

Level 4 - 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.

Underneath the grid you will find digital learning options as an additional task.

4 points	4 points	4 points
Reading: Pretend the main character from the book you are reading spends a day at our school. Draw a comic strip of how his/her day might go.	Science: Investigate sinkholes and present your knowledge in a poster or a powerpoint.	Maths: Log on to MangaHigh and complete the set tasks. Every medal is worth 1 point, complete them all to get 4 points
3 points	3 points	3 points
Ethics: Is it fair that schools have been closed due to Corona Virus? Make a t - chart listing why it is fair and why it isn't fair	Writing: Roll a story - Roll a dice and choose your character, setting, problem and something the character is doing. Make sure you think about full stops, capital letters and punctuation. Once you have finished you can type it up if you wish.	Wellbeing: How can you draw on your strengths at this time? Identify conflicts commonly experienced in peer groups and suggest possible causes and resolutions
2 points	2 points	2 points
Wellbeing: Resilience Project Lesson 2 (Pages 8-9) Title: Strength Spotting	Critical and Creative thinking: If you had to choose 3 VALUES for our school - what should they be? Explain your reasoning. Here are some suggestions- RESPECT, TOGETHERNESS etc	PBIL- Work on your home learning project for your town

1 point	1 point	1 point																									
<p>Ethics: Should an infected person go to the supermarket to buy food for a relative who is house bound and would starve if they didn't go?</p>	<p>Critical and Creative thinking: : Arrange the letters of T-R-A-I-L in the grid below so that each of those five letters appears once each in every row, column, and diagonal.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>T</td><td></td><td></td><td>I</td><td></td></tr> <tr> <td></td><td>L</td><td></td><td></td><td>A</td></tr> <tr> <td></td><td></td><td></td><td>L</td><td></td></tr> <tr> <td></td><td></td><td>R</td><td></td><td></td></tr> <tr> <td>A</td><td></td><td></td><td></td><td>R</td></tr> </table>	T			I			L			A				L				R			A				R	<p>Spelling: Complete 1 spelling activities from the list in your spelling books.</p>
T			I																								
	L			A																							
			L																								
		R																									
A				R																							

DIGITAL LEARNING OPTIONS	
<p>Sunshine Online - 1 point per book Username: edithvale Password: edithvale</p>	<p>Hour of Code - 3 points per completed project https://hourofcode.com/au</p>
<p>Epic! Books - 2 points per book Computer/laptop or Apple/Android app Your parents will receive an email for you to access this at home. You can read books assigned to you, or browse and choose your own books.</p>	<p>ABCYA - literacy activities - 1 point https://www.abcyah.com/</p>

ART ACTIVITIES

Day 1: Finish the mind map for your symbol art.

- Experiment with the different art materials you have at home to create 4 different versions of your symbol art in your sketchbook.

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 Languagenut – 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 as many different yoga poses 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?

Elephant Pose



Benefits

Stretches legs and back, relieves stress and calms the mind.

- 1 Bend at the hips.
- 2 Let arms hang low then clasp fingers together.
- 3 Swing arms from side to side like a trunk. Swing whole body from side to side to walk like an elephant.

Tree Pose



Vrikasana

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.

Cobra Pose

Bhujangasana



Benefits

Strengthens spine, backs of arms and legs; stretches shoulders, chest and belly, improves posture, helps relieve stress.

- 1 Begin by lying on your tummy.
- 2 While exhaling, lift your head and upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.