

Specialist Remote Learning: Term 3 Week 8

Physical Education

JUNIOR SCHOOL - Triple Challenge #2

3 new Triple Challenge tasks this week – try each one and see how you go:

1) ANIMAL WALKS

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

BEAR WALK



Both hands and feet on the ground. Walk forward with the right leg and right arm, then left leg and left arm.

CATERPILLAR WALK



Start with hands and feet on the ground, bent at the waist. Walk hands out forwards into plank, walk feet in towards hands, repeat.

ELEPHANT STOMP



Bend at the hips and clasp 2 hands together (trunk). Take large stomping steps and swing arms from side to side.

STARFISH JUMPS



Start with feet together and hands by your side. Jump with legs out and arms stretched out. Return to starting position.

2) GYMNASTICS ACTIVITY

TUCK ROCK:

- * Lie on your back in tuck position
- * Rock forwards and backwards
- * Keep your legs up in tuck position

EXTENSION: Can you stand up after 3 tuck rocks without using your hands?



Watch Mrs Richards do the tuck rock:
<https://video.link/w/TJ16c>

3) LOCOMOTOR TIMED CHALLENGE

SKIPPING:

Time how many seconds it takes you to skip:

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

SKIP



1. Step on one foot, hop
2. Step on the other foot, hop. Repeat.
3. Step, Hop, Step Hop.

SENIOR SCHOOL - Fitness Fever Challenge #2

Hi Senior students – this week we are continuing to challenge ourselves to keep moving our bodies during remote learning. Just like last week, you will need to go to the **PE channel in your TEAMS** to find all the information for this week's *Fitness Fever* Challenge. Please **COMPLETE** the Week 8 *Fitness Fever Record Sheet* for your workouts – this week we are recording our heart rate, too! We'll complete one full workout in our Webex.

Keep moving! Mrs Richards & Mrs Lang

Visual Art

PAINTING WITH FOOD COLOURING

MATERIALS:

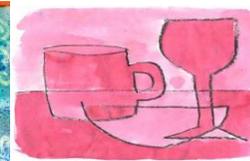
- food colouring
- brushes
- water
- small plastic glasses or containers
- crayons



DIRECTIONS:

In a small glass, mix about 20 drops of food colouring into 50mls of water. Make as many colours as you can.

Paint a picture with the food colouring. See if you can mix 2 primary colours together to create secondary colours.



** Another technique is to draw a picture with crayons *first* and then colour your picture using your watercolour.

EXTENSION:

Monochrome means **one colour**, so in relation to art, monochrome artwork is one that includes only one colour.

Paint a scene, cityscape, landscape using one colour. This will make your painting **monochromatic**.



ALTERNATIVE:

If you don't have food colouring, ask a parent for some coffee or beetroot juice, etc.

You can also place a texta/ marker upside down in 1/4 cup of water over night to create liquid watercolour. The colour from the marker will seep into the water.

REMEMBER: If you don't have any of these things, you can always draw using coloured pencils or markers.

Hope you have fun creating some art this week. Mrs Licastro & Ms Katie.

See the next page for your Mandarin and Music program.

Mandarin

JUNIOR – Body Parts

Dear junior parents and students,

We are continuing to learn/review names of our body parts in Mandarin.

Click the link to watch and listen to the words. <https://video.link/w/gh36c>

Focus vocabulary for this week:



Activity 1: Sing along to Head, shoulders, Knees & Toes in Mandarin.

<https://video.link/w/YW26c>

Activity 2: Live worksheet – click the play button to listen. Then drag the corresponding body part picture to match. <https://www.liveworksheets.com/3-sj552169bs>

Extension: Learn to write Chinese characters. Click the link to download the worksheet.

<https://drive.google.com/file/d/1iDE-oTiR6HS5APAv4rNrbTSJx23y0Nkm/view?usp=sharing>

SENIOR – The Art of Chinese Characters 2

Dear senior students,

This week, we are still focusing on learning the Chinese characters (hàn zì 汉字), and then use these Chinese pictographic characters to create a picture.

Here are some examples. How many Chinese pictograms can you recognise and understand in these pictures?



You will need to go to the **Mandarin channel in your Teams** to find the information for this week's activities. Ms Lin

Music

Hi there! Here's the plans for week 8. Lots of new stuff today! The body percussion uses the song *I Can't Stop The Feeling*. There are a couple of new glockenspiel songs, *Funga Alafia* is a new song for the African drums, and a tutorial for collaborative podcasts for the Grade 4s. Something for everyone! Not to mention, *I'm Singing in the Rain*.....

Warm Up

<https://www.youtube.com/watch?v=92gf8dAlhUw>

Body Percussion - Can't Stop the Feeling` A Great way to start the day!!

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/591861526>

Play along with this classic waltz song, The Blue Danube. For the younger players!

<https://vimeo.com/591860342>

Here's a new song called White Flower, for the older players!

Grades 3 and 5: African Drums

<https://vimeo.com/591336003>

Here is a New Song, Funga Alafia.

Grade 4: Soundtrap

<https://vimeo.com/453807023>

Here's how to make a collaborative podcast, including Face time meeting!

Read A Book Time: Singing In The Rain

<https://vimeo.com/591862539>

Enjoy my reading of this picture book based on the classic song/movie

Sing a Long Singing In The Rain

<https://vimeo.com/591864110>

Sing along with this cheery, "sunny" song!

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. 😊