

## Level 3 - Learning Grid #1

*There are 30 points available in this grid, and your goal is to collect 20 points over the course of 2 days. You must complete the maths and Literacy tasks :)*

*There are PE, French and Art activities available below the grid.*

<b>4 points</b>	<b>4 points</b>	<b>4 points</b>
<p><b>Reading:</b> Pretend the main character from the book you are reading spends a day at our school. Draw a comic strip of how his day might go.</p>	<p><b>Science:</b></p> <ol style="list-style-type: none"> <li>1. Hold an ice cube in each hand and set a timer.</li> <li>2. Close one hand and leave the other open.</li> <li>3. Record the time it takes for each cube to completely melt.</li> </ol> <p>Did the cubes melt differently? Can you explain why?</p>	<p><b>Maths:</b> Login to MangaHigh and complete the set tasks. Every medal is worth 1 point, complete them all to get 4 points</p>
<b>3 points</b>	<b>3 points</b>	<b>3 points</b>
<p><b>Wellbeing:</b> Using your knowledge of Zones of Regulation list some words that you could use to describe this feeling. Draw yourself doing some things that help put you in the 'Green Zone'</p>	<p><b>Writing:</b> Write a story starting with: "No one ever visited the big house at the end of the street. I should not have done it either.". Please remember to</p> <ul style="list-style-type: none"> <li>- Use a sizzling start</li> <li>- Add in a show, dont tell</li> <li>- Edit your work for capital letters and full stops</li> </ul>	<p><b>Spelling-</b> Using your sort words complete two of the activities on the Spelling activities sheet.</p>
<b>2 points</b>	<b>2 points</b>	<b>2 points</b>
<p><b>Maths:</b> Survey time! Survey people you know and plot your data in a table using tally marks.</p>	<p><b>Critical and Creative thinking:</b> What 3 things would you take with you to a desert island. Explain your choices.</p>	<p><b>PBIL:</b> Can you research different Aboriginal symbols and use them to create a story?</p>
<b>1 point</b>	<b>1 point</b>	<b>1 point</b>

<b>Ethical capability:</b> Pretend that you are moving to Mars to set up a new colony of humans. What would you do on your last day on Earth?	<b>Intercultural capability:</b> Research what different cultures do for Easter.	<b>Personal and Social capability:</b> How did you solve a problem at home today? What strategies did you use?
--	---	---

## ART ACTIVITIES

Day 1: Dream time story picture.

You are making a front cover for your dreamtime picture.

Do some research about the animal, plant or place that your story is about.

What does it look like? Where is it found?

## FRENCH ACTIVITIES:

### DAY 1:

to complete new worksheet 'c'est Moi'/it's me' (place of birth, where do I live, height, colour of my hair, colour of my eyes, describe my personality)  
– see French Book

To work on Languageut – Topic : Me & My family, then click My family, then click My family members...

<https://www.languagenut.com/en-au/>

to use Username & Password from your French Book

## PE Activity:

Try and complete the four different yoga poses from this picture as you can.

How long can you hold each position?

Can you identify what muscles you are stretching?

Can you come up with your own yoga poses?

## Mountain Pose

### Tadasana



**Benefits**  
Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hang your arms beside your torso.
- 4 Breathe deeply and hold as long as needed (at least two breaths).

## Tree Pose

### Vrikshasana



**Benefits**  
Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

- 1 Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
- 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
- 3 Press your hands together.
- 4 Raise your arms over head and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.

## Chair Pose

### Utkatasana



**Benefits**  
Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side.)
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.

## Rainbow Pose

**Benefits**  
Stretches arms, abdominals, spine and chest; calms the mind.



- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- 4 As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on other side.