









## PWPS Learning From Home Plan – Year 4

While at home, here are some activities to complete. Some activities require a device and these are optional to complete.

WEEK 9 - WEDNESDAY, THURSDAY & FRIDAY			
English	Mathematics	Science & Technology	HSIE
<p><b>Reading</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Read on your own for 20 minutes each day.</li> </ul> <p>Choose one response to complete each day after reading:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tell someone what genre your book is and justify as to why.</li> <li><input type="checkbox"/> Take 30 seconds to summarise or explain what you have read to a family member.</li> <li><input type="checkbox"/> Tell someone about your favourite genre and justify why.</li> </ul> <p><b>Writing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Look at the <a href="#">picture stimulus</a> and complete one story over the three days:</li> </ul> <p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write a sizzling start.</li> </ul> <p><b>Thursday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write your three paragraphs to tighten the tension of your story.</li> </ul> <p><b>Friday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write an exciting ending and then edit your work (make sure you are showing, not telling). Publish your work, if you can, on Google Classroom.</li> </ul>	<p><b>Number and Algebra</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Each day complete the <a href="#">Daily 10 Mental Maths Challenge</a> or create ten questions of your own and answer them. Use a calculator to correct your work.</li> <li><input type="checkbox"/> Spend some time each day practising your multiplication facts.</li> </ul> <p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a set of paper cards with the digits 0 - 9. Use the cards to play some of the games you know; e.g. Doubles - turn two cards over to make a two-digit number and double it.</li> </ul> <p><b>Thursday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use the cards you made yesterday to create three- and four-digit numbers. Write addition and subtraction number sentences, then solve them.</li> </ul> <p><b>Friday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use the cards you made on Wednesday to create three- and four-digit numbers. Round these numbers to the nearest ten, hundred or thousand.</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Research the benefits of building a chicken coop in your backyard or school. What would your chickens need to survive? Make a list.</li> </ul>	<p><b>History</b></p> <p><b>Thursday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Look out your window and make a list of any things that may have been there before 1788. Sketch them or take photos.</li> </ul>
Creative Arts		PDHPE	
<p><b>Visual Arts</b></p> <p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Create a scientific drawing of a chicken. Don't forget to use labels.</li> <li><input type="checkbox"/></li> </ul> <p><b>Friday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Become an illustrator and create a character or a setting for the story you have written during the week.</li> </ul>		<p><b>Friday</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do some daily exercise. You may like to follow some fitness challenges on <a href="#">fitBoost</a> or on the card provided.</li> <li><input type="checkbox"/> Create a poster about what it means to be a kind person.</li> </ul>	



DAILY FITNESS	WEDNESDAY	THURSDAY	FRIDAY
Warm-Up	<p><b>Arm Circles</b> With arms straight out to your side, raise them to shoulder height and move them in circles for 1 to 2 minutes. You can make small or big circles, and go forward or backward. Keep your arms in line with your shoulder.</p> 	<p><b>Jump High</b> Get your heart rate up by jumping! Bend your knees and swing your arms up high while jumping. Challenge yourself to see how high you can jump! Repeat for 1 to 2 minutes.</p> 	<p><b>Overhead Reaches</b> Bring one arm over your head and lean with your body as you step out. Alternate to the other side. Repeat for 1 to 2 minutes. Your heart rate will go up the faster you move!</p> 
Move	<p><b>Lunges</b> Stand, then take a step forward until your back leg's knee almost touches the floor. Return to a standing position and repeat with other leg. Alternate for 1 to 2 minutes.</p> 	<p><b>Push Ups</b> Plant your hands and feet (or knees) shoulder width apart on the floor and hold up your body in a straight line. Bend your arms and lower your body until it almost touches the floor. Push back up. Repeat for 1 to 2 minutes.</p> 	<p><b>Butt Kicks</b> Butt kicks are like running in place, except instead of bringing your legs forward as you run, kick your butt one leg at a time. Keep your arms moving too! Do this for 1 to 2 minutes.</p> 
Cool Down	<p><b>Arm Across Chest</b> Bring one arm across your chest and hold for 30 seconds to 1 minute. You should feel a stretch in your upper arm / shoulder area. Repeat with the other arm.</p> 	<p><b>Toe Touches</b> Place your feet together and reach down towards your toes as far as you can comfortably go. Hold this stretch for 30 seconds. Come up slowly to a standing position and repeat again.</p> 	<p><b>Cobra</b> Lie face down on the floor and place your hands under your shoulders. With your shoulders rolled back, push your upper body up while keeping your legs on the floor. Push just enough to feel a comfortable stretch and hold for 30 seconds to 1 minute.</p> 