unwind and relax after a long day at school? Students already spend a great deal of their lives doing school work. It is not fair that students must spend extra time at home on tasks that could be done during school hours.

Firstly, students need a break from school work when they come home. They should be allowed to unwind by playing with friends, spending time with the family and just relaxing.

Secondly, students should have the time to participate in other activities after school that are also educational. Playing sport, learning a musical instrument or joining a community group are just a few ways that students could be learning new skills... if they didn't have to do homework!

Thirdly, all families are different. Some students might need to help out after school and may genuinely not have time to do their homework.

In conclusion, schools should not be sending homework. There are much better ways that students could be using this time after school, such as relaxing, learning new skills and helping their families.



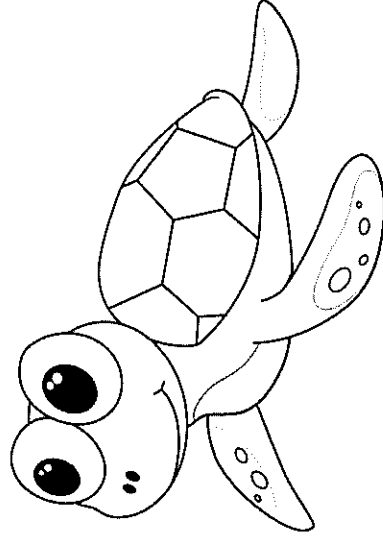
Name: _____ Date: _____

Using Persuasive Language – A Turtle for a Pet

Imagine you are trying to convince your teacher that it is a good idea to get a turtle as a classroom pet. Write a convincing sentence in each box using the suggested persuasive device.

Personal Pronouns:

Opinion:



Emotive Language:

Rhetorical Question:

Name: _____

Date: _____

Multiplication Facts of 5

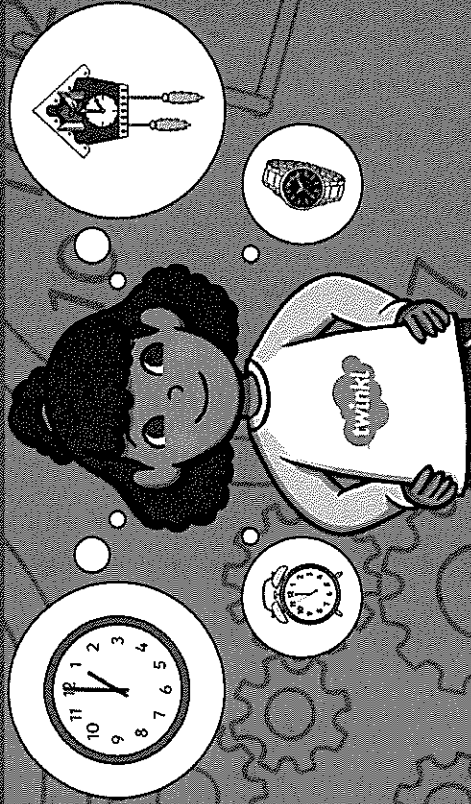
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4) $5 \times 5 =$	24) $4 \times 5 =$	44) $5 \times 3 =$	64) $5 \times 9 =$
5) $5 \times 1 =$	25) $5 \times 11 =$	45) $5 \times 8 =$	65) $5 \times 11 =$
6) $3 \times 5 =$	26) $5 \times 5 =$	46) $12 \times 5 =$	66) $5 \times 0 =$
7) $11 \times 5 =$	27) $5 \times 9 =$	47) $5 \times 5 =$	67) $5 \times 1 =$
8) $9 \times 5 =$	28) $3 \times 5 =$	48) $5 \times 1 =$	68) $0 \times 5 =$
9) $5 \times 10 =$	29) $5 \times 11 =$	49) $5 \times 11 =$	69) $2 \times 5 =$
10) $4 \times 5 =$	30) $9 \times 5 =$	50) $2 \times 5 =$	70) $5 \times 3 =$
11) $12 \times 5 =$	31) $5 \times 2 =$	51) $5 \times 1 =$	71) $5 \times 10 =$
12) $7 \times 5 =$	32) $0 \times 5 =$	52) $11 \times 5 =$	72) $6 \times 5 =$
13) $5 \times 4 =$	33) $6 \times 5 =$	53) $5 \times 12 =$	73) $7 \times 5 =$
14) $6 \times 5 =$	34) $12 \times 5 =$	54) $4 \times 5 =$	74) $4 \times 5 =$
15) $1 \times 5 =$	35) $2 \times 5 =$	55) $5 \times 0 =$	75) $1 \times 5 =$
16) $8 \times 5 =$	36) $5 \times 9 =$	56) $5 \times 5 =$	76) $5 \times 5 =$
17) $5 \times 3 =$	37) $2 \times 5 =$	57) $5 \times 10 =$	77) $10 \times 5 =$
18) $5 \times 11 =$	38) $4 \times 5 =$	58) $5 \times 6 =$	78) $5 \times 2 =$
19) $5 \times 5 =$	39) $8 \times 5 =$	59) $5 \times 3 =$	79) $4 \times 5 =$
20) $5 \times 0 =$	40) $5 \times 4 =$	60) $5 \times 4 =$	80) $6 \times 5 =$

Time: _____

Score: _____ / 80



Telling the Exact Time Past the Hour



Recap Quiz

How many seconds are there in a minute?

There are 60 seconds in a minute.

How many minutes are there in an hour?

There are 60 minutes in an hour.

How many days are there in a month?

There are between 28 and 31 days in a month.



Next

Learning Outcomes

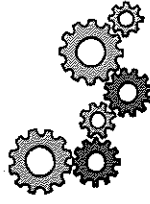
LO: To tell the exact time in minutes past the hour.

Know that time is told as 'past the hour' and 'to the hour'.

Know that clocks are marked at 5 minute intervals.

Know 'quarter past', 'half past' and 'quarter to'.

Know that addition and subtraction can help tell you the exact time.



Next

Recap Quiz

How many days are there in a year?

There are 365 days in a year.



Bonus Question

How many days are there in a leap year?

There are 366 days in a leap year.

Next

Telling the Exact Time

Knowing how to tell the exact time can be very useful.

Next

Japanese Shinkansen trains (bullet trains) are incredibly precise with their timing and are very rarely late.

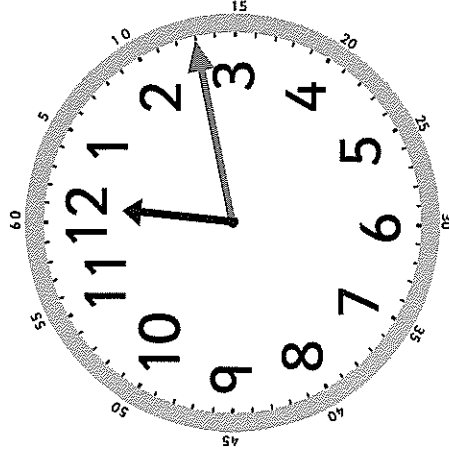


It is important that they know what time it is, down to the last minute.

Next

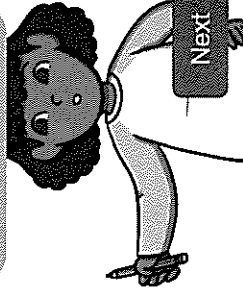
Telling the Exact Time

Now, let's try that out in this question.



How many minutes past the hour is the blue hand showing?

The blue hand is showing 13 minutes past 12.



Next

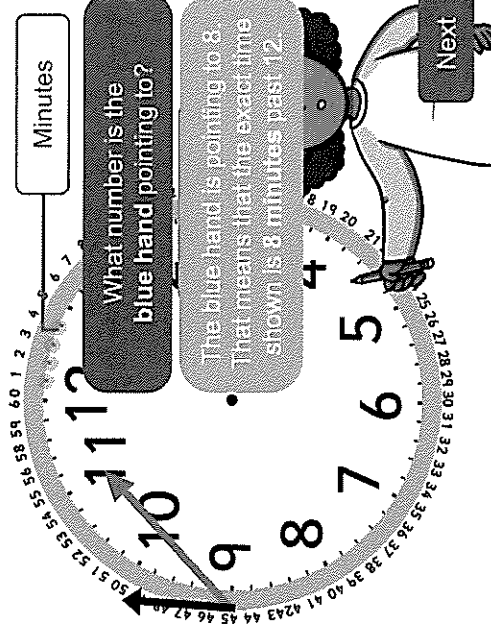
Telling the Exact Time

Each clock has 4 lines between the numbers. These show the minutes.

Minutes

What number is the blue hand pointing to?

The blue hand is pointing to 8. That means that the exact time shown is 8 minutes past 12.



Next

Count On and Count Back

When telling the exact time, it helps to look for points around the clock you are familiar with.



quarter past
(15 minutes past)



quarter to
(45 minutes past)



half past
(30 minutes past)



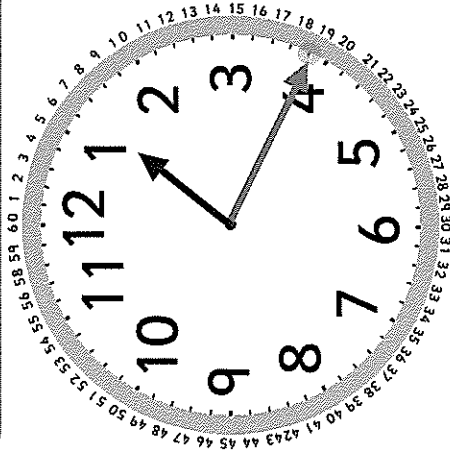
five minute intervals

Then either count on or count back to find the exact time. In other words, do a simple addition or subtraction to find the correct time.

Next

Count On and Count Back

Now, let's try that out in this question, together.



What exact time is it?

The exact time here is
19 minutes past 1.

Let's try another
question,
using this method.

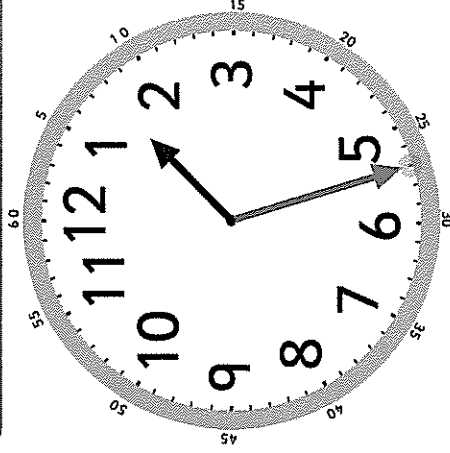
$$20 - 1 = 19$$

Show Answer

Next

Count On and Count Back

Let's try out this method again.



What exact time is it?

The exact time here is
27 minutes past 2.
after 20 minutes past.

Great work! Try this next
one without my help.

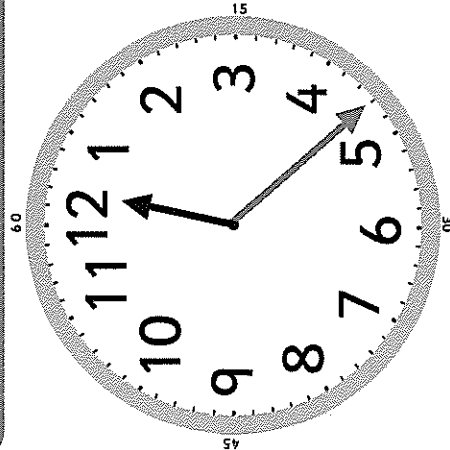
$$20 + 7 = 27$$

Show Answer

Next

Count On and Count Back

Use the count on and count back method to tell the exact time.



What exact time is it?

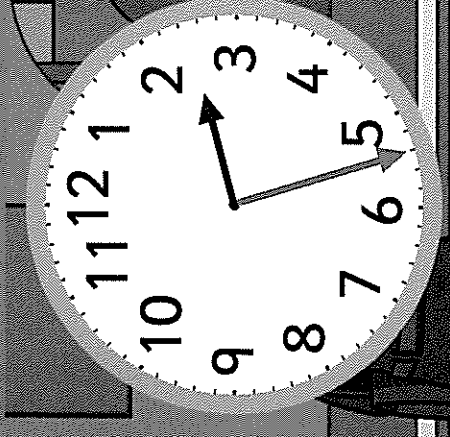
The exact time here is
23 minutes past 12.

Nice work! Try and
solve this final one.

Next

Plenary

Use the count on and count back method to answer this question.



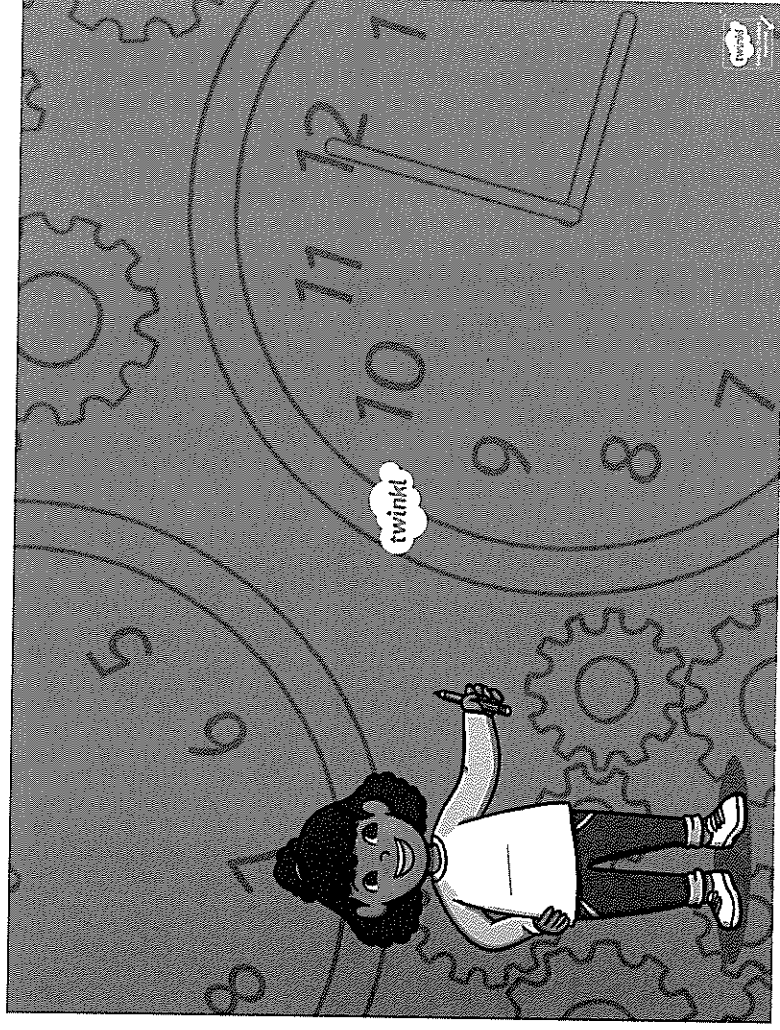
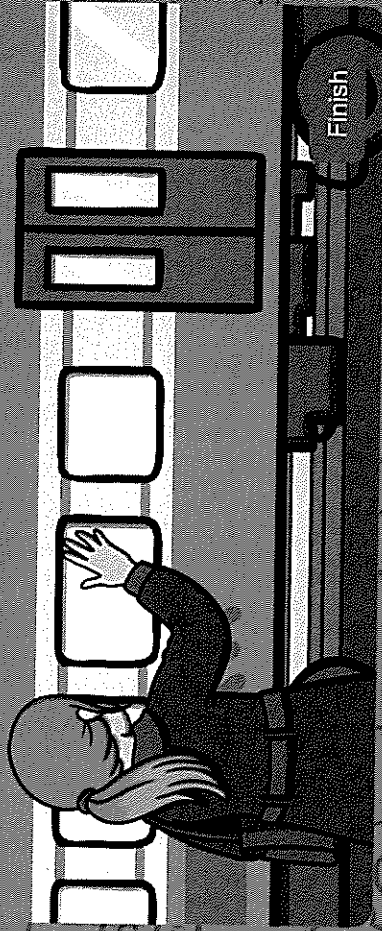
What exact time will the
train arrive?

The train will arrive at
27 minutes past 2.

Next

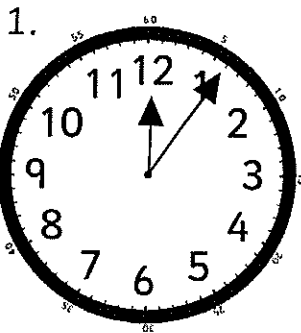
Plenary

Use the count on and count back method to answer this question.

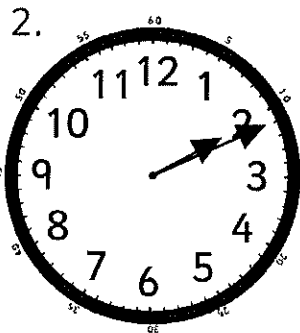


Bullet Train Times - Minutes Past

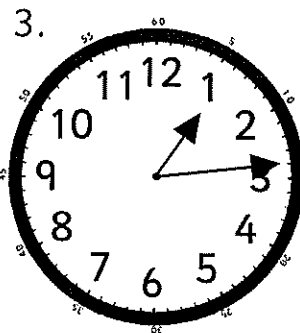
What times are the trains due to arrive?



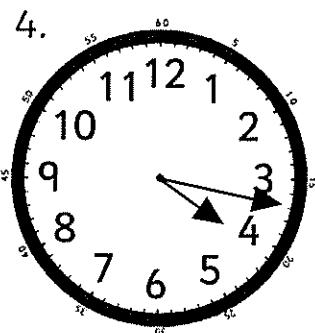
minutes past 12



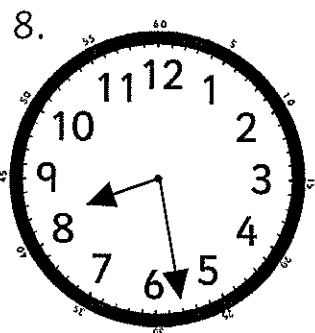
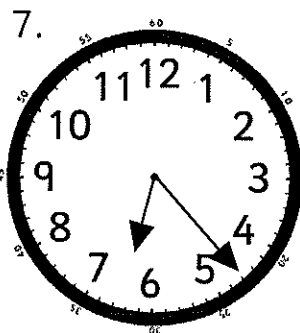
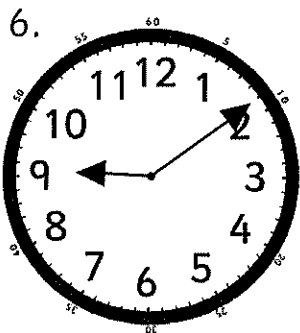
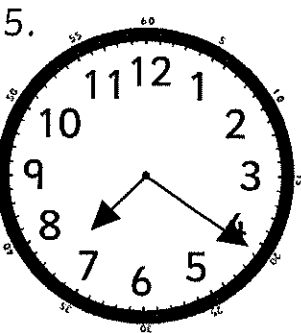
minutes past 2



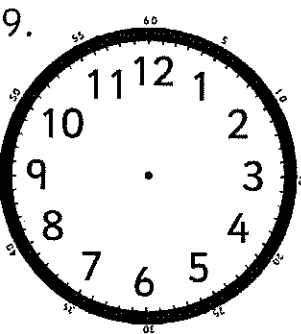
minutes past 1



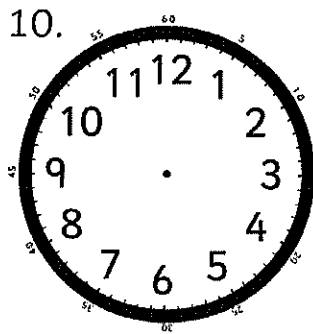
minutes past 4



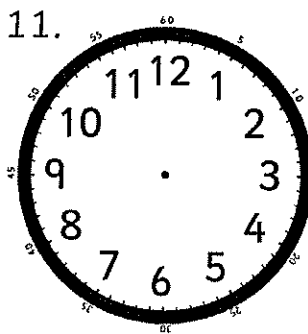
Draw the hands on these clocks to show the exact time.



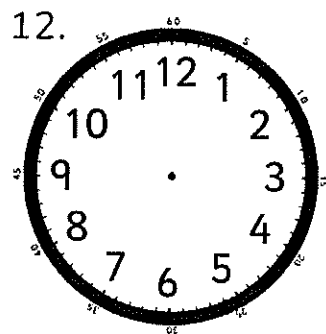
18 minutes past 3



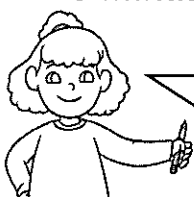
7 minutes past 4



9 minutes past 10



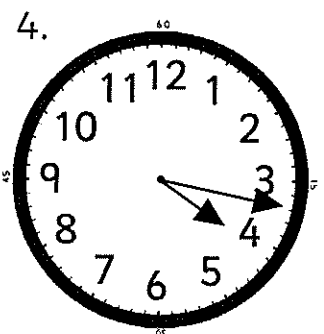
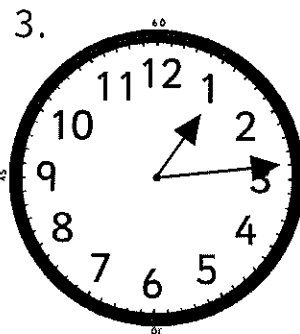
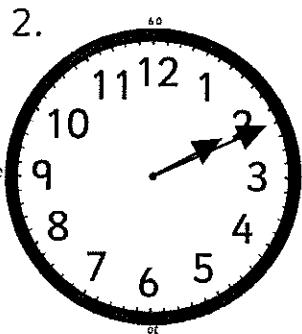
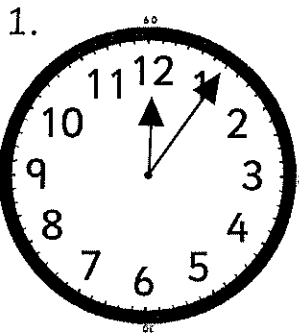
24 minutes past 8

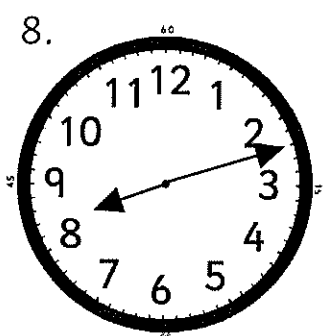
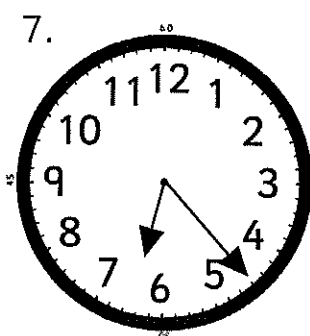
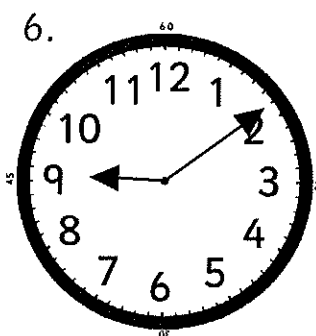
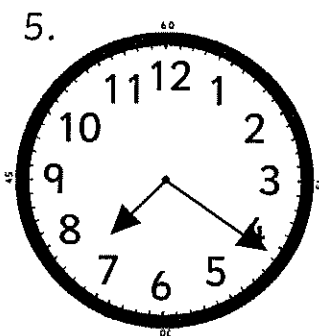


Remember, the big hand indicates the minute and the small hand indicates the hour.

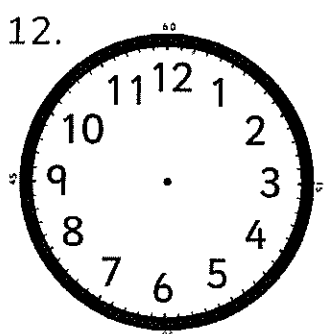
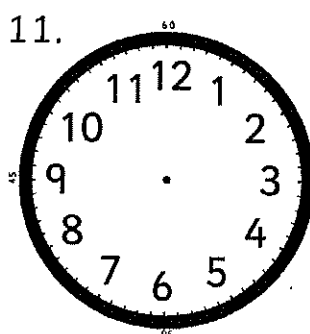
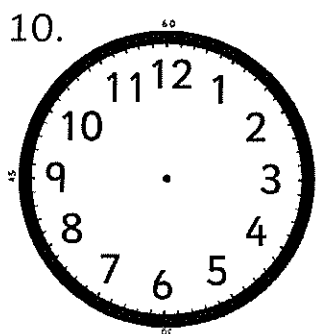
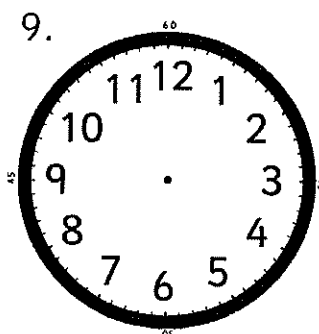
Bullet Train Times - Minutes Past

What times are the trains due to arrive?





Draw the hands on these clocks to show the exact time.

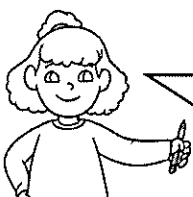


18 minutes past 3

18 minutes past 4

9 minutes past 10

24 minutes past 8

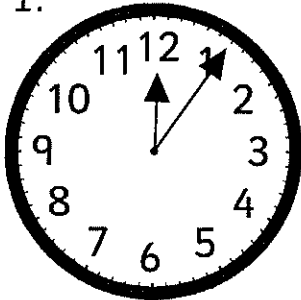


Remember, the big hand indicates the minute and the small hand indicates the hour.

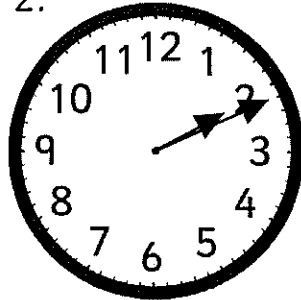
Bullet Train Times - Minutes Past

What times are the trains due to arrive?

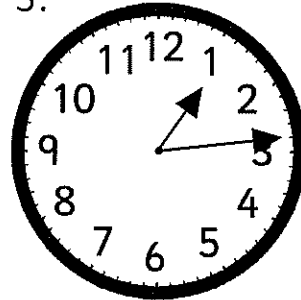
1.



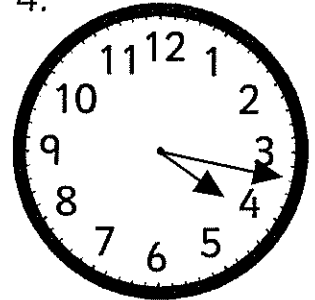
2.



3.

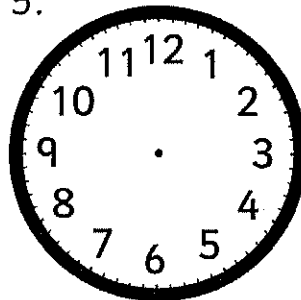


4.



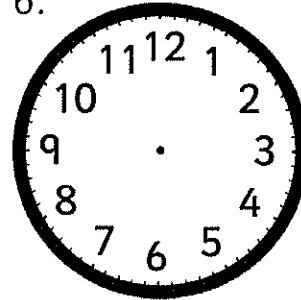
Draw the hands on these clocks to show the exact time.

5.



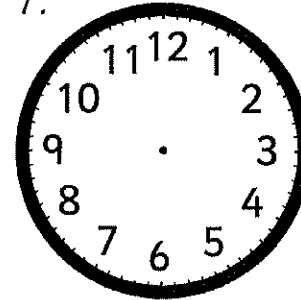
18 minutes past 3

6.



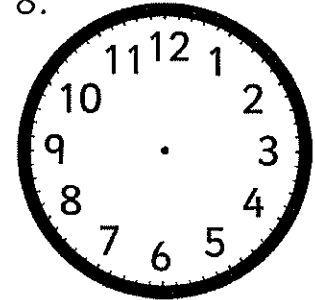
9 minutes past 10

7.



24 minutes past 8

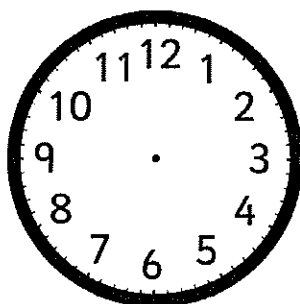
8.



18 minutes past 4

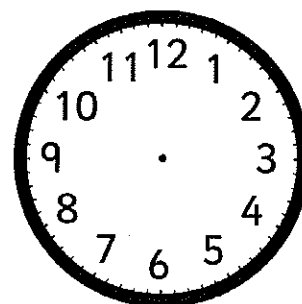
9.

A train was supposed to arrive at 6 minutes past 3, but was delayed by 12 minutes. Draw on the hands to show when it will arrive.



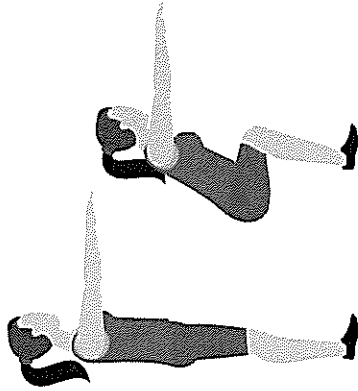
10.

Another train was supposed to arrive at 3 minutes past 6, but was delayed by 24 minutes. Draw on the hands to show when it will arrive.



Muscular fitness

Squat



Key components

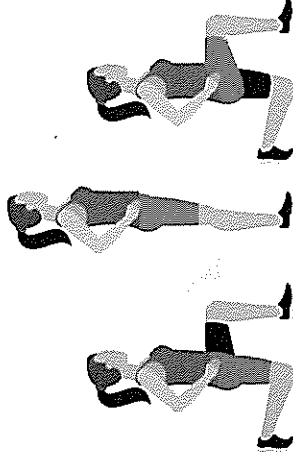
1. Feet are shoulder width apart and facing forward
2. Back is kept straight and stable as you sit your bottom back and down
3. Knees point in the same direction as feet and heels remain on floor during movement
4. Thighs are parallel to the floor at the bottom
5. Push through your heels as you extend your knees and hips to stand up

Make it easier: Widen the gap between your feet.

Make it harder: Lower into a squat, as you are standing up jump as high as you can. Land with soft knees and repeat.

Muscular fitness

Lunge



Key components

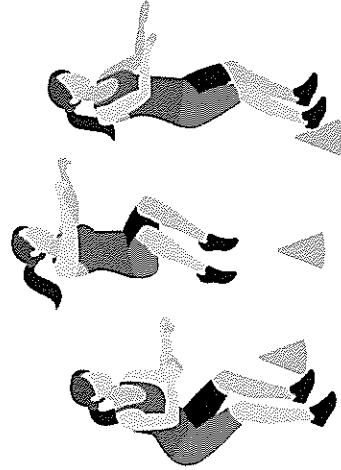
1. Take a big step forward.
2. Torso is kept upright and stable at all times (no twisting).
3. Knee of rear leg is almost touching the floor.
4. There is alignment between hip, knee and foot of each leg.
5. Return to starting position in one movement.

Make it easier: Take a shorter step or have your hand resting on a wall.

Make it harder: Push off the ground, switching the positions of your legs while airborne so you land and drop into another lunge.

Muscular fitness

Lateral jump



Key components

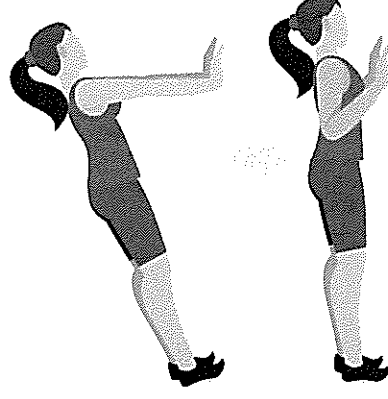
1. Jump side to side with feet close together.
2. Aim for height and speed.
3. Spring off the toes and drive the arms up to get more height.
4. Keep back straight and head up.

Make it easier: Jump over a line to start

Make it harder: Jump up and over the cone, the more you clear the cone harder it is.

Muscular fitness

Push-up



Key components

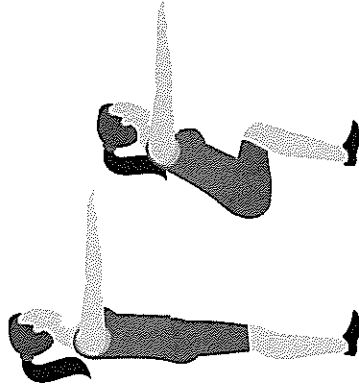
1. Hands are shoulder width or slightly wider apart.
2. Head, back and hips are held in a straight line throughout the movement.
3. Body is lowered until elbows are at a 90 degree angle.
4. Shoulders are held down and away from ears (i.e., shoulders are not shrugged).

Make it easier: Push-ups on knees can be completed, i.e., feet and knees remain on the ground. Push-ups against a wall, i.e., take one step back from a wall and perform a vertical push-up.

Make it harder: Bring hands closer together or elevate your.

Muscular fitness

Squat



Key components

1. Feet are shoulder width apart and facing forward.
2. Back is kept straight and stable as you sit your bottom back and down.
3. Knees point in the same direction as feet and heels remain on floor during movement.
4. Thighs are parallel to the floor at the bottom.
5. Push through your heels as you extend your knees and hips to stand up.

Make it easier: Widen the gap between your feet.

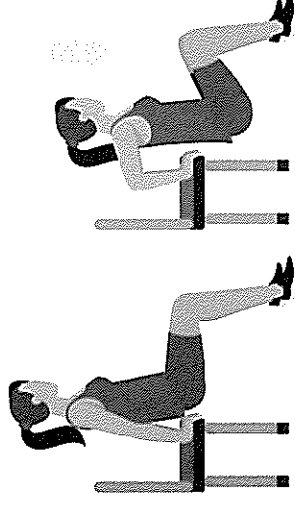
Make it harder: Lower into a squat, as you are standing up jump as high as you can. Land with soft knees and repeat.



TECHNIQUE CARD | SQUAT

Muscular fitness

Tricep dips



Key components

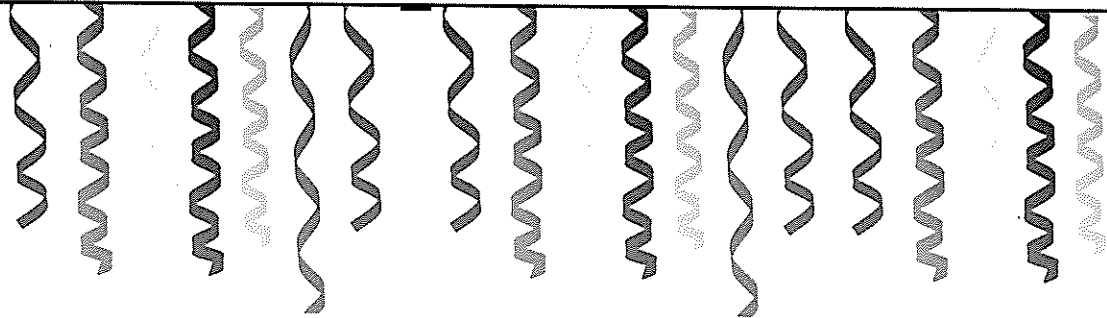
1. Sit on the edge of a bench, step or chair, with hands gripping the edge next to your body.
2. Begin with knees bent (easier) or straight (harder).
3. Keep hands on bench/step/chair and push away until arms on an angle. Lower body slowly by bending arms until slight stretch is felt in chest.
4. Raise body back to start position by straightening arms and repeat.

Make it easier: Bring your feet closer to the chair/bench i.e., so they are nearly under you.

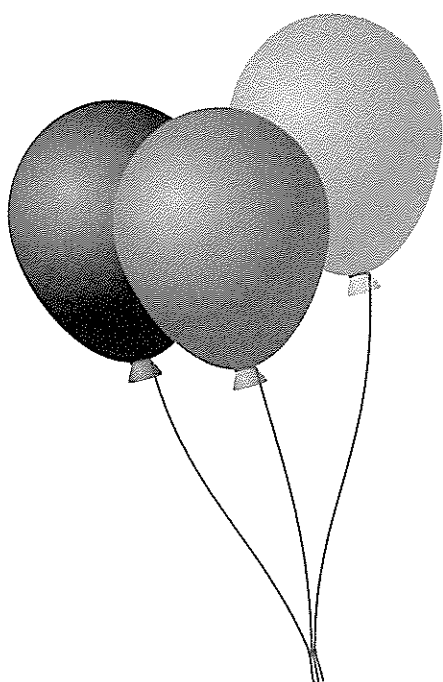
Make it harder: Strengthen legs. Try raising one foot.



TECHNIQUE CARD | TRICEP DIPS



Friday Fun Day!



Bogle

Spelling Word Puzzle

C	K	I	S
A	H	N	R
T	I	G	M
B	L	L	E

Word Count

1 or 2 Letters: _____

3 Letters: _____

4 Letters: _____

5 Letters: _____

6 or More Letters: _____

Total Number of Words: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.[illegible]

Boggle

Spelling Word Puzzle

K	B	A	H
C	J	O	T
A	G	U	M
T	N	I	P

Word Count

1 or 2 Letters: _____

3 Letters: _____

4 Letters: _____

5 Letters: _____

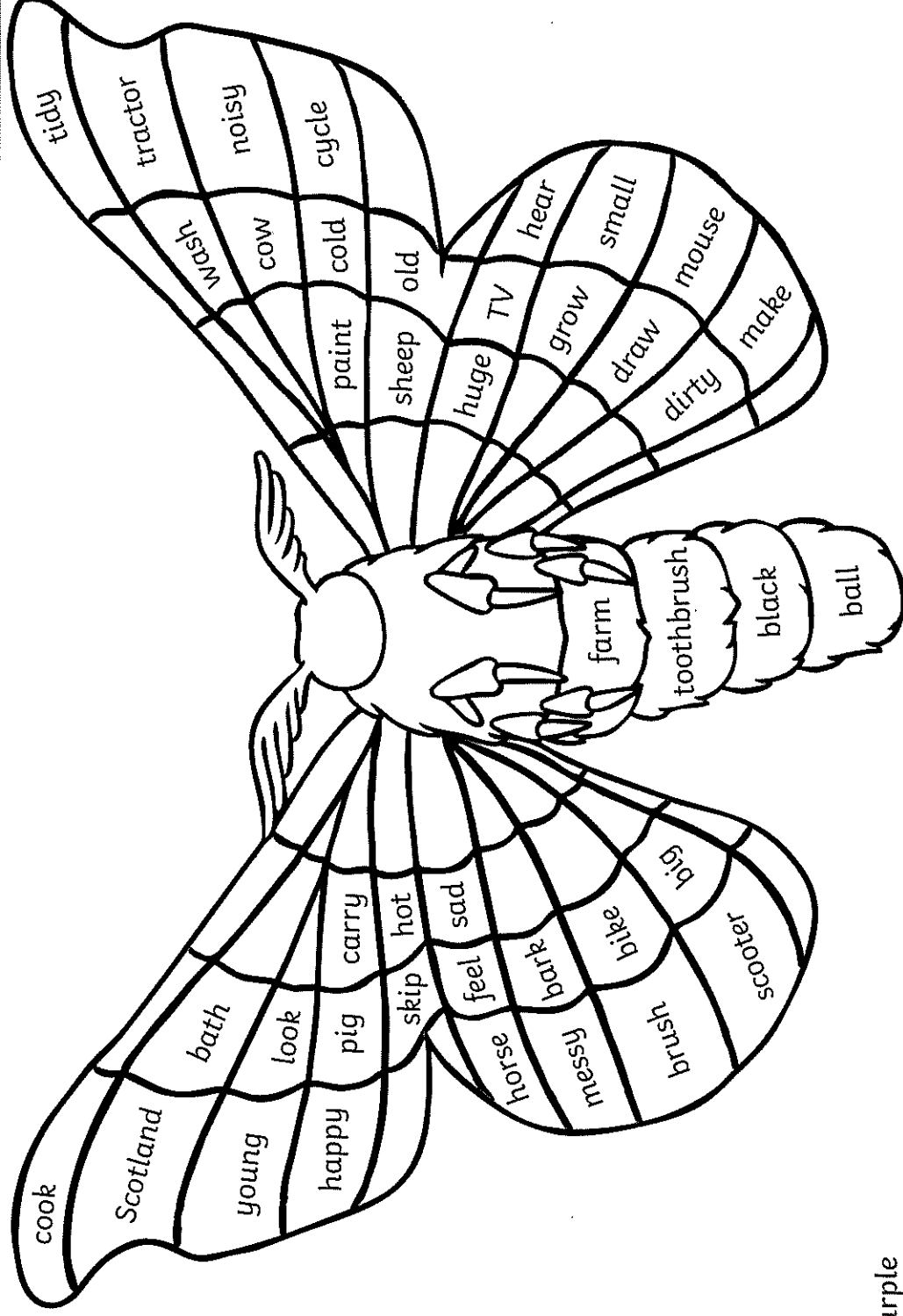
6 or More Letters: _____

Total Number of Words: _____

Colour by Word Class

I can recognise nouns, verbs and adjectives.

Can you identify which are these words are nouns, verbs or adjectives using a colour code?



Verbs = yellow

Nouns = Blue

Adjectives = Purple

Commonly Misspelt Words 1

a d e w o l l a t r e y
b e l i e v e t s m f j
y z a b c c d b a g h k
k l m n a e r e f w r e
w x y n w o l d k q e d
i j n o u i o c a e r p
u o l g h z a a e n i s
n l h w k l m n r e h i
a t a v w x y t b e a t
a t r e y b j f t g g e
t s m f j h k f d r t r
b a g t h g u a c o h e

allowed
awhile
believe
breakfast

brought
cannon
can't
caught

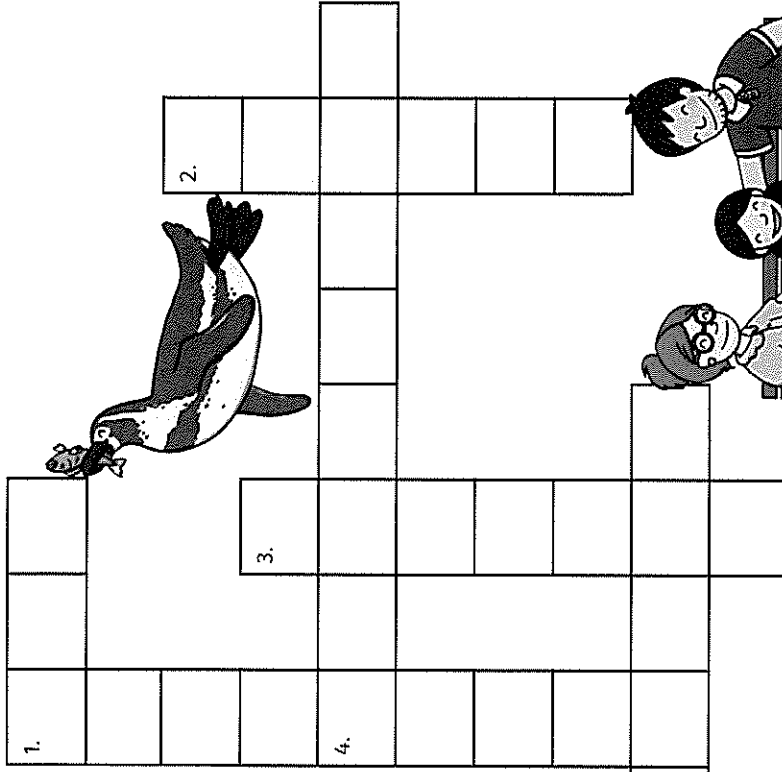
Commonly Misspelt Words 2

a d e w x o l e t r e d
c h o c o l a t e m f i
y z a b c c d b a g h s
c e n t r e v e t l e a
a x y s w t c n k c e p
n j n a n e e g o o s p
n o l s n r y u t n e e
o l e t e l l j n e h a
n o r f w d y t d e t r
d e f e n b j f i s o e
t i m t j h k f d r l d
d a g b k y i e s o c d

centre
chocolate
clothes
couldn't

didn't
different
disappeared
doesn't

Who's at the Zoo?



Across

1. Lots of animals are kept here.
4. I have huge ears and a trunk you can't take on a plane.
6. I am not an animal. I don't fly. I help people to get around the zoo.
7. My coat is striped. I have sharp teeth and sharp claws.

Down

1. I take care of all the animals.
2. I am cheeky, furry, small and loud. I like to hang out in trees.
3. I am black and white. I like to eat fish. I like to swim.
5. I am as old as the dinosaurs, I have rough skin and I love water.

tiger

elephant

monkey

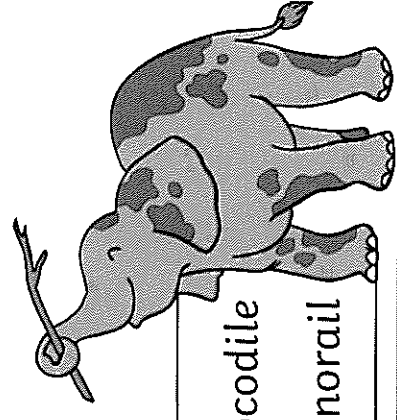
zookeeper

zoo

penguin

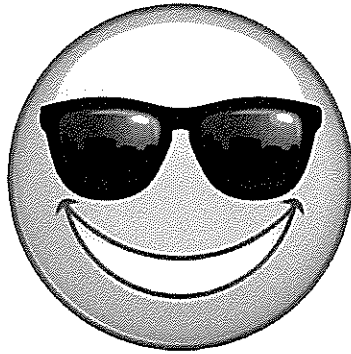
crocodile

monorail



The Moji Road Trip Maths Mystery Game

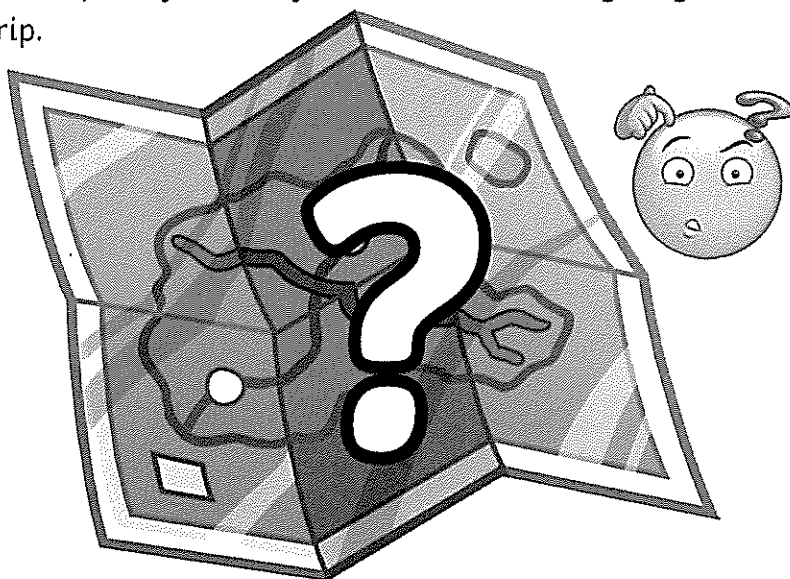
Confused moji 🤔 has organised a surprise road trip to a secret destination for his moji friends. Happy Smile emoji 😊 is so pleased because he loves surprises. Angry moji 😡 isn't happy that he doesn't know where they are going. Cold moji 🥶 just hopes that they are going somewhere warm.



All of the mojis are ready with their luggage 🧳 and are waiting for Confused moji 🤔 to pick them up in the minibus. 🚌

When Confused moji 🤔 finally arrives, he looks more confused than ever before. He tells everyone that the map 🗺️ to the secret destination has disappeared and Confused moji can't remember where they are supposed to be going! The road trip will need to be cancelled!

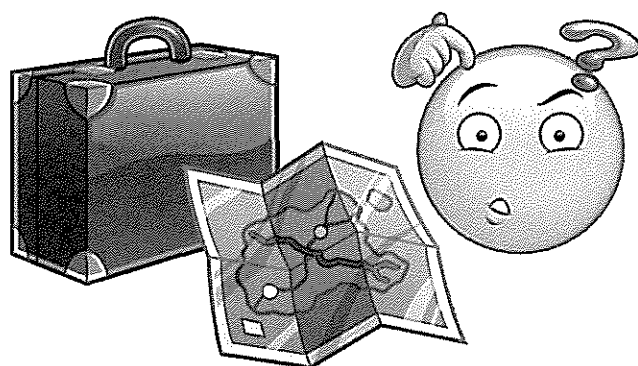
Solve the clues to help Confused moji to remember the mystery destination and save the moji road trip.



visit [twinkl.com.au](https://www.twinkl.com.au)

Destination	Australia or Abroad?	Type of Accommodation	Beach, City or Country?	Approximate Population
Brisbane	Australia	Hotel	City	13 000
Blue Mountains	Australia	Camping	Country	22 000
Bali	Abroad	Hotel	Beach	20 000
Auckland	Abroad	Camping	City	528 000
Phillip Island	Australia	Camping	Beach	482 000
Fiji	Abroad	Hotel	Beach	600
Tokyo	Abroad	Hotel	City	573 000
Daylesford	Australia	Camping	Country	5000
Sydney	Australia	Hotel	City	23 000
Gold Coast	Australia	Camping	Beach	60 000
Singapore	Abroad	Hotel	City	343 000
Broome	Australia	Camping	Beach	20 000
Laos	Abroad	Hotel	Country	147 000
Margret River	Australia	Camping	Country	20 000
Darwin	Australia	Camping	City	131 000
Port Arthur	Australia	Hotel	Country	13 000

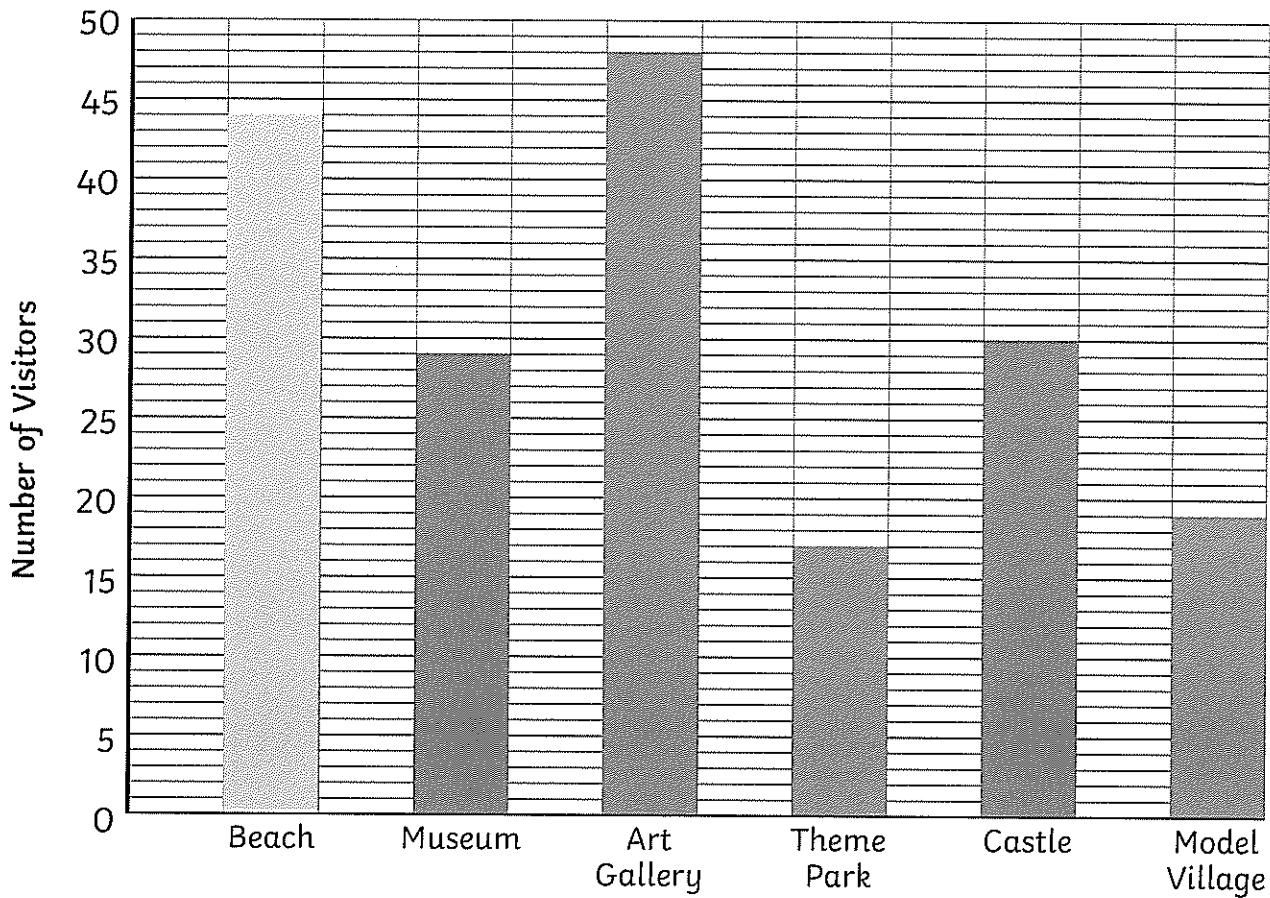
The secret destination is: _____



Clue 1

Answer the questions about the bar chart and colour in the boxes with the correct answers.

Use these words to work out the first clue.

Attractions**Holiday Attraction**

61 the	11 destination	13 isn't	31 is
44 in	19 the	23 abroad	59 Australia

How many more people went to the art gallery than the theme park?

How many fewer people went to the model village than to the castle?

How many people chose to go to the beach?

How many people went to the beach and the theme park?

How many people went to the museum or the castle?

Clue 1: _____

Clue 2

Check these maths calculations. If a calculation is correct, put a tick. If it is incorrect, put a cross.

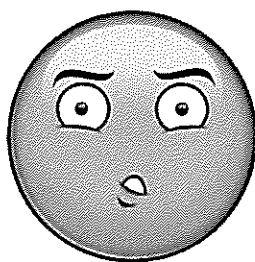
Count up the number of ticks and crosses.

If there are more ticks than crosses, the accommodation is camping.

If there are more crosses than ticks, the accommodation is a hotel.

	Correct	Incorrect
$3 \times 12 < 7 \times 4$		
$150 - 68 = 82$		
$49 \div 7 = 8$		
$\frac{1}{2}$ of 68 = 34		
$\$1 + 5c + 20c = \1.52		
$32 \times 3 = 106$		
$3400 \div 100 = 34$		
2 litres = 2000ml		
$693 + 10 = 703$		
Total:		

Clue 2: The accommodation is _____.



Clue 3

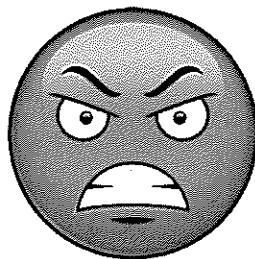
Sort the numbers into the correct boxes. Some numbers will belong in more than one box.

The box with the most numbers in it will give you a clue about the road trip destination.

1 5 10 20
 4 8 14 40

Even numbers	Multiples of 4	Factors of 20
The destination is on the beach.	The destination is in the city.	The destination is in the countryside.

Clue 3: The destination is _____.



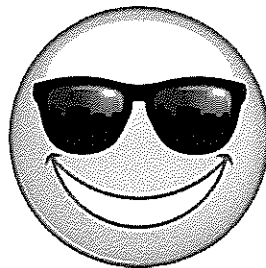
Clue 4

How many of these fractions are equivalent to $\frac{1}{4}$?

$\frac{2}{8}$	$\frac{6}{24}$	$\frac{5}{20}$	$\frac{3}{4}$	$\frac{4}{16}$
$\frac{5}{11}$	$\frac{5}{8}$	$\frac{7}{28}$	$\frac{7}{12}$	$\frac{60}{100}$
$\frac{25}{44}$	$\frac{52}{100}$	$\frac{9}{36}$	$\frac{12}{48}$	$\frac{50}{200}$
$\frac{22}{44}$	$\frac{19}{36}$	$\frac{30}{50}$	$\frac{16}{30}$	$\frac{25}{40}$
$\frac{15}{60}$	$\frac{25}{100}$	$\frac{100}{400}$	$\frac{3}{12}$	$\frac{10}{40}$
$\frac{250}{1000}$	$\frac{16}{30}$	$\frac{12}{25}$	$\frac{30}{56}$	$\frac{40}{90}$

Number of fractions equivalent to $\frac{1}{4}$	Clue
< 15	The population is less than 50 000.
> 15	The population is more than 50 000.

Clue 4: The population is _____.



The Place Value Mystery of the Thief at Gideon Gold's Chocolate Factory

Good evening. You join us here at the scene of the crime in Little Hadfield, at the factory of Gideon Gold, where the exclusive chocolates, Delectable Dream Drops, are created. Forensic police are investigating how this appalling crime has happened; they are taking down the descriptions of suspects and taking statements, as we speak!

At around 1.30 a.m. on Tuesday, someone broke into the factory and took the plans from the highly secure safe. Each member has had to sign a contract of secrecy and no one is allowed to be alone in the presence of the plans!

The suspect is an employee of Gold Chocolatiers Ltd. and must be found as soon as possible, before the plans are sold to rival companies!

Your task is to solve the clues and use the descriptions of the suspects to unmask the safe-cracker!



The Place Value Mystery of the Thief at Gideon Gold's Chocolate Factory

Name	M/F	Job in the Factory	Wears a Hat	Transport to Work	Size Shoe
Ashael Able	m	packing	yes	car	7
Betsy Browne	f	taste tester	yes	car	4
Chi Chew	m	marketing	no	car	8
Dabinn Dray	f	production	yes	walks	6
Eben Emanuel	m	team leader	sometimes	cycles	10
Florence Flame	f	packing	yes	car	7
Gabriel Green	m	marketing	no	car	7
Horatio Hound	m	production	yes	bus	8
Isabella Isaac	f	packing	yes	car	7
Joss Jerry	f	production	yes	walks	5
Kamil Krill	m	team leader	sometimes	car	10
Lysander Leaf	m	production	yes	bus	9
Maria Mayes	f	taste tester	yes	car	5
Niamh Neve	f	packing	yes	car	5
Oswald Owen	m	team leader	sometimes	cycles	8
Phileas Fear	m	production	yes	cycles	11
Quinby Quarter	m	taste tester	yes	car	12
Ruth Raine	f	production	yes	car	6
Scarlett Snow	f	packing	yes	bus	4
Theo Thumb	m	marketing	no	car	9
Usha Umrani	f	taste tester	yes	bus	5
Violet Vain	f	packing	yes	car	6
Warren Whist	m	taste tester	yes	car	11
Xavier Xi	m	marketing	no	car	10
Yuri Yale	m	team leader	sometimes	walks	8
Zarin Zardari	f	production	yes	walks	5
Nathaniel Newsome	m	production	yes	cycles	9
Wilhemina West	f	marketing	no	car	4
Constance Corn	f	marketing	no	car	6
Benedict Brew	m	taste tester	yes	bus	11

Clue 1

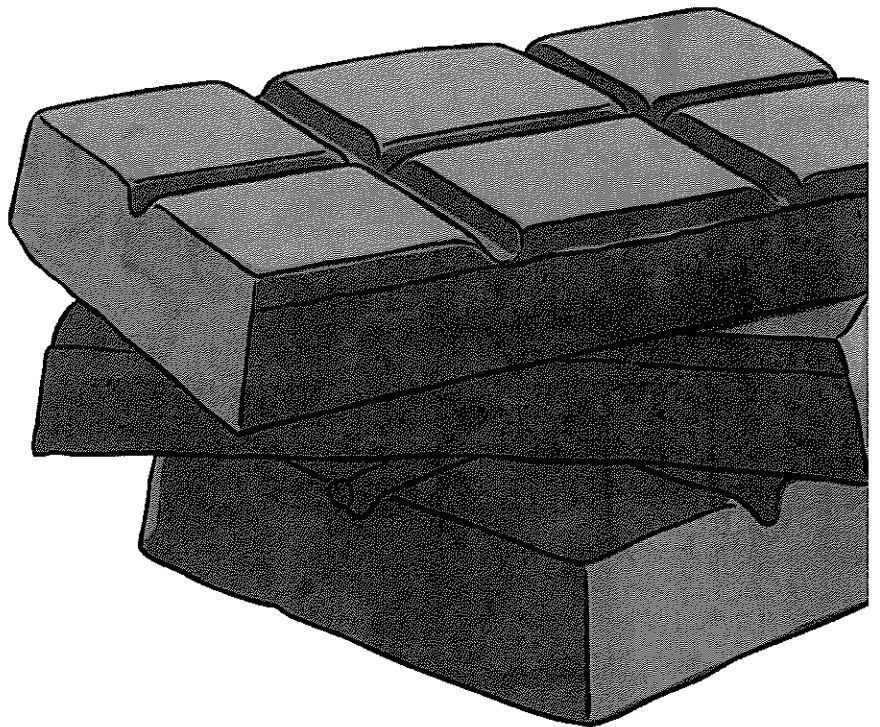
Work out what steps the sequences are going up or down in and fill in the missing numbers. Take the last number in each row, find it in the table below and take note of the corresponding word. Once you have found all of the words, order them into a sentence to solve clue 1.

6		12	15		
94		74		54	
	35		45		
88		76		64	
	120		170		
330		230		130	
5		17			
	850		550		

The Place Value Mystery of the Thief at Gideon Gold's Chocolate Factory

220 went	45 ticket	80 factory	21 by
20 bus	44 culprit	350 was	36 found
35 the	90 bike	200 a	55 to
75 clip	250 the	58 car	25 walked

Answer to clue 1: _____



Clue 2

Use the $<$, $>$ and $=$ signs to compare the pairs of numbers.

If there are more $>$, the safe-breaker did not wear a hat.

If there are more $<$, the safe-breaker wore a hat.

If there are more $=$, the safe-breaker sometimes wore a hat.

245		254
-----	--	-----

632		626
-----	--	-----

509		590
-----	--	-----

1783		1738
------	--	------

8020		8002
------	--	------

379		397
-----	--	-----

1803		1830
------	--	------

2784		2784
------	--	------

1007		1070
------	--	------

6128		6119
------	--	------

4089		4098
------	--	------

6668		6599
------	--	------

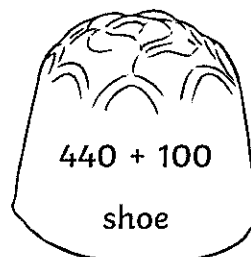
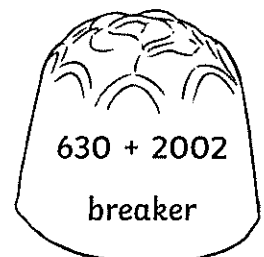
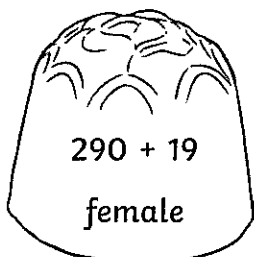
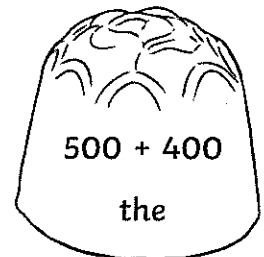
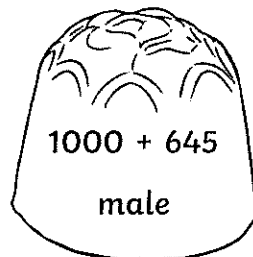
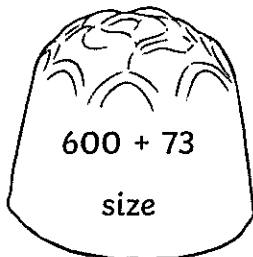
Answer to clue 2: The culprit _____.



Clue 3

Read the numbers in words then identify the correct calculation they equal and colour it in. Order the words with these calculations and solve clue number 3.

five hundred and four	two thousand, six hundred and thirty-two	seven hundred and three
four hundred and fifty-eight	nine hundred	three hundred and nine



Answer to clue 3: _____

Clue 4

Make the largest four-digit number possible from each group of digits. Find these numbers in the table and order the words that go with them to solve clue number 4.

6210 in	7367 marketing	9762 department
8540 thief	8970 shoe	2965 team
9400 near	6540 the	1836 manager
5227 production	2007 footprint	9871 worked
9932 plan	4275 lost	8431 the
6208 size	8542 packing	3766 leader

7	6	2	9

2	3	9	9

4	8	1	3

6	0	4	5

5	8	4	2

7	8	9	1

1	0	6	2

0	4	8	5

Answer to clue 4: _____

Clue 5

What is the value of the underlined numbers?

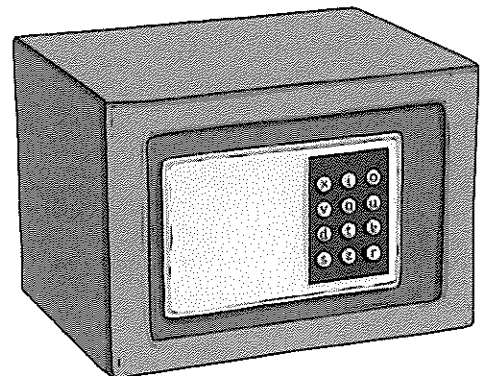
2 <u>5</u> 89	83 <u>6</u> 8	<u>1</u> 567	30 <u>4</u> 0	99 <u>9</u> 9	7 <u>6</u> 43
167 <u>1</u>	<u>7</u> 858	5 <u>2</u> 87	11 <u>1</u> 3	505 <u>2</u>	86 <u>2</u> 0

60 plan	800 naughty	200 had	30 was
2 six	6 footprint	4 five	1000 chocolate
100 seven	90 the	500 very	10 were
1 feet	8 a	400 found	80 shoe
600 which	40 thief	300 under	20 size

Answer to clue 5: _____

Have you solved the mystery?

The safe-breaking chocolate plan thief is _____.



Sudoku 4 x 4 Puzzles

Each row and column contains all the digits 1 to 4.

4			3
3	1		
2			1
		2	

	1		2
2		1	4
1	4	2	
	2		

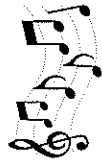
4	1	3	
		1	
1			4

2	4	1	3
3	1		4
		4	

2	4	1	
	1		
4		3	

	4		
2			4
	1		2
4		3	1

Music



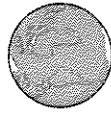
- 1 Who had hits with 'Lego House', 'Sing' and 'Photograph'?
- 2 Who had hits with 'What Do You Mean' and 'Baby'?
- 3 Who had hits with 'Roar' and 'Chained to the Rhythm'?
- 4 Which group had hits with 'Black Magic', 'Wings' and 'Salute'?
- 5 The Bare Necessities is a song from which Disney Film?

Sport



- 6 Which stadium is where the AFL Grand finals are played?
- 7 What is the name of the famous tennis tournament which takes place in London every year?
- 8 Which sport uses stones?
- 9 What do the initials 'GA' stand for in netball?
- 10 In Rugby Union, how many points is a try worth?

Geography



- 11 What is the capital of Sweden?
- 12 What is the name of the world's highest mountain?
- 13 In which country would you find the capital city of Madrid?
- 14 Which world continent begins with the letter E?
- 15 What is the capital city of Australia?

Television



- 16 Thomas the Tank Engine is engine number 1, but who is engine number 2?
- 17 In which year did Home and Away begin?
- 18 The following people, Matt Smith, David Tennant and Peter Capaldi, have all starred as the main character in which T.V series?
- 19 Kyle Minogue made her start as a teenager as Charlene Robinson in which TV show?
- 20 Where was Australian Ninja Warrior filmed?

Anagrams

A B C

24 I AM A WEAKISH SPELLER

Unjumble the letters to come up with the name of a famous male literary figure.

22 ANGEL OF THE RECLINING

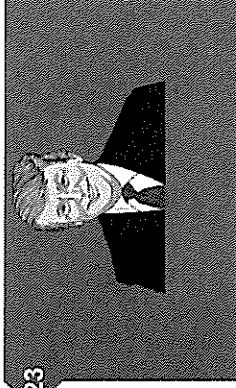
Unjumble the letters to come up with the name of a famous historical female figure.



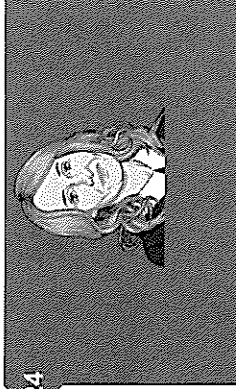
Picture Round

Who are the following people?

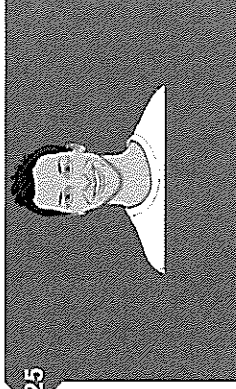
23



24

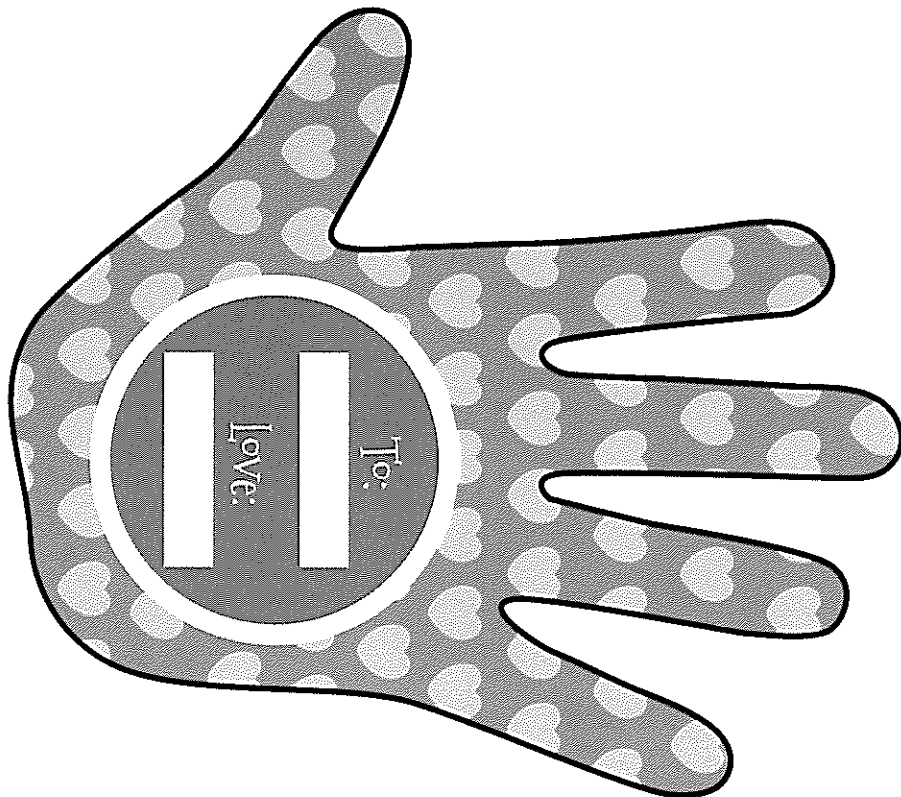


25



I Love You This Much Fold Out Hands and Message

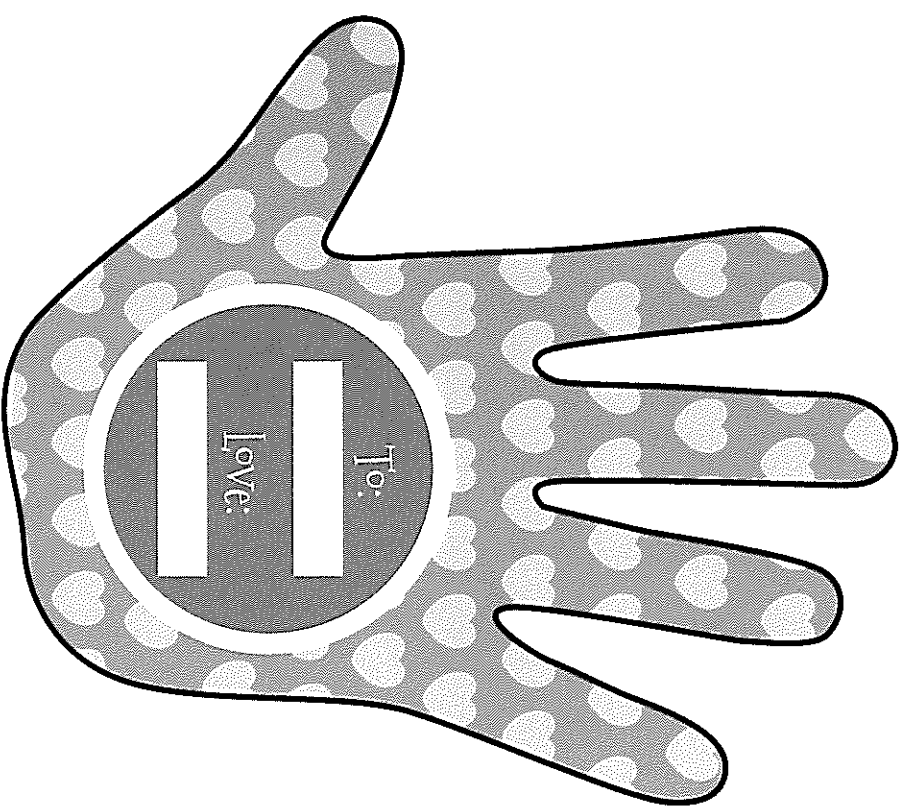
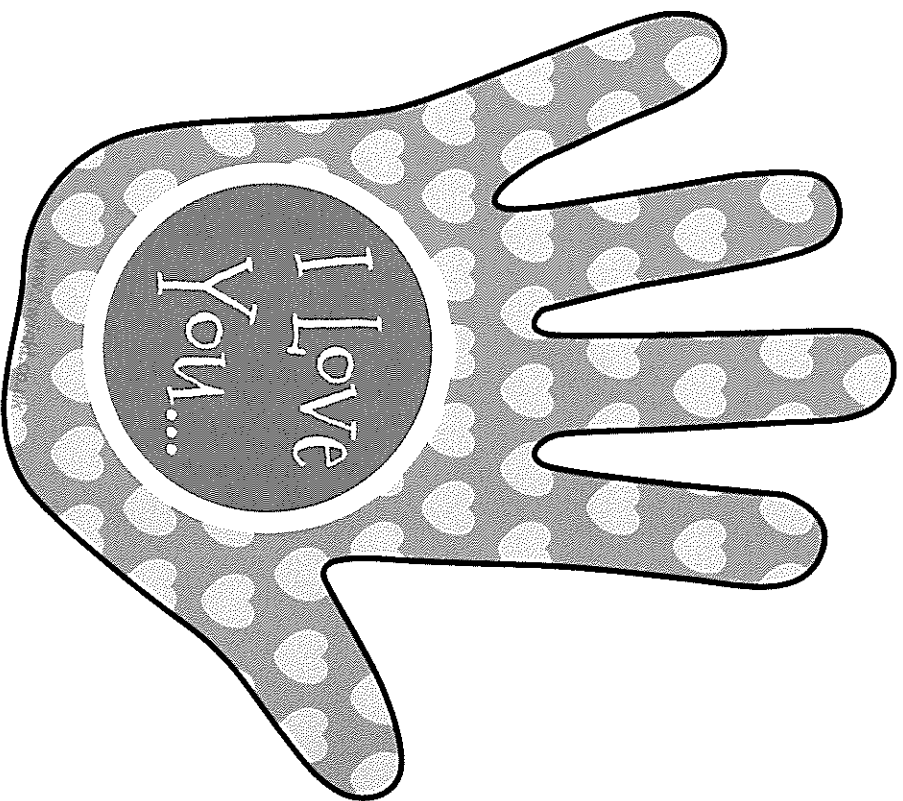
Instructions: Cut out the hands and fold along the dotted lines of the message to make a concertina. Then glue the tabs at the ends of the concertina on to the non-printed palm of each hand.



...	t	h	i	s		m	u	c	h	i	
-----	---	---	---	---	--	---	---	---	---	---	--

I Love You This Much Fold Out Hands and Message

Instructions: Cut out the hands and fold along the dotted lines of the message to make a concertina. Then glue the tabs at the ends of the concertina on to the non-printed palm of each hand.



...	t	h	i	s		m	u	c	h	i	
-----	---	---	---	---	--	---	---	---	---	---	--