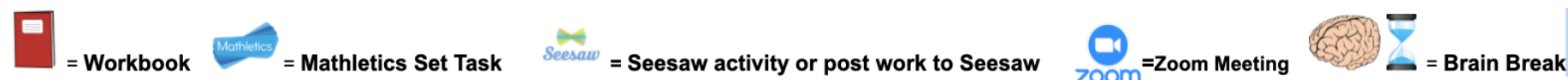
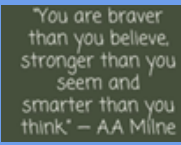







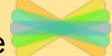



**WELLBEING FOCUS: Celebrating My Personal Best**

**Term 4 Week 2 - Home Learning Program Year 4**



[Access to printable resources](#)

	Monday 11 October	Tuesday 12 October	Wednesday 13 October	Thursday 14 October	Friday 15 October
<b>Check in Task</b>	Go to <a href="#">Seesaw</a> . Find the task: <b>'Monday Week 2 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity	Go to <a href="#">Seesaw</a> . Find the task: <b>'Tuesday Week 2 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity	Go to <a href="#">Seesaw</a> . Find the task: <b>'Wednesday Week 2 Daily Check in'</b>  <b>You will need to:</b> - Open the PDF of suggested activities for Screen-Free Fun	Go to <a href="#">Seesaw</a> . Find the task: <b>'Thursday Week 2 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity	Go to <a href="#">Seesaw</a> . Find the task: <b>'Friday Week 2 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity
<b>Wellbeing Activity</b>	Mindful Monday <a href="#">Smiling Mind</a> Exploring Strengths 4 Meditation  (MyPrograms-Classroom-Primary-Yr 4 Lesson 10- Exploring Strengths 4)	<b>Mindful moment:</b> Start your day off in a relaxed state.  Work out your 'why': if you know the benefit of getting the activity completed, you'll be more motivated to do it.	Find a quote that helps you get motivated for the day ahead. Print or create it and put it on your desk.  	Research shows that music can motivate you, boost your mood and help you focus! Listen to your favourite music as you start your first remote learning activity today. Compile a playlist of your Top 10 motivating songs.	Celebrate the wins: make yourself a 'Ta-da' list where you write down your achievements, no matter how small.  What worked well for you this week? What are you looking forward to for the rest of Term 4?
<b>Morning</b>	<b>Year 4 Class ZOOM Call- 9:30 AM</b> <b>ENGLISH</b>  1. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Edward the Emu'</b> .  <b>FRUIT BREAK</b>  2. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Text Features'</b> .	<b>Year 4 Class ZOOM Call- 9:30 AM</b> <b>ENGLISH</b>  3. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Identifying the Setting'</b> .  <b>FRUIT BREAK</b>  4. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'My Setting'</b> .	<b>No Zoom this morning but you will need to complete the daily check in on Seesaw.</b>  Today's work will be hands-on and predominantly offscreen. You will need to print some items. Complete the numbered tasks for each session. The other tasks are optional.  <b>MORNING SESSION</b>  1. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Soundwaves Week 2'</b> .  2. Last week we studied the picture book 'Alexander's Outing'. Your task is to create your own version of Alexander's Outing, including illustrations. Please do this on paper.  3. Read a chapter of the book you are currently reading for pleasure. Pretend you are one of the main characters and write a diary entry about your day.  Optional:  - Draft your own rap song using as many of this week's list words as	<b>Year 4 Class ZOOM Call- 9:30 AM</b> <b>ENGLISH</b>  4. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'The Structure of Edward the Emu'</b> .  <b>FRUIT BREAK</b>  5. Click on the link <a href="#">BTN</a> to watch Behind The News for this week.	<b>Year 4 Class ZOOM Call- 9:30 AM</b> <b>ENGLISH</b>  1. Writing: Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Characterisation in Edward the Emu'</b> .  <b>FRUIT BREAK</b>  2. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Handwriting Week 2 T4'</b> .

			you can.		
<b>Recess Break</b>					
Middle	<p><b>MATHEMATICS</b></p> <p>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Multiplication: Flipping it is fine'. </p>	<p><b>MATHEMATICS</b></p> <p>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Multiplication: Order doesn't matter!'. </p>	<p><b>MIDDLE SESSION</b></p> <p>1. Complete the 'Scratch Coding' sheets and then create your own maze for someone else to solve.</p> <p>2. Using measuring tape, ruler and/or string, complete the 'My Body Measurements' sheet. If you can measure a family member or a friend and compare your results.</p> <p>3. Play two rounds of 'Pig Maths Game' with a partner. Print the sheet if you need to make the dice.</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- Take the challenge and try to solve some Math riddles. <a href="#">Click here.</a></li> </ul>	<p><b>MATHEMATICS</b></p> <p>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Square Centimetres'. </p>	<p><b>MATHEMATICS</b></p> <p>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Square Metres'. </p>
	<b>Lunch Break</b>				
Afternoon	<p><b>Stage 2 GRADE ZOOM 2pm</b></p> <p></p> <p><b>PE</b></p> <p>Watch Mr Smith's <a href="#">Video</a></p> <p>1. Choose any dance from <a href="#">Kidzbop</a>, or <a href="#">Just Dance</a> and see if you can teach yourself the dance by focussing on small sections.</p> <p>2. Your task is to see if you can perform any of the dances to the music without watching the video</p> <p>3. If you want a further challenge, choose another song and see if you can learn a second dance.</p>	<p><b>SCIENCE</b></p> <p>Go to Seesaw. Find &amp; complete the task 'Science - Push/Pull (Week 2)'. </p>	<p><b>AFTERNOON SESSION</b></p> <p>1. Go outside with some paper and any art materials that you have available. Close your eyes and listen to the sounds around you. Draw/paint/colour a pattern on your page that symbolises the things you hear.</p> <p>2. Design and make your own obstacle course. Time yourself to see how fast you can complete the course. Challenge a friend or family member to complete it too. Can they beat you, or will you beat them?</p> <p>3. Make your own Lucky Four Leaf Clover. <a href="#">Click here to see how.</a></p>	<p><b>GEOGRAPHY</b></p> <p>Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Our Neighbours Part 1'. </p>	<p><b>PDH</b></p> <p>Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Stereotypes'. </p>
					<p><b>MUSIC</b></p> <p>Go to seesaw to find the Term 4 Week 2 music lesson </p>
Make sure you have submitted to your teacher:	<ul style="list-style-type: none"> <li>Monday Week 2 Daily Check in</li> <li>Edward the Emu</li> <li>Text Features</li> <li>Multiplication: Flipping it is fine</li> </ul>	<ul style="list-style-type: none"> <li>Tuesday Week 2 Daily Check in</li> <li>Identifying the setting</li> <li>My Setting</li> <li>Multiplication: Order doesn't matter!</li> <li>Science task</li> </ul>		<ul style="list-style-type: none"> <li>Thursday Week 2 Daily Check in</li> <li>The Structure of Edward the Emu</li> <li>Square Centimetres</li> <li>Our Neighbours Part 1</li> </ul>	<ul style="list-style-type: none"> <li>Friday Week 2 Daily Check in</li> <li>Characterisation in Edward the Emu</li> <li>Handwriting Week 2 T4</li> <li>Square Metres</li> </ul>

Incorporate at least **20 minutes** of independent reading into your daily routine.



**Zoom Years 3 and 4 (Stage 2) Zoom Link Monday 2:00 PM**

<https://nsweducation.zoom.us/j/68058219723?pwd=UHpkYkhNUzZCYXB0Z0Q0NFVtTE03Zz09>

Meeting ID: 68058219723 Passcode: 848837



**Year 4 Class Zoom Links**

<b>4B Miss Bonadio's Personal Meeting Room 9:30am</b>	<b>4E Miss Egan's Personal Meeting Room 9:30am</b>	<b>4K Mrs Keeling's Personal Meeting Room 9:30am</b>	<b>4S Mrs Santer's Personal Meeting Room 9:30am</b>
Join Zoom Meeting : <a href="https://nsweducation.zoom.us/j/65913625198?pwd=eDJoeDk0SDQ4Y1lIbjQvc3ICRTIvZz09">https://nsweducation.zoom.us/j/65913625198?pwd=eDJoeDk0SDQ4Y1lIbjQvc3ICRTIvZz09</a>  Meeting ID: 659 1362 5198 Passcode: 452330	Join Zoom Meeting: <a href="https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHI5ZmFXWEFWQUlqUT09">https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHI5ZmFXWEFWQUlqUT09</a>  Meeting ID: 610 7696 0073 Passcode: 613124	Join Zoom Meeting <a href="https://nsweducation.zoom.us/j/67060023775?pwd=YzJwTmN2TjF5cVF4L204SjFmOXU0Zz09">https://nsweducation.zoom.us/j/67060023775?pwd=YzJwTmN2TjF5cVF4L204SjFmOXU0Zz09</a>  Meeting ID: 670 6002 3775 Passcode: 996730	Join Zoom Meeting <a href="https://nsweducation.zoom.us/j/65206142495?pwd=UjIRNjRjdEikQ0NIUEVYNG4yV1c3QT09">https://nsweducation.zoom.us/j/65206142495?pwd=UjIRNjRjdEikQ0NIUEVYNG4yV1c3QT09</a>  Meeting ID: 652 0614 2495 Passcode: 565202