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| 9.15- 10.00 am - LiteracyReading Eggspress – Spelling<https://readingeggs.com.au/>Log into readingeggspress to find your assigned lesson |
| Yellow- Lesson -142Suffix ly. |
| Orange- Lesson -176Suffix ly. |

**Monday**

**Week 3**

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| [**www.studyladder.com.au**](http://www.studyladder.com.au)Students to work independently for 45 mins on assigned study ladder tasks.Begin with Rapid Recall Activities for 10 mins. Then move on to Multiplication tasks.  |

10:00 – 10:30 am – Numeracy-

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**ARKA BAHÇEM – MY BACKYARD**



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| 12:30 – 1:20 – Share- session 1  |

**Share- session 1** Ask students what they think the word **RESPECT** means.

Ask students to draw a Y chart in their books or just the words below and describe what a respectful relationship looks like, sounds like and feels like between each of the arms of the Y. What a respectful relationship looks like, sounds like and feels like.

Brainstorm a list of qualities that are important in positive relationship. Prioritise the list of qualities and come to a decision about which seven are the most important for positive and respectful relationships. Now make your lists of 7 for each section.

**Looks Like**

**Sounds Like**

**Feels Like**

Write what would happen to the relationship if one or more of the qualities they identified were not present in that relationship. Discuss the impact on the relationship and how the dynamics and nature of the relationship.

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| 2.30- 3.00 P.E.3.00– 3:20. Assembly |
| ***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   |

 Fitness Circuit Checklist: Week 3

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| **Name:** **Room:**  | **Attempt 1**  | **Attempt 2**  |
| **Whole Body Strength**  |   |   |
| **Core Strength**  |   |   |
| **Arm Strength**   |   |   |
| **Leg Strength**   |   |   |
| **Stamina**   |   |   |
| **Flexibility & Balance**   |   |   |
| **Whole Body**  |   |   |
| **Core Strength**  |   |   |
| **Arm Strength**  |   |   |
| **Leg Strength**  |   |   |
| **Stamina**  |   |   |
| **Flexibility & Balance**   |   |   |

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| How many times in a row can you juggle a soccer ball?   | Play tiggy with your family   | Set up a goal and shoot it in 15 times  | Hang out the washing for your family.   |
| How many items can you stack on your head without falling over?   | Who can do the most push ups?  | Play a game of closest to pin. See who can throw a pair of socks closest to an empty bottle without knocking it over  | How long can you keep your arms stretched above your head?   |
| Scavenger Hunt  Find: Blue bottle, yellow flower, Green clothes, Purple socks, something beginning with k, d, f, a, j, w    | **FOCUS ON FITNESS** **Complete your fitness circuit twice this week.** **Did you change your activities or keep the same?** **Why/Why not?**  | Long Jump,  See who in your family can jump the furthers from just where they stand.   |
| Practice Basketball shooting (if you have a ring)  If not – Find a spot high against a wall and hit it each time with a ball  | Throw a ball against the wall and catch it 20 times in a row.  Challenge yourself to do it one handed  | Think about animals that you might see in the zoo.  How man of them can you move like?   | Meditate for 5 minutes, clothes your eyes, lay down, try and clear your mind. Relaxing music will help.    |
| How long can you do a wall sit for?  Challenge your family to it!  | Do 4 different Just Dance Videos on YouTube  Ask your family to join in  | Create the letters of your name using only your body.  Use your family to help you make it.   | See how long you can walk with a book on your head.   |