

Specialist Remote Learning: Term 3 Week 7

Physical Education

JUNIORS - Triple Challenge

Complete the following three tasks:

1) ANIMAL WALKS

Try each of the following animal walks for at least 30 seconds each:

DUCK WALK



Crouch down on 2 feet with arms bent at elbows (wings). Walk forward in a crouched position

BUNNY JUMP



Crouch with 2 hands up. Push off with 2 feet together and land on your 2 feet back in a crouch position.

GIRAFFE WALK



Stretch one arm up (neck) and one arm behind you (tail), walk with long strides.

PENGUIN WADDLE



Put your hands by your sides and your heels together. Walk keeping your heels close together.

2) GYMNASTICS ACTIVITY



PENCIL ROLL: Lie straight like a pencil and roll to the side until you are back to your starting position. Try to perform 3 rolls in a row. Now try 5 rolls in a row – make sure you have enough space.

3) LOCOMOTOR TIMED CHALLENGE

GALLOPING:

Time how many seconds it takes you to gallop

- * around your room.
- * around your house
- * to the end of your street (ask a grown up)



How to gallop: One foot is the leader, one foot is the follower. Front foot always stays at the front.

SENIORS - Fitness Fever Challenge

Hi Senior students – this week is all about challenging ourselves to keep moving our bodies during remote learning. You will need to go to the **PE channel in your TEAMS** to find all the information for this week's *Fitness Fever* Challenge. You will also be asked to enter the details of your challenge into the PE channel. We look forward to seeing your results!

Keep moving! Mrs Richards & Mrs Lang

Week	Option A	Option B	Option C
1			
2			
3			
4			

Visual Art

Book Week

OLD WORLDS, NEW WORLDS, OTHER WORLDS

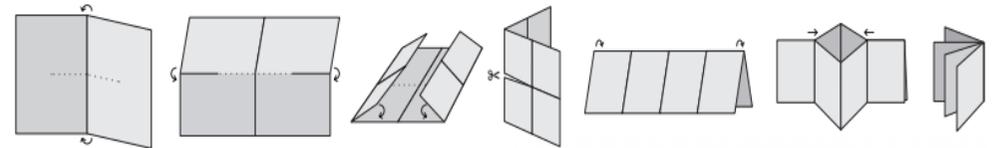
MATERIALS:

- pencils, drawing equipment
- A4 paper

1. MAKE A MINI ART JOURNAL or COMIC BOOK

DIRECTIONS:

Fold an A4 piece of paper as in the instructions below to form a mini book.



You could use each page as a **visual art diary**.

Or you could illustrate the pages with a **short story**.

Maybe you might like to turn it into a **comic book** instead.

Possible ideas could include the future and what it would like, outer space, superheroes, your memories, a day in the life of, 'how to' books, my family or your choice.



2. Design a Book Mark

Create a book mark for yourself or as a gift. You can use paints, crayons, pencils, photography, collage (magazines/newspapers/torn paper).

You can draw your favourite book character or a scene from your favourite book.

Join your art teachers in ART Webex meetings and we can make these together.

See you there. Keep creating, Mrs Licastro & Ms Katie.

See the next page for your Mandarin and Music program.

Mandarin

JUNIOR – My Face

Dear junior parents and students, this week we are learning/reviewing the names of face parts. Click the link and follow the video to learn/review the words in Mandarin.

<https://video.link/w/zNO5c>



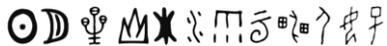
Activity 1: Sing along to My Face song in Mandarin <https://video.link/w/ONO5c>

Activity 2: Draw a picture of your face. Either name each face part in Mandarin OR label the face parts in Chinese pinyin by referring the above vocabulary chart.

Extension: if you are interested in learning the basic Chinese characters of face parts, click the link for more information.

https://drive.google.com/file/d/1gdv6oFnyrapo6l_00Zz_BPF9CMtjhbgo/view?usp=sharing

SENIOR – The Art of Chinese Characters 1



Hi senior students! This week we are going to explore the history and the beauty of Chinese characters (hàn zì 汉字). Hàn zì 汉字 have a history dating back over 6,000 years, making it the oldest written system still being used today. There are more than 100,000 hàn zì recorded in *The Dictionary of Chinese Character of Variant*, with around 3,500 Chinese characters are commonly used in everyday language.

Let's watch this animation to find out how Chinese characters were created long time ago.

<https://video.link/w/dOO5c>

Activity 1: Look at each Chinese pictogram and guess what they are.

Click the link to join the quiz. Please enter your name & grade correctly.

<https://quizizz.com/join?gc=33472662>

Activity 2: Try the Chinese pictogram worksheet. You can find the worksheet in the **Files on Mandarin channel** in your class **Teams**.

If you want to know more about Cang Jie's story, you can try the illustrated book *Cang Jie, The Inventor of Chinese Characters* by Li Jian. <https://video.link/w/lOO5c> Please note, it's in Mandarin, but you can read the English in the video. Ms Lin 😊

Music

Hi there! Here's the plans for week 7 Grade 2s, please note you will be learning the Glockenspiel when we get back to school. Grade 3s and up, I will be adding to these lessons via teams/Soundtrap. Enjoy!

Warm Up

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

Epo I Tai Tai E ~ A Body Percussion Song from New Zealand 3 levels: beginner, advanced and expert.

Foundation, Grade 1, Grade 2 and Grade 6 : The Glockenspiel

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

Have fun playing this cool interactive glockenspiel

<https://vimeo.com/588674062>

I Wanna CCC . Play along!

<https://vimeo.com/588674942>

Cabbage Café Play along! When we get back we will be brainstorming words to create songs.

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

We Will Rock You. A clever version. We will rock this song when we return!

Grades 3 and 5: African Drums This Week the focus is on Ensemble 1

<https://vimeo.com/588594681> This is the Shekere Part

<https://vimeo.com/588596069> This is the Gankogul Part

Note: have a go! Get creative to recreate the sound!

Grade 4: Soundtrap

<https://vimeo.com/587613720>

Here I show you how to collaborate to create a song

Read A Book Time:

<https://vimeo.com/587638225> Old Man Emu By John Williamson

Sing a Long

<https://www.youtube.com/watch?v=SggENQLwT1I> John Williamson - Old Man Emu

(Lyric Video)

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. 😊