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| **Grade 3/4**  **Week 2** | ***Remote Learning:***  ***Friday 31st July*** |
| **Session 1**  Literacy | **Reading**  Go to Reading [Eggspress](https://sso.readingeggs.com/login?client_id=eac7762a79132dfba987a412e4861c105549fdf1&idp=d0797975a160eeec142b30cd3705fe6ee3eafec9&redirect_uri=https%3A%2F%2Fstudent.readingeggspress.com%2Foauth%2Flogin%3Fidp%3Dd0797975a160eeec142b30cd3705fe6ee3eafec9%26scope%3Dblake&response_type=code&scope=blake&state=1e4d3374f82c5c8d725bd1326088accd5ca2e6f323883e71) and complete either   * Comprehension * Spelling or * Read a book |
| **Session 2**  Numeracy | |  | | --- | | Week 2 open-ended tasks  Please choose an activity: | | 1. Make your own clock | | 1. Draw a picture that shows the difference between a.m. and p.m. | | 1. Create a poster or book to teach someone about time |   it to your t😊 |
| **Session 3**  SHARE | Draw how you are feeling today. Think about colours, facial expressions, objects around you. Explain why you are feeling this way.  Some of the feelings you might want to draw are  **nervous, happy, excited, frustrated, proud, worried, calm, distracted** |
| **Session 4**  PE | ***Grade 3-6 Fitness Circuit/Choice Board Instructions***  Each week students will be given a choice board of activities. The centre activities **MUST** be done with proof of it being done with the fitness circuit checklist. The rest of the activities on the sheet are student's choice. It is required you are doing these for **at least 30 minutes a day.**  The video - [**“Fitness Circuit Explanation”**](https://vimeo.com/438788238)will explain how to do it  The video [**“Fitness Circuit Activities”**](https://vimeo.com/439875583) shows you all the activities and explains how to do them, you are picking 2 activities from each section.  The **“Fitness Circuit Checklist”** on your **MONDAY** pack is where you write down the activities you pick. The colours match to the cards.  The following YouTube link will show you exactly how to do each activity. Just look for the name of the activity and it will show you exactly how to do it  <https://www.youtube.com/playlist?list=PL2hDszH4XLgW5v_wEa2onDEThj7TuusxQ>  Complete your chosen 12 fitness activities **twice** a week, this is your main P.E task for the week and **MUST** be completed and recorded.  You are doing each activity for **a minute** at a time, making sure you have **a minute break** in between.  When you are not doing your Fitness Circuit, you are to do your **CHOICE BOARD** which is at the bottom of your **MONDAY** activities pack.  At the end of the week, send your work to me either on flexibuzz or email. Send a few photos of you doing your activities!  My email: [Andreas.Jordanidis@education.vic.gov.au](mailto:Andreas.Jordanidis@education.vic.gov.au) |

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| Carry all the groceries in for your parents, one piece at a time. | Create an obstacle course at home. Challenge your family to do it. | Who in your family can do the most push ups? | Create some dance moves to your favourite song | |
| Research a yoga video for kids on YouTube.  Have a go at doing it! | See who in your family can plank for the longest | Use an empty bottle as your target, place it anywhere in your house and try to hit it with a pair of socks. Try some trick shots! | How long can you keep your arms stretched above your head? | |
| Alphabet challenge  30 seconds per letter  Try and find an item with every letter of the alphabet. | **FOCUS ON FITNESS**  **Complete your fitness circuit twice this week.**  **Did you change your activities or keep the same? Why/Why not?** | | | Balance on one leg for as long as you can.  Challenge your family to beat it | |
| Lily Pads  Put cushions and pillows on the floor, jump from one to another | Make a small goal – aim to kick a ball into the goal 20 times in a row. | Animal Charades  Challenge a sibling or parent to work out what animal you are being, they do the same and you guess! | Play follow the leader with a sibling or parent | |
| Kick a soccer ball against the wall or pass to a family member | Go for a bike ride/walk your dog | Take your dirty clothes out into the laundry one piece of clothing at a time | See how long you can walk with a book on your head. | |

**PE CHOICE BOARD**