

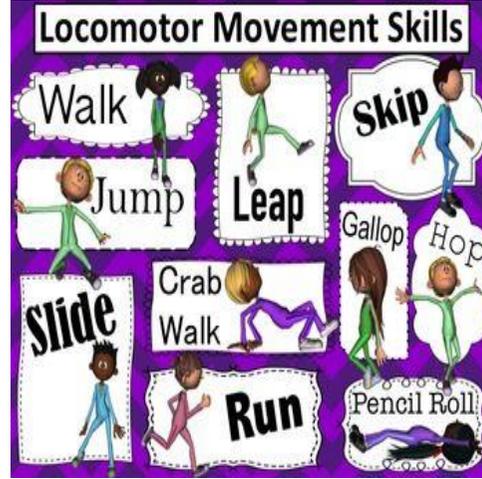
# GRADE 1: 5<sup>th</sup> – 9<sup>th</sup> October

Trouble uploading your work? > <https://clickv.ie/w/jlQn>

Notes for this week: Interesting deaf history- [Old fashioned hearing aid devices looked like this](#)

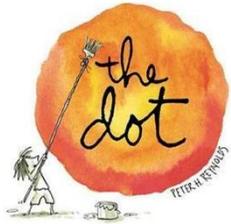
Art: Learn more about your brain and [growth mindset](#)

P.E Extra: [Play deck of cards fitness!](#)

ART	AUSLAN	PERFORMING ARTS	P.E.
<b>Learning intention</b>	<b>Learning intention</b>	<b>Learning intention</b>	<b>Learning intention</b>
<p><u>We are learning</u> about art and literature.  <u>We are learning</u> about growth mindset.</p>	<p><u>We are learning</u> to sign sports in Auslan.  <u>We are learning</u> to sign which sports we like and don't like in Auslan.  <u>We are learning</u> to sign my favourite sport.</p>	<p><u>We are learning</u> to use a computer to make music.</p>	<p><u>We are learning</u> about locomotion.  <u>We are learning</u> to jump as high and as far as we can!</p>
<b>Success Criteria</b>	<b>Success Criteria</b>	<b>Success Criteria</b>	<b>Success Criteria</b>
<p>I <u>can</u> create an artwork based on the book <i>The Dot</i>.  I <u>can</u> demonstrate my developing growth mindset.</p>	<p>I <u>can</u> sign my favourite sport in Auslan.  I <u>can</u> sign sports I like in Auslan.  I <u>can</u> sign sports I don't like in Auslan</p>	<p>I <u>can</u> select squares in the music lab and listen to the music it makes.  I <u>can</u> make a sequence of sounds to create my music.</p>	<p>I <u>can</u> describe what locomotion means.  I <u>can</u> jump as high as possible.  I <u>can</u> jump as far as possible.</p>
<b>Task</b>	<b>Task</b>	<b>Task</b>	<b>Task</b>
<p><u>Introduction</u>  This term we are doing a unit on art and literature, including celebrating Book Week. We will be looking at illustrators, characters, settings and some of our favourite books! We will explore different materials such as paint, collage, paper, cardboard and oil pastels. We will also focus on how art can help with our health and wellbeing and being a learner. It's going to be a great term!</p> 	<p><u>Introduction.</u>  We are going to learn sporting signs in Auslan. Then I will teach you how to say "like", "don't like" and "favourite". Then we can put it all together and make some sentences in Auslan.</p>   <p>Watch this video and I will teach you the signs for some <a href="#">different sports</a>.  <a href="#">Sport signs</a> reference sheet.</p>	<p><u>Introduction</u></p>  <p><b>Practise makes Perfect.</b>  Start by singing <a href="#">We are Australian</a></p> <p><u>Focus</u>  We are going to learn how to use the music lab to make music.</p> <p>To make the music lab work, you click on a square/ squares and then click on play. If you decide that you don't want a square, click on it again and it will be de-selected.</p> <p>Please follow these directions to learn some music concepts while you are using <a href="#">Music Lab</a>.</p> <ol style="list-style-type: none"> <li>1. Click on some squares and then click play to hear what you have done.</li> <li>2. Click on those squares again to deselect them and start again.</li> <li>3. Click on a square at the top and a square at the bottom. Listen to them. Can you hear that one is a high-pitched sound, and one is a low pitch? Which one is which?</li> <li>4. Now create a ladder of squares like this:</li> </ol>	<p><u>Introduction</u>  This week we are starting a new unit on locomotion! Locomotion means different ways we can move our body from one place to another. The human body can move in many different ways!</p> <p>Can you do all the movements below?  Give it a try!</p>  <p>This week our topic is <u>Jumping!</u></p>

**Focus**

[Watch 'The Dot' by Peter H Reynolds](#)



Do you sometimes feel like Vashti in the story? Like you can't draw? Or that art can be tricky? Or that you don't like doing things if you feel like they might not be any good?

In the story Vashti decides I can do better! I can discover new things! I can experiment! I can keep trying even if things are hard! I can encourage others to be proud! We love Vashti's attitude 😊 We call this **GROWTH MINDSET**. It means growing your brain and your attitude and knowing you can do hard things and have strategies to help you.

**Explore**

Watch this demonstration [video](#).



See if you can match the pictures to the corresponding Auslan signs. (Find at the below the planner too)

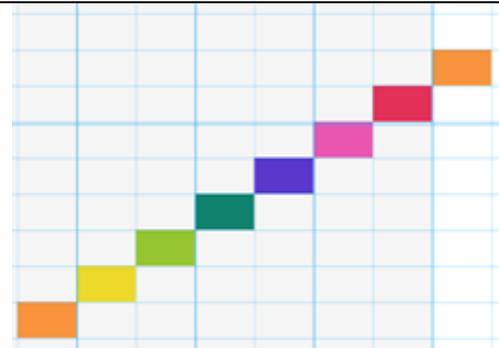


This is how you say 'I like' and 'I don't like' in Auslan.

You can see the sign's location movement and handshape is the same, but what is different is my facial expression. (Non-Manual Feature)

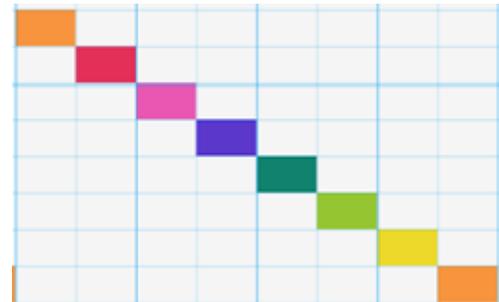


This is how you say 'My favourite' in Auslan.



Listen to it play. This is called *going up by steps*.

5. Now create a ladder that goes down, like this:



Listen to it play. This is called *going down by steps*.

6. Now take away every second one, like this:



Listen to it play. This is called *going by skips* because you are leaving every second one out.

- Now you can play with the program to see what music you can create.
- To save your work.
- Open a word document.
- Go back to the music lab

Did you know animals also use this type of locomotion? Can you think of any animals that use jumping as their main type of movement?

Before we start our lesson lets warm our bodies up to get us ready for action!

**Option 1:** Follow the Captain America warm up below with some music of your choice!

@MPSA-MO



**CAPTAIN AMERICA WARM-UP**



JOG IN PLACE: 45 SECONDS



PLANK POSITION: 15 SECONDS



15 STAR JUMPS



HOLDING PUSH-UP POSITION: 25 SECONDS



SELF-DEFENSE PUNCHES: 20 EACH ARM



10 PARALLEL SQUATS



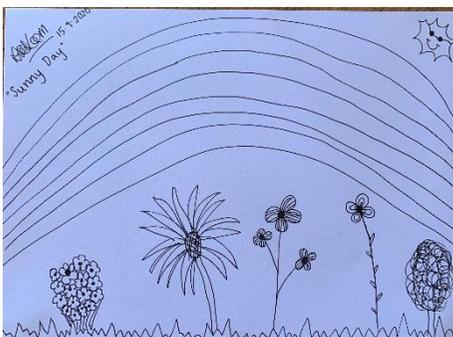
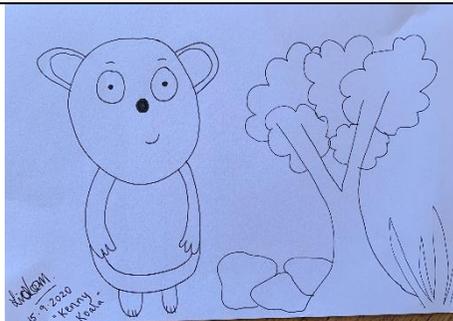
BOAT POSITION: 30 SECONDS

ALMOST DONE, CAPTAIN AMERICA! REPEAT THE WARM-UP 1 MORE TIME.



**Option 2: Follow Tabata –** Choose your [favourite character fitness workout!](#)

**Option 3:** [What would you rather warm up!](#)



#### You will need:

- Paper
- Grey lead pencil
- Textas, coloured pencils, crayons, paints/paintbrush

#### Steps:

1. Start with a dot – draw it somewhere on your paper with black texta or grey lead pencil.
2. Examine your paper – is my artwork very interesting?
3. Like Vashti, think about how you can improve your artwork. What can you add to your dot? Do you want to add more dots, colours, drawings, characters, words, shapes, lines, patterns or a background?
4. Add your desired elements to your artwork.
5. Sign your work! You're an artist and your work should be celebrated!



#### Main Task:

Make a video that says:

- 'Sports I like are ...'
- 'Sports I don't like are ...'
- 'My favourite sport is ....'

[Watch my sample video here](#)

#### Optional

**Video your signing of your favourite sport, sports you like and don't like.**

**Submit it on Microsoft Teams > Specialist > Files > Auslan > Term 4 Week 1. Save it as your name to show Ms Stewart.**



11. Click on the **Save** which is at the bottom right hand side of the screen.
12. Click on save link.
13. Go to your word document and click on paste (or use Ctrl and V at the same time). The link to your music should now be in your word document.

#### Optional

**Send me the link to your music. Submit on Microsoft Teams>Specialists>Performing Arts>Term 4> Week 1. Save as your name to show Mrs Hofmann.**

#### Links used

We are Australian

[https://www.youtube.com/watch?v=RY\\_tl-N93AY&ab\\_channel=ABCAustralia](https://www.youtube.com/watch?v=RY_tl-N93AY&ab_channel=ABCAustralia)

Music lab

<https://musiclab.chromeexperiments.com/Song-Maker/>

#### Main Activity: Jump x 5

Watch Miss Morgan's jumping activities here - [Click me!](#)



#### Activity 1: Long jump

Place a marker on the floor. This might be a stick, a tea towel, a cone etc. Bend your knees and jump as far as you can, place something down behind you to mark out how far you jumped! Now take 10 steps back, run then jump as far as you can – can you make it further?

#### Activity 2: Pillow high jump

Refer to Mr Henshaw's pillow high jump video! [Click me!](#) Get your knees up nice and high!

#### Activity 3: Hopscotch!

Take a piece of chalk and draw a hopscotch game on your sidewalk, driveway or backyard! Jump your way to the end! How big can you make your hopscotch course?

#### Activity 4: Ball jump

Grab a ball and put it between your knees while standing. Try to jump around with the ball between your legs to different parts of your house, without dropping the ball! Can you jump from your room to the living room without dropping the ball? How about from the front door to your backyard?

Do you know why artists sign their work?  
It demonstrates the piece is finished, the artist is happy with it, or differentiates your work from others.

#### Too hard?

Fill you page with lots of dots! Can you do different sized dots or different colours?

#### Too easy?

Try to include some elements or principles of art you have learnt about! You might choose colour, line, shape, texture, pattern and repetition, contrast, emphasis or movement.

#### Optional

Take a photo of your art and submit it on Microsoft Teams > Specialist >

Art >Term 4 > Week 1.

Save it as your name to show Ms Keem and Mrs Gilligan.



#### Links used

Different sports

<https://clickv.ie/w/XdVm>

Sport Signs reference sheet

<https://drive.google.com/file/d/1IX0CkvuOx8XWrRfC9RlaMJtzjlfV9Kb/view?usp=sharing>

I like / I don't like

<https://online.clickview.com.au/share?sharecode=ccdf4684>

#### Activity 5: Pillowcase jumping

Grab an empty pillowcase, put your legs inside, hold the top and off you go!

**Level 1:** Jump up, around a marker and back.

**Level 2:** Jump up, around the marker and backwards back.

**Level 3:** Make an obstacle course and jump over it.

**Level 4:** Use the obstacle course and jump around it.

**Level 5:** Have a pillowcase sack race against someone!

#### Optional

Take a photo or record a short video of yourself completing a challenge above. Submit it on Microsoft Teams > Specialist > Files > P.E > Week 1.

Save it as your name to show Mr Henshaw and Miss Morgan.

#### Health

Understanding our feelings and emotions are very important! Play the [emotions video](#) and join in on the song to see if you know how each emotion looks!

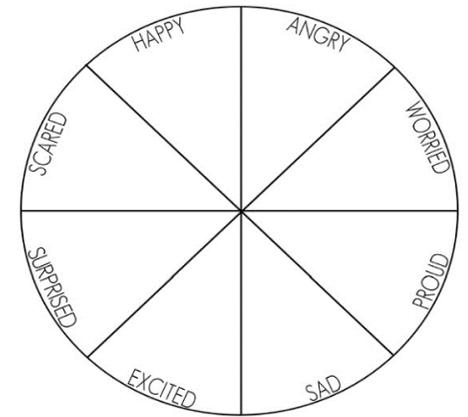


Can you make a face that shows each emotion below?

My Favourite  
<https://online.clickview.com.au/share?sharecode=86212e77>  
Sample Video  
<https://online.clickview.com.au/share?sharecode=c0009646>

Name \_\_\_\_\_

## MY EMOTIONS WHEEL

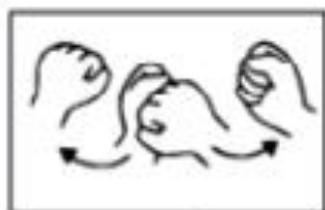


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If you would like to print it out and draw the emotions instead the link is here – [Click me!](#)

### **Fun active game at home!**

Let's try to increase our fitness and score a bingo! You can do this by yourself or grab some family members and try to complete the Fitness Bingo Challenge! [Click me to play!](#)



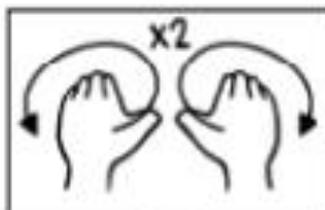
sport



archery



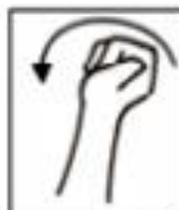
basketball



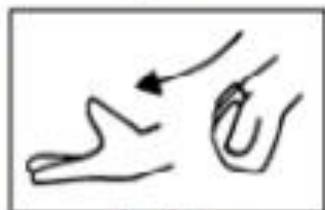
swimming



surfing



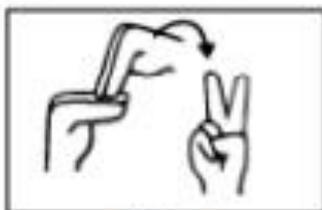
tennis



bowling



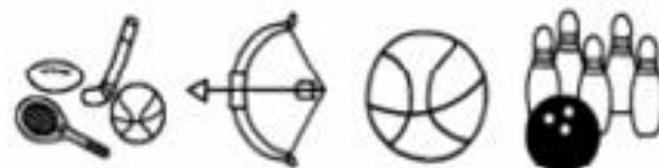
cricket



diving



T Ball



football



golf



hockey



horse riding



netball



rugby



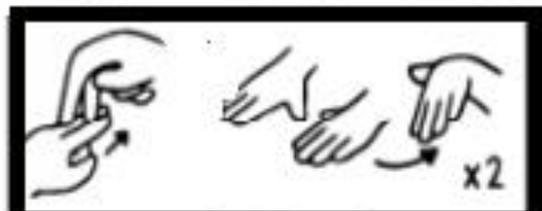
running



sailing



scooter



skateboard



skiing



soccer

