St Johns Park Public School - Year 5, Term 3, Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	**FITNESS:** • 15 high knees • 15 burpees • 15 lunges • 10 planks **Repeat these steps 3 times** **ENGLISH:** **Reading & Viewing** Before viewing the video, have a prediction of what an active lifestyle video might be about. Think of what content and ideas might be presented. View the video Active and Healthy Lifestyle on Youtube. Link: https://www.youtube.com/watch?v=YOmC5Tyk-nU Was your prediction correct? What was included that you did not predict? **Speaking & Listening** Voice record yourself giving a short explanation of the	**FITNESS:** • 15 high knees • 15 burpees • 15 lunges • 10 planks **Repeat these steps 3 times** **ENGLISH:** **Reading & Viewing** When reading and viewing texts, the text structures assist the author to convey their purpose. Read the text 24 Hour Movement Guidelines. What text features did the author use? For example, headings and bolded font. How does the chosen text features support the author's purpose for the target audience? **Speaking & Listening** Discuss the following questions with someone at home.	**FITNESS:** • 15 high knees • 15 burpees • 15 lunges • 10 planks **Repeat these steps 3 times** **ENGLISH:** **Reading & Viewing** Revisit the text 24 Hour Movement Guidelines. This text is a **hybrid text.** This means that the author has chosen to include more than one purpose. Highlight the statements that **inform** and underline the statements that are an opinion to **persuade.** Why do you think the author has used a combination of purposes? Be ready to justify your opinion by referring back to the text as evidence. **Writing & Representing** Topic: Take on the role of a health professional and	**FITNESS:** • 15 high knees • 15 burpees • 15 lunges • 10 planks **Repeat these steps 3 times** **ENGLISH:** **Reading & Viewing** In Reading and Viewing, we have been focusing on the author's purpose/ perspective. Read the different topics, facts, opinions and author perspectives and match the correct ones. Complete the Author's Perspective worksheet provided. **Writing & Representing** Watch the following video on editing and revising. Pause at the necessary sections to read and understand each acronym (you may want to write them down to refer back to in future).	**FITNESS:** • 15 high knees • 15 burpees • 15 lunges • 10 planks **Repeat these steps 3 times** **ENGLISH:** **Reading & Viewing** Read the text Benefits of an Active Lifestyle. Reflecting on all the texts we have viewed and read so far from Week 3 and Week 4, which text/s is this one similar to? Why do you think that? **Speaking & Listening** Voice record your response to the questions above. **Writing & Representing** Using all the information you

different types of physical activity you engage in throughout the week.

Do you think you are getting enough exercise? Why/why not?

Writing & Representing

Watch the following tutorial on how to create a timetable using Excel:
https://www.youtube.com/watch?v=zyZpuWGmnw4

Create a weekly timetable and schedule in at least 60 minutes of exercise each day.
(You can rule a table up using pencil and paper if you do not have access to Excel).

Remember that the 60 minutes can be broken up as it is a cumulative total (e.g. 30 minutes in the morning and 30 minutes in the afternoon.
You can use ideas from the Active and Healthy lifestyle video as a starting point.

Spelling

For spelling words 1-10:
• Look up & rewrite definitions using your own words.
• Write a detailed sentence for each word defined.

• *Why do you think some people might find it difficult to follow the guidelines from the article?*
• *Do you agree with the article when it suggests that bedrooms should be 'screen free zones'?*

Write or record to share your responses onto Seesaw.

Writing & Representing

Topic: Take on the role of a health professional and communicate the **importance of physical activity** to parents.

Task: Plan the main ideas (body paragraphs) that you will use in your writing tomorrow.

You can choose how you plan (brainstorm, headings with dot point summaries etc.) as long as it helps you organise and sequence your ideas logically.

Here is a video that explains the basics of planning:
https://www.youtube.com/watch?v=ehzBzAo3h44
Refer back to information from this week's videos and articles.

Extension (optional): Use a search engine to research additional facts to further support key ideas.

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communicate the **importance of physical activity** to parents.

Watch the video below on how to structure texts (the video was designed for university students but contains useful information you can apply up to the 3:00 mark).
https://www.youtube.com/watch?v=6PnsKg7hkIo

Task: Use the plan you created and tips from the video to write your text.

Please check that you have met the markers below before submitting work.

Learning Intention: Use appropriate structure to organise ideas.

Success Criteria:
• Have all necessary parts (intro, body paragraphs, conclusion).
• Introduce body paragraphs using topic sentences.
• Elaborate and explain ideas using evidence.

Extension (optional): Use nominalisations to create a passive writing tone.
https://unilearning.uow.edu.au/academic/3b.html

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https://www.youtube.com/watch?v=vLpKgeLgFEg

Task: Edit and revise your writing from yesterday to improve its impact on your audience.

Spelling

For spelling words 1-20:
● Look up and rewrite definitions using your own words.
● Write a detailed sentence for each word defined.

Speaking & Listening

Thinkers Keys:
The Reverse Key

Name 10 places that can not be destroyed by humans.

Discuss with someone at home and list the responses in your book.

Try to have fun and think outside the box!

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have learnt this week, create an engaging poster to inform and persuade young children to live an active lifestyle.

Because this is a hybrid text, think about what you could do to make the poster:
1. engaging
2. informative
3. persuasive
for your target audience.

Spelling

Use as many words as you can from your spelling list to write an imaginative story.

You are allowed to use variants of the base word but the events need to be relevant and sequenced in a somewhat logical manner.

Break	Break	Break	Break	Break	Break
Middle	**MATHEMATICS** Complete - Maths Mentals Log in to *Mangahigh* and complete the assigned activity. **Addition and Subtraction** Complete the 'Addition and Estimation' worksheet. For question 2, you need to round to the nearest 10 to find your estimate. Estimation is finding a number that is close enough to the right answer. You are not trying to get the exact right answer, what you want is something that is good enough (usually in a hurry!)	**MATHEMATICS** Complete - Maths Mentals **Problem Solving** Answer the Addition and Subtraction multi step problem challenge cards. They are called multi-step challenge cards for a reason. There are multiple steps you need to take in order to achieve the answers. **Math Games** Select some games to play to improve your mathematics skills. Free Multiplication Math Games	Multiplication.com	**MATHEMATICS** Complete - Maths Mentals Log in to *Mangahigh* and complete the assigned activity. **Area** Using the grid paper provided, draw 3 different rectangles that all have an area of 24cm². Now draw 3 shapes, can be regular or irregular, all with an area of 24cm². • What can you tell me about these shapes? • If all of these shapes have an area of 24cm², will they all have the same perimeter? Why or why not? • Calculate the premier of each shape. **Addition** Convert into a formal algorithm first and find the missing numbers. a. 76**?**2 + **?**902 = 16594 b. 927**?** + 5**?**29 = 15003 c. 7**?**31 + 572**?** = 12760 d. **?**903 + 3**?**84 = 10587	**MATHEMATICS** Complete - Maths Mentals **Multiplication** Use the following YouTube video to assist you in completing the following: Math Antics - Multi-Digit Multiplication Pt 2 - YouTube Answer the following in your workbook. Convert into a formal algorithm first. a. 673 x 3 = b. 723 x 7 = c. 612 x 3 = d. 803 x 45 = e. 670 x 62 = f. 731 x 39 = g. 8392 x 40 = h. 7470 x 32 = i. 9220 x 91 = Complete this chart: | ×	10	100	1000
---	---	---	---
3	30	300	3000
5			
6			
18		1800	
25			
31			31 000
44					**MATHEMATICS** Log in to *Mangahigh* and complete the assigned activity. **Number Sentences** Write a number sentence to solve the problems. The first one is solved for you. a. Double the number and add 6 to get 14 $4 \times 2 + 6 = 14$ b. Multiply the number by 3 and subtract 7 to get 5 c. Subtract 5 from the number and add 8 to get 10 d. Divide the number by 5 and add 3 to get 7 e. Multiply the number by 4 and divide by 3 to get 8 f. Add 5 to the number and multiply by 7 to get 56 g. Subtract 15 from the number and divide by 5 to get 3 h. Add 3 to the number, take away 5 and multiply by 9 to get 63

HSIE – GEOGRAPHY	SPORT	DRAMA	SCIENCE	SPORT
Indigenous people - world views Watch language YouTube video https://www.youtube.com/watch?v=J_ebtOhcoQM • How many indigenous languages were there in Australia before European colonisation? • How many are still spoken today? • What will the future be for these languages? https://aiatsis.gov.au/explore/articles/aiatsis-map-indigenous-australia **Aboriginal maps:** Look at the map showing Australia divided into many Aboriginal and Torres Strait Islander places. Compared to the states and territories of today, what do we know?	Keeping active through physical activity and sport has many benefits for the body. Go outside and play a sport of your choice for at least 30 minutes.	**Tableaux (Frozen Pictures)** Think of cartoons and comic books and the way the stories are told. 1. Create a story or select a well- known fairy-tale or nursery rhyme. 2. Use people, stuffed animals, Lego pieces, puppets, or any "actors" you can create at home. 3. Photograph 6 pictures that tell your story. You can use speech bubbles, facial expressions, and body language to tell the story effectively. Share on Seesaw.	**Inquiry focus: How big are the planets in our solar system and how far apart are they?** **Activity 5** Answer the following questions in full sentences: 1. Which object in space has the greatest effect on the solar system? Explain why. 2. Why is Earth unique in the solar system? 3. Explain how the sun and Earth's rotation causes the four seasons. **Activity 6** Refer to the worksheet.	Keeping active through physical activity and sport has many benefits for the body. Go outside and play a sport of your choice for at least 30 minutes.
Break	**Break**	**Break**	**Break**	**Break**

Afternoon	VISUAL ARTS	SCIENCE	HSIE - GEOGRAPHY	DANCE	PERSONAL DEVELOPMENT/HEALTH
	Activity: **Learn to make DIY Mini Notebooks from one sheet of paper with Emoji.** Watch the website below: https://www.youtube.com/watch?v=TWvHd7AKGpA You need white A4 paper, markers, lead pencil and scissors. Be creative! Upload your Mini Notebooks to Seesaw.	**Inquiry focus: How big are the planets in our solar system and how far apart are they?** **Activity 1** Watch the video: Solar System - 3D Comparison https://www.youtube.com/watch?v=ampcQYXHkM4 Order the planets in our solar system from smallest to largest. **Activity 2** Watch the video: To Scale - The Solar System https://www.youtube.com/watch?v=zR3Igc3Rhfg Refer to the worksheet. **Activity 3** Visit the website: https://nssdc.gsfc.nasa.gov/planetary/factsheet/ Refer to the worksheet. **Activity 4** Using the data from Activity 3, create a visual text to display the information.	**Indigenous activities:** Research various indigenous groups from around the world. Complete the worksheet "Indigenous people around the world". **For example – Australia-Aborigines 2.4% of Australia's population** Using your research, create a mini-informational poster on one indigenous group to share with the class. **View the example poster and create your own one.**	Kids Learn a Dance to "Can't Stop the Feeling" by Justin Timberlake! - YouTube Easy Kids Choreography - (Hip Hop Dance Tutorial AGES 4+)	MihranTV - YouTube Watch. Either record yourself or write a small summary of your experience.	**Food groups and nutrition** Define nutrition Watch the following video and take notes https://www.youtube.com/watch?v=Z51bWG17m-Q Under the following headings, record information in dot points from the video. **Fats** (healthy and unhealthy) **Carbohydrates** (sugars and starches) **Protein** **Vitamins and Minerals** **Calcium** **Fibre** **Water** Plan a menu for one day focusing on nutrition. Your plan must include: breakfast, crunch n sip, lunch, recess and dinner. Research the cost of this menu using the Woolworths or Coles websites. Record the prices per item and total and upload to Seesaw. Happy shopping!

Week 5 Spelling

1. astound

2. barracks

3. despair

4. esteem

5. granule

6. ability

7. anorak

8. backgammon

9. cellular

10. collateral

11. abdicate

12. advisable

13. allusion

14. arbitrary

15. congenial

16. acclaimed

17. adherent

18. ammonia

19. aperture

20. assimilation

Monday

1. 72 + 11 = _____

2. 76 - 54 = _____

3. 5 x 6 = _____

4. 760 ÷ 10 = _____

5. 668 ÷ 2 = _____

6. Round 15698.50 to the nearest whole number. _____

7. Write the smallest number you can using: 5, 1, 3, 9, 8, 5. _____

8. Complete this counting pattern: 57, 65, 73, 81, _____, _____, _____

9. Complete this counting pattern: 44, 55, 66, 77, _____, _____, _____

10. What is the sum of 16, 59 and 52? _____

11. Divide 6 by 3. _____

12. What is the price after taking 50% off $31? _____

13. What is 1/12 of 36? _____

14. What is 1/10 of 550? _____

15. Write these decimals in ascending order: 0.98, 0.19, 0.71, 0.97 _____

16. Write these decimals in descending order: 0.53, 0.34, 0.84, 0.45 _____

17. How many days are in June? _____

18. The length of a rectangle's sides are 9cm and 8cm. What is its area? _____

19. What is the name of the 3D object this net forms? _____
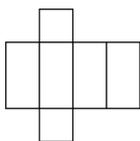
20. Imagine these circles are in a bag. What is the probability of pulling out a black circle? _____
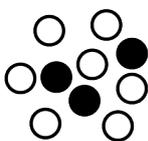
Tuesday

1. 14 + 46 = _____

2. 32 - 24 = _____

3. 3 x 3 = _____

4. 480 ÷ 2 = _____

5. 4 x 5 = _____

6. Round 29226 to the nearest ten. _____

7. List the factors of 37: _____

8. Complete this counting pattern: 39, 44, 49, 54, _____, _____, _____

9. Complete this counting pattern: 61, 69, 77, 85, _____, _____, _____

10. What is the sum of 44 and 51? _____

11. Divide 49 by 7. _____

12. What is the price after taking 50% off $56? _____

13. What is 1/7 of 49? _____

14. What is 1/5 of 20? _____

15. Write these decimals in ascending order: 0.97, 0.51, 0.38, 0.86 _____

16. Write these decimals in descending order: 0.15, 0.94, 0.13, 0.51 _____

17. How many minutes from 10 am to 3 pm? _____

18. The length of a square's sides are 1cm. What is its area? _____

19. What type of angle is 120°? _____

20. Imagine these triangles are in a bag. What is the probability of pulling out a white triangle? _____

Week 5 - Questions

Wednesday

1. 15 - 11 = _____

2. 77 + 46 = _____

3. 4 x 7 = _____

4. 49 ÷ 7 = _____

5. 44 ÷ 11 = _____
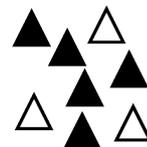
6. Round 51726 to the nearest ten. _____

7. Round 97433 to the nearest ten. _____

8. Complete this counting pattern:
22, 33, 44, 55, _____, _____, _____

9. Complete this counting pattern:
73, 83, 93, 103, _____, _____, _____

10. What is the sum of 71 and 66? _____

11. Share 28 apples between 7 children. _____

12. 20 cents + $2.00 + 50 cents = _____

13. What is 1/11 of 22? _____

14. What is 1/8 of 40? _____

15. Write these decimals in descending order:
0.32, 0.53, 0.62, 0.37 _____

16. Write these decimals in ascending order: 0.28, 0.60, 0.12, 0.56 _____

17. What is 4:13 pm in 24-hour time? _____

18. The length of a square's sides are 1cm. What is its area? _____

19. How many faces does a rectangular prism have? _____
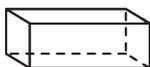
20. Imagine these stars are in a bag. What is the probability of pulling out a black star? _____

Thursday

1. 67 - 56 = _____

2. 82 + 37 = _____

3. 77 ÷ 11 = _____

4. 7 x 10 = _____

5. 8 x 6 = _____

6. Round 63850 to the nearest thousand. _____

7. Round 45458 to the nearest hundred. _____

8. Complete this counting pattern:
36, 43, 50, 57, _____, _____, _____

9. Complete this counting pattern:
73, 76, 79, 82, _____, _____, _____

10. What is the difference between 25 and 25? _____

11. Share $49 between 7 children. _____

12. $2.00 + $1.00 + 5 cents = _____

13. What is 1/6 of 12? _____

14. What is 1/9 of 36? _____

15. Write these decimals in ascending order: 0.28, 0.35, 0.57, 0.51 _____

16. Write these decimals in descending order:
0.89, 0.52, 0.54, 0.42 _____

17. How many days are in August? _____

18. The length of a rectangle's sides are 79cm and 61cm. What is its perimeter? _____

19. What type of angle is this? _____

20. Which star has the lowest chance of being selected? Black or white? _____

Monday Mathematics

Addition and Estimation

1 Calculate the answer to each addition.

a
```
  2 5 3 4 7
+     2 4 8
```

b
```
  1 0 3 5 6
+     4 4 2 4
+       3 0 3
```

c
```
  2 3 4 5 7
      2 6 6 2
+     3 3 0 7
```

d
```
  3 5 7 6 4
      2 6 8 5
+       3 0 7
```

2 Kim has written her estimates for the questions in the table below. Use your estimation skills, such as rounding to the nearest ten, to write your own estimates and decide whether her estimates are reasonable or unreasonable.

	Question	Kim's estimate	My estimate	Reasonable	Unreasonable
a	39 + 43	80			
b	149 + 52	250			
c	212 + 68	380			
d	331 + 71	400			
e	309 + 78	500			
f	1111 + 83	1900			
g	2127 + 43	2170			

To estimate 137 + 42, think 140 + 40. Estimate = 180.

3 Calculate the cost of a return trip to London for a family of four people.

JUZ FLIGHTS	JET TRAVEL	WHISPER TRAVEL	FLY HIGH TRAVEL
Sydney to London	Sydney to London	Sydney to London	Sydney to London
$2080 return Children $1020	$1247 one way Children $654	$3170 return Children FREE	$1457 return Children $1457

	Travel agent	Father	Mother	Son	Daughter	Total
a	Juz Flights					$
b	Jet Travel					$
c	Whisper Travel					$
d	Fly High Travel					$

e Which is the most expensive travel agent? _____

f Which is the most economical travel agent? _____

The Australian Government has worked with experts to develop guidelines to help you, as parents and educators, support children and young people to build daily routines for better health.

The 24-Hour Movement Guidelines include a picture of what a day for a child or young person should look like, including time for physical activity, limiting sedentary activities, and getting adequate sleep.

Following these guidelines may be challenging at times; however, meeting them will benefit health. Achieving these guidelines is associated with better health and leads to improved body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, improved mental health and emotional regulation. For those not currently meeting these guidelines a progressive adjustment towards them is recommended.

AUSTRALIAN 24 HOUR MOVEMENT GUIDELINES

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep*

FOR MORE INFORMATION, VISIT **WWW.HEALTH.GOV.AU**

NOTE: These guidelines are relevant to all apparently healthy children and young people (5–17 years) irrespective of gender, cultural or language background, geographic location or the socio-economic status of the family. These guidelines may be appropriate for children and young people with a disability or medical condition; however, a health professional should be consulted for additional guidance.

GUIDELINES FOR **HEALTHY GROWTH** & DEVELOPMENT FOR **CHILDREN & YOUNG PEOPLE** (5 TO 17 YEARS)

AUSTRALIAN 24 HOUR MOVEMENT GUIDELINES

A GUIDE FOR PARENTS & EDUCATORS

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep*
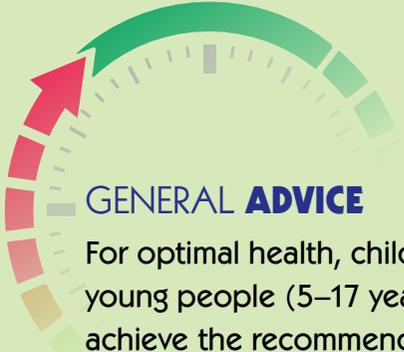
GENERAL ADVICE

For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.

Children and young people should participate in a range of physical activities such as active play and recreation, sports, hobbies, chores and jobs while maintaining good quality sleep and limiting screen time and prolonged sitting. Whether at home or school, indoors or outdoors, on the field or in the water, moderate to vigorous physical activity can provide health benefits.

PHYSICAL ACTIVITY

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

TIPS

- Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities—they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!

- Add to the daily total with **moderate-intensity** activities such as bike riding, scootering or skateboarding. Swap a drive to the local shops or library with a bike or scooter ride.

- Examples of **light activities** include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.

- Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.

- Try to **switch sitting for being active**. Encourage kids to get off the bus a stop earlier, or to meet friends for a game in the park rather than spend their leisure time sedentary on a screen. These small changes will deliver health benefits, but remember to maintain sufficient sleep.

- **Teachers**: you can also help students to add vigorous activity by integrating short but intensive aerobic activities into Physical Education lessons and inside the classroom such as tuck jumps or fun simple dance routines.

SEDENTARY BEHAVIOUR

Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible.

Sedentary *recreational* screen time should be limited to 2 hours per day. This does *not* include screen-based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.

TIPS

- **Parents**: be your child's role model and keep your own screen time to a minimum and be active too.

- **Parents**: leave the car at home and ride or walk together to your local activities. Be **active together** on the weekends by taking a nature walk or learning a new activity such as rock climbing.

- **Teachers**: add in physical activity such as star jumps to break up long periods of sitting in school.

SLEEP

Sleep is essential for optimal health.

Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night.

To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

TIPS

- To keep a **consistent routine** try not to vary bedtime and wake-up times by more than 30 minutes.

- **Avoid screens** one hour before going to bed.

- Make bedrooms a **screen free zone.**

Maths Mastery

Addition and Subtraction Multistep Problems

Challenge Cards

twinkl

On Sunday, Jacob spent 86 minutes on his maths homework and 37 minutes reading. On Tuesday, he spent 69 minutes on his project.

What calculations will you use to find the difference between the time spent on homework on Sunday and Tuesday?

Jacob received $25.90 for his birthday. He spent $8.99 on a book and $7.50 on a computer game. Show three different calculation steps you could use to find how much money he has left.

At the beginning of the day, a grocer has 239 apples. He receives another 144 from his supplier and sells 307 during the day.

Khalid calculates how many apples the grocer has by the end of the day:

307 − 239 = 68, 68 + 144 = 212 apples left. Explain the mistake Khalid has made.

Come up with your own word problem with a mistake for a partner to spot.

Alisha has $18.35 in her purse. Her father gives her $5 pocket money. She buys a book for $7.99 and a bag for $13.49. How much will she have left?

Naomi says Alisha has $1.87 left. Jack says Alisha has $3.13 left. Who is correct and what mistakes have been made?

What other errors might be made?

A pizza shop makes 176 pizza bases before opening. Over the evening, they sell 247 pizzas. During the evening, they make another 80 pizza bases. How many pizza bases will be left at the end of the evening?

Bailey says they have 151 pizza bases left.

Ashleigh says they have 9 pizza bases left.

Who is correct and what mistakes have been made? What other errors might be made?

Write a word problem for which this calculation is used to find the answer.

$$456 + 237 - 598 = 95$$

Check your problem with a partner. What mistakes might someone make when trying to solve the problem?

Write a word problem for which this calculation is used to find the answer.

$$\$9.67 + \$8.22 = \$17.89$$
$$\$3.49 + \$5.75 = \$9.24$$
$$\$17.89 - \$9.24 = \$8.65$$

Check your problem with a partner. What mistakes might someone make when trying to solve the problem?

Science Worksheets

Activity 2

Multiply the scaled distance by the scale to find the actual distance of each planet from the sun.

| Planet	Scaled distance 1cm = 1 000 000km	Actual distance
Mercury	57.9cm	
Venus	108.2cm	
Earth	149.6cm	
Mars	227.9cm	
Jupiter	778.6cm	
Saturn	1433.5cm	
Uranus	2872.5cm	
Neptune	4495.1cm	

Activity 3

Record the following data about each planet:

Planets	Distance from the sun (10^6 km)	Diameter (km)	Average temperature (°C)	Number of moons
Mercury				
Venus				
Earth				
Mars				
Jupiter				
Saturn				
Uranus				
Neptune				

Activity 4
Visual text examples:

sun
(865,000 mi
1,392,000 km)

Jupiter
(89,000 mi
143,000 km)

Saturn
(74,900 mi
120,600 km)

Neptune
(31,000 mi
50,000 km)

Mars
(4,200 mi
6,800 km)

Venus
(7,500 mi
12,100 km)

Mercury
(3,000 mi
4,900 km)

Earth
(7,938 mi
12,760 km)

Uranus
(32,000 mi
51,000 km)

Sizes given are the approximate diameter of each body.

Earth

Jupiter
Distance from Sun = 5.20 AU
Mass = 318 M_{Earth}
Density = 1.33 g/cm^3
Composition: mostly H, He

Saturn
Distance from Sun = 9.54 AU
Mass = 95 M_{Earth}
Density = 0.71g/cm^3
Composition: mostly H, He

Uranus
Distance from Sun = 19.2 AU
Mass = 14 M_{Earth}
Density = 1.24 g/cm^3
Composition: H compounds, rock, H and He

Neptune
Distance from Sun = 30.1AU
Mass = 17 M_{Earth}
Density = 1.67 g/cm^3
Composition: H compounds, rock, H and He

Activity 6
Research facts about Earth. Complete the table with numerical answers under each heading.

Average distance from the sun	Size in relation to the sun	Days taken to orbit the sun	Order in the planets from the sun
Number of natural satellites	The largest/smallest terrestrial planet in the solar system	Size in relation to other planets in the solar system	Number of seasons caused by the sun
Circumference or equator	Is one of _____ terrestrial planets	Is one of _____ planets in the solar system	Number of Earth years to orbit sun

Wednesday Mathematics

Assume that the following grids are 1cm x 1cm.
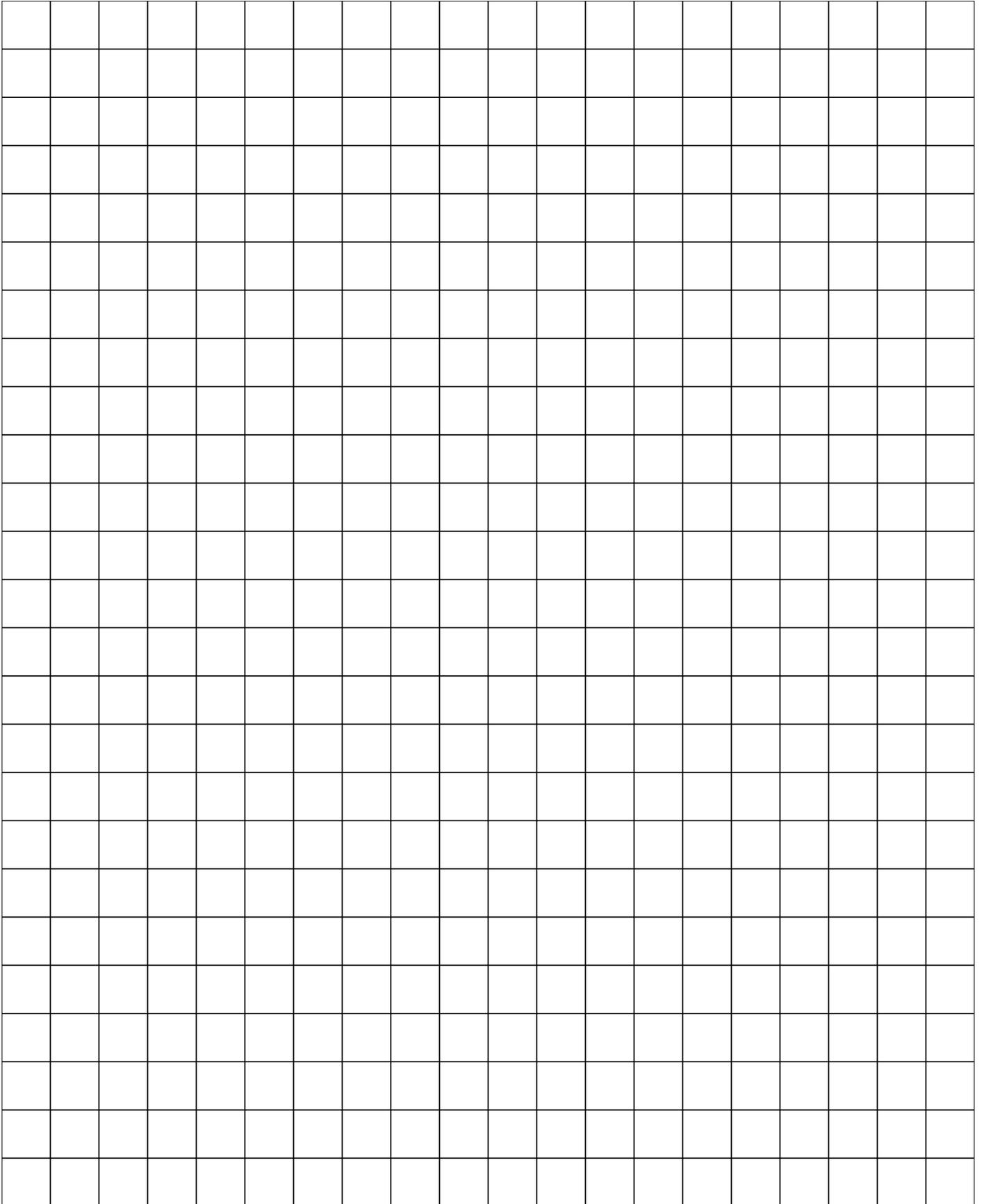
Indigenous peoples around the world

Aborigines
2,4% of Australia's population
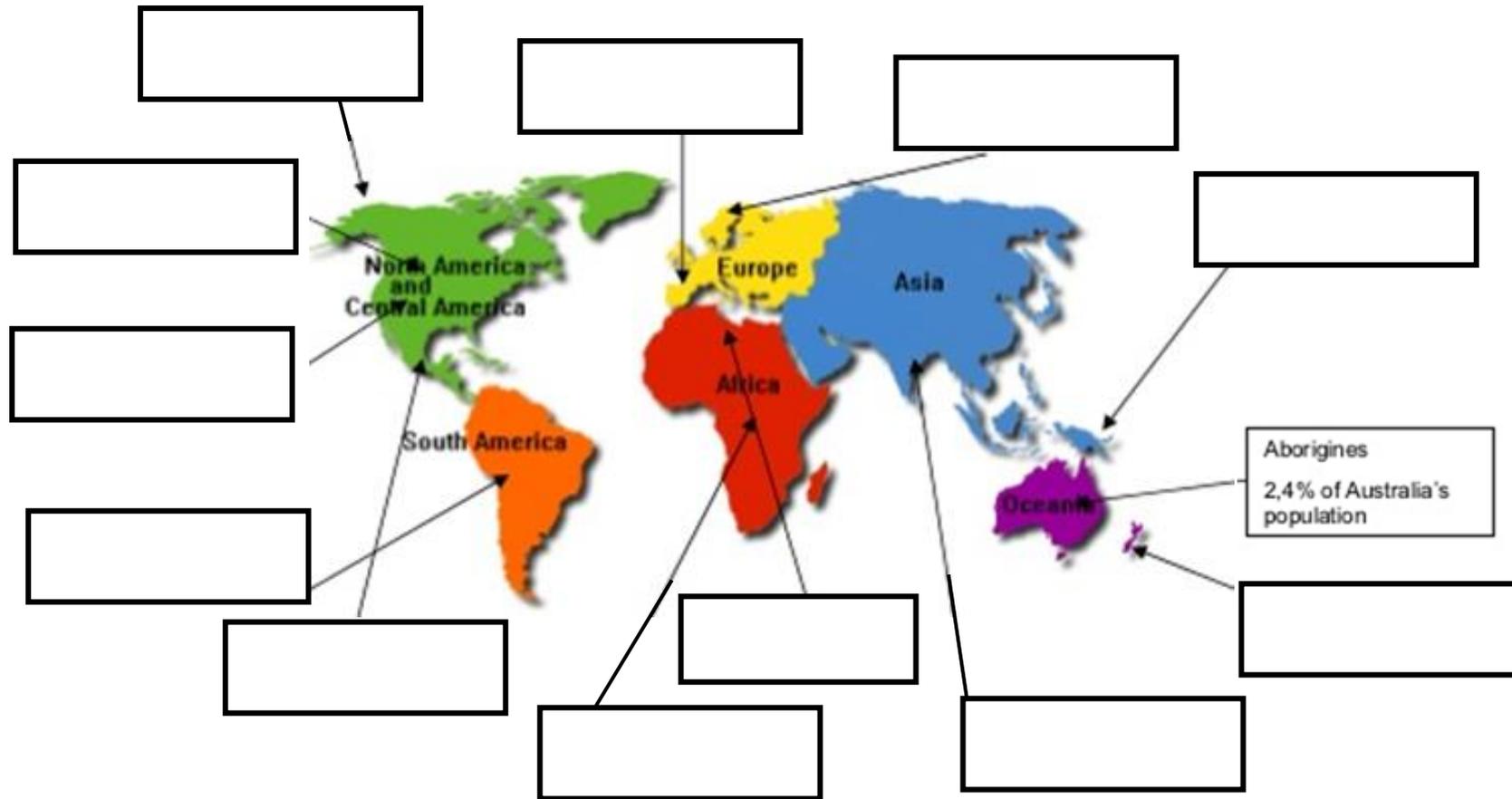
Information about Indigenous groups of Australia

They are the first people of Australia

Share dreamtime stories with their tribe.

They have a spirit animal

Use spears and boomerangs to hunt

Oldest living culture in the world

Is over 200 dialect groups

Their flag: Yellow means the sun, red means the earth and black represents the people

Respect their native land

Author perspective match and sort

Topic	Fact	Opinion	Author perspective
Recycling			
Beaches			
Caring for land			
Cultural groups			
Healthy eating			

- Aluminium and steel products are 100 per cent recyclable.
- There are literally hundreds of awesome beaches in Australia.
- Multiculturalism is an important feature of Australian society.
- "Multiculturalism was a concept and policy devised to respond to the increasing ethno-cultural diversity of Australian society resulting from mass immigration in the decades following World War II…"*aph.gov.au*
- I like to eat fruits and vegetables. They are tasty, delicious and nutritious.
- "...I am sick of trying to encourage people to recycle."
- For many Indigenous people in Australia, land is much more than soil, rocks or minerals. It's a living environment that sustains, and is sustained by, people and culture. *australianstogether.org.au*
- For over 50,000 years, Australia's Indigenous community cared for country by using land management that worked with the environment.
- Aboriginal land management is an important feature of caring for land.
- Australia's beaches are a drawcard for tourism and are an important part of our lifestyle.
- Almost three quarters of children aged 2-15 years ate the recommended daily fruit intake. *healthykids.nsw.gov.au*
- Australia's coastline stretches almost 50,000 kilometres.
- "While there's much for Australia to be proud of, we have merely scratched the surface of Australia's multicultural and cultural diversity potential." *sbs.com.au*
- Convincing people to recycle takes effort.
- Eating fruit in moderation is an important part of healthy eating.

Benefits of an Active Lifestyle

What do I need to know about an active lifestyle?

An active lifestyle means you do physical activity throughout the day. Any activity that gets you up and moving is part of an active lifestyle. Physical activity includes exercise such as walking or lifting weights. It also includes playing sports. Physical activity is different from other kinds of activity, such as reading a book. This kind of activity is called sedentary. A sedentary lifestyle means you sit or do not move much during the day. An active lifestyle has many benefits, such as helping you prevent or manage health conditions.

What are the benefits of an active lifestyle?

- **You may be able to do daily activities more easily.** Activity helps condition your heart, lungs, and muscles. This can help you get through your daily activities without feeling tired.

- **It can help control your weight.** Activity helps your body use the calories you eat instead of storing them as fat. Your body continues to burn calories at a higher rate after you are active.

- **Activity can improve your health.** Activity helps lower your risk for cancer, heart disease, diabetes, and stroke. Activity can help you control your blood pressure and blood sugar levels, and lower your cholesterol. If you have arthritis, activity can help your joints move more easily and with less pain.

- **Your bones and muscles will get stronger.** This will help prevent osteoporosis and reduce your risk for falls.

- **Activity can help improve your mood.** Activity can reduce or prevent depression and stress. Activity can also help improve your sleep.

What are the risks of a sedentary lifestyle?

A sedentary lifestyle increases your risk for diseases such as diabetes, high blood pressure, and heart disease. Your immune system also becomes weaker. This means it cannot fight infections well.

How much activity do I need?

Any activity is better than no activity at all. When you go from being mostly inactive to adding some activity, you will see health benefits. The following are general guidelines:

- **Do aerobic activity several days each week.** Aerobic activity includes walking, bicycling, dancing, swimming, and raking leaves. Aim for 150 to 300 minutes (2.5 to 5 hours) of moderate activity, or 75 to 150 of vigorous activity each week. You can also do a combination of moderate and vigorous activity.

- **Do strength training at least 2 times each week.** Strength training helps you keep the muscles you have and build new muscles. Strength training includes push ups, yoga, tai chi, and weightlifting. If you do not have access to weights, you can lift items around your house. Try to work all the major muscle groups, such as your legs, arms, abdomen, and chest. Do 2 or 3 sets on each area. Use a weight that is slightly heavier than you can lift easily. You can work up to heavier weights. You can also use resistance bands instead of weights.

Strength Training for Adults

What steps can I take to become more active?

- **Set goals.** Set some long-term goals and some short-term goals. For example, you may want to be able to walk for 30 minutes without becoming short of breath. Try not to put time requirements on your goals.

- **Be active all day.** Activity does not have to mean structured exercise each day. You can be more active by making small changes all day. For example, try parking as far from the entrance of buildings as you can when you run errands. If possible, walk or ride a bike instead of driving. Take the stairs instead of the elevator.

- **Keep a record of your activity and your progress.** You can do this by writing down your daily activity. Include the kind of activity and how long you did it. You can also use a program on your phone or other device that will track activity for you.

Ways to Be Physically Active
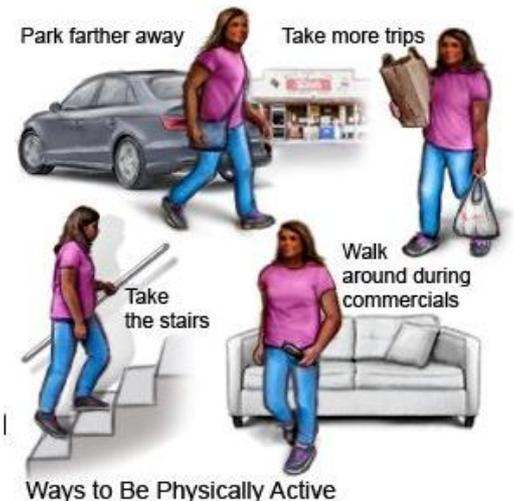
What are some tips to help me stay on track?

- **Start slowly and work up.** You do not have to do 30 minutes of activity at one time. You can break the activity up and do a few minutes at a time. Remember that some physical activity is better than none.

- **Plan activities you enjoy.** Do a variety of activities so you do not become bored and you stay challenged. Include activities that strengthen your bones. These activities are called weight-bearing exercises. Examples include tennis, jumping rope, and running. Swimming, riding a bike, and similar exercises keep weight off your bones. They will not help strengthen bones, but they will help your heart and lungs work better.

- **Ask for support from the people in your life.** Go for a walk after dinner with your family. Meet friends at the park. Take a break with a co-worker and walk around. Find someone who likes to go to the gym at the same time you do. You may be more likely to go if you know another person is counting on you. Get involved in community events, such as cleaning a community park. Ask someone to help you stay on track. For example, you can tell the person about your daily or weekly activity.

- **Treat yourself to a reward when you reach a goal.** The rewards can be for activity done for a certain amount of time each day or days each week. Rewards can also be for progress you make. Have rewards that are not food, such as a new clothing item or book.