

**Date – 4 May 2020**

**Day - Monday**

**Morning Fitness**

Fitness Bingo – Each morning I will have a fitness bingo card for the student's morning fitness. The procedure is as follows: Warm up (3-5 minutes) could include running around the house, skipping, dancing to a favourite song etc. Then student is to do all the exercises on the card. Then have a 1-minute rest. (do this 3 times). Then stretch for 3-5 minutes. This will continue all week. Maybe the whole family could get involved?

**Morning Greeting**

Hello everyone and welcome to Week 2. On Mondays Mrs Gwatkin will be available to answer question about the class from 9:00a.m. to 12:00p.m. as Mr Batt is on Long Service Leave again this term. This week we are looking at Asian Dragon Myths in Reading and you will be preparing for a HaSS research project due Friday 5 June 2020.

**Literacy**

**Resource:** Test #6: Michael Milton - Man of Speed - PDF worksheet

**Focus:** Students to continue practising NAPLAN style reading questions within the three levels of comprehension question; recall, inferential/analysis and synthesis.

**Steps to complete:**

1. Read the text on page 14 about Michael Milton the Paralympian.
2. Using the texts information, answer questions 1-12.

(shade the correct answer and answer questions 3, 11 and 12 in FULL sentence answers)

**Reading Activity 2:** **Resource:** Why do metals rust? - PDF worksheet

**Focus:** Background information about how rust is made: linking to the rust experiment given in week 1.

**Steps to complete:**

1. Read the text on page 31 about rust.

Using the texts information, answer questions 1-6.

**Spelling:** Student uses his/her background to complete spelling worksheet. Could you call out 7 words from list 16 – 20. Student needs to orally spell the word or write it out. This is to be done every day where possible.

**Recess**

**Literacy continued**

**Writing Activity 1: Hass Research Project - Steps to Complete the Project**

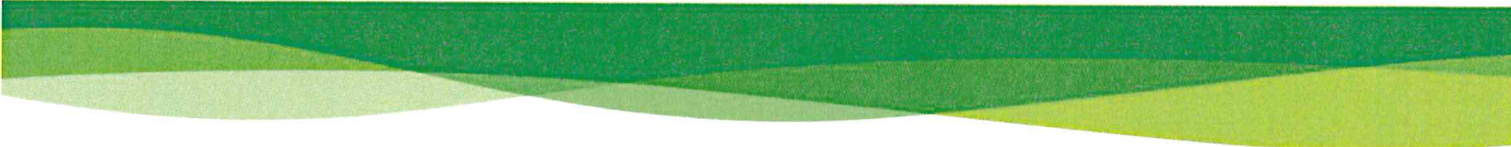
Step 1: In the first week select a country.

Step 2: If you are unable to use the internet resources let Mr Batt know in the first week.

Step 3: Use the resources to find out the information. Find all the information in the first two weeks. Remember 1-15 is compulsory (you have to do it).

Step 4: Give yourself a week to prepare your poster. Poster paper will be supplied.

Step 5: Return poster to school on Friday 5 June 2020



Step 6: Each student is required to make a presentation 2-3-minute presentation to the class about the country they have chosen. This can be recorded and sent through to my email by Friday 5 June 2020.

**Writing Activity 2:** Book review from last week

**Lunch**

**Post break activity**

Silent reading (minimum 15 minutes) – Student to read a novel of their own choice. By the second week he/she will need to complete a book review. Due this Friday 8 May 2020

**Numeracy**

**Mental Maths: Multiplication Grid Activity** See sheet for instructions. This time is a good opportunity for the student to make a concerted effort to learn all times tables from 1-10. This would be a huge benefit for the student in regard to future maths concepts.

**Maths Activity: Checkup Tests and Performance Task** Student to complete Module 2 Checkup tests and Performance task. Student is not allowed to use a calculator or previous notes. Answers to be done on the sheets and returned to school via scan and email, photo or dropped through the library slot. Please make sure the student put their name on the three sheets.

**Afternoon Break**

**Specialist Subjects – Health – Drug Education**

**Resource:** A dangerous mix - PDF worksheet

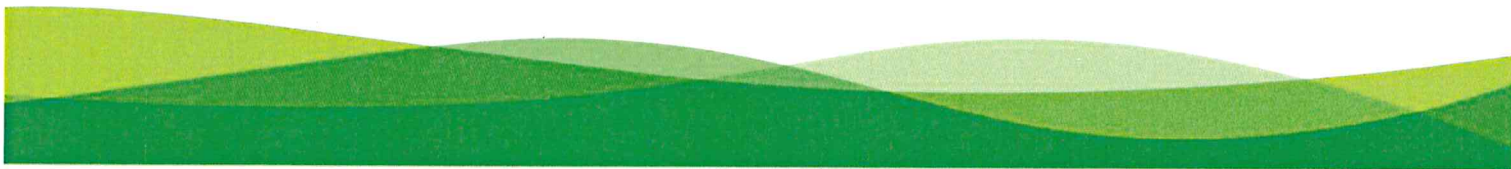
: Different Types of Drugs - PDF worksheet

**Focus:** Students to learn about the risks involved in mixing different drugs. Whether they are stimulants (speeds up), depressants (slows down) or hallucinogens (see things).

**Steps to complete:**

1. Begin by talking to a family member about ways in which they minimise drugs being mixed? Or even how often they have a drug? For example; Panadol/nurofen, when needed, can be taken every 4-6 hours.
2. Read 'A dangerous mix' text about why it's not safe to take medications with other substances.

Using the examples of drugs in the texts, identify if they are a stimulant, depressant or hallucinogen. A table is provided for you to write your answers in.





# Fitness BINGO



4 heel touches



2 grape vines



Hop on one leg  
for 30 seconds



Easy walk on the  
spot for 30  
seconds

Free Choice



10 squats



15 second plank  
hold



8 step touches



10 backwards  
forwards jumps

# **MICHAEL MILTON — MAN OF SPEED**

Have you ever tried to skip or run on only one leg? Most people would find it very difficult. Imagine then trying to ski down a steep slope with only one leg. Michael Milton does.

Michael was born in Canberra in 1973. He learnt to ski when he was three years old. When he was nine, he was diagnosed with bone cancer and had surgery to amputate one of his legs. But that didn't stop his drive and determination, and he was soon back skiing again.

After over two decades of hard work, Michael achieved his most significant sporting achievement to date. It was at the 2002 Paralympics when he won all four men's alpine skiing gold medals. That same year he was named the Laureus World Sportsperson of the year with a disability.

Always on the lookout for new challenges, and after retiring from Olympic skiing after the 2006 Paralympics, Michael turned to speed skiing. He still holds the Australian Speed Skiing Record at a little over 213km/h, set in 2006—a unique feat.

In 2007, having won gold at the Australian championships, this time for track cycling, he was included in the team for the Beijing Summer Paralympics. Later that year he was diagnosed with oesophageal cancer, which interrupted his preparation. Luckily Michael again beat cancer and went on to participate in the 2008 Games.

Michael doesn't see having one leg as being an obstacle in life—he just sees it as a part of who he is. If he is an inspiration to others, he wants it to be for what he does and his fearlessness in testing the limits.

*Text sourced from: Targeting Text Interactively*

**Read the text and shade a bubble or write an answer to each question.**

**1**

**What type of text is this?**

**MONITORING**

- ☐ discussion
- ☐ biography
- ☐ autobiography
- ☐ recount

**2**

**Why does the text open with a question?**

**MAKING CONNECTIONS**

- ☐ it is a test
- ☐ the writer wants to know the answer
- ☐ to engage the audience
- ☐ the writer couldn't come up with anything else



3

The writer asks you to imagine skiing with only one leg. This:

SUMMARISING

☐ creates empathy☐ paints a vivid image☐ introduces the topic☐ all of the above

4

What does 'diagnosed' mean?

MONITORING

☐ became ill☐ an illness was identified☐ was treated for an illness☐ an illness was cured

5

How old was Michael Milton when he had bone cancer?

QUESTIONING

6

'Drive and determination' is an example of:

MAKING CONNECTIONS

☐ a metaphor☐ a simile☐ onomatopoeia☐ alliteration

7

What are the Paralympics?

MAKING CONNECTIONS

☐ another name for the Olympic Games☐ an international sporting event for people with disabilities☐ an international skiing competition☐ the Laureus World Sports competition

8

What is the Australian Speed Skiing Record and when was it set?

QUESTIONING

9

For which sport did Michael win gold at the Australian Championships?

QUESTIONING

10

Where is Beijing?

MAKING CONNECTIONS

☐ China☐ Taiwan☐ Thailand☐ Mongolia

11

What do you think Michael looks like?

VISUALISING

12

How does the writer want you to feel by the end of the text?

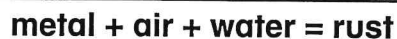
SUMMARISING

☐ sad☐ energetic☐ inspired☐ relieved

NUMBER OF CORRECT ANSWERS

12

# Why do metals rust? – I

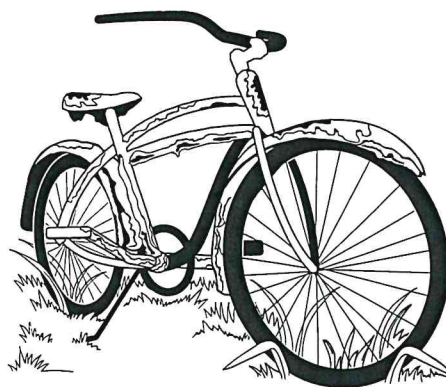


If a steel bicycle is left out in the rain, orange-red marks will soon appear on the chain, sprockets, handlebars and other places where the metal is unpainted. This is rust. If nothing is done to stop it, the rust will continue to corrode the metal.

Rusting is an irreversible change. Oxygen in the air and rain water have combined with the metal and created another substance, which is known as iron oxide.

Water is the main cause of rusting. When it comes into contact with an unprotected metal, two reactions begin. Hydrogen in the water combines with carbon dioxide in the atmosphere and forms a weak acid. As the acid begins to dissolve the metal, oxygen in the water combines with the dissolving metal and iron oxide (rust) is formed. This corrosion cycle will continue for as long as the metal is in contact with water or even if the air is heavy with moisture, like it is on a hot and humid day.

Scientists have discovered that some metals react with water and oxygen more readily than others. Reactive metals corrode easily. Through scientific discovery, a list ordering metals from the least reactive to the most reactive has been produced. This list has been valuable for scientific progress.



## How to prevent rusting

- *Keep the metal dry or dry it thoroughly after it has been wet; e.g. keep your bicycle in the shed and always wipe it down if you have been cycling in the rain.*
- *Cover the metal with oil or grease, which repel water; e.g. always oil your bike chain after you have cleaned it.*
- *Paint the metal; e.g. the garden gate, outdoor metal furniture.*
- *Use metal that has been galvanised—an industrial method for coating metals with a protective layer of a less corrosive metal; e.g. used in car manufacturing and ship building.*
- *Use sacrificial protection; e.g. placing layers or blocks of more reactive metals next to or on ship hulls, oil rigs and underwater pipelines. The block or coating of metal rusts rather than the metal it is protecting. However, the sacrificial metal must be replaced before it is completely corroded.*



During the rusting process, at the same time as the acid is dissolving the metal it also dissolves the existing rust. Because of this, stronger acids are often used to clean rust because they will dissolve the rust before they attack the metal.

In some places, rust can be a significant problem because the presence of some chemicals in the environment adds to the rusting process; for example, where saltwater spray from the ocean reaches cars and buildings, or where acid rain is a problem. The salt and other chemicals which are dissolved in the water remain on the metal after the water evaporates, and can speed up the rusting process.



# Why do metals rust? – 2

Use the text on page 31 to complete the following.

1. Iron oxide is the chemical name for which common problem? \_\_\_\_\_

2. (a) What two elements are required for the rusting process to occur?

\_\_\_\_\_ and \_\_\_\_\_

(b) Draw a flow chart to explain how rust is formed.

3. Rain causes metal to rust, but sea spray causes it to rust more quickly.

Explain why this is so.

4. Explain how acid can:

(a) damage metal

(b) clean rusty metal

5. (a) What is a *reactive* metal?

\_\_\_\_\_

(b) If pieces of two different metals were left together in a tray of water, which would rust first? Tick the correct answer.

the more reactive metal

☐

the less reactive metal

☐

6. Rusting would be a greater problem in a \_\_\_\_\_ (dry/humid) climate because

\_\_\_\_\_  
\_\_\_\_\_



Alfred Nobel was a famous scientist who discovered dynamite. For over 100 years, the Nobel Prize has been awarded each year to recognise scientific advances. Research some Nobel Prize winners and their contribution to scientific discovery.

# Asian Country Research Project

Due 5 June 2020

## List of Asian Countries for Asian Country Projects

China North Korea South Korea Japan Taiwan Thailand Laos Vietnam Cambodia  
Malaysia Singapore Indonesia Philippines Brunei Mongolia

You are to create an informative Poster on your selected Asian country -The following information must be listed on your poster. Points 1-15 are compulsory then select 3 topics from 16-21 to add.

1. Official name of the Country
2. Population
3. Area in kilometres
4. geographical coordinates
5. Geographical Features - Mountains, rivers, lakes
6. Languages Spoken
7. Religions Practiced
8. Capital City
9. Native Dress/Clothing
10. Money/ Currency
11. Climate – What is the average temperature in winter/Summer, average rainfall for the year
12. National Anthem
13. Type of Government – dictatorship, democracy or a monarchy. Do they have a President, Prime Minister, King or Queen?
14. Map of Country
15. Flag
16. 3 Plants native to, or grown in that country
17. Type of Music
18. Food
19. Art
20. 5 Animals native to that country
21. Sport

## Resources

<https://www.worldometers.info/world-population/population-by-country/>

<https://www.ducksters.com/geography/asia.php>



### Steps to Complete the Project

Step 1: In the first week select a country.

Step 2: If you are unable to use the internet resources let Mr Batt know in the first week.

Step 3: Use the resources to find out the information. Find all the information in the first two weeks. Remember 1-15 is compulsory (you have to do it).

Step 4: Give yourself a week to prepare your poster. Poster paper will be supplied.

Step 5: Return poster to school on Friday 5 June 2020

Step 6: Each student is required to make a presentation 2-3-minute presentation to the class about the country they have chosen. This can be recorded and sent through to my email by Friday 5 June 2020.

Part A: Morphographs

1. What does the morphograph "est" mean: \_\_\_\_\_

2. Find 5 words that have the morphograph "est" and complete the following:

great + est = greatest which means \_\_\_\_\_

---

---

---

---

---

3. What does the morphograph "al" mean: \_\_\_\_\_

4. Find 5 words that have the morphograph "al" and complete the following:

form + al = sounded which means \_\_\_\_\_

---

---

---

---

---



7. Add the morphographs together. Some of the words follow the final-e rule

Peace + ful = \_\_\_\_\_

Hope + less = \_\_\_\_\_

Take + ing = \_\_\_\_\_

Fine + al = \_\_\_\_\_

Re + fine + ed = \_\_\_\_\_

Large + est = \_\_\_\_\_

Crease + ed = \_\_\_\_\_

Loose + en = \_\_\_\_\_

Lone + ly = \_\_\_\_\_

Hide + ing = \_\_\_\_\_

8. Doubling Rule – *Double c when cvc + v*

drop + er = \_\_\_\_\_

mad + ness = \_\_\_\_\_

spin + ing = \_\_\_\_\_

flat + ly = \_\_\_\_\_

9. Make 9 real words from the morphographs in the box.

Ly	mad	ness	fine	ripe	er	est
----	-----	------	------	------	----	-----

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total \_\_\_\_\_/100

[illegible]



1. Complete each number sentence. Show your thinking.

a.  $32\ 049 - 15\ 752 =$  \_\_\_\_\_

b.  $45\ 030 + 29\ 895 =$  \_\_\_\_\_

c.  $16\ 312 - 9898 =$  \_\_\_\_\_

2. Work out each total. Show your thinking.

a.  $\textcircled{\$4.65} \textcircled{\$2.32}$

\$ \_\_\_\_\_

b.  $\textcircled{\$6.05} \textcircled{\$5.20}$

\$ \_\_\_\_\_

c.  $\textcircled{\$2.48} \textcircled{\$3.05}$

\$ \_\_\_\_\_

d.  $\textcircled{\$8.62} \textcircled{\$4.50}$

\$ \_\_\_\_\_

3. Colour the ☐ beside the thinking that you could use to calculate each total.

a.  $\$4.98 + \$3.10$

- ☐  $\$5.00 + \$3.10 + 2 \text{ cents}$   
☐  $\$7.00 + \$1.00 + 80 \text{ cents}$   
☐  $\$5.00 + \$3.10 - 2 \text{ cents}$

b.  $\$5.49 + \$2.98$

- ☐  $\$5.50 + \$3.00 - 3 \text{ cents}$   
☐  $\$5.50 + \$3.00 + 3 \text{ cents}$   
☐  $\$7.00 + \$1.20 + 15 \text{ cents}$

c.  $\$3.48 + \$5.26$

- ☐  $\$8.00 + 60 \text{ cents} + 14 \text{ cents}$   
☐  $\$3.50 + \$5.25 + 3 \text{ cents}$   
☐  $\$3.50 + \$5.25 - 3 \text{ cent}$

1. Use the formal addition algorithm to calculate each total.

a. T O t h

$$\begin{array}{r} \phantom{0}5 \phantom{0}1 \phantom{0}4 \\ + \phantom{0}4 \phantom{0}0 \phantom{0}7 \\ \hline \end{array}$$

b. T O t h

$$\begin{array}{r} \phantom{0}3 \phantom{0}6 \\ + \phantom{0}2 \phantom{0}4 \phantom{0}5 \\ \hline \end{array}$$

c. T O t h

$$\begin{array}{r} \phantom{0}1 \phantom{0}0 \phantom{0}7 \phantom{0}1 \\ + \phantom{0}9 \phantom{0}5 \\ \hline \end{array}$$

2. Look at this train timetable.

a. At what time does the earliest train depart Fernlea?

b. Ethan is travelling from Redwood to the Children's Hospital. He has to be at the Hospital before 1230. What trains could he catch from Redwood?

c. If you catch the 1057 train from Redwood, how long will it take you to get to the hospital?

d. Adam arrives at Fernlea at 1217. How long will he have to wait for the next train?

e. The 1049 train from the city has been delayed by 15 minutes. What time will it arrive at the Hospital?

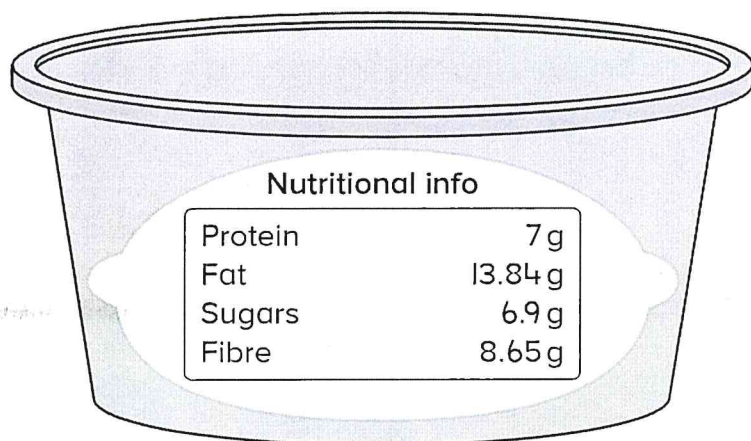
f. Fiza arrives at Redwood Station at 1705. How long does she have to wait for the next train to arrive?

Trains from the City

City	Redwood	Fernlea	Children's Hospital
0742	0749	0751	0757
1049	1057	1101	1108
1233	1241	1245	1252
1446	1454	-	-
1810	1818	1822	1829

Working Space





1. Write the total for each of these. Use the space on the right to record your steps.

a. Protein and Sugars

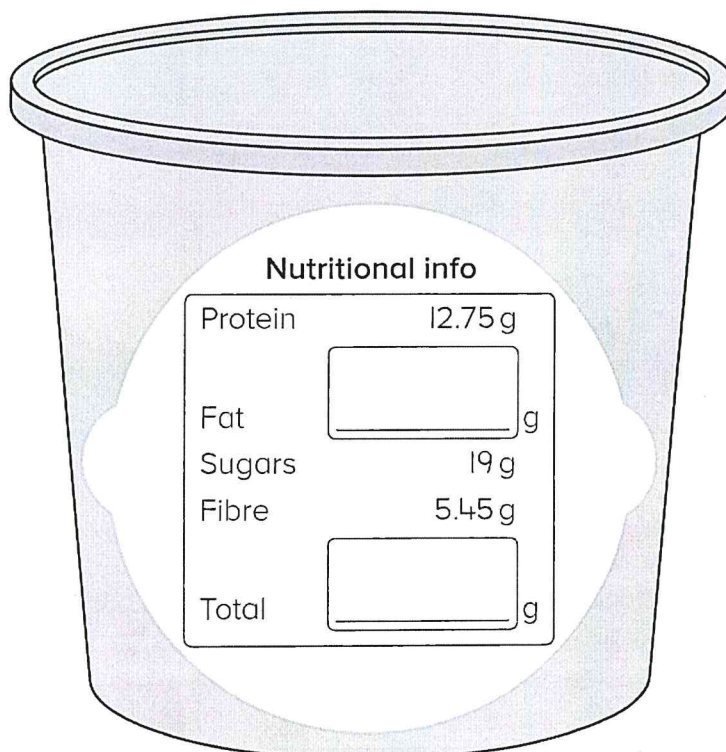
b. Fat and Sugars

c. Fat, Fibre and Sugars

d. All the ingredients

Working Space

2. Complete this label so the total is just less than 70 grams.

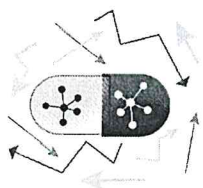


Working Space

# A Dangerous Mix

Learn why it's not safe to take medications with other substances.

**Mixing medications with other medications or substances can produce potentially dangerous effects.**



ANYTHING YOU INGEST CAN HAVE AN EFFECT on your body. For instance, the caffeine in coffee can help you stay awake. And an allergy pill can relieve your stuffy sinuses.

The active ingredients in prescription and over-the-counter (OTC) drugs are tested for safety. But mixing medications may have dangerous side effects.

## Interaction Alert

An active ingredient is the part of a drug that acts on your body. Combining substances can change the way an active ingredient works. This can increase its effect on your body, make it less effective, or have other unexpected results.

For example, Ritalin is a stimulant that is prescribed to treat attention deficit hyperactivity disorder (ADHD). It increases alertness and attention. It can

also increase heart rate and blood pressure.

The decongestants in many OTC allergy medications are also stimulants. Taking Ritalin with a decongestant can further increase heart rate and blood pressure. Over time, this can damage the heart.

Even with OTC drugs, you can exceed the dosage of an active ingredient. Imagine that you have a cold. You may take Tylenol for a headache and cold medicine for a cough. But many OTC cold treatments contain acetaminophen, Tylenol's active ingredient. Mixing these medications can mean too much acetaminophen. This increases your risk for liver damage.

Even vitamins, herbal supplements, and foods can interact with medications. For example, the allergy medicine Allegra is less effective if taken with citrus fruits. The herbal supplement St. John's wort may

## DRUGS AND ALCOHOL: A TOXIC MIX

**D**rinking alcohol, taking drugs, or misusing prescription medications is never safe for teens. These substances have powerful active chemicals that can harm the developing brain, pose a high addiction risk, or even lead to death.

Mixing drugs and alcohol is particularly dangerous. Alcohol increases the effects

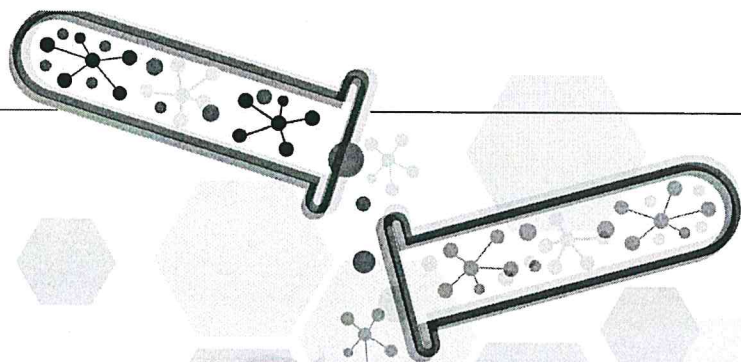
of many drugs. For example, prescription opioids, sedatives, and OTC cold medicines can slow breathing and heart rate. Taking these with alcohol can slow breathing so much that the person dies.

Marijuana causes impaired thinking and coordination. Alcohol increases these effects. And when mixed with

a stimulant like cocaine, alcohol can dangerously increase heart rate, blood pressure, and body temperature.

Prescription opioids should never be mixed, especially with sedatives or alcohol. More than 30 percent of opioid overdoses in the U.S. involve mixing opioids and sedatives.





Combining substances can change the way an **active ingredient** works. This can increase its effect on your body, make it less effective, or have other unexpected results.

interact with drugs that treat depression. These interactions can cause high fevers, seizures, or other dangerous side effects.

## Protecting Yourself

All medications include labels with instructions and interaction warnings. Always carefully read labels with an adult. Talk to your doctor before

starting a new medication.

Vitamins and herbal supplements might not be labeled with warnings. Ask your pharmacist or doctor about possible interactions before starting a medication.

Staying smart and reading labels carefully will make sure your medicine is helping. After all, medicine should make you feel better, not worse!

## GET MORE

For additional facts about science and your health, visit **[scholastic.com/headsup](http://scholastic.com/headsup)** and **[teens.drugabuse.gov](http://teens.drugabuse.gov)**.

From Scholastic and the scientists of the National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services