

Specialist Remote Learning: Term 3 Week 5 - 2021

Physical Education

GYMNASTICS SEQUENCE:

JUNIORS:

1. Create a gymnastics sequence using 3-6 skills and finish in a motorbike landing. You could include - Straddle, Stride, Tuck, Cartwheel, 90° turn (1/4 turn), Front Support, jumps and balances.
2. Practise the sequence and perform it for your family.
Be prepared to present your sequence during our Webex sessions next week.

Extend yourself:

1. Devise a longer sequence using 6-10 skills.
2. Add a 180° turn (1/2 turn) to your sequence.

SENIORS:









1. Create a gymnastics sequence using 6-10 skills and finish in a motorbike landing. You could include - Straddle, Stride, Tuck, Cartwheel, Superman, Dish, 180° turn, 360° turn, 720° turn, Front Support, Superman/Dish roll, jumps and balances.
2. Practise the sequence and perform it for your family.
Be prepared to present your sequence during our Webex sessions next week.







Extend yourself:

1. Devise a longer sequence with 10+ skills.
2. Perform the sequence to music.
3. Create a second sequence with a different combination of skills and perform both sequences.

Keep active - Keep moving 😊 Mrs Richards & Mrs Lang

SKILLS:

Straddle Shape		Stride Shape		Tuck Shape			
Front Support		Dish Shape		Superman Shape			

Cartwheel Sequence						
	a	b	c	d	e	f

Visual Art

WHOLE SCHOOL ACTIVITY THE OLYMPIC GAMES 2021



The Olympic Games began on Friday 23rd July. The **Olympic rings** are the official symbol of the Olympic Games. The design was created in 1913 by **Pierre de Frédy, Baron de Coubertin** (1 January 1863 – 2 September 1937).

He was a French teacher and historian. He was very interested in physical education and he loved the idea of a gymnasium like the ancient Greeks, where young and old learned and played together. He is the founder of the International Olympic Committee. The Olympic rings represent the union of the five continents and the gathering of athletes from around the world at the Olympic Games. The 5 colours of the rings are blue, black, red, yellow and green.

ACTIVITY: Create an Olympic Rings Flag.

Create some Olympic rings with whatever you like.

The IMPORTANT part is that the 5 rings are connected with 3 at the top (BLUE, BLACK, RED) and 2 at the bottom (YELLOW AND GREEN).

Do you notice how they are all linked together? This is because they were designed with the idea that all continents come to the games together in **UNITY**. That means, they share the same dream where the world works together

MATERIALS:

You can use: paint, chalk, pencil, markers, fabric, coloured paper, natural items, Lego, household items, paper plates, plasticine, water with food colour makes great paint....can you think of any other ways? You can use any digital Apps, such as Procreate as well.

Take a photo of your creation.

Have fun!

Mrs Licastro & Ms Katie.



See the next page for your Mandarin and Music program.

Mandarin



JUNIOR – My favourite fruit

We are going to learn the names of different fruits in Mandarin.

Click the link to watch and learn the names of different fruits.

<https://youtu.be/Q-I984DenOA>

Activity 1: Sing along to the song. <https://youtu.be/ANOKPLgW6i4>

Activity 2: Draw a picture of your favourite fruit and tell your parents in Mandarin. If you don't know the fruit in Mandarin, you can join the Mandarin Webex meeting and ask Ms Lin.

Optional: If you are interested, you can listen to this story in Mandarin.

The very hungry snake <https://youtu.be/zwLeYInhOf4>

SENIOR – Leisure Activities / Hobbies

This week, we are learning/reviewing names of leisure activities in Mandarin.



Click the link to watch and learn/review names of different leisure activities.

<https://youtu.be/pV3vQnmTfiU>

Complete the Live worksheet: <https://www.liveworksheets.com/3-dv474643qz>

Drag and place the correct Mandarin words under each picture.

Once you have completed, you can check the answers by clicking finish!!

Music

Hi there! Here we go again! Enjoy! Hope to see you next week!

Warm Up

<https://vimeo.com/449147600>

What Fun! Do Body Percussion to the Dance Monkey! Enjoy!!

Foundation, Grade 1 and Grade 6: The Glockenspiel

<https://vimeo.com/458435521>

Use the interactive glockenspiel (link below) to play I Wanna CCC

<https://www.virtualmusicalinstruments.com/glockenspiel>

This one is actually better than the one I used in the video. Enjoy!

<https://www.youtube.com/watch?v=onJQ1dpsAF8>

We will rock You. Sing a long! We'll be singing and playing this song

Grades 3 and 5: African Drums. Below are the two songs we're working on.

<https://vimeo.com/583613675>

Here is the ensemble one which I briefly introduced

<https://vimeo.com/583615580>

Here is the intermediate version of Kpanlogo that we have been working on.

Grade 2: Pete and the Wolf The last thing we will be doing in the book.

<https://www.youtube.com/watch?v=Va8Uz6MoKlg>

Music legend David Bowie narrates this classic tale with animation from Disney.

Grade 4: Soundtrap Building on what we learned last week!

<https://vimeo.com/440209857>

Showing you how to build a song using 4 parts: Loop, Bass, Guitar and Vocal. Plus how to collaborate!

Read A Book Time:

<https://vimeo.com/451402769>

Let's Dance based on the classic David Bowie Song (Link Below)

https://www.youtube.com/watch?v=VbD_kBJc_gl

This was filmed in Australia in 1983

SPECIALIST WEBEX SESSIONS:

During your Specialist Webex Sessions you will have the chance to complete some of these activities and then do more!

You can ask any questions and maybe even demonstrate some of your work. We look forward to seeing you then. 😊