	SHOR	S Year 4 Home Learning Plan	y Plan	
		Week 1 Term 2		
Monday	Tuesday	Wednesday	Thursday	Friday
ANZAC DAY PUBLIC HOLIDAY	Morning fitness: 8 minute workout	Morning fitness: Self-esteem yoga	Morning fitness: 8 minute workout	Morning fitness: Self-esteem yoga
	Morning greeting	Morning greeting	Morning greeting	Morning greeting
	Literacy Reading: Main idea activities	Literacy Reading: Main idea activities	Literacy Reading: Main idea and key	Literacy Reading: Main idea and key
ANZAC DAY	Brain Break: Help around the	Brain Break: Go outside and	Brain Break: Make your bed if	Brain Break: Find 10 things in
	Reading 2: The BFG	times.	you naven t already Reading 2: The BFG chapter 2	your house that need to be put away.
	comprehension	Reading 2: The BFG vocabulary	and 3	Reading 2: The BFG activity
		Crunch and Sip		
	Literacy continued	Literacy continued	Literacy continued	Literacy continued
	Spelling: Look, say, cover,	Spelling: Look, say, cover,	Spelling: Alphabetical order	Spelling: Spelling test
	write, check and worksheet	write, check and worksheet	and spelling words in running	Writing: Persuasive
	Writing: Journal writing	Writing: Persuasive sentences	writing Writing Derginstive paragraph	paragraphs and handwriting
		Lunch or Snack Break		
	Post break activity	Post break activity	Post break activity	Post break activity
	Silent reading – The BFG	Silent reading – Your choice	Silent reading – The BFG	Silent reading – Your choice
	Numeracy	Numeracy	Numeracy	Numeracy
	Mental Maths: Doubles	Mental Maths: Recite/sing the	Mental Maths: 4 x facts	Maths activity: Practice,
		4 times tables (use songs on		practice your tables. Make sure
	Maths activity: Doubling strategy – 4 times tables	Connect if you can) Maths activity: Reinforcing the	Maths activity: Creating a	you know your 2,3,5,10 and 4 x
	6	fours multiplication facts		get somebody to test you.
	Υ	Yay, I'm nearly finished break	ık	
	HASS	Science	Health	Art
	(History and Social Sciences)		We all need support activities	Easter egg mindfulness
	worksheet	הבכסוווס פאלים וויפטור		colouring

BDHS Year 4

Date: 28th April, 2020

Day: Tuesday

Morning Fitness

Complete the 'Joe Wicks' 8 minute fitness activity. Each activity is performed for 35 seconds with a 25 second rest in between. Watch online at https://safesha.re/bvk

Morning Greeting

Check your email for your daily update from your teacher

Literacy

Reading Activity 1: Main idea worksheets. Follow the instructions on the worksheet. There are some parts to read aloud. Repeat this to get the concepts into your long term memory. Answer the questions using full sentence answers in your activity book.

Brain Break: Go and ask an adult in your home if they have a 5 minute job for you to do (then do it!)

Reading Activity 2: Ask an adult to read the first chapter of 'The BFG' to you, or listen to an audiobook. Make sure that you are following along with your copy of the chapter. Discuss what is happening in the story. Read and discuss the vocabulary list. Answer the comprehension questions using full sentence answers.

Crunch and Sip

Literacy continued

Spelling: Read the Daily Review slides (or the worksheets). Repeat, repeat. Get these spelling rules you're your working memory to your long-term memory. Complete the Look, Say, Cover, Write, Check activity and the a_e worksheet.

Writing: Journal activity. See the work package for the details.

Lunch or Snack Break

Post break activity

Silent reading - read or listen to 'The BFG'

Numeracy

Mental Maths: Addition 'doubles' worksheet. Time how quickly you can complete the worksheet. Write it down. Check your answers with a calculator. Mark neatly with a red pen. Do not change your answer if you got it wrong. Write the correct answer neatly in red.

Maths Activity: Watch the following video clip about the doubling strategy - <u>Doubling Strategy Video Clip</u> If you don't have access to the online video, I have printed out some slides to show the doubling strategy. Compete the maths worksheet in your pack.

Afternoon Break

HASS: Read and complete the activities about Australia's First People. An adult may have to read with you. You could read it together, you could take turns reading sentences or you could read with an adult listening.

Joe Wicks: Active 8-Minute Workout 3

These cards have been created to illustrate the exercises demonstrated by Joe in the workout video. Each exercise is performed for 35 seconds, with a 25-second rest in-between. However, this can be changed to suit your class. The cards can be used with or without the video to support children who need help performing each movement; to create workouts of different lengths

or to complete their exercises outdoors.

Joe Wicks: Active 8-Minute Workout 3 Walkouts

- 1. Start standing tall.
- 2. Place both hands on the floor and walk them out into a press-up position.
- 3. Tap each shoulder with the opposite hand one at a time.
- 4. Walk your hands back and stand up tall.

You can take out the shoulder-taps to make this less challenging.





Joe Wicks: Active 8-Minute Workout 3 Lateral Squats

- 1. Start with your feet a bit wider than shoulder-width apart.
- 2. Squat.
- 3. Take a step to the right, staying low and squat again,
- 4. If there's space, repeat this going the same way a few times.
- 5. Then squat and step to the left a few times.

Remember to keep low and to have a straight back. This exercise will strengthen your quadriceps.





Joe Wicks: Active 8-Minute Workout 3

Running on the Spot

- 1. Run as fast as you can on the spot.
- 2. Remember to pump your arms as you are running.

Try pressing the turbo button for the last 10 seconds.



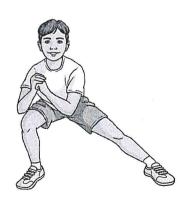


Joe Wicks: Active 8-Minute Workout 3 Side Lunges

- 1. Start with your feet together.
- 2. Lunge to one side, bending at the knees and hips.
- 3. Step your lunging foot back to the centre.
- 4. Lunge to the other side.
- 5. Keep your back straight.



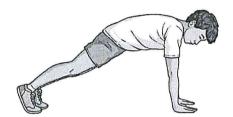




Joe Wicks: Active 8-Minute Workout 3 In and Outs

- 1. Start in a press-up position.
- 2. Walk one foot in and then the other.
- 3. Walk one foot back out and then the other.

If your upper body starts to get tired, stop and shake out your arms for a few seconds.





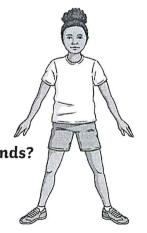




Joe Wicks: Active 8-Minute Workout 3 Sumo Squats

- 1. Turn your feet out and start in a wide stance.
- 2. Squat down really low into a sumo position and back up again.
- 3. Push through your heels and drive upwards to stand up tall.
- 4. Remember to keep a straight back.

Can you hold the sumo position for the last 5 seconds?







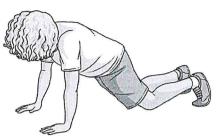
Joe Wicks: Active 8-Minute Workout 3 Box Push-Ups

- 1. Start with your arms straight and your hands and knees on the floor.
- 2. Lower your upper body down towards the floor by bending your arms.
- 3. Straighten your arms to bring your upper body back up again.

The lower you get to the floor, the harder this exercise will be.

How many can you do in 35 seconds?

You will feel this in your arms and upper body!







Joe Wicks: Active 8-Minute Workout 3

Running and Punching

- 1. Run on the spot with forward punches.
- 2. Use opposite arms and legs: when your left knee is raised, punch with your right fist.
- 3. Bring your knees up high.

How quickly can you go? Try sprinting for the final 10 seconds.





Finding the Main Idea of a Text

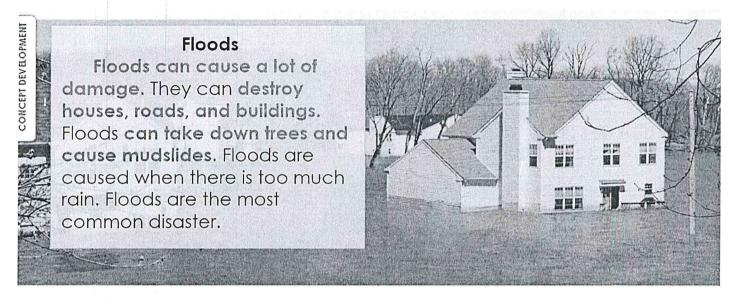
(Read this out loud)

The main idea is the most important idea of a text.

The main idea is usually found in one sentence at the beginning of a paragraph.

Key details are sentences that provide more information to support the main idea.

(support means help out)



The main idea is:

Floods can cause a lot of damage.

Re-read:

The main idea is the most important idea of a text.

The main idea is usually found in one sentence at the beginning of a paragraph.

Key details are sentences that provide more information to support the main idea.

We will determine the main idea.

- 1 Read the text.
- 2 Determine the main idea. (answer) Hint: What is the paragraph mostly about?
- 3 Determine the key details that support the main idea. (underline)
- 4 Determine details that do **not** support the main idea. (write)

Toys

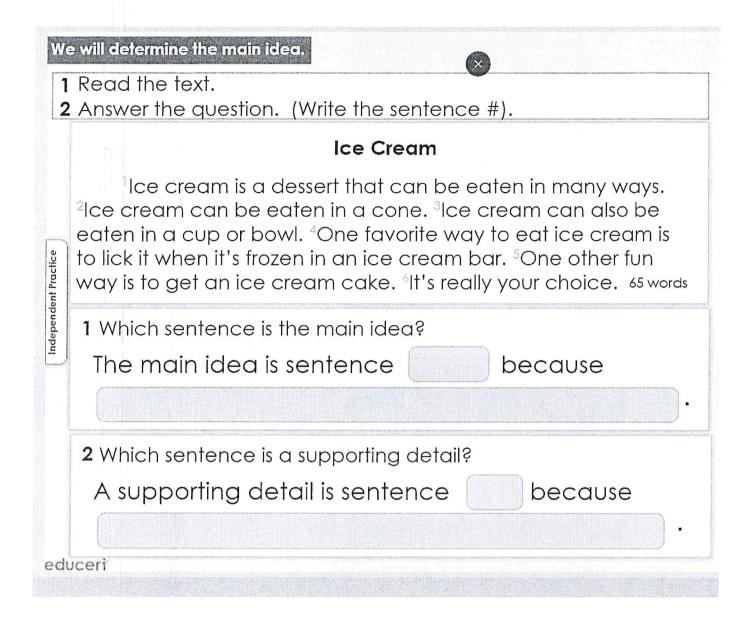
Pomo Indian children of long ago had many toys. They played with sticks, twigs, rocks, and shells. They turned anything that they found around them into a toy. Pomo children had just as much fun with their toys from nature as the children of today have with toys from stores.

- 5 Which sentence is the main idea of the text?
 - A Toys can be made of rocks.
 - B Pomo is an Indian tribe.
 - C Pomo Indian children had many toys.

educeri

CONCEPT CLOSURE

Write the sentence that contains the main idea in your activity book.



Write full sentence answers in your activity book.

- What is the main idea?
- Where do you usually find the main idea?

Reading: Week One Vocabulary A

(Read these like our daily reviews – brilliant means Then repeat. Move them from your working memory to your long-term memory)

brilliant - bright and sparkling

slanting - something that is sloping, it's not horizontal

dormitory – a room with lots of beds, like in an orphanage or boarding school

doze - a light sleep

moonbeam – a ray of moonlight

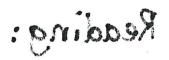
lavatory – another name for a toilet

rims - the edges of something round, like glasses

lenses - the part of glasses that you see through

hesitated - to stop because you're not sure about something

ghostly - shadowy and blurry like a ghost



The BFG Comprehension Questions

Write in full sentence answers. If you need more space, write in your activity book.

1. Which word told you that it was quiet in the dormitory? (Here is an example of a full sentence answer)

The word that told me that it was quiet in the dormitory is

2.	Describe the room where the children are sleeping.
3.	Why did Sophie get out of bed?
4.	What ideas are we given about the village street?
5.	Why has Roald Dahl not told us what was coming up the street?
	5
** W	Remember that authors choose every word carefully. No words in bry ended up there by accident. Thy did Roald Dahl choose to describe the light as a silver blade ing through the room onto her face?

Reading

The Witching Hour

Sophie couldn't sleep.

A brilliant moonbeam was slanting through a gap in the curtains. It was shining right on to her pillow.

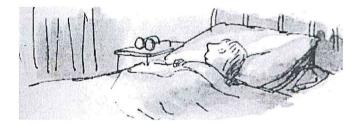
The other children in the dormitory had been asleep for hours.

Sophie closed her eyes and lay quite still. She tried very hard to doze off.

It was no good. The moonbeam was like a silver blade slicing through the room on to her face.

The house was absolutely silent. No voices came up from downstairs. There were no footsteps on the floor above either.

The window behind the curtain was wide open, but nobody was walking on the pavement outside. No cars went by on the street. Not the tiniest sound could be heard anywhere. Sophie had never known such a silence.



Perhaps, she told herself, this was what they called the witching hour.

The witching hour, somebody had once whispered to her, was a special moment in the middle of the night when every child and every grown-up was in a deep deep sleep, and all the dark things came out from hiding and had the world to themselves.

The moonbeam was brighter than ever on Sophie's pillow. She decided to get out of bed and close the gap in the curtains.

You got punished if you were caught out of bed after lights-out. Even if you said you had to go to the lavatory, that was not accepted as an excuse and they punished you just the same. But there was no one about now, Sophie was sure of that.

She reached out for her glasses that lay on the chair beside her bed. They had steel rims and very thick lenses, and she could hardly see a thing without them. She put them on, then she slipped out of bed and tip-toed over to the window.

When she reached the curtains, Sophie hesitated. She longed to duck underneath them and lean out of the window to see what the world looked like now that the witching hour was at hand.

She listened again. Everywhere it was deathly still.

The longing to look out became so strong she couldn't resist it. Quickly, she ducked under the curtains and leaned out of the window.

In the silvery moonlight, the village street she knew so well seemed completely different. The houses looked bent and crooked, like houses in a fairy tale. Everything was pale and ghostly and milky-white.

Across the road, she could see Mrs Rance's shop, where you bought buttons and wool and bits of elastic. It didn't look real. There was something dim and misty about that too.

Sophie allowed her eye to travel further and further down the street.

Suddenly she froze. There was something coming up the street on the opposite side.

It was something black ...

Something tall and black ...

Something very tall and very black and very thin.

Spelling Daily Review

Long \bar{a} in the middle is spelled ai.

nail

chain

train

afraid

remain

maintain

railway



Most words ending in ape are spelled ape

grape

escape

cape

scrape

drape

gape

shape



Spelling 31/03/20

Long Vowels

pain fame slay sleigh

Long \bar{a} at the end is spelled ay.

- play
- relay
- runway
- railway
- yesterday

- today
- birthday
- Tuesday



e at the end makes the vowel sound long.





shade

brave

space

whale

taste

indicate

illuminate



Unusual long a sounds.

ea break great steak greatest greatness



ey they grey prey obey survey



ei vein veil reins reindeer



eigh eight eighteen neigh weigh weight



Look Cover Say Write Check



...at the sounds, or parts of the words as you read the word.

three... th...r...ee phonemic spelling strategy

twice... tw...ice
onset-rime spelling strategy

enormous... en...or...mous



COVER

...the word. Try to see the word and all it's sounds in your head.





SAY

...each sound or part of the word while revealing a finger.

three... th ree ee

twice... tw ice

enormous... en or mous









...the word in alternating colours.

three

phonemic spelling strategy

tw-ice

onset-rime spelling strategy

en-or-mous

syllabic spelling strategy

10 HECK

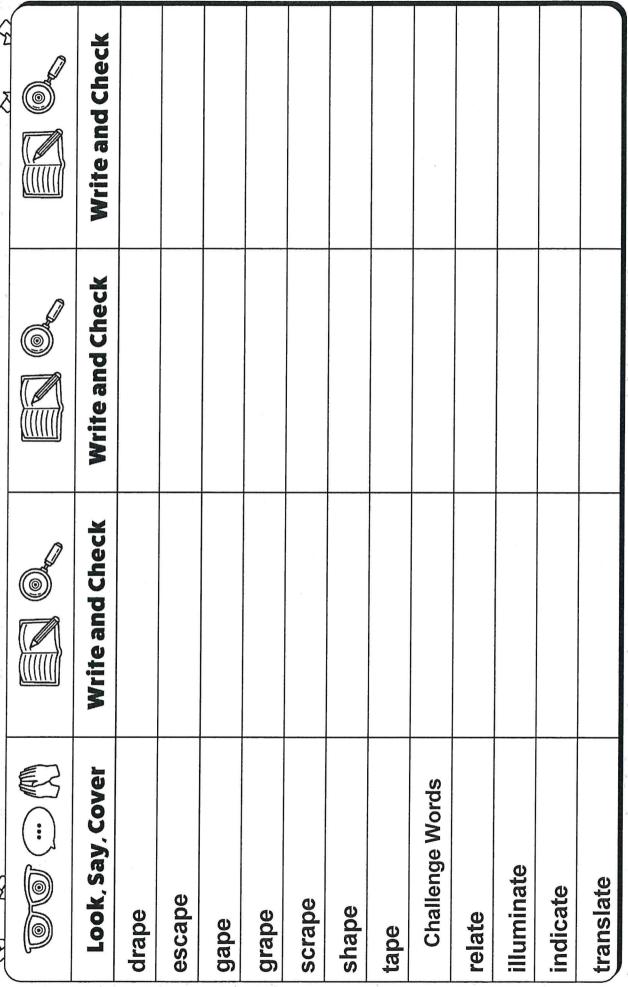
...your work.





Look, Say, Gover, Writte, Cheek





(G) teachstarter

Print "a-e" in the spaces to make words.



r	k	mk_	ا مو	
			snk_	rk
sh	k	tk	bk	k
wl	ıl	gt	crt	plt
g_	m	md	shd_	
Pri	nt the missing wor	rds in the space	es.	
1.	I helped dad to)	a kite today.	
2.	I saw a lot of s	wans swimming	g in the	·
3.	Last night, mun	n baked me a		for my birthday.
4.	I went to the sh	rop and I boug	ht myself a milk _	
5.	I was so hot the	at I sat under t	he tree in the	
ó .	Last night, I hel	ped mum to _	a	Christmas cake.
7.	I saw a large		in the sea blowin	g water high up into
	the sky.	*		
3.	I was walking in	ı the bushes. A		nearly bit me on the leg.
			ny friend called sn	
				ıt all thes.
				dog wouldn't run away.
_				whish out of the house

Writing activity:

In your workbook, explain to me what your daily routine is. Do you complete chores, eat breakfast or laze around on the couch?

- Describe each step and give me lots of detail.
- Your journal entry should be one page.
- Remember, paragraphs start with a topic sentence that tells the reader what the paragraph is about.
- Each activity should have its own paragraph.
- Write your journal entry in your activity book.

Concept review: (read and repeat)

Paragraphs start with a topic sentence that tells the reader what the paragraph is about.

Ten Minutes a Day 1

Addition

6[A]

Time:

Score:

Double:



+ 1 2 3 Rnbw 0&10 | Dble Dble+1 9 8 All

"Double" Strategy with Ten Frames

Have the students put out counters for the first number. Then, using a second color, put out that number again. Different arrangements for the counters can be used. Do not let students count from one. Rather, they should be able to subitize the number shown.

0	0	0	0			
0	0	0	0	0		

Double

46)
$$+ 3 = 6$$
 56) $+ 7 = 14$

Missing numbers revision

Revision

This worksheet is part of the Professor Pete's Classroom eBooks "Ten Minutes a Day 1: Addition Worksheets". The recommended teaching sequence is shown in the bar at the top of this sheet.

Mental multiplication strategies - doubling strategy

Doubling is a useful strategy to use when multiplying.

 15×4 double once = 30

double twice = 60

To multiply a number by four, double it twice. : To multiply a number by eight, double it three times.

 13×8 double once = 26

double twice = 52

double three times = 104

Professor Pete's Think Bubble Mathematics

Mod: 2 INDEX

x 4, Double Double

- Double the number (x2)
- Then double again (x4)

2

If you double a number twice, you get 4 x the original number

· To multiply by 4 we multiply by 2, then multiply by 2 again

PROFESSOR PETE'S CLASSROOM

Professor Pete's Think Bubble Mathematics

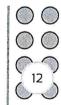
Mod: 2 INDEX

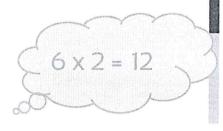
x 4, Double Double

 $6 \times 4 =$

- Double the number (x2)
- Then double again (x4)





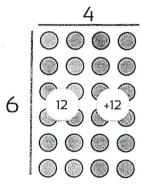


· To multiply by 4 we multiply by 2, then multiply by 2 again

Level 4 Mod: 2 INDEX

x 4, Double Double

- · Double the number (x2)
- Then double again (x4)



 To multiply by 4 we multiply by 2, then multiply by 2 again

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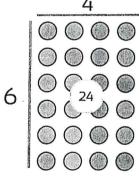
CLASSROOM

Professor Pete's Think Bubble Mathematics

Level 4 Mod: 2 INDEX

x 4, Double Double

- Double the number (x2)
- Then double again (x4)



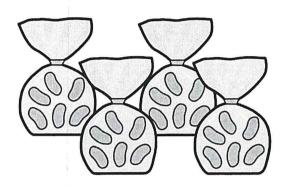
 To multiply by 4 we multiply by 2, then multiply by 2 again

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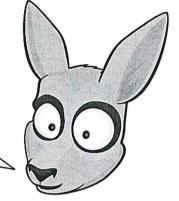
CLASSROOM

Step In Introducing the Fours Multiplication Facts

How can you work out the total number of jelly beans without counting each one?



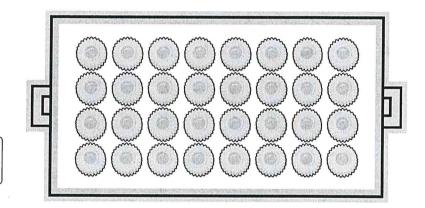
Two bags of 6 is double 6, so 4 bags of 6 is double, double 6.



What number sentence could you write to describe your thinking?

Use the same thinking to work out how many biscuits are on this tray.

Write a number sentence to match.



What other numbers could you multiply by 4 using this strategy?

The result of multiplication is called the product.

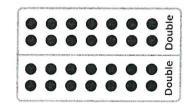
Step Up

I. Write the missing products.

a.



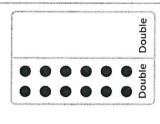
b.



$$4 \times 7 = = 7 \times 4$$

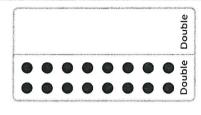
2. Draw more dots to show a double double. Then complete the number sentence.

a.

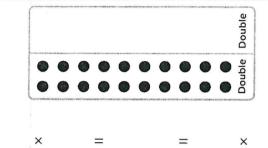


$$4 \times 6 = 6 \times 4$$

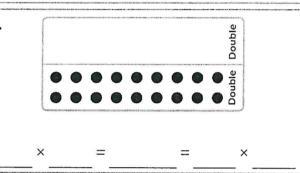
b.



c.



d.



3. Draw a line to match each fact with its turnaround below. Then complete the facts.

Step Ahead

Colour the \bigcirc beside the thinking you could use to work out the product. Then complete the fact.

a.

is the same as

- O double double 5
- O double double 4
- O double 4 then double 5

b.

3.1

is the same as

- O double double 4
- odouble 9 then double 4
- odouble double 9

What do we know about Australia's first people?

The diversity and longevity of Australia's first peoples and the ways Aboriginal and/or Torres Strait Islander peoples are connected to Country and Place (land, sea, waterways and skies) and the implications for their daily lives (ACHHK077)



Time line

50 000 years ago (approx.)

the first people migrate from Asia to Australia

40 000 years ago (approx.)

land bridge to Tasmania disappears as a result of risina sea levels

8000 years ago (approx.)

land bridge to New Guinea disappears and Torres Strait Islands are formed, also as a result of rising sea levels

Resources

- Going bush by Nadia Wheatly
- http://www.aboriginalartonline.com/ culture/symbols.php>
- http://www.environment.gov.au/ parks/uluru/>
- http://www.kimberleycoastalcamp. com.au/> Click on 'rock art' to see a gallery of pictures

Parent Information

Teacher information

Elaboration

Examining early archaeological sites that show the longevity of the Aboriginal people.

Key inquiry questions

What was life like for Aboriginal and/or Torres Strait Islander people before the arrival of the Europeans?

Historical skills

Sequence historical people and events (ACHHS081)



Pose a range of questions about the past (ACHHS083)



Locate relevant information from sources provided (ACHHS084)



Identify different points of view (ACHHS085)

Use historical terms (ACHHS082)

Use a range of communication forms (oral, graphic, written, role play) and digital technologies (ACHHS087)

Historical concepts

- Continuity and change
- Perspectives
- Significance
- Sources

Background information .

- Aboriginal Australians are thought to have migrated on foot from New Guinea before the land bridge joining the two land masses disappeared.
- Archaeology is the study of human activity in the past through recovery and study of materials and artefacts.
- Remains found at the archaeological site of Lake Mungo in NSW are thought to be around 40 000 years old and artefacts discovered at the Devil's Lair site are estimated to be around 48 000 years old.
- Some of Australia's oldest sites tell us about the behaviour and beliefs of the Aboriginal people who lived here many thousands of years ago. Investigating these sites demonstrates the diversity and longevity of Australia's first people through comparing the different beliefs and practices and through discovering that some of the ancient sites are still culturally relevant and significant today.

- Review the text for new vocabulary—for example, 'initiation' and 'petroglyph'—and discuss the meanings.
- Create a word wall for new vocabulary and significant historical terms that arise throughout the units of work.
- When using page 4, the students might place the Baiame Cave site first in the sequence as it tells of a Creation story.
- The activity on page 5 should give students some insight into perspectives and interpretations when they discuss their art with others. Brainstorm ideas for the rock art and try to focus on people and activities rather than possessions.



Additional activities .

- Use a map to show where the archaeological sites are located. Discuss the preservation of the sites and environmental and other threats to their survival. Talk about the importance of preservation for future generations
- Use the internet to research a site independently or in groups; for example: Malakunanja (NT), Devil's Lair (WA), Lake Mungo (NSW), or a site nearer to you.

What do we know about Australia's first people? - 1

Read about some of the oldest archaeological sites in Australia. Find out about

the people who created them.

Site: Baiame Cave Painting Estimated age: Unknown Present day location: NSW

Local Aboriginal group: Wonnarua

Description: This cave near Singleton has a large painting of Baiame. A Dreaming story tells how Baiame came down from the sky to the land, and created rivers, mountains, and forests. He then gave the people their laws of life, traditions, songs and culture. When he had finished, he returned to the sky, and people called him the Sky Hero or Sky Father. The site is believed to be a place where special ceremonies such as initiations for young men were carried out. Women were forbidden from going near these sites.

Site: Murujuga Rock Art

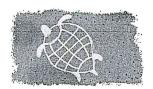
Estimated age: 30 000 years old

Present day location: WA

Local Aboriginal group: Ngarda-ngarli

Description: Located near Dampier in the north, this area contains one of the world's oldest and largest concentrations of rock carvings. The people of the area believe that the engravings were made by the Creation spirit beings known as Marrga. The belief is the engravings were made and left to show the people how the Aboriginal law should be followed. There are also standing stones in this area. Standing stones can be found throughout the world. Little is known about why people

put them up but they are believed to have religious or spiritual significance.



Site: Uluru Rock Art

Estimated age: Over 10 000 years old

Present day location: NT

Local Aboriginal group: Anangu

Description: Uluru is a very large sandstone rock which is a sacred site for the Anangu people. It's around 330 km to the south-west of Alice Springs. There are many ancient cave paintings in the area and countless carvings (called petroglyphs) in the rock and surrounding caves. Symbols are used to represent different things, depending on the Dreaming story. For example, circles could represent a waterhole, or a camping place.

Site: Quinkan Country Rock Art **Estimated age:** 37 000 years old

Present day location: QLD

Local Aboriginal group: Ang-Gnarra

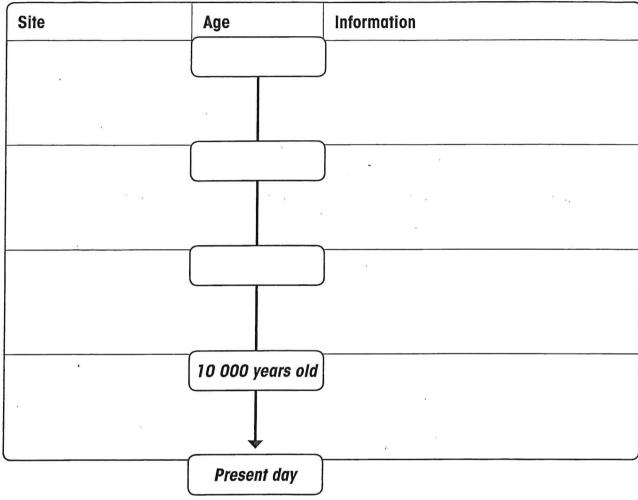
Description: Quinkan country describes an area in Far North Queensland containing a large amount of Aboriginal rock art. It is located around 140 km inland from Cooktown. The word Quinkan refers to a cultural spirit being which can be good or bad (a helpful protector or a mischief maker). The people believed the Quinkans would lurk in caves and other dark places and come out at night. They were thought to watch over the tribes. The paintings were created mainly using red ochre but white, yellow, black and a rare blue colour were also used.

Charcoal was used to make black paint.



What do we know about Australia's first people? - 2

- Use the information on page 3 to sequence the archaeological sites from oldest to newest. For the Baiame Cave site, whose date is unknown, decide where you think it should go.
- 2. Write two short facts about each site in the information column.



3.	Explo	a <u>i</u> n where	e you pu	t the Bai	ame Cav	e site an	d why.		
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4.	• _	- Two que					opie wiik	Thade	THE TOOK OF
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FACT FILE

Archaeologists explore ancient sites and artefacts to find out about how people lived many years ago.