

PREP: 5th – 9th October

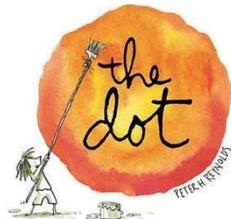
Trouble uploading your work? > <https://clickv.ie/w/jlQn>

Notes for this week: Interesting deaf history- [Old fashioned hearing aid devices looked like this](#)
 Art extra: Learn more about [growth mindset with Sesame Street](#)
 P.E Extra: [Play deck of cards fitness!](#)

ART	AUSLAN	PERFORMING ARTS	P.E.								
Learning intention	Learning intention	Learning intention	Learning intention								
Success Criteria	Success Criteria	Success Criteria	Success Criteria								
Task	Task	Task	Task								
<p><u>I can</u> create an artwork based on the book <i>The Dot</i>. <u>I can</u> demonstrate my developing growth mindset.</p> 	<p><u>I can</u> sign my favourite sport in Auslan. <u>I can</u> sign sports I like in Auslan. <u>I can</u> sign sports I don't like in Auslan</p>	<p><u>I can</u> tap to the beat of the music. <u>I can</u> lead a partner to tap to the beat of the music. <u>I can</u> follow the scribbles with my voice to raise and lower the pitch.</p>	<p><u>I can</u> describe what locomotion means. <u>I can</u> jump as high as possible. <u>I can</u> jump as far as possible.</p>								
<p>Introduction 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>Introduction. 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>Introduction</p>  <p>Look at this metronome. See how steady the dial moves. It takes the same amount of time to go in each direction. Can you clap in time with the click of the metronome?</p> <p>On the bottom right-hand side of the metronome clip, you will see a cog. Click on it. Now select: Playback Speed. Choose different speeds and try to clap to the metronome for each one. Notice that the claps are always steady regardless of how fast or slow they are.</p> <p><i>Beat is the steady pulse of music.</i> It is always there no matter how fast or slow the music is. (Steady – there is the same amount of time between each one for that section of music).</p>	<p>Introduction 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>Locomotor Movement</p> <table border="1"> <tr> <td>SLIDE STEP</td> <td>WALK RUN</td> </tr> <tr> <td>GALLOP</td> <td>JUMP LEAP</td> </tr> <tr> <td>CRAB WALK</td> <td>HOP SKIP</td> </tr> <tr> <td>ROLL</td> <td></td> </tr> </table> 	SLIDE STEP	WALK RUN	GALLOP	JUMP LEAP	CRAB WALK	HOP SKIP	ROLL	
SLIDE STEP	WALK RUN										
GALLOP	JUMP LEAP										
CRAB WALK	HOP SKIP										
ROLL											

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

What colour circle did Ms Keem forget to mention in her [video demonstration](#)? 😊

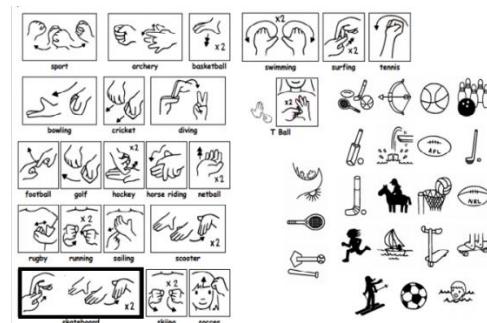
Option 1 – Layered dots



You will need:

Sport signs reference sheet.

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)



Focus



Now we will try to keep the beat to a piece of music. For this activity, you can use a small ball or a pair of rolled up socks or your closed fist. **We will use the same clip for three activities.**

Steady Beat

Use the slide to get to 3:00 minutes.

1. 3:00 to 7:07.

Try to follow the steady beat with the man and the children.



2. Mirror Game 9:48 to 10:5

Now you need to find someone to work with you. Sit facing each other. You are the leader, and your partner needs to follow your actions. Listen to the music and lead your helper to keep a steady beat. {You may wish to position your child so they can hear the music, but not see the screen.}

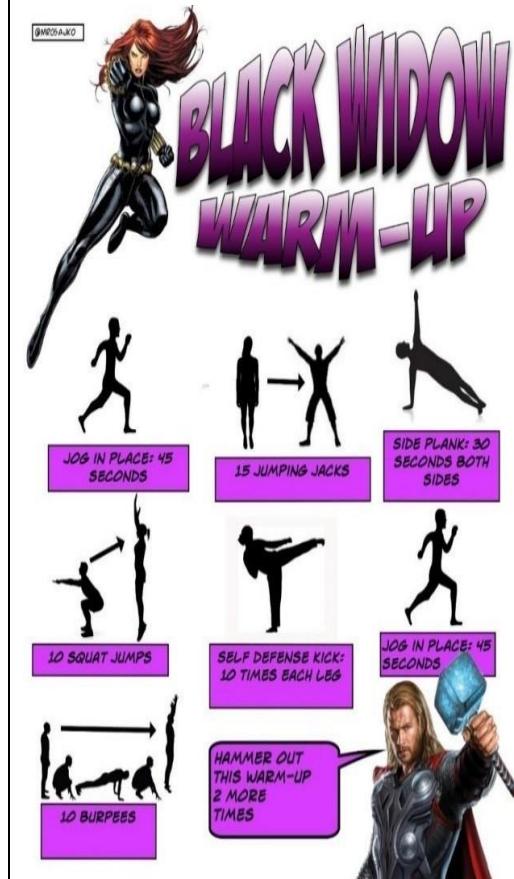


This week our topic is Jumping!

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 Black Widow warm up below with some music of your choice!



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

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

- Numerous pieces (at least 5) of coloured paper, newspaper, catalogues or white paper you have coloured or painted
- Scissors
- Glue
- Background – cardboard, white or black paper

Steps:

1. Begin with your largest circle and work toward your smallest circle.
2. Cut out a circle from a piece of your coloured paper.
3. Keep cutting as many circles as you want, each time making them smaller than the one before.
4. Stack the circles on top of each other to check you can see each one and trim if necessary.
5. When you have cut out all your circles, glue onto your background starting with the largest circle and finishing with your smallest.

Too hard?

Use circular objects from around your house to trace if you find drawing or cutting circles difficult, for example a plate or cup. Perhaps a parent or sibling can help you draw or trace. Or only cut 3 circles for your piece.

Too easy?

Cut circles from paper without drawing them or tracing them first. Do more circles or make the circles only slightly smaller than the one before.

Option 2 – One black dot can be...



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](#)

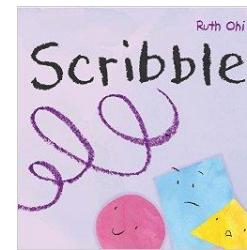
Optional
Video your signing of your favourite sport, sports you like and don't like.

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



3. Pitch game 13:42 to 16:44.

Listen to the teacher explain the activity and follow along with the children. Then draw your own scribbles and make your voice go up or down as the scribble goes up or down.



Optional

Video yourself keeping a steady beat.

Submit it on Microsoft Teams > Specialist > Files > Performing Arts >

Term 4 Week 1

Save it as your name to show Mrs Hofmann.

Links used

Metronome

https://www.youtube.com/watch?v=gsJEMHemBM&ab_channel=LumBeat

Steady Beat

https://www.youtube.com/watch?v=XNpM1oEYcg&ab_channel=GregMueller

3:00 – 7:07 – Steady Beat

9:48 – 10:52 – Mirror game

13:42 – 16:44 – Pitch Game

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

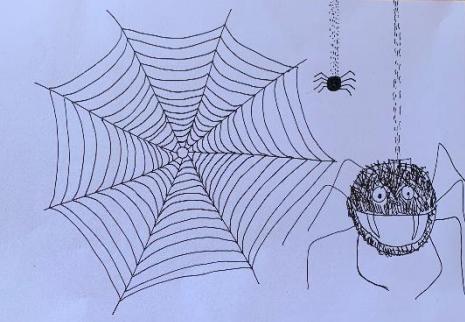
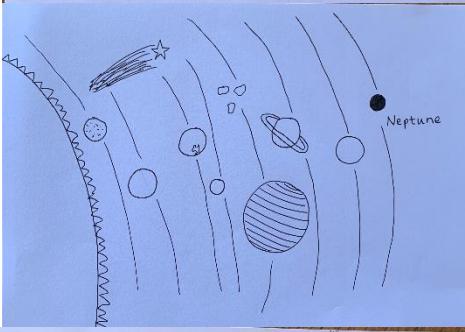
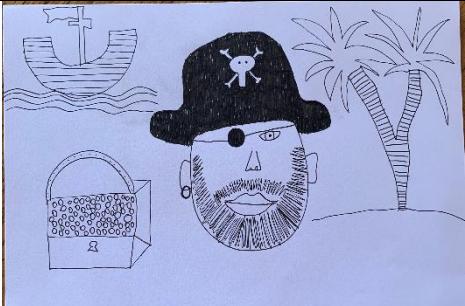
Refer to Mr Henshaw's pillow high jump video! [Click me!](#) Get your knees up nice and high!

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?

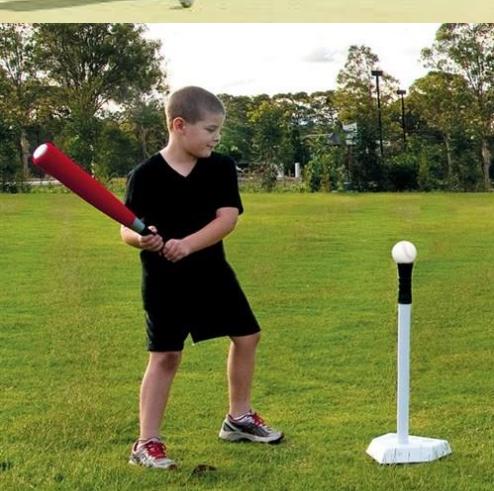


You will need:

- Paper
- Grey lead pencil
- Textas, coloured pencils, crayons, paints/paintbrush
- Scrap paper, scissors and glue (optional)

Steps:

1. Start with a dot – draw it somewhere on your paper with black texta.
2. Examine your paper – what could this black dot be?
3. Like Vashti in the book, think about how you can improve your artwork.



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?share_code=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.

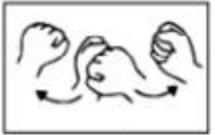
Health

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?

<p>What can you do with a dot? How can you make it interesting?</p> <p>4. Using whatever materials, you have at home, turn your dot into a masterpiece!</p> <p>Some ideas for your dot:</p> <ul style="list-style-type: none"> • A mandala • An insect or animal • A body part like head, nose or eye • A flower • A planet • A ball • A sun • A balloon <p>Too hard? Fill your page with lots of dots! Can you do different sized dots or different colours?</p> <p>Too easy? Try to include some elements or principles of art you have learnt about in art! You might choose colour, line, shape, texture, pattern and repetition or movement.</p> <p>Optional</p> <p>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.</p>	<p>My Favourite https://online.clickview.com.au/share?share_code=86212e77</p> <p>Sample Video https://online.clickview.com.au/share?share_code=c0009646</p>		<p>Name _____</p> <p>MY EMOTIONS WHEEL</p> <p>© childhood101.com If you would like to print it out and draw the emotions instead the link is here – Click me!</p> <p>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!</p>
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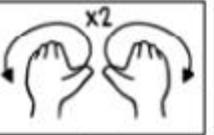
sport



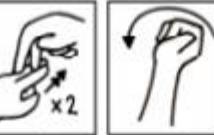
archery



basketball



swimming



surfing



tennis



bowling



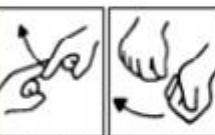
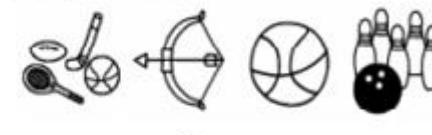
cricket



diving



T Ball



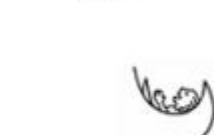
football



golf



hockey



horse riding



netball



rugby



running



sailing



scooter



skateboard



skiing



soccer