

Specialist Remote Learning: Term 3 Week 9

Physical Education

JUNIOR SCHOOL - Triple Challenge #3

Try these NEW Triple Challenge tasks this week – see how you go:

1) ANIMAL WALKS

CRAB WALK



Sit on the ground and place hands behind you. Lift your bottom and start moving sideways.

KANGAROO JUMP



Keeping your feet together, jump forwards. (Always jump with 2 feet and land on 2 feet)

TURTLE CRAWL



Start in a crouched position with elbows and shins on the floor. Crawl in this position. It's tricky!

EMU WALK



With your arms bent at the elbow, walk slowly heel to toe in a straight line. You will need to keep balanced.

2) GYMNASTICS ACTIVITY

EGG ROLL (SIDE TUCK ROLL):

- * Start in tuck shape facing the floor.
- * Roll sideways keeping your tuck shape until you get back to the start.

EXTENSION: Can you do 2 or 3 egg rolls in a row?



Watch Mrs Richards do the EGG ROLL:
<https://video.link/w/PxY6c>

3) LOCOMOTOR TIMED CHALLENGE

HOP

Time how long it takes you to hop:

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



HOP
Spring up on one foot and land on the same foot.
Continue on the same foot.
Hop, hop, hop.

SENIOR SCHOOL - Fitness Fever Challenge #3

Hey Seniors 😊 This week is our third and final week of our Fitness Fever Challenge. Which activities have been your favourites? Which ones have you found easy/difficult? Do you feel as though you have improved over the last two weeks? Were you able to find your pulse so you could record your heart rate?

Please head to the PE channel on TEAMS for all your Week 8 PE information.

Keep moving! Mrs Richards & Mrs Lang

Visual Art

AUSTRALIAN ART HISTORY RESPONSE



Follow this link for a virtual tour of a room at the NGV. Can you find this painting in the room?

https://www.ngv.vic.gov.au/virtual-tours/she-oak-and-sunlight-australian-impressionism/?fbclid=IwAR1S5DeuiwbyLazM2dx5ixWalBXYGJVJu83T-XXtAt_kmcxOlw9yIbQDnxY

“The Pioneer” is one of Australia’s best known and loved works. The artist, Fredrick McCubbin, painted the 3-panelled canvas in 1904. He loved to paint the Australian landscape. He was able to capture the texture, colour and light of the outdoors through his brush work. The painting represents history through the life of an Australian pioneer. Fredrick McCubbin even dug out a trench in his garden at Mt. Macedon to enable him to lower the canvas and reach its upper sections while painting. This week, study the painting and write answers to the following questions.

JUNIORS:

1. Make a list of all of the things that you can see in this painting.
2. List at least 8 colours you can see in this artwork.
3. Write 3 separate sentences about each of the 3 paintings.

ACTIVITY: Fold a piece of paper into 3 sections.

Draw yourself doing something in your daily life in each panel.

SENIORS:

1. Write an interesting and informative paragraph about this artwork. Try to use descriptive language. You can do some research on the internet. Write about what you think is happening in each section of the painting.
2. Research the artist Fredrick McCubbin and write some facts about what you discover about him.

ACTIVITY: Fold a piece of paper into 3 sections and draw/paint/collage your own 3 panel story.

See you in the Art Webex meeting. Keep creating ! Mrs Licastro & Ms Katie

Mandarin



MID-AUTUMN FESTIVAL 中秋节 Zhōng qiū jié

Dear parents and students,

It's the time of the year celebrating Mid-Autumn Festival, which is also known as Moon Festival. Zhōng qiū jié is on 15th August on the Chinese lunar calendar, and this year it falls on 21st September. In this week's lesson, we are going to review/explore the story and traditions about Mid-Autumn Festival.

Mid-Autumn Festival Key Words:

 Mid-Autumn Festival Zhōng qiū jié 中秋节	 Hòu yì 后羿	 Cháng é 嫦娥	 Moon yuè liàng 月亮	 Mooncake yuè bǐng 月饼	 Jade Rabbit yù tù 玉兔
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JUNIOR

Listen to the Story of Hòu yì & Cháng é: <https://video.link/w/Fts7c>

Activity 1: Mid-Autumn Festival Song: <https://video.link/w/3vs7c>

Activity 2: Live worksheet – click play to listen, and drag the corresponding picture to match. <https://www.liveworksheets.com/3-oy577940ey>

Activity 3: Mid-Autumn Festival colouring page. Click the link to download. <https://drive.google.com/file/d/14lrxiuDVWcDqOJUmCYzw4essrvU2UBU/view?usp=sharing>

SENIOR

Mid-Autumn Festival: <https://video.link/w/Yws7c>

Activity: Click the link to join the quiz. <https://quizizz.com/join?gc=56378166>

Please enter your name & grade correctly.

Optional: if you are interested in making simple mooncakes this year.

Click the link to watch how to make the **Oreo Mooncakes**:

<https://video.link/w/06s7c>

You will need parents' permission or assistance for this activity.

Music

Hi there! Here's the plans for week 9. The body percussion is to the Lion King song "I Just Can't Wait to Be King". The two glockenspiel songs are "If You're Happy and You Know It" and "Cabbage Café". Introducing a new song on African Drums, Jensa! For Soundtrap, there is a step-by-step video on how to create a podcast. For the Senior grades, additional info will be posted on teams. I'm reading the book "Clouds". And HEY.... GOT ANY GRAPES?

Warm Up

https://www.youtube.com/watch?v=kqof84_WR1s

I Just Can't Wait to Be King - The Lion King Body Percussion

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/594981896>

If You're Happy and You know it! For the younger ones

<https://vimeo.com/594981098>

Let's Play the Cabbage Café Together! For the older ones

Grades 3 and 5: African Drums

<https://vimeo.com/595640653>

New Song! Jensa. Have a go at the Djembe parts!

Grade 4: Soundtrap

<https://vimeo.com/451401112>

How to Create a Podcast with Music at the beginning and end

Read A Book Time:

<https://vimeo.com/594990943>

Clouds Inspired by the Cody Simpson Lullaby!

Sing a Long

<https://vimeo.com/417892693> Mr Leever sings and plays "The Duck Song"

Hey! Got Any Grapes??

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. 😊