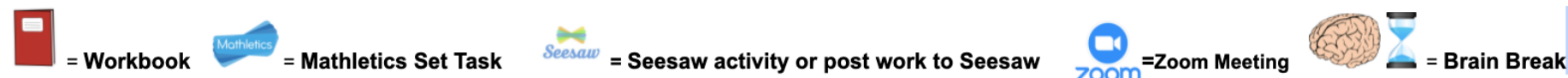




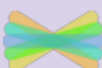


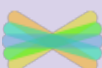



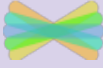


WELLBEING FOCUS: SHOOT FOR THE STARS









Term 4 Week 3 - Home Learning Program Year 4



[Access to printable resources](#)

	Monday 18 October	Tuesday 19 October	Wednesday 20 October	Thursday 21 October	Friday 22 October
Check in Task	Go to Seesaw . Find the task: 'Monday Week 3 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity	Go to Seesaw . Find the task: 'Tuesday Week 3 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity	Go to Seesaw . Find the task: 'Wednesday Week 3 Daily Check in' You will need to: - Open the PDF of suggested activities for Screen-Free Fun	Go to Seesaw . Find the task: 'Thursday Week 3 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity	Go to Seesaw . Find the task: 'Friday Week 3 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity
Wellbeing Activity	Mindful Monday Smiling Mind Mindful Learning 203-Empathy and Kindness Inspiring words to start your day from kids who give the BEST motivational speeches! Set a SMART goal for your day!	Zones of Regulation- Family Check-In. What Zone are you in? Have fun doing a cardio workout to start your day energised.	Zones of Regulation- Family Check-In. What Zone are you in? Find a peaceful place, take 3 mindful breaths and think about what you can hear, feel, smell, see and taste. Brighten someone's day with a kind act or message.	Zones of Regulation- Family Check-In. What Zone are you in? Watch & join in Breathe Bubble . Make someone laugh today by telling them your funniest jokes.	Zones of Regulation- Family Check-In. What Zone are you in? Join in a fun dance to start your day! Watch Roar or your favourite Go Noodle dance.
Morning	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 1. Go to Seesaw . Find & complete the task 'The Very Sleepy Bear'. FRUIT BREAK 2. Go to Seesaw . Find & complete the task 'Text Features- Ellipsis'.	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 3. Go to Seesaw . Find & complete the task 'Identifying the Setting- Week 3'. FRUIT BREAK 4. Go to Seesaw . Find & complete the task 'My Setting- The Very Sleepy Bear'.	No Zoom this morning but you will need to complete the daily check in on Seesaw. Today's work will be hands-on and predominantly offscreen. You will need to print some items. Complete the numbered tasks for each session. MORNING SESSION 1. Go to Seesaw . Complete the task 'Soundwaves Week 3'. Click here to print the sheet . 2. Design and draw your own mythical character. Create a short story with this mythical creature as the main character or create a description of your character and challenge a family member to draw it. 	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 3. Go to Seesaw . Find & complete the task 'The Structure of The Very Sleepy Bear'. FRUIT BREAK 4. Click on the link BTN to watch Behind The News for this week.	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 1. Writing: Go to Seesaw . Find & complete the task 'Characterisation in The Very Sleepy Bear'. FRUIT BREAK 2. Go to Seesaw . Find & complete the task 'Handwriting Week 3 T4'.

			<div>Optional: (Choose one of these)</div> <div><div><div>-</div><div>Go on a ‘sound hunt’ around your house, garden or play area. How many items can you find that contain this week’s grapheme from sound waves?</div></div><div><div>-</div><div>Design and create a postcard to your teacher. What image will you have on your postcard?</div></div></div>		
Recess Break					
Middle	<div>MATHEMATICS</div> <div><div><div>1.</div><div>Go to Seesaw. Find & complete the task ‘How Else Can We Tell the Time?’.</div></div><div><div>2.</div><div>Optional: Play live Mathletics</div></div></div> <div></div>	<div>MATHEMATICS</div> <div><div><div>1.</div><div>Go to Seesaw. Find & complete the task ‘All About Times Tables’.</div></div><div><div>2.</div><div>Optional: Play live Mathletics</div></div></div> <div></div>	<div>MIDDLE SESSION</div> <div><div><div>1.</div><div>Make a treasure map, with clues to find ‘treasure’. Your treasure could be a kind message or poster that you challenge someone to find. Try to use positional language such as forward, left, right, turn. You could even try and include compass directions for an extra challenge (North, South, East and West)</div></div><div></div><div><div>2.</div><div>Make a blanket fort/cubby house. If you can’t make it then design it. Remember to think carefully about the area of the items you will use and whether they will fit together to make a fort/cubby that stays up.</div></div><div></div><div>Optional: (Choose one of these)</div><div><div><div>-</div><div>Choose a times table that you are not confident recalling quickly and accurately. Write out the facts (check them against a grid) then time yourself recalling them. Can you beat your own time?</div></div><div><div>-</div><div>Have some unplugged coding fun by completing this binary challenge. You can cut up paper if you do not have cards.</div></div></div><div>https://www.csunplugged.org/en/at-home/binary-challenge/</div></div>	<div>MATHEMATICS</div> <div><div><div>1.</div><div>Go to Seesaw. Find & complete the task ‘My Resort Day 1’.</div></div><div><div>2.</div><div>Optional: Play live Mathletics</div></div></div> <div></div>	<div>MATHEMATICS</div> <div><div><div>1.</div><div>Go to Seesaw. Find & complete the task ‘My Resort Day 2’.</div></div><div><div>2.</div><div>Optional: Play live Mathletics</div></div></div> <div></div>

Lunch Break					
Afternoon	<p>Stage 2 GRADE ZOOM 2pm Theme: Back to school</p>  <p>PE</p>  <p>Watch Mr Smith's Video</p> <p>Today we are going to be learning a Hip-Hop Dance!</p> <p>Watch this Hip-Hop Dance lesson and follow all the moves.</p> <p>Challenge - choose a second Hip-Hop Dance or you can create your own Hip Hop dance to any song.</p>	<p>SCIENCE</p>  <p>Go to Seesaw. Find & complete the task 'Science - Friction (Week 3)'.</p>	<p>AFTERNOON SESSION</p> <ol style="list-style-type: none"> Go outside with a ball and practise catching and throwing with a partner. If you don't have someone to do this with, throw the ball against a wall and catch it. Make your own surprise animal mouth. Click on the image for instructions.  <p>Optional: (Choose one of these)</p> <ul style="list-style-type: none"> Create your own Colourful bunny, using interesting patterns. Click on the image for instructions and a template.  <ul style="list-style-type: none"> Make your own five minute exercise video or challenge, like the ones you have enjoyed during PE and brain breaks throughout remote learning. Research types of clouds and create a quiz for a family member. Click here for instructions. 	<p>GEOGRAPHY</p> <p>Go to Seesaw. Find & complete the task 'Our Neighbours Part 2'.</p>  	<p>PDH</p> <p>Go to Seesaw. Find & complete the task 'Power'.</p> 
Make sure you have submitted to your teacher:	<ul style="list-style-type: none"> Monday Week 3 Daily Check in The Very Sleepy Bear Text Features- Ellipsis How Else Can We Tell the Time? 	<ul style="list-style-type: none"> Tuesday Week 3 Daily Check in Identifying the setting- Week 3 My Setting- The Very Sleepy Bear All About Times Tables Science task 		<ul style="list-style-type: none"> Thursday Week 3 Daily Check in The Structure of The Very Sleepy Bear My Resort Day 1 Our Neighbours Part 2 	<ul style="list-style-type: none"> Friday Week 3 Daily Check in Characterisation in The Very Sleepy Bear Handwriting Week 3 T4 My Resort Day 2 Power

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



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

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

Meeting ID: 68058219723 Passcode: 848837



Year 4 Class Zoom Links

<p>4B Miss Bonadio's Personal Meeting Room 9:30am</p> <p>Join Zoom Meeting :</p> <p>https://nsweducation.zoom.us/j/65913625198?pwd=eDJoeDk0SDQ4Y1lIbjQvc3lCRlVZz09</p> <p>Meeting ID: 659 1362 5198 Passcode: 452330</p>	<p>4E Miss Egan's Personal Meeting Room 9:30am</p> <p>Join Zoom Meeting:</p> <p>https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHl5ZmFXWEFWQUlqUT09</p> <p>Meeting ID: 610 7696 0073 Passcode: 613124</p>	<p>4K Mrs Keeling's Personal Meeting Room 9:30am</p> <p>Join Zoom Meeting</p> <p>https://nsweducation.zoom.us/j/67060023775?pwd=YzJwTmN2TjF5cVF4L204SjFmOXU0Zz09</p> <p>Meeting ID: 670 6002 3775 Passcode: 996730</p>	<p>4S Mrs Santer's Personal Meeting Room 9:30am</p> <p>Join Zoom Meeting</p> <p>https://nsweducation.zoom.us/j/65206142495?pwd=UjIiRNjRjdElkQ0NIUEVYNG4yV1c3QT09</p> <p>Meeting ID: 652 0614 2495 Passcode: 565202</p>
--	--	---	--