

Specialist Remote Learning: Term 3 Week 6

Physical Education

BALANCE

Warm up: "Freeze and Go" - click on the link below and follow along. (Seniors - for a more challenging warm up, increase the intensity of the 'move around' movements by changing to actions such as run on the spot, tuck jumps, star jumps etc.)

<https://drive.google.com/file/d/1q8f1WEdxJBevbkGb2QjwW2SUdeyVONSr/view>

Juniors:

1. Follow along (click on the link below) and practise some different balances using the body parts indicated in each section. Press pause so you have time to think about how you will do each balance. https://www.youtube.com/watch?d=n&list=PL1f5HcskdtSLV9xPGijA2xGAsZoC8PerA&v=8QN_1Yy7T-s&index=2&app=desktop

2. Select 4 balances from the chart below – try to hold each balance for 10 secs.

Seniors:

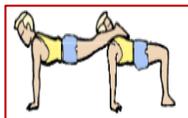
1. Follow along and practise some different balances using the body parts indicated in each section. Press pause so you have time to think about how to do each balance. https://www.youtube.com/watch?v=vJXyd3wwy_A&t=3s
2. Select at least 6 balances from the chart below – try to hold each balance for 20-30 seconds.

Balance Chart



Extension: Partner balances:

Find a partner and attempt the following balances:



Mrs Richards & Mrs Lang 😊

Visual Art



OPTICAL ILLUSION ART

MATERIALS:

- pencil
- ruler
- plain white paper (A4)
- markers/crayons/coloured pencils

DIRECTIONS:

Place your hand into the middle of the white page and trace the **shape** of your hand. Using a variety of coloured markers, rule lines across your page however, when you get to the edge of your hand, **curve** your line to the **shape** of your hand, then continue on with a straight line on the other side. This will give **DEPTH** to your work.

EXTENSION: When you have finished with your coloured lines, add a shadow with either black marker or pencil around the outside of your hand.

You can colour the background as well.

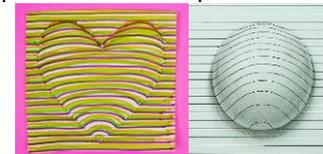
Use the samples above to guide you through from easy to more advanced pictures.

Here is a video link to follow along with:

https://www.youtube.com/watch?v=YNEXzvnD7mI&ab_channel=Handimania

SIMPLIFY:

If hand tracing is too difficult, try to trace a simple shape/object. Now, follow the same steps as above. *For example:* a circle or simple love heart shape.



See the next page for your Mandarin and Music program.

Mandarin

JUNIOR – Fruits I like!

This week, we are reviewing name of fruits and learning to express the fruits you like in Mandarin. Let's watch the video and learn:

<https://youtu.be/gYs57dhKcqU>

Activity 1: Live worksheet – <https://www.liveworksheets.com/3-cl496746lp>

Click play button to Listen & click on the correct fruit picture.

Once you have completed, click "Finish!" to check the answers.

Activity 2: Use the picture that you drew about your favourite fruit from last week.

Tell a family member the fruit you like in Mandarin, using the sentence pattern:



Optional: The story of the week, The cow who loves her fruits

<https://youtu.be/JC8iGat6-Gc>

SENIOR – Leisure activities that I like doing

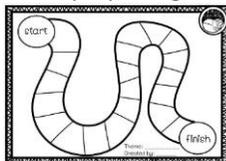
This week, we are reviewing names of different leisure activities, and learning to express the activity you like doing in Mandarin. Please watch the video and practise with the teacher. <https://youtu.be/W-NTRdhcVQ>



Activity 1: QUIZZ – Listen to what each person likes doing.

Click link to join the Quizizz. <https://quizizz.com/join?gc=59973350>

Activity 2: Create a board game or memory matching card game, using these leisure activity words. Then play the game in Mandarin. Examples:



Music

Hi there! Here's the plans for week 6

Warm Up <https://vimeo.com/444452212>

Here's a fun body percussion exercise to get you all started!

Foundation, Grade 1, and Grade 6 : The Glockenspiel

<https://vimeo.com/585159214>

Use the interactive glockenspiel (link below) to play Pudding on the Hill

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

Have fun playing this cool interactive glockenspiel

<https://vimeo.com/585160454>

We will rock You. Play a long!

Grades 3 and 5: African Drums Below are two songs

<https://vimeo.com/585171379>

Here is Ensemble medium drum part to ensemble 1

<https://vimeo.com/585172702>

Here is the Djembe and Dunun parts, including some advanced licks to try!

Grade 2: Have fun investigating the orchestra with this awesome site

<https://insidetheorchestra.org/musical-games/>

Heaps of games and activities to check out!

Grade 4: Soundtrap Building on what we have been learning both online and in

the classroom <https://vimeo.com/196722320>

Showing you how to collaborate!

Read A Book Time:

<https://vimeo.com/442867537>

Along the Road to Gundagai

<https://vimeo.com/442864538>

Sing this classic song with me!

SPECIALIST WEBEX SESSIONS:

During your Specialist Webex Sessions you will have the chance to complete 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. 😊