

Stage 2 - Big idea: First Contacts

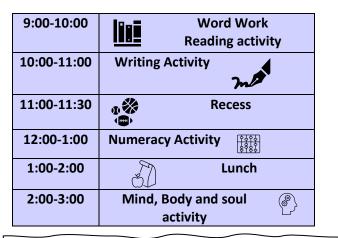
This term we will be investigating European settlement in Australia and the interactions between the first colonisers and the Aboriginal people, who were already here. Students will learn about the First Fleet, examine the reasons for transportation, think about how settlement changed Australia and inquire about Aboriginal culture before the Europeans arrived. This week we are investigating: **Stories from the new colony – a child's perspective.**





We are here to support you! Our weekly videos, phone calls and Zoom sessions will continue this term. It is expected that all students will post evidence of their work on Class Dojo **daily**. If you need help with this, please let us know.

Learning from home timetable:



Early finishers!

This week is Wellbeing Week in the Department of Education!

The Department is running a online sessions designed to support you in being well. Click the links to check these sessions out!

Monday 2 PM -

Be an eSafe Kid: Online Boundaries – It's ok to say 'no' - <u>eSafety Commissioner – Years</u> <u>3 to 6</u> – <u>https://youtu.be/GsjatN9aHCk</u>

Tuesday 10:30 AM -

Be Kind to Your Mind – with Smiling Mind - https://youtu.be/-4wK1Q65UWM

Thursday 10:30 AM

GetActive@Home - <u>NSW Dept Ed School Sport Unit – Primary students</u>

https://youtu.be/WMtYGx7iXbE



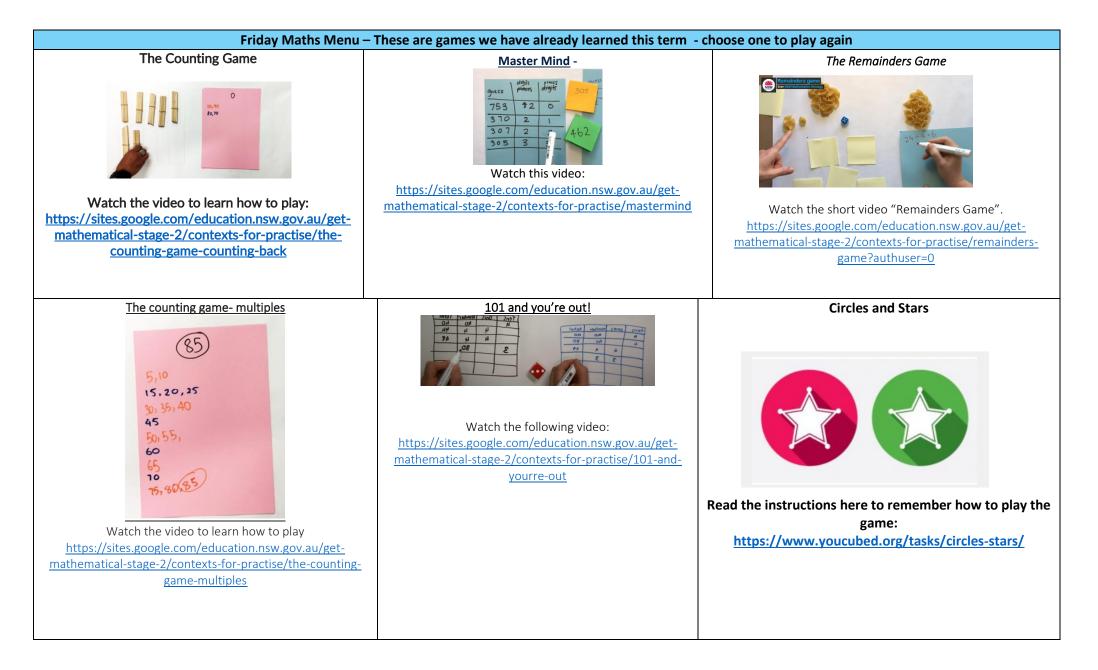
		Literacy		
Monday	TUESDAY	WEDNESDAY	THURSDAY	Friday
		Read for 20 minutes every day!		
Word Work – Sort your words 2 times - Write them down on your worksheet or on Dojo.		Word Work – Sort your words. Write sentences or a story with 6-8 or them.		Word Work – Blind sort. Have a family member test you and write them down without looking!
Reading WALT identify the difference between literal and inferential questions Image: State of the	Reading WALT: understand the different types of sentences and their punctuation Image: Sentences and their punctuation Image: Sentences and their punctuation Image: Sentences and their your pack and see the different examples of sentences and their punctuation Complete your worksheet in your pack	Reading WALT: the difference between literal and inferential questions.Today you are going to listen to the first part of the text "My Name is LizzieFlynn" by Claire Saxby.Www.incomercomercomercomercomercomercomercomer	Reading WALT identify the different parts of a sentence. Today you are going to listen to the second part of the text "My Name is Lizzie Flynn" by Claire Saxby. As you're listening thinking about how Lizzie Flynn's character changes after the passing of her friend. Listen to the teacher read the story https://www.loom.com/share /8f3fae9b014d4854959fd286 6586b7db	Reading Watch "The Encounter" from My Place <u>https://myplace.edu.au/teac</u> <u>hing_activities/1878</u> <u>_before_time/1788/1/the_e</u> <u>ncounter.html</u>
your pack.		Answer the questions in your learning pack.	Find your worksheet in your pack to answer some questions.	



	Writing - Tuesday	Writing - Wednesday	Writing - Thursday	Writing - Friday
WALT: Brainstorm ideas for	WALT: engage our readers in a	WALT give specific details	WALT use a variety of sentence	
narrative writing.	story by using details	when planning our writing.	types in our writing.	Complete the First Fleet Word
Is the a undermolog drag. A writemator story is a log story with MANY events We're going to be looking at a good way to write our own	Today you will write a "seed" story from your watermelon.	Today you will plan another story (seed) from your watermelon.	Choose your planning from Tuesday or Wednesday to write "your story".	Search JUNIOR FLEETERS WORD SEARCH $S \ E \ T \ T \ L \ E \ T \ M \ T \ P \ A \ Y \ C \ T \ N \ P \ A \ C \ S \ C \ S \ C \ S \ C \ S \ C \ S \ S$
stories like the story of Leonard and Milba.	Rewatch the video from yesterday:	Go back and look at Monday's "watermelon" activity and	Today you are going to write your story using your planning,	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$
Watch this video about Watermelon and Seed Stories: <u>https://youtu.be/f1UctktEyds</u>	Choose one of your seeds from your big watermelon story.	choose another seed. Use your planning sheet to help	making sure to add as much detail as possible.	O M O I E S N O I T A R F D L B T
Use your planning sheet to think of a big watermelon story. One big event that has lots of little seed stories in it. Now brainstorm the little details that are interesting that happened in your big watermelon! You will choose one of these to write about tomorrow	Use your planning sheet to write the details of your story. Give lots of details to build your thoughts. To be successful you need to: Include a beginning, middle and end. Include details to "show, not tell" your story Use a variety of punctuation	 you plan the details of your story. Think about; the specific details of your story what did you see/hear/smell/touch/taste elaborate on the details 	 To be successful you need to; include simple sentences and compound sentences. use a variety of punctuation. elaborate on your thoughts and ideas. 	AUSTRALIA BIONE SHORE OPANINE TARAS COLORY LANDING STORM TARAS COLORY LANDING STORM CONVICTS IFIRSTALLT NATIVES STORMY LMEIN REALT TENT OF TARAS STORMY INFOLDATION STA UPPLY GOVERNOT PRILIP UPPLY GOVERNOT PRILIP MENT STILLE TRIAL STILLE TRIAL STILLE TRIAL



		Maths	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Problem of the day: Complete of Thursday.	one problem in your pack each day. Be	ready to review and discuss the problems a	t the class zooms on Tuesday and
Monday	Tuesday –	Wednesday –	Thursday –
	Problem of the Day Hannah has a bag of M&M's. There are 24 M&M's in the bag. 8 are red, 6 are green, 7 are yellow, and 3 are brown. What fraction of the M&M's are brown?	Q. Is this fraction 5/8?	A B A B
WALT- divide one whole	WALT understand equivalent fraction	WALT solve word problems involving fractions	WALT represent fractions in different ways
into fractions	Equivalent Fractions \bigstar 0 $\frac{1}{2}$ $\frac{2}{2}$ 1 0 $\frac{1}{3}$ $\frac{2}{3}$ $\frac{3}{3}$ 1 0 $\frac{1}{3}$ $\frac{2}{3}$ $\frac{3}{3}$ 1 0 $\frac{1}{4}$ $\frac{2}{4}$ $\frac{3}{4}$ $\frac{4}{4}$ 1 0 $\frac{1}{5}$ $\frac{2}{5}$ $\frac{3}{5}$ $\frac{4}{5}$ $\frac{5}{5}$ 1 0 $\frac{1}{6}$ $\frac{2}{6}$ $\frac{3}{6}$ $\frac{4}{6}$ $\frac{5}{6}$ $\frac{6}{6}$ 1 0 $\frac{1}{6}$ $\frac{2}{6}$ $\frac{3}{6}$ $\frac{4}{6}$ $\frac{5}{6}$ $\frac{6}{6}$ 1 0 $\frac{1}{10}$ $\frac{2}{10}$ $\frac{3}{10}$ $\frac{4}{10}$ $\frac{5}{10}$ $\frac{6}{10}$ $\frac{7}{10}$ $\frac{8}{10}$ $\frac{9}{10}$ $\frac{10}{10}$		Fractions Think Board Leads using enderstand shade the fraction. Prove a shape and shade the fraction amount.
Today you are going to be dividing a whole into fractions.	We know that one whole can be divided into smaller parts. Using	We will solve word problems related to fraction.	You will think of various fractions and
Find your worksheet in your learning pack.	this knowledge, we'll learn about equivalent fractions.	Find your worksheet in your learning pack.	represent in different ways. Find your worksheet, with instructions,
What you need: - Pencil	Find your worksheet in your learning pack.	What you need: - Pencil	in your learning pack. What you need:
- Blank paper	What you need: - Pencil	Blank paper	- Pencil - colours



N	/lind, Body and Soul Activities –C	omplete 4 Activities to do during the w	veek
<u>History</u> Child Convicts in Australia	<u>Science</u>	<u>Geography – Mapping</u>	<u>Symmetry</u>
	Tun Milk Mo Plastic (Core	<u>Pirate Mapping</u> WALT: to interpret simple grid maps We use grids to help us follow directions , understand the use of coordinates and the structure of the grid	WALT understand reflective symmetry and be able to match the patterns. Look at the grid below. Half of the spider has been completed by colouring in the squares.
https://www.youtube.com/watch?v=50WGbZ JCn1k Watch the YouTube clip and complete the <u>'l</u> see, I think, wonder' sheet in your pack. Something to think about: What did you see in the clip that was surprising? How were they living? What was happening to the prisoners? There are a lot of things to consider in the images. How would you feel if it were you? There is an attachment in the pack for those of you who are more curious about the lives of children in government custody.	Did you know you could turn milk into plastic? Today you will be engaging in a fun experiment where you will be turning milk, into plastic Please make sure you are doing the experiment with an adult. Instructions on how to do the experiment can be found in your learning pack.	The grid shows the horizontal axis using numbers and the vertical axis using numbers and a second provide the second provided the second pro	Complete the pattern on the other side to see the whole spider. Follow the same method on the second sheet, found in your pack, to complete the patterns. Reflect on the difficulties you encountered.





Today you will be engaging in a mindfulness activity called best belly buddies. Since breathing is something that we do all the time, it is one of the best tools you have, to bring you into the present moment.

What to do:

1. Lie on the ground on your back.

2. Place your soft toy on top of your belly. 3. Look at your toes.

4. Slowly breathe in through your nose and count 1, 2, 3 in your head.

5. Hold your breath and count 1, 2, 3 in your head.

6. Slowly breathe out through your mouth and count 1, 2, 3 in your head

7. Repeat these steps for at least 3 minutes

Questions to think about

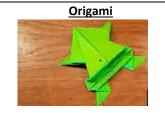
- Can you see the toy on your belly?
- What does it feel like having your toy on your belly?
- What did your toy do when you breathed in?
- What did your toy do when you breathed out?
- What does the air sound like when it comes in your nose?
- What does the air sound like when it comes out your mouth?





Today you will be creating and engaging in your very own fitness work out sequence, using some of the body exercise movements in the table.

Fitness workout table can be found in your learning pack.

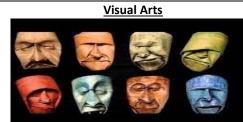




https://www.youtube.com/watch?v=VIb2ud gPx-M

You will need a 15cm x 15 cm square piece of paper.

Follow the instructions in the clip and you will have a frog to jump around your house.





Toilet Roll Sculpture

You will need 1 empty toilet roll or a piece of cardboard roll insert from cling wrap or foil.

https://www.youtube.com/watch?v=LtVLqRa 1qHY

Watch the clip, creating your own amazing face character. You could build your own collection.



What's Your Story – Rose Giaconne

WALT: use commas effectively in sentences.

Punctuation is important to help get the message across in a text. The five major punctuation symbols we use are the: **Full stops (.)** – end a statement –

Everyone has a story to tell. Sometimes many stories.

Question mark (?) – ends a question

Do you have a story? What did you do today?

Exclamation mark (!), - shows excitement

There's a story! Imagine being sent tot the other side of the world!

Semi-colon (;) – separates two ideas that are connected, but stand alone as sentences

He wasn't a convict; he was an orphan.

the comma (,) – the comma has lots of uses, mainly:

to separate lists of things – *Families, towns, even whole countries have stories*

To offset transition words – *Sometimes, groups of people share the same stories.*

To connect two clauses together – *Some came to start a new life, others came because they were forced*

Add punctuation to the following sentences:

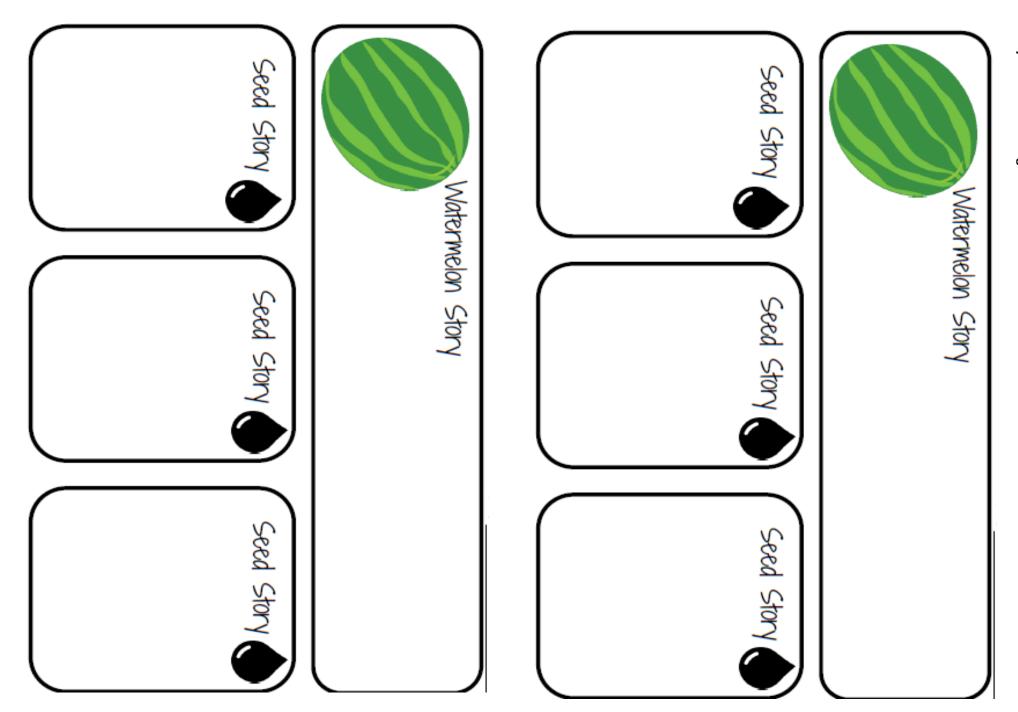
- Not all the convicts were bad _____ some had been so hungry that they had stolen food just so they could eat ____
- 2. Leonard was a quiet boy ____
- 3. What would it be like on the other side of the world _____
- 4. Who knew what tales lay ahead in the mysterious new land _
- 5. Suddenly ____ the strangest thing he had ever seen jumped out in front of him ____
- 6. Then there was the day of the dog and emu race___ Guess who won ___ the emu ___

Write your own sentences – include the correct punctuation:

statement: _____

question:_____

exclamation:_____





What's Your Story – Rose Giaconne

WALT: find answers to literal and inferrential questions

When we read and need to find informaiton in a text there are two ways that we can identify information.

A **literal** answer can be found directly in the text. We can point to the answer in the text.

An answer that is **inferred** needs information in the text to build an answer. We have to take what we have read and make sense out of it by thinking about the answer.

<u>Literal</u>

The journey to Australia from England took ten months.

How long did the journey to Australia take? It took ten months

Inferrential

One day Leonard went walking in the <mark>heat</mark> of this new topsyturvy world. It was <mark>January</mark> – back home in England it would be <mark>snowing</mark> now!

What hemisphere is Australia in? Australia must be in the Southern Hemisphere because it is January and it is hot. In the Northern hemisphere, it would be snowing. Answer the following questions, tell if they are literal or inferrential:

1. Where did Leonard travel from and to? _____

literal/inferrential (cirlcle one)

2. What did the Aborignal people feel about the people on the first fleet?

literal/inferrential (circle one)

3. What did Milba and Leonard like to do together?

literal/inferrential (cirlcle one)

4. What animals did they see? _____

literal/inferrential (cirlcle one)

5. How did Milba say goodbye to Leonard?



WALT: engage our readers in a story by using details

personal story. You need to include many details about the little event that Today you are going to choose a "seed" from you watermelon to write a happened in your story. Be sure to "show", not "tell" about your event. You can do this by including rich details that put your reader into your story.

For example:

Telling sentence: I felt hot at the beach.

Showing sentence: The sun pounded down on my back as I walked towards the salty waves

Task:	To be successful I:	
Seed	 Include a beginning, middle and end. 	
Story	Include details to "show, not tell" your story	
	 Use a variety of punctuation 	
Beginning		
Middle		
End		

My Name is Lizzie Flynn – Claire Saxby and Lizzy Newcomb

- Listen to the reading of the first part of the text, as you are listening make note of new or unfamiliar words.
- ٠ literal and inferential questions. Listen to the teacher explain the difference between
- My Name is Lizzie Flynn BY & LIZZY NEWCOMB
- are literal and which are inferential. Answer the questions below and make note of which questions

•

Questions

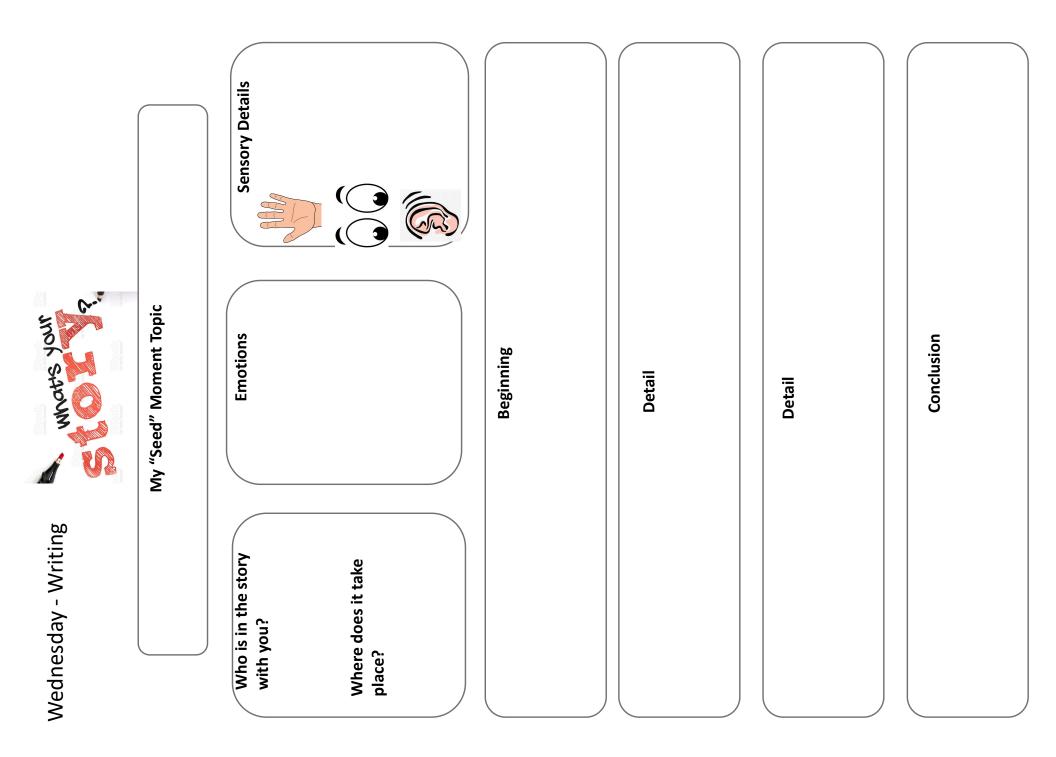
If all Lizzie owns is her name, why is she sad to leave England?

What does the author mean by the sentence "the women are squabbling like seagulls."?

Why is Lizzie so hesitant to sew and how do the other women react to her reason?

What words does Lizzie use to communicate her thoughts about Martha to the reader?





Thursday - Reading

.Can you find the compound Sentence in the text?

Use a pencil or highlighter to identify them

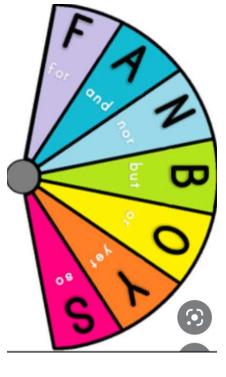
THEN BIG MARTHA sees us sewing and curses. "Fancywork for a fine lady when we have nothing." She rips fabric from my hand and howls when the needle bites. She flings it overboard and reaches for my bag. I kick her hard, though I know I'll regret it. She is four times my size and mean as a tethered bear.

Three sailors haul her off and I hug the bag. I shiver. We have a long way to go and Martha won't forget. Molly squeezes me tight.

I wish they would keep Martha in the brig until we reach shore, but know it will only be for a day or two.



Coordinating Conjunctions



Thursday - Reading

"My Name is Lizzie Flynn" by Claire Saxby

As you're listening to the story think about how Lizzie's character changes after the passing of her friend, Molly.



Answer the question.

 Lizzie's character changed after Molly's passing. How did she change? Find evidence in the text to support your thinking.

2. In the text after Molly's passing Lizzie says "The past is a misted memory. The future has no shape". What does she mean by this? 3. Why do you think the author chose "My Name is Lizzie Flynn" as the title of this story?



JUNIOR FLEETERS

WORD SEARCH

Ρ	С	Η	G	0	٧	Е	R	Ν	0	R	Ρ	Η	Ι	L	L	Ι	Ρ	_
Ν	А	E	С	0	Ζ	E	М	0	W	0	S	R	E	Ι	D	L	0	S
Т	E	Ζ	С	Н	0	Ρ	С	E	Ρ	0	Н	R	Q	S	F	L	0	ט
C	н	A	-	z	S	٢	0	Q	Z	L	S	R	A	Т	S	R	Z	٩
٢	Е	Z	D	٢	S	Г	Γ	Т	Ш	Ζ	Т	S	D	С	R	ш	A	D
A	н	Е	A	н	н	Ρ	0	Е	D	A	×	Е	L	Ι	A	ſ	R	S
Ρ	-	0	-	Ρ	0	Ρ	Z	Ш	-	Z	Т	Т	0	>	Т	Ρ	Т	F
Т	0	Ρ	R	Ι	R	n	Υ	L	A	F	A	Т	S	Ζ	Ι	0	A	R
М	S	S	S	А	Е	S	Q	F	J	А	Ν	L	Q	0	0	R	E	A
Т	R	A	Z	S	Ρ	0	R	Т	Т	g	ſ	Ш	ŋ	С	Z	Σ	н	-
Е	S	Е	>	-	Т	A	Z	S	٢	A	A	Σ	Ι	Z	S	L	R	-
L	Γ	Е	Н	I	S	T	0	R	Υ	L	z	Е	Σ	R	Е	۷	Е	٩
Т	Ρ	Ι	Н	S	D	Z	E	Ι	R	F	U	Ζ	E	R	Ι	Ι	Σ	-
Т	U	В	Е	D	0	S	U	ч	ŋ	Т	A	Т	Σ	Е	0	R	Σ	-
Е	Γ	A	Ζ	D	l	Ν	Ð	0	Ν	-	R	0	Ζ	S	Σ	T	N	۷
S	Е	A	ŋ	Σ	Ζ	Е	Т	γ	A	В	۲	Z	A	Т	0	B	S	S
									_			_	_		_		_	_

Can you find the words listed below? They are all words that may be applied to the First horizontally or diagonally. Use the same letter twice, and go backwards as well as Fleet and are concealed in this puzzle. To find them you may advance vertically, forwards.

AUSTRALIA	IRONS	SHORE	BOTANY BAY
JAIL	SOLDIERS	CHAINS	JANUARY
STARS	COLONY	DNIDING	STORM
CONVICTS	FIRST FLEET	NATIVES	SYDNEY
MEN	TENT	FLAG	OCEAN
SUMMER HEAT	FRIENDSHIP	TRANSPORT	SAIL
ENGLAND	SEA	HISTORY	SETTLEMENT
SUPPLY	GOVERNOR PHILLIP	HOPE	SHIPS
MISERY	WOMEN	RATIONS	FLOG
SETTLE	TRIAL		

	Day 3 - Blind sort - have a fai Cover up your words from above! 	Day 2 - Choose 6-8 wo	- 66	Year 3 Word Work T4 W2
ge	nily m	words to write sentences for or write a story using	-ge	Day 1 -
	r words to you. Write th	- write a story using 6-8 words	- 76	Cut and sort your words. Write them down in the
	Write them in the correct category.	words	se	down in the table:

	glove	give	chance	tease	shove	ridge	edge
Word Work - TH W2 - ding in ce. ge. ve. se	charge	large	prince	curve	dodge	since	voice
Year 3 Word Work – words ending in ce. ge.	dance	cheese	please	wedge	fence	loose	choose

hatting	Hina habina cho	chonning
		huddouc -
bragging	hopping	skating
biting	hoping	humming
sliding	begging	waving
moving	skipping	caring
swimming		

W2 —ing endings ^{in the table:}	e-drop	write a story using 6–8 words		Blind sort - have a family member read your words to you. Write them in the correct category. your words from above!	e — drop	
Year 4 Word Work - T4 W2 — ing endings Day 1 - Cut and sort your words. Write them down in the table:	double	Day 2 - Choose 6—8 words to write sentences for or write a story using 6—8 words		Day 3 - Blind sort - have a family member read your Cover up your words from above!	double	

My friends and I love pizza.



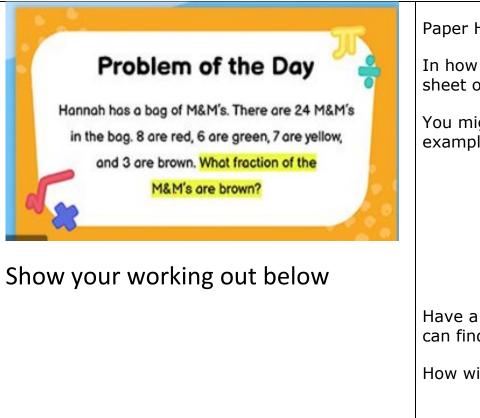
If I had 1 pizza and wanted to share it equally between 2 of us, how much pizza would we get each?

How much would each of us have if we had 1 pizza to share equally between 3 people?

Sometimes, we have some pizza left over which we reheat the next day.

If I have 1/2 a pizza and I want to split it between 2 of us, what fraction of the whole pizza do we each get?

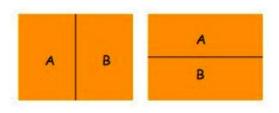
	Q. Is this fraction 5/8?	
swer choices		
Yes		No



Paper Halving

In how many different ways can you halve an A4 sheet of paper?

You might start off with something like these two, for example:



Have a good explore and see what different ways you can find. Don't be afraid to be creative!

How will you know if they are halves?

Monday- Mathematics

WALT- divide one whole into fractions

What you need:

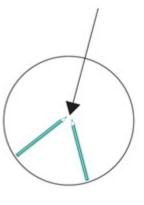
- Pencil
- Blank paper

Instructions:

between five people. view of a round chocolate cake (or pizza base) which you have to share Draw a large circle on the paper and imagine that the circle is the top

over? How would you cut the cake, so you have five equal pieces, and none left

- draw lines on the 'cake' to show where the cuts would be.
- the cuts on the large circle. use pencils to work out where the cuts would be, before you draw



Discuss the strategy they used to cut the cake into five equal pieces.

- each piece be called? If you have five equal pieces cut from one whole cake, what would
- would you change the five equal pieces into ten equal pieces? each person could eat one piece and take one piece home? How What if the same cake was divided into ten equal pieces, so that
- ۲ If you have ten equal pieces, what would each piece be called?

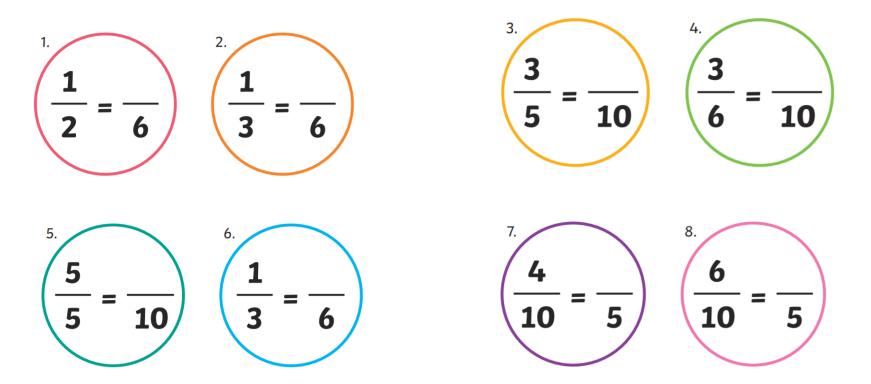
Maths – Tuesday 12th October

Equivalent Fractions

Look at the chart below and understand how 1 whole can be divided into smaller parts. By looking at this chart, we can see that that the same fraction can be written in different ways, for example, 1/2 is equal to 2/4 and 1/2 is also equal to 3/6. These are called equivalent fractions.

$\begin{array}{c ccccccccccccccccccccccccccccccccccc$
1 2 3 4 1
0 $\frac{1}{4}$ $\frac{2}{4}$ $\frac{3}{4}$ $\frac{4}{4}$ 1
0 $\frac{1}{5}$ $\frac{2}{5}$ $\frac{3}{5}$ $\frac{4}{5}$ $\frac{5}{5}$ 1
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$
$0 \frac{1}{10} \frac{2}{10} \frac{3}{10} \frac{4}{10} \frac{5}{10} \frac{6}{10} \frac{7}{10} \frac{8}{10} \frac{9}{10} \frac{10}{10} 1$

Use the Equivalent fraction card above and complete the equivalnt fractions.



Explain why you think they are equivalent fractions.

Maths – Wednesday 13th October

Look at the picture in the left column. Read the question and think about how you would get the answer. Show your working and explanation in the next column.

Image	Drawing and Explanation
Has the chocolate been shared fairly? If not, how would you make it fair?	
 Image: A start with? Image: A start with? 	
Harry says his hamster is 28cm long. Theo says his hamster is a long. How long is Theo's hamster?	
Which of this shape is not half green? Why?	
Francis built a house with 4 coloured bricks. She used 64 bricks in all. If she used half red, one quarter blue, and one eighth of each white and yellow. How many of each colour bricks did she use?	

Maths – Thursday 14th October

the cards. Represent a fraction in different ways. Choose a different fraction for each of

Fractions Think Board

In each section, show different ways to represent a fraction.

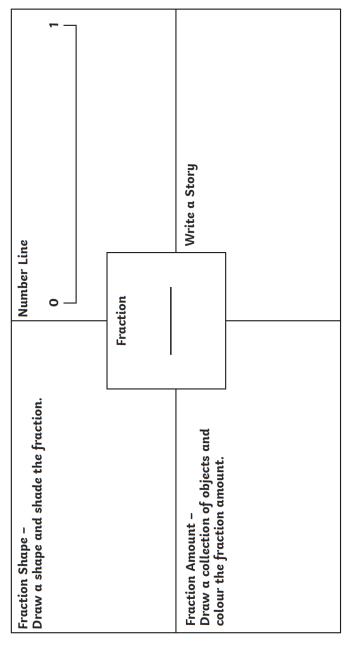
Number Line

Fraction Shape – Draw a shape and shade the fraction.

	Fraction Amount – Draw a collection of objects and colour the fraction amount.		Fraction Shape – Draw a shape and shade the fraction.	Fractions Think Board In each section, show different ways to represent a fraction.	Draw a collection of objects and colour the fraction amount.		
		Fraction		ifferent		Fraction	
		tion	Number Line 0	hink E		tion	
	Write a Story		Ine	Board sent a fraction.			
							

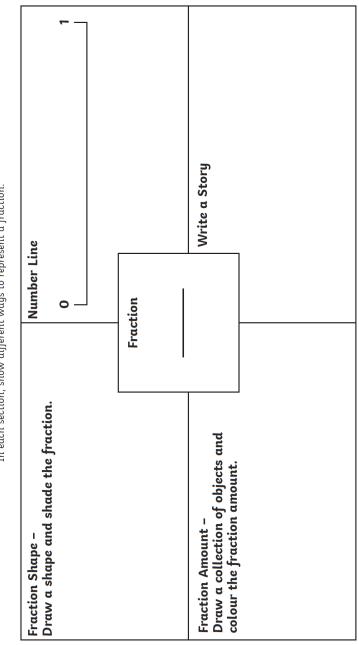
Fractions Think Board

In each section, show different ways to represent a fraction.



Fractions Think Board

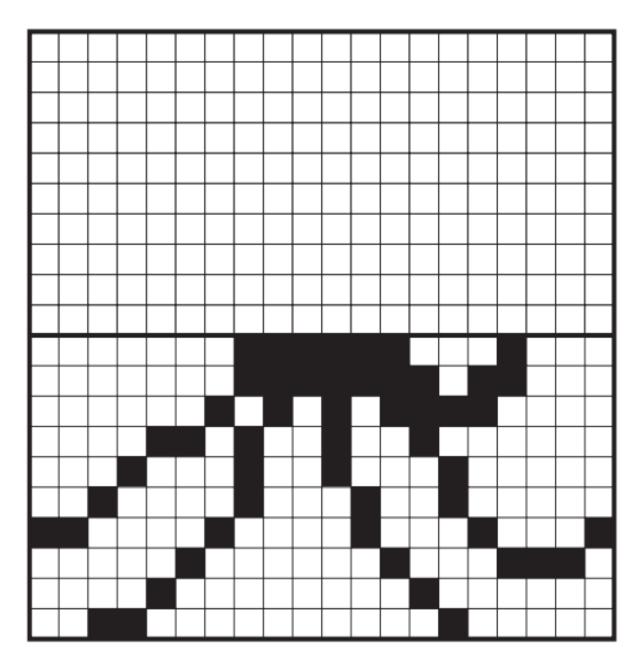
In each section, show different ways to represent a fraction.



Copyright © www.easylesching.net	2. Create your own shape on one side of the symmetry line and challenge a friend to finish the missing half?	A Use the space of the spa	
	a friend to finish		

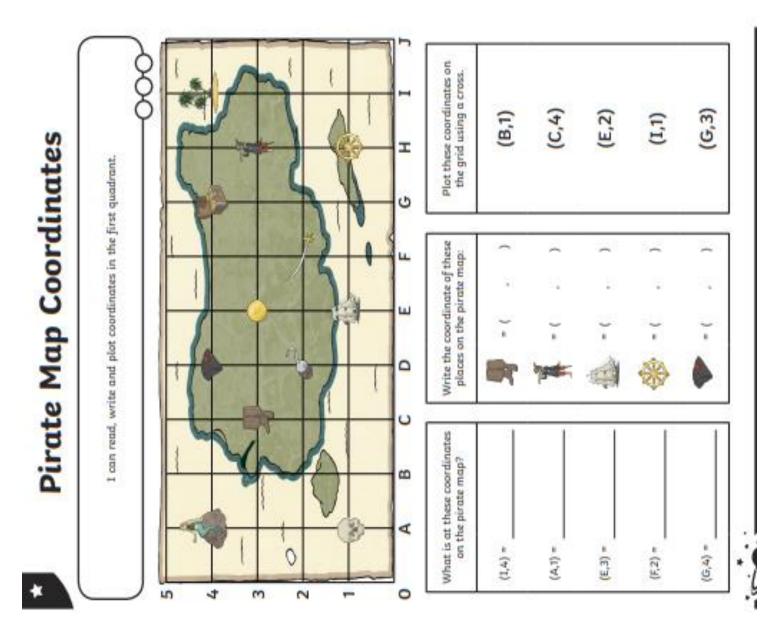
Complete the pattern on the blank side of the squares to complete the matching pattern.

The Spider



History. Child Convicts of Australia - A Day in the Life

I See	I Think	I Wonder



Turning Milk to Plastic

Did you know you could turn milk into plastic?

Today you will be engaging in a fun experiment where you will be turning milk, into plastic...

Please make sure you are doing the experiment with an adult.

During the experiment you must do the following...

Before you begin, you need to think about what is going to happen. Explain your predictions and thinking in full sentences.

After you have completed your experiment, you need to write about following...

How did the consistency of the milk change during the plastic making process? What did you see or notice?

In order to this experiment, you can watch the full video on YouTube using this link

Video link: https://youtu.be/RF-aET54CGk

OR

Read the instructions and directions given

Turn Milk to Plastic

Materials:

- Stove or microwave (An adult must supervise you in this step)
- Measuring cup
- Measuring spoon (teaspoon)
- 1 cup of milk
- Pot or microwavable container
- White vinegar
- Paper towels
- Spoon
- Mug
- Optional: food colouring, glitter or cookie cutters for decoration

Steps:

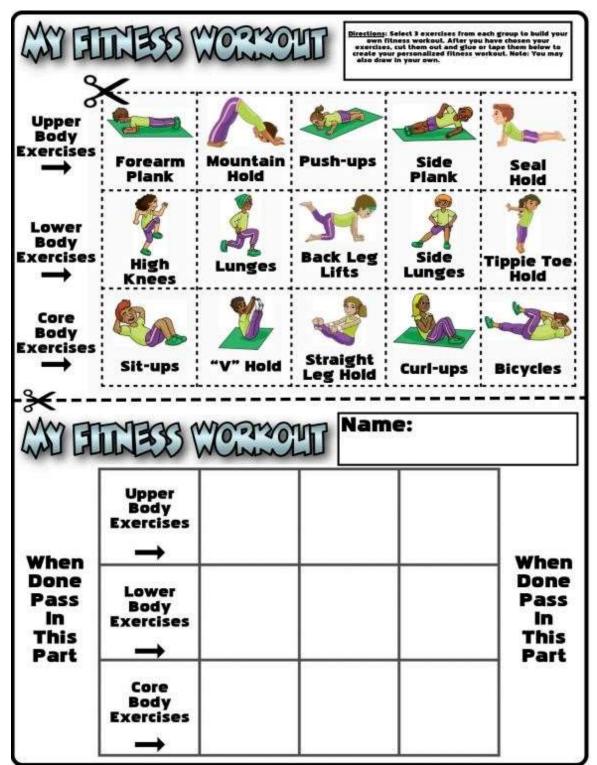
1) First of all, take 1 cup of milk and warm

it in the microwave for about 1.5 minutes (you want it hot, but not boiling) with the support of an adult.

- 2) Next, add 4 teaspoons of vinegar into the hot milk and stir mixture.
- 3) Stack 4 layers of paper towel onto the bench.
- 4) Scoop out curds from liquid mixture and put it onto the paper towel.
- 5) Fold the paper towel over the curds, and press down to absorb liquid.
- 6) Begin to mould into a dough then colour, shape and decorate as you like.
- 7) Put all of your creations on a paper towel and let it dry overnight.

UPLOAD YOUR CREATIONS ONTO CLASSDOJO 🐵





Fitness Workout Task

Today you will be building your very own fitness workout time table.

You are to select, cut out and paste the exercise images of your choice in the empty fitness workout table.

Choose

3 upper body exercise of your choice.

3 lower body exercises of your choice.

3 core body exercises of your choice.

Now you are to follow the fitness workout sequence that you have created.

Time yourself doing the whole work out



You can record yourself engaging in your fitness workout and upload it onto class DOJO



You can share your fitness workout to a family member

