

# LEARNING AT HOME

## Years 7 to 9: Tuesday, March 24

### TASK 1: WELLBEING CHECK-IN

**Approx 40 minutes**

#### Managing Stress

**Note to Parents/Guardians:**

*You will not be able to stick to your usual routine, but you can create a routine while you're at home to make sure that you are getting things done and making time for activities that will help with everyone's health and wellbeing. There are numerous studies that support the idea that sticking to a regular routine will help everyone during this time, especially young people. Try as far as possible to have regular meal times, the expectation that everyone is out of their PJs and ready to work and have an area set up for schoolwork. Get the kids involved in making a family routine chart, every family is different, so feel free to design it however you want. The main thing is to maintain the routine.*

**Activity:**

Visit the Headspace website.

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

Read the information about how to cope with what's happening at the moment. Follow any links that you think could help you or that you're interested in. Take your time on this.

When you have finished, write a list of things that you can do to help you to stay healthy and manage any stress right now. Try to do these things each day.

**Curriculum Links:**

**Personal and Social Capability: Awareness and Management**

**Years 7 and 8:** Discuss the range of strategies that could be used to cope with difficult tasks or changing situations.

**Year 9:** Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection.

### TASK 2: ENGLISH

**Approx: 40 mins**

#### Reading and Viewing

**Note to Parents/Guardians:**

*This activity will help students to understand character development in a novel. Encourage them to be creative and to write as much detail as they can to create a convincing character.*

**Activity:**

1. Choose a character from a book that you have read.

2. Write three detailed descriptions of them at different times of their life:

a. as a baby

b. as middle aged and

c. as an older person.

Write what you think they look like, their personality, what might be doing at that time of their life, and explain why they may be doing this. Describe any interesting things about them at that time.

3. You can also create a picture of them, if you'd like.

**Curriculum Links:****English – Literature – Creating Literature**

**Year 7** Create literary texts that draw upon text structures and language features of other texts for particular purposes and effects (VCELT419).

**Year 8:** Create texts, including hybrid texts, that innovate on aspects of other texts, including through the use of parody, allusion and appropriation (VCELT448).

**Year 9:** Create imaginative texts that make relevant thematic and intertextual connections with other texts (VCELT478).

**BREAK: 30 minutes****TASK 3: HISTORY**

**Approx: 60 mins**

**History - Kids News****Note to Parents/Guardians:**

Kids News is a daily news service of child friendly news stories with a range of activities. This is a good daily activity, as the stories cover all curriculum areas. We will be selecting a curriculum area each day to work from. Today students will be asked to use a specific activity. There is the option to listen to the story on the site.

**Task:**

Follow the link to find the Kids News History story for your year group and complete the activities.

**Years 7 and 8**

<https://www.kidsnews.com.au/history/tomb-radar-detects-would-could-contain-the-lost-remains-of-egypts-queen-nefertiti/news-story/117d8b3ee9b67024e6c0caa8391b383a>

**Year 9**

<https://www.kidsnews.com.au/history/soldiers-graffiti-in-naours-caves-in-france-writes-a-new-chapter-of-australian-war-history/news-story/c63bbdc63d0becd1b101716ca06bc930>

Choose a story that is interesting to you and complete the activities.

**Curriculum Links:****History –**

**Years 7 and 8:** Ancient world and early civilisations – 60 000 BC (BCE) – c.650 AD (CE) - European and the Mediterranean world. Egypt.

**Year 9:** The Making of the Modern World - Australia at War – World War I.

## TASK 4: MATHEMATICS

Approx: 60 minutes

### Maths – Probability and Data

#### Note to Parents/Guardians:

*The secret to improvement in mathematics is like improvement in sport, learning an instrument or any other skill – regular daily practice. If your child has access to their mathematics textbook, please encourage them to work through this on the suggested topics. If you do not have this, or feel that they need to work through different topics, use the ezymathstutoring links. These are divided into year groups. If the activities or the topics in the year group are not right for your child, choose a lower or higher year group to find topics and activities that are more suitable. This could be a great opportunity for revision or for kids to have another go at topics that they may not have mastered in the past. You will need internet access and the links below*

#### Activity:

##### Year 7

<https://www.ezymathstutoring.com.au/Worksheets/Year%207%20Whole%20Numbers%20Worksheet.pdf>

Answers

<https://www.ezymathstutoring.com.au/Worksheets/Year%207%20Probability%20Worksheet%20-%20ANSWERS.pdf>

##### Year 8

<https://www.ezymathstutoring.com.au/Worksheets/Year%208%20Data%20Worksheet.pdf>

Answers

<https://www.ezymathstutoring.com.au/Worksheets/Year%208%20Data%20Worksheet%20-%20ANSWERS.pdf>

##### Year 9

<https://www.ezymathstutoring.com.au/Worksheets/Year%209%20Data%20Worksheet.pdf>

Answers

<https://www.ezymathstutoring.com.au/Worksheets/Year%209%20Data%20Worksheet%20-%20ANSWERS.pdf>

#### Curriculum Links:

##### Mathematics-Statistics and Probability

**Year 7:** Assign probabilities to the outcomes of events and determine probabilities for events.

**Year 8:** Investigate the effect of individual data values including outliers, on the range, mean and median.

**Year 9:** Compare data displays using mean, median and range to describe and interpret numerical data sets in terms of location (centre) and spread.

## LUNCH: 60 minutes

## TASK 5: ENGLISH

Approx: 20 minutes

### Drop Everything and Read

#### Note to Parents/Guardians:

*This is a daily activity where everyone stops what they are doing and reads for 20 minutes. It helps if you do this at the same time each day and why not join in yourself!*

#### You will need:

A book or other material that the student wants to read and can spend at least 20 minutes reading it. It is important that it is something they are interested in and are motivated to read.

**Activity:**

Find a comfortable place and read for 20 minutes.

**BREAK: 30 minutes****TASK 6: DESIGN AND TECHNOLOGIES**

**Approx: 60 mins**

**Tower Challenge****Note to Parents/Guardians:**

As you can read on the web link, you can use anything that you have at home for this activity.

**You will need:**

A device with internet access.

A range of objects such as balloons, paper cups, straws, paper plates, sheets of paper, tape, string, twist ties.

**Activity:**

Can you build a tower out of anything? Try these challenges:

<https://stemactivitiesforkids.com/2016/01/31/two-easy-stem-tower-challenges/>

**Curriculum Links:****Design and Technologies – Producing**

**Years 7 and 8:** Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions.

**Year 9:** Work flexibly to safely test, select, justify and use appropriate technologies and processes to make designed solutions.

**TASK 7: THE ARTS – MEDIA ARTS**

**Approx: 60 mins**

**Media Arts – School Storyboard****Note to Parents/Guardians:**

Students will be asked to use the English Task 2 from yesterday for ideas to create a storyboard for a five-minute film.

**You will need:**

Blank pieces of paper (A3 or A4)

OR printed story board templates that you can find here to download for free:

<https://boords.com/storyboard-template>

Pencils, crayons, paint or pastels.

**Activity:**

Do you remember the acrostic poems you wrote about what you do and do not miss about school?

Choose one of the poems and create a storyboard for a five-minute film based on your poem. Your film can tell a story or it can express the feelings and ideas that you have. Don't forget to suggest music and dialogue.

**Curriculum Links:****Media Arts – Media Arts Practices**

**Years 7 and 8:** Plan, structure and design media artworks for a range of purposes that engage audiences using media elements, technologies and production processes.

**Year 9:** Plan, structure and design media artworks for a range of purposes that challenge the expectations of specific

audiences by particular use of media elements, technologies and production processes.

### **SUGGESTED LUNCHTIME ACTIVITIES**

- Dance along to a dance routine at [gonoodle.com](http://gonoodle.com)
- Do 10 races up and down the driveway
- Fold the clothes in your drawer and make a pile of clothes that don't fit anymore
- Help make lunch for the family

### **ADVICE FOR PARENTS/GUARDIANS REGARDING YOUTUBE LINKS**

While YouTube offers some excellent learning resources and we offer suggested links in this material, Kids News cannot guarantee the type of advertisements that will pop up while you are watching these clips.

Please only allow your child to watch the suggested clips with supervision so that you can prevent them seeing the advertisements that are not age appropriate.

### **NOTE FOR PARENTS/GUARDIANS**

These free activities are written by qualified, practising teachers in accordance with/with reference to the Australian National Curriculum 2020 and are intended to be used as a guide for parents.