

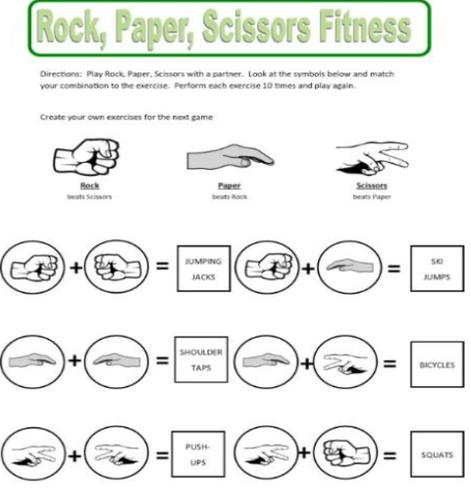
# GRADE 4: 27<sup>th</sup> July – 31<sup>st</sup> July

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\\_xKVdU7DGa5RWlwWzRWNvt&index=4](https://www.youtube.com/watch?v=IbLz9-riRGM&list=PLx1wHz1f-8J_xKVdU7DGa5RWlwWzRWNvt&index=4)

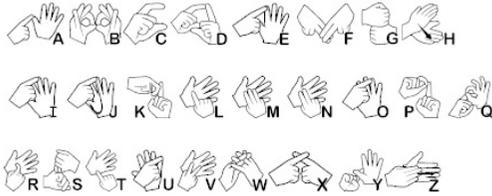
Want to do some extra P.E? Try this 'Sock Sit Up' Challenge:

<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 solve real-world problems.
<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 select a design brief. I can plan for a solution.
<b>Task</b>	<b>Task</b>	<b>Task</b>	<b>Task</b>
<p><b>Introduction:</b> Hello Grade, 4! <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. Click on this link below and watch how to fingerspell the Auslan Alphabet. <a href="https://clickv.ie/w/TkQn">https://clickv.ie/w/TkQn</a></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> <b>Beat Boxing Basics</b> <a href="https://www.youtube.com/watch?v=kyTaFIIewTo">https://www.youtube.com/watch?v=kyTaFIIewTo</a> Watch this video and learn to beat box. Key Points:</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> 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>Game created by Mike Ginicola, @PhysEdDepot</p>	<p><b>Introduction:</b> The main reason for S.T.E.M. is to help solve problems. We are going to tackle a problem that Zoos Victoria is currently having with some of their animals.</p> <p>During this time of lockdown, there have been a smaller number of visitors to the zoos across Victoria and this has resulted in less stimulation for the animals.</p> <p><b>Activity:</b> The zookeepers wish to solve the problem of enrichment for the animals. This includes improving the quality of their lives through mental stimulation, exercise, and engagement.</p> <p>I found this issue on the Zoos Victoria website and thought we could tackle it!</p> <p>The challenge is to create something that enriches the lives of an animal.</p> <p>You can choose from one the four animals:</p>

Printable Auslan Alphabet

[https://docs.google.com/document/d/12jsjs0\\_ZlBc4N2jHNQa5rLcet0W30mdYdc4io-J9ZQQ/edit?usp=sharing](https://docs.google.com/document/d/12jsjs0_ZlBc4N2jHNQa5rLcet0W30mdYdc4io-J9ZQQ/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.

### 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.**

Bass Drum – Red Circle - B sound (Boo)  
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 – BBK BBK BBK BBK

3 – TTTs TTTs TTTs TTTs

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=6ZLEO WyJpsg>

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: The 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.

The first person to get a row of three in Tic-Tac-Toe wins! Play again!

*Move the throwing line further back to make the game harder!*

Penguin:



Giraffe:



Lion:



Zebra:



You need to plan and design something according to this rubric:

1. The design must use and involve the animal's senses of smell, touch, taste, sight and sound.
2. The design needs to look and behave naturally. The animal will not use something if it looks man-made.
3. The design must be strong enough for your animals.
4. The design must be non-toxic, and safe for the zookeeper and animal to use.
5. The design must be made of recycled and cheap material.

Too easy?

Fingerspell names of all your family members



**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!**

**Health:**

Watch this video to learn about food groups!

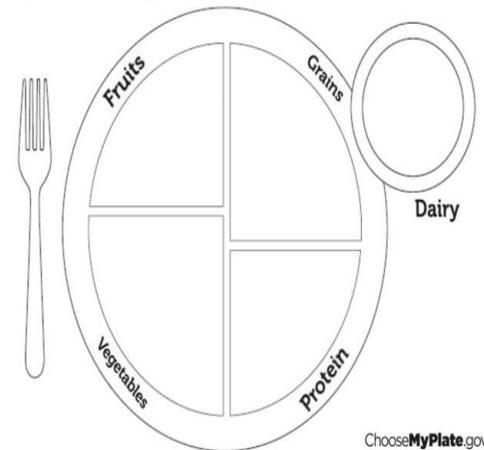
<https://www.youtube.com/watch?v=L9ymkJK2QCU>

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/1ABwvpu8eUCvpVoWcb5Sm8UE8pvlp-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.

This week all you will be doing is creating a plan and design.

Tick each of the above elements as you plan, and make sure to write a sentence about how your plan succeeds in each.

For example: *My design looks naturally because... My design uses the sense of smell by...*

To help with your design, check out:

<https://www.zoo.org.au/animals-at-home/>

On this page you'll see live streams of each of these animals.

Have a look at their enclosure and see how they behave. These will be clues to help your design!

We will begin construction next week, so make sure your plan is finished by then.

**\*Your design this week, and your construction over the next few weeks will be assessed\***

**Remember to save your design and sentences on Microsoft Teams > Specialist > S.T.E.M > Week 3.**

**Save it as your name to show Mr B.**

**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:

<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!