

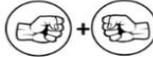
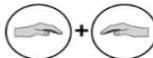
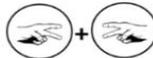
# GRADE 3: 27<sup>th</sup> July – 31<sup>st</sup> July

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

Notes for this week: Auslan – [https://www.youtube.com/watch?v=IbLz9-riRGM&list=PLx1wHz1f-8J\\_xKVdU7DGa5RWIwWzRWNvt&index=4](https://www.youtube.com/watch?v=IbLz9-riRGM&list=PLx1wHz1f-8J_xKVdU7DGa5RWIwWzRWNvt&index=4)

Want to do some extra P.E? Try this 'sock sit up' challenge:

<https://www.youtube.com/watch?v=IRkNsh8tvaY>

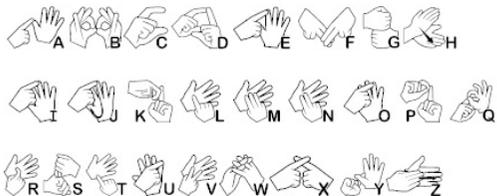
AUSLAN	PERFORMING ARTS	P.E.	STEM
<b>Learning intention</b>	<b>Learning intention</b>	<b>Learning intention</b>	<b>Learning intention</b>
We are learning the Auslan alphabet and fingerspelling.	We are learning to beatbox.	We are learning about throwing target sports.	We are learning to create our own country.
<b>Success Criteria</b>	<b>Success Criteria</b>	<b>Success Criteria</b>	<b>Success Criteria</b>
I can fingerspell the letters from Auslan Alphabet. I can fingerspell my name in Auslan.	I can make different sounds with my mouth to sound like a drum kit. I can make my lips oscillate. I can make my own beatbox pattern and perform it to a family member.	I can ready, aim and fire an object towards my target. I can follow the rules of knock the block tic-tac-toe and show sportsmanship.	I can name my own country. I can create a flag for my own country.
<b>Task</b>	<b>Task</b>	<b>Task</b>	<b>Task</b>
<p><b>Introduction:</b> Hello Grade, 3! <a href="https://clickv.ie/w/3kQn">https://clickv.ie/w/3kQn</a></p>  <p><b>Why do we have Auslan?</b> Auslan is short for Australian sign language, a language developed by, and for, Australians who are deaf or hard of hearing. It's a visual form of communication that uses hand, arm and body movements to convey meaning.</p> <p><b>What is fingerspelling?</b> Fingerspelling is a method of spelling words using hand movements. The fingerspelling alphabet is used in sign language to spell out names of people and places for which there is not a sign. Fingerspelling can also be used to spell words for signs that the signer does not know the sign for, or to clarify a sign that is not known by the person reading the signer.</p>	<p><b>Introduction:</b> This week we are going to be focusing on BEATBOXING. This is where you use your mouth to make drum sounds.</p> <p><b>Warm up:</b> Try your best to do a beat box pattern. Do you know any tips for it?</p> <p><b>Main Activity</b></p> <p><b>Beat Boxing Basics</b> <a href="https://www.youtube.com/watch?v=kyTaFlIEwTo">https://www.youtube.com/watch?v=kyTaFlIEwTo</a></p> <p>Watch this video and learn to beat box. Key Points:</p>  <p>Bass Drum – Red Circle - B sound (Boo)</p>	<p><b>Introduction:</b> <b>Warm up:</b> <b>Tabata ULTIMATE</b> – This week you must complete the following Tabata twice! <a href="https://www.youtube.com/watch?v=OSVAC8UHvdc">https://www.youtube.com/watch?v=OSVAC8UHvdc</a></p> <p>First time: Following the locomotion activity on the top of the screen. Second time: Follow the exercise at the bottom half of the screen.</p> <p><b>AND/OR</b></p>  <p><small>Directions: Play Rock, Paper, Scissors with a partner. Look at the symbols below and match your combination to the exercise. Perform each exercise 10 times and play again.</small></p> <p><small>Create your own exercises for the next game</small></p>  <p>Rock beats Scissors      Paper beats Rock      Scissors beats Paper</p>  <p>JUMPING JACKS</p>  <p>50 JUMPS</p>  <p>SHOULDER TAPS</p>  <p>BICYCLES</p>  <p>PUSH-UPS</p>  <p>SQUATS</p> <p><small>Game created by Mike Ginicola, @PhysEdDepot</small></p>	<p><b>Introduction:</b> You have been studying countries and continents in your classroom, and in S.T.E.M. we're going to be creating your own country!</p> <p>Each week we'll discuss new elements that we must create so we can engineer a complete country.</p> <p>Firstly, you need to come up with two things:</p> <ul style="list-style-type: none"> <li>The name of your new country</li> <li>The flag of your new country</li> </ul> <p>Your flag should represent something about your country.</p> <p>For example:</p> <p>The 50 stars on the USA flag represents the 50 states of the country:</p> 

Click on this link below and watch how to fingerspell the Auslan Alphabet.

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

Printable Auslan Alphabet

[https://docs.google.com/document/d/12isjs\\_o\\_ZIBc4N2jHNQa5rLcet0W30mdYdc4io-9JZQQ/edit?usp=sharing](https://docs.google.com/document/d/12isjs_o_ZIBc4N2jHNQa5rLcet0W30mdYdc4io-9JZQQ/edit?usp=sharing)



Self-evaluation - how did you go?

Which letters are hard?

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

My name starts with.....have a think of the letters in your name, can you do them all in Fingerspelling?

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



Upload a video of you spelling your name in Auslan.

Snare Drum – Green Circle – K sound (Ka)  
Hi-Hat Closed – Yellow Circle – T sound (T)  
Hi-Hat Open – Yellow Circle – TS sound (Ts)

Try these:

1 – BB BB BB BB BB  
2 – B BK B BK B BK B BK  
3 – T T Ts T T Ts T T Ts T T Ts  
4 – Bts Kts Bts Kts Bts Kts Bts Kts  
5 – Btt Btt K Ts Btt Btt K Ts Btt Btt K Ts  
Once you have mastered this one move onto the next video.

Beat Boxing – Lip Oscillation

<https://www.youtube.com/watch?v=6ZLEOWYJpsg>

Key Points:

Tighten lips at the side of the mouth and blow air through your lips. – bbb sound  
Use a cardboard roll (toilet paper roll/paper towel roll) to practice getting you lips in the right position.  
You should sound like a revving engine of a car

Try these:

1 – Bbb K tt B K t Bbb K tt B K t  
2 – Make a ‘shhh’ sound behind your lips  
3 – Make up your own beat box pattern.

Show a family member your new talent or teach them how to do it themselves.

**Optional**

**Film yourself beatboxing and upload it on Microsoft Teams > Specialist > Performing Arts >**

**Week 3.**

**Save it as your name to show Miss Morgan**

**Main Activity: Knock the Block Tic-Tac-Toe**

Watch Mr Henshaw's video demonstration

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

**Aim:**

Find someone to play against in your home and try knock down the block by throwing an item at it to gain a chance at having a turn at tic-tac-toe (Naughts & Crosses). Whoever wins the game of Tic-Tac-Toe wins! HINT: More times you knock down the pin, the more chances you get to potentially win!

**Setting up:**

1. Find an item (pin) to try knock down (plastic bottle, teddy, cup etc.).
2. Find something to throw (small ball, rolled up socks, teddy etc.).
3. Place a line 10 or more steps behind the pin.
4. Set up a game of Tic-Tac-Toe on a piece of paper 10 steps behind the chosen throwing line
5. Each player needs a different colour pen/texter/pencil which stays at the paper!

**General Play:**

From the throwing line, players must throw their ball and try knock down the pin. If they miss they must retrieve the ball and go back to the throwing line to try again!

If you hit the pin, you set your pin back up, put your ball back on the throwing line and run down to the tic-tac-toe paper and have 1 turn. Once you've had your turn, keep playing. First person to get a row of three in tic-tac-toe wins! Play again!

**Optional**

**Film this and submit it on Microsoft Teams > Specialist > P.E > Week 3. Save it as your name to show Mr Henshaw and Ms Morgan!**

The colours of the Nigerian flag represent the lush vegetations (green) and peace(white):



The flag of Japan signifies a red sun against a white sky:



**Activity:**

What will your country's flag look like?

Here is a YouTube clip discussing different flags around the world. Have a look through this to get inspiration.

<https://www.youtube.com/watch?v=lb0743WhQC8>

Here are some suggestions to create your flag.

You can draw or paint them:



**ASSESSMENT TASK!**

Video yourself fingerspelling your name upload it to Microsoft Teams > Specialist > AUSLAN > Week 3. Save it as your name to show Ms Stewart.

Too easy?

Fingerspell names of all your family members



**Health:**

Watch this video to learn about food groups!

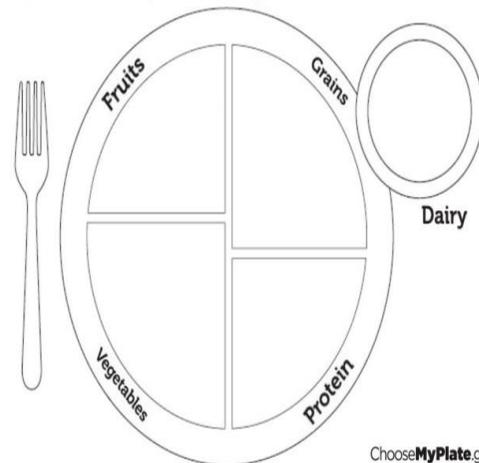
<https://www.youtube.com/watch?v=L9ymkJK2QU>

Now that we know all about different food groups, draw the image below on a sheet of paper. Or print it out here:

[https://docs.google.com/document/d/1ABWvp\\_u8eUCvpVoWcB5Sm8UE8pvlp-zZx9LIQ2-WFYgM/edit?usp=sharing](https://docs.google.com/document/d/1ABWvp_u8eUCvpVoWcB5Sm8UE8pvlp-zZx9LIQ2-WFYgM/edit?usp=sharing)

Name \_\_\_\_\_

Today, I learned how much of each type of food I should be eating!



**Your task is to track your own daily food intake and write it in the correct group.**

For example, if you had cereal for breakfast you would write that in the grains section.

Did you eat an apple as a snack?

Write it in the fruit section.

Have an adult help you if you need!

**Optional**

Take a photo of your work and submit it on Microsoft Teams > Specialist > P.E. > Week 3. Save it as your name to show Mr Henshaw and Miss Morgan.

**Fun active game at home:**

Bottle Flip Challenge: See Video Below:

You can use popsicle sticks and other materials from around the house:



**Reflection:**

Write down what your flag represents:

- Why did you choose those colours?
- Why did you include any symbols or pictures?

**ASSESSMENT TASK!**

Remember to save your reflection on Microsoft Teams > Specialist > S.T.E.M > Week 3. Save it as your name to show Mr B.

<https://www.youtube.com/watch?v=AZd8oJv6LIM&feature=youtu.be>

- Fill a plastic bottle up  $\frac{1}{4}$  the way.
- Find a flat surface.
- Time yourself up to a minute.
- Do 3 star jumps.
- Flip the bottle and try to land it.
- Repeat this as many times as you can!
- How many times can you land it in a minute?
- Compete with someone in your family!