

# Kearns PS Stage 3 - Week 2 Term 3 (Offline)

Complete all tasks in the workbook printed for you for each Key Learning Area.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>English</b></p> <p><b>Activity 5</b>  <b>Warm Up Game</b> - Quiz  <b>Task 1</b> - Short narrative  <b>Reflection</b> - 2 stars and a wish  <b>Extension</b> - Narrative to play</p>	<p><b>English</b></p> <p><b>Activity 6</b>  <b>Warm Up Game</b> - Word web  <b>Tuning In</b> - Read the poem 'The Sea' and think about the questions.  <b>Task 1</b>- Answer the questions.  <b>Reflection</b> - How has the poet created mood and atmosphere? Reflect using 2 stars and a wish  <b>Extension</b>                      If you would like to learn more you can choose a poem of your choice and write a response, discussing the author's intention and techniques</p>	<p><b>English</b></p> <p><b>Activity 7</b>  <b>Warm Up Game</b> - Word web.  <b>Tuning In</b> - Think about what you know about narrative. List two things you know about narrative. List any questions you may also have.  <b>Task 1</b>- Read the poem End of Term, and answer the questions.  <b>Task 2</b> - Write sentences using Imagery. examples have been done for you.  <b>Reflection</b> - Think about what you have learnt. Use the two stars and a wish structure to guide</p>	<p><b>English</b></p> <p><b>Activity 8</b>  <b>Warm Up Game</b>- set a 5 minute timer, find the biggest word you can.  <b>Tuning In</b> - Read 'The Barber Shop: Scissor Twister, Episode 1 –The Undercut' by Andrew Cranna  <b>Task 1</b>- Complete conventions of comics task.  <b>Task 2</b> - Complete Conventions of Speech task.  <b>Reflection</b> - Think about what you have learnt in this activity. Use the two stars and a wish structure to guide your reflection.</p>	<p><b>English</b></p> <p><b>Activity 9</b>  <b>Warm Up Game</b>- Word Choice  <b>Tuning In</b>  <b>Task 1</b>- In this task you will identify narrative structure (orientation, complication and resolution) in a comic.  <b>Reflection</b> - Think about what you have learnt in this activity. Use this structure to guide your reflection.  <b>Extension</b> - If you would like to learn more you can read a comic of your own choice. Locate and identify the orientation, complication and resolution to show</p>

		of creating mood.	your reflection. <b>Extension</b> - Choose a poem of your choice and write a response, discussing the author's intention and techniques of creating mood.	<b>Extension</b> - Read a comic of your own choice and see if you can identify some more conventions of comics in your reading.	you understand how narrative conventions work in comics.
<b>Break</b>	<p><b>Mindfulness Slow Motion</b></p> <ol style="list-style-type: none"> <li>1. To start, pick up one foot and take a step forward, in slow motion. Pay attention to how you naturally keep your balance.</li> <li>2. Now walk in slow motion, step by step. Notice how your arm, legs and feet move. Pay attention to how your knees bend and straighten, as you lift one foot and then the other, nice and slow.</li> <li>3. Whenever your mind wanders, gently guide it back to your slow motion moving. Keep breathing in and out, as you enjoy moving in slow motion.</li> </ol>	<p><b>Mindfulness</b></p> <ol style="list-style-type: none"> <li>1. Find a comfortable sitting position. You can even place a hand on the heart. Allow your eyes to close or lower your gaze toward the floor.</li> <li>2. Bring to mind someone who you really respect and look up to, and who really loves you in return.</li> <li>3. Notice how you feel as you bring this person to mind.</li> <li>4. Make a kind wish and send it their way. What would make them happy?</li> <li>5. Bring to mind someone who has frustrated you lately, someone who is a little difficult. Send this last person a kind wish—something nice for them in their life.</li> <li>6. Check in with your mind and body. Allow your eyes to open if they've been closed. Notice if there's any shift</li> </ol>	<p><b>Mindfulness Body Scan</b></p> <ol style="list-style-type: none"> <li>1. Lie down on your back on a comfortable surface and close your eyes.</li> <li>2. Squeeze every muscle in your body as hard as you can</li> <li>3. Squish your toes and feet, squeeze your hands and fists, making your legs and arms as hard as stone.</li> <li>4. After a few seconds release your muscles and relax for a few minutes.</li> <li>5. Think about how your body is feeling throughout the activity.</li> </ol>	<p><b>Mindfulness Calm Word</b></p> <ol style="list-style-type: none"> <li>1. Think of a word that seems calm or soothing. This could be a word like "peace" or "love" or "peaceful" or "snowflake" or "sunlight" or "hum" or "calm."</li> <li>2. Think the word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word.</li> <li>3. When your mind wanders, guide your attention back to your word, and keep saying it gently and slowly.</li> <li>4. Can you do this for a whole minute? Can you do it for 5 minutes?</li> </ol>	<p><b>Mindfulness Slow Motion</b></p> <ol style="list-style-type: none"> <li>1. To start, pick up one foot and take a step forward, in slow motion. Pay attention to how you naturally keep your balance.</li> <li>2. Now walk in slow motion, step by step. Notice how your arm, legs and feet move. Pay attention to how your knees bend and straighten, as you lift one foot and then the other, nice and slow.</li> <li>3. Whenever your mind wanders, gently guide it back to your slow motion moving. Keep breathing in and out, as you enjoy moving in slow motion.</li> </ol>

<b>Middle</b>	<p><b>Mathematics</b> <b>Activity 5 - Colour in Fractions Part 2</b> Use the Mathematics Student Workbook for today's activity.</p>	<p><b>Mathematics</b> <b>Activity 6 - Basketball Toss</b> Use the Mathematics Student Workbook for today's activity.</p>	<p><b>Mathematics</b> <b>Activity 7 - Paul's Basketball Challenge</b> Use the Mathematics Student Workbook for today's activity.</p>	<p><b>Mathematics</b> <b>Activity 8 - Let's Get Magical</b> Use the Mathematics Student Workbook for today's activity.</p>	<p><b>Mathematics</b> <b>Activity 9 - Reactions Time Test</b> Use the Mathematics Student Workbook for today's activity.</p>
<b>Break</b>					
<b>Afternoon</b>	<p><b>PD/H/PE</b> <b>Create a Fitness Circuit</b> Create a fitness circuit. Choose 5 exercises eg, squats, lunges, push ups, sit-ups, star jumps, burpees, skipping etc. Complete 10 x each exercise and rest for 30 seconds in between. How many rounds can you complete in 30min? Ask a family member to join you. How did you feel immediately after your workout? How did you feel 15 minutes later? What does this tell you?</p>	<p><b>Geography</b> <b>Places and environments-</b> Use the Places and Environments Student Workbook to complete today's activity.</p>	<p><b>Creative Arts</b> <b>Narrative in music and visual arts</b> - Use the Creative Arts Student Booklet to complete today's activity.</p>	<p><b>PD/H/PE</b> <b>Obstacle golf - advanced</b> - Use the PDHPE Student Booklet to complete today's obstacle golf advanced activity.</p>	<p><b>Science</b> <b>Earth and Space-</b> Use the Science Workbook to complete today's activity about our solar system.</p>