

# Year 4

## Term 4 Remote Learning

Monday 11th October - Friday 15th October

### ACTIVITIES YOU SHOULD DO EVERY DAY!

- **INDEPENDENT READING:** Read your choice of book and track your thinking. You should be reading for a minimum of 20 mins a day.
- **WRITING:** Students can write a quick reflection each day - at the start or end of the day. Students can include their thoughts, feelings and concerns.
- **MATHS:** Choose a My Numeracy Time activity or complete Mathematics tasks that have been assigned.
- **Wellbeing:** Be a good citizen. Do something helpful around your house every day.

### REMINDERS

- Remember to comment on your teacher's morning post every day as this will count as your attendance for the day
- If you have any questions remember to message your teacher for help
- Remember to get some exercise each day to stay healthy

**SUBMITTED TASK:** The tasks below need to be submitted to your teacher so they can provide feedback to you on how you are going and where you can improve.

- **READING:** You will be given verbal feedback through your small group webex. Look to Google Classrooms to find when your teacher has scheduled your small group and make sure you attend.
- **WRITING:** Please submit your persuasive piece of writing from this week to your teacher through Google Classrooms on Friday.
- **MATHS:** Please complete your Time post test on Essential Assessment on Friday.

# Monday

## Reading 60 minutes

Modality and emotive words

1. Watch this video explaining Persuasive Techniques:  
<https://www.youtube.com/watch?v=bEM3pDMJsAc>
2. As you are watching, write down five examples of emotive language and five examples of modal words.
3. **Read the article on Climate Change that your teacher will provide through Google Classrooms.**
4. As you are reading, underline emotive words red and modal words blue.

## Writing 45 minutes

What is persuasive writing?  
<https://www.youtube.com/watch?v=hD9arWXliddM>

Watch the clip: Episode 3: Planning  
<https://www.youtube.com/watch?v=nHCYvNvV68c&t=6s>

Choose one of the topics we discussed last week:

- **Kids should only be allowed to play on their iPad for 1 hour a day.**
- **Students should be at school during lockdown.**
- **Students should only have 1 hour of PE per week.**

Begin planning your persuasive writing. Use or refer to this template. **This template will also be provided on Google Classrooms by your teacher.**

## Maths 30-45 minutes

**Whole class activity on Webex - Number Talk**

You will need to join your class Webex to do this task. Please refer to your class page on Google Classroom to find meeting details.

## Science 30 minutes

**How can heat be produced?  
What questions can I ask?  
What predictions can I make?**

Explore how heat is produced. Identify how heat can move from one object to another. Ask and answer questions. How to be safe with and around heat sources.

**Watch**  
<https://www.youtube.com/watch?v=xGKg3TSO4v8>

Make a presentation - on Ipad or make a paper book/poster. Titled - All About Heat. Answer the first question above- How is heat made/produced? Show examples? Explain how the object makes heat.

Use information from the video.

## Humanities 30 minutes

Day 7 of your build up challenge - have you noticed a significant improvement yet?

Seeking influence - Moral dilemma- Continuing from last week, have a discussion with your circles of influence.

You are in Art at school. The teacher tells the class that today each student is to paint a painting of their best friend in the class. The class is uncomfortable with this, and one student points out to the teacher that some kids will have lots of kids painting them, and other kids won't be chosen at all. The teacher insists that this is what the students should do. Almost all of the students don't want to do this.

Talk with someone from your inner circle of intimacy and note some answers to the following.  
What should you do?  
Is it disrespectful to disagree with your teacher?  
With your parents?  
Your friends?  
Can you disagree and still be respectful? How?

**Tuesday**

**Specialist Day**

Please use the Specialist Grid to find your activities for today.

Make sure you have used the following codes to join your Specialists Google Classrooms:

Year 4 P.E.: plzb4vo

Year 4 Performing Arts: k6glwlp

Italian – 4A: 7rmlgwh, 4B: fbc3gui, 4C: ejxy62h, 4D: 3tb5buy, 4E: ydh5ocp

# Wednesday

<b>Literacy</b> 60 minutes	<b>Numeracy</b> 45 minutes	<b>Humanities</b> 30-45 minutes	<b>Wellbeing</b> 30 minutes	<b>P.E</b> 30 minutes
<p><b>Reading</b></p> <p>1. Watch this video explaining Persuasive Techniques:  <a href="https://www.youtube.com/watch?v=bEM3pDMJsAc">https://www.youtube.com/watch?v=bEM3pDMJsAc</a></p> <p>2. As you are watching, write down an example of a rhetorical question the presenter gives you.</p> <p>3. Read this persuasive that we listened to last week:  <a href="https://www.youtube.com/watch?v=ehH6l6v5sYM">https://www.youtube.com/watch?v=ehH6l6v5sYM</a></p> <p>4. As you are listening, write down rhetorical questions the author uses.</p> <p>5. Why did the author use these rhetorical questions?</p> <p><b>Writing</b></p> <p>How do I write an introduction?  <a href="https://www.youtube.com/watch?v=1O2FjJ4Eolg">https://www.youtube.com/watch?v=1O2FjJ4Eolg</a></p> <p>Write your introduction using your plan from yesterday. You may choose to begin with a rhetorical question or a fact. Remember to briefly include your 3 reasons in your intro so your reader knows what they have to look forward to.</p>	<p>Please refer to your class page on Google Classroom to find your group number. Each group will have different resources and tasks to complete.</p>	<p><b>Social wellness is all about our relationships and how we interact with others and like everything else, if we don't work on it, it can start to suffer.</b></p> <p>We have worked with our people of influence, now we are recognising their impact. Pick one of the tasks below:</p> <ul style="list-style-type: none"> <li>- Write a letter telling someone what you are thankful for they have done or do for you</li> <li>- Compliment a number of people of influence - people love to hear nice things (try not to tell them it's just for school work!)</li> <li>- volunteer to help with a task you would not usually do (eg. dishes, laundry, clean your room without being asked)</li> </ul> <p>After you have completed the task answer this question: Did this task make you feel good? Why do you think you felt this way?</p>	<p>How can I manage anger?</p> <ul style="list-style-type: none"> <li>• Identify the types of events and situations that can lead to feeling strong angry emotions.</li> <li>• Practice techniques for controlling anger and reflect on how these techniques might help to control your emotions.</li> </ul> <p>Taming angry feelings- Watch  <a href="https://www.youtube.com/watch?v=8FMxPo4xDM">-https://www.youtube.com/watch?v=8FMxPo4xDM</a></p> <p>Make a list of 8-10 things you can do to calm your body down. When it is angry.</p> <p>For example- Count to 10 in your head. Then you tell yourself to calm down. Then you choose what to do next.</p> <p>Go for a fast walk around the room, or the yard, away from the thing/person causing you anger, to get yourself calmed down.</p>	<p>Find your activity on the PE Google Classrooms. Use this code to join: plzb4vo</p>

# Thursday

<b>Literacy</b> 60 minutes	<b>Numeracy</b> 45 minutes	<b>Humanities</b> 30-45 minutes	<b>Wellbeing</b> 30 minutes	<b>P.E</b> 30 minutes
<p><b>Reading</b></p> <p>1. Watch this video explaining Persuasive Techniques:  <a href="https://www.youtube.com/watch?v=CEbk mH8fAsc">https://www.youtube.com/watch?v=CEbk mH8fAsc</a></p> <p>3. Read this persuasive:  <a href="https://www.kidsnews.com.au/animals/news-announces-ambitious-zero-extinctions-target/news-story/40a9cc6e53f0bb8ef1869f10806664de">https://www.kidsnews.com.au/animals/news-announces-ambitious-zero-extinctions-target/news-story/40a9cc6e53f0bb8ef1869f10806664de</a></p> <p>4. As you are reading:</p> <ul style="list-style-type: none"> <li>- underline any facts blue</li> <li>- underline any figures red</li> <li>- underline any quotes green</li> </ul> <p>5. Why do authors use evidence in their persuasive?</p> <p><b>Writing</b></p> <p>How do I write a series of arguments?  <a href="https://www.youtube.com/watch?v=6bb WJKIvI2c">https://www.youtube.com/watch?v=6bb WJKIvI2c</a></p> <p>You will write 3 separate paragraphs for your 3 reasons. Open with a topic sentence that gives the main idea about what the paragraph is about. Provide details, evidence, reasons, examples and facts to support your argument.</p> <p><b>Use the modality words resource provided by your teacher on Google Classrooms.</b></p>	<p>Please refer to your class page on Google Classroom to find your group number. Each group will have different resources and tasks to complete.</p>	<p>Physical health is the function of the body which can be improved through regular exercise, proper diet and nutrition, as well as, taking care to remain healthy (personal hygiene, following health advice, etc).</p> <p>Your task today is to look at the food you are eating and whether or not you can gain enough information to know if you are eating healthily.</p> <p>The recommended daily intake of children aged 9-13 should be approximately:</p> <ul style="list-style-type: none"> <li>● 1600-1800 Calories</li> <li>● Less than 25g sugar</li> <li>● Less than 5g of salt</li> <li>● Less than 65g of fat</li> </ul> <p>You need to record the following for everything you eat/drink today:</p> <ul style="list-style-type: none"> <li>● Energy (Calories)</li> <li>● Sugar</li> <li>● Salt (sodium)</li> <li>● Fat</li> </ul> <p>You can just use "Serving suggestion" to get a general idea of what you are consuming.</p> <p><b>Your teacher will attach an example on Google Classroom.</b></p>	<p>Watch:  <a href="https://www.youtube.com/watch?v=IMYF_IFcSVM">https://www.youtube.com/watch?v=IMYF_IFcSVM</a></p> <p>How does the octopus calm themselves down?</p> <p>Make a presentation, (movie, poster, book, animation or your choice) that shows how you calm yourself down, when you are angry.</p>	<p>Find your activity on the PE Google Classrooms.            Use this code to join: plzb4vo</p>

# Friday

## Literacy

60 minutes

### Reading

1. This week, we have looked at emotive words, modal words, rhetorical questions and evidence.

3. Read this persuasive:

<https://www.kidsnews.com.au/health/junk-food-is-harming-kids-mental-health/news-story/3ae1bb4987014bd0770a97cd85ec359f>

4. As you are reading:

- underline modal words purple
- underline emotive words brown
- underline any rhetorical questions orange
- underline any facts blue
- underline any figures red
- underline any quotes green

5. Look at what devices the author has used - which did it use the most? Which did they use the least? Why do you think?

### Writing

How do I write a series of arguments?

Watch the video:

<https://www.youtube.com/watch?v=azttKmT0rVc>

What techniques do these use to persuade us?

Remember your audience and use emotive language techniques.

Continue working on your series of arguments from yesterday. Once completed, use the **transition words resource provided by your teacher on Google Classrooms** and include some in your writing.

This needs to be submitted to your teacher through Google Classrooms

## Numeracy

45 minutes

Please complete your Time post test on Essential Assessment.

Your Time post test needs to be submitted through Essential.

## Finishing Off

30-45 minutes

Use this time to finish off any work you have not completed.

You might work on:

- Your Time Essential
- Your Heat presentation
- Your Calming Strategies presentation
- Your persuasive text from this week

## Wellbeing

30 minutes

Read this long list of calming strategies. **It will be provided on Google Classrooms by your teacher.**

Highlight all the ones you use.

Use a different colour to highlight any new ones you will try.

Put up the poster on your wall, door or somewhere you can see it.

### Calming Strategies for Kids

- <http://www.andnextcomes.com>
- Blow bubbles
  - Chew gum
  - Chew on a chewy toy
  - Complete a puzzle
  - Use a fidget
  - Use a weighted lap cushion or stuffed animal
  - Wear a weighted vest
  - Use stretchy resistance bands
  - Crawl through a sensory tunnel
  - Wear noise reducing ear muffs
  - Suck on hard candies
  - Diffuse essential oils
  - Use Rescue Remedy spray
  - Listen to music
  - Do some yoga
  - Lay or bounce on a ball
  - Sing ABCs forwards or backwards
  - Build with blocks of LEGO
  - Go for a run
  - Swing
  - Pet a cat or dog
  - Draw with chalk
  - Go for a walk
  - Go to a quiet place
  - Paint a picture
  - Do a maze, dot to dot or word search
  - Read a book
  - Count slowly forwards or backwards
  - Ask for a hug
  - Take a drink of water
  - Wrap up in a blanket
  - Invert head or hang upside down
  - Close your eyes
  - Hum or sing a song
  - Do some deep breathing
  - Go for a bike ride
  - Draw a picture
  - Play hopscotch
  - Jump on a trampoline
  - Climb a tree
  - Play an instrument and make music
  - Do a heavy work activity
  - Use a calm down bottle
  - Do animal walks
  - Dance
  - Skip
  - Do a cartwheel
  - Take a bubble bath
  - Drink a smoothie through a straw
  - Make silly faces in a mirror
  - Drink a warm beverage
  - Look at an hourglass, lava lamp, or aquarium
  - Rip tissue paper
  - Bend and twist pipe cleaners
  - Have a snack
  - Pop bubble wrap
  - Play with play dough, slime, or silly putty
  - Look at a photo album
  - Blow a pinwheel
  - Squeeze a stress ball
  - Tightly hug or squeeze a pillow or toy
  - Wear an eye mask
  - Listen to nature sounds
  - Spin a top
  - Use a mini massager
  - Climb into a body sock
  - Make a craft
  - Play a one player board game
  - Rub some scented lotion on
  - Wear sunglasses
  - Light a scented candle
  - Journal
  - Color a picture in a coloring book
  - Play with shadow puppets
  - Blow a feather
  - Blow a pom pom around using a straw
  - Take a bath with Epsom salts
  - Ask for a break
  - Push against a wall
  - Play with a sensory bin
  - Crash into a crash pad
  - Take a shower
  - Suck on ice
  - Do some joint compressions
  - Brush hair and/or skin
  - Blow bubbles in a cup of water
  - Smell scratch and sniff stickers
  - Turn off the lights
  - Read with a flashlight
  - Play tpy
  - Braid your hair
  - Climb a ladder or rock wall
  - Use positive affirmations
  - Hug someone
  - Doodle on paper, whiteboard, or similar
  - Use visual calm down cards or posters
  - Stretch
  - Play with a pet
  - Trace your hands with your finger
- For Personal Use Only | <http://www.andnextcomes.com>

Find your activity on the PE Google Classrooms.

Use this code to join:

plzb4vo

