

Years 7, 8 and 9: Wednesday, March 25

TASK 1: WELLBEING CHECK IN

Approx: 30 mins

What Can I Control?

Note to Parents/Guardians:

Today's activity focusses on students thinking about the things that they can and cannot control. This could help them in learning to ease any stresses or anxieties that they may have. It's important to discuss the activity with your child. If your child requires counselling support, contact Kids HelpLine 1800 55 1800 <https://kidshelpline.com.au/>

Activity:

It's important to do things that will help you to manage stress and worries.
But sometimes we focus on things that we can't change or control.
Write a list the things that you CANNOT control.
For example: The fact that COVID 19 is here.

Write a list of the things that you CAN control or do things about.
Then, write an ACTION that you can do and a REASON why you should do this.
For example: Spending too much time on social media. Limit the time I'm on social media to 60 minutes a day and use a timer to help. I need to stay in touch with my friends and family but I cannot spend all day on it. Sometimes things on social media can make me feel stressed.

Curriculum Links:

Personal and Social Capability – Self Awareness and Management

Evaluate emotional responses and the management of emotions in a range of contexts.

TASK 2: VISUAL ARTS

Approx: 60 mins

Visit MoMA

Note to Parents/Guardians:

*Google Arts and Culture contains virtual tours of some of the major cultural sites in the world and collections of art. In this activity, students will be taking a tour of one of the great art museums, MoMA in New York. Encourage your child to take their time to browse around the gallery in much the same way as they would if they were actually at the Museum.
You will need some art materials, such as paper, pencils, crayons, paints – use whatever you have on hand.*

Activity:

Visit the Museum of Modern Art in New York City.
Using the home computer, laptop or tablet, visit <https://artsandculture.google.com/partner/moma-the-museum-of-modern-art?hl=en>
Just like any visit to a museum, take your time to wander through and look at the artworks.
Choose ONE artwork that you like or find interesting.
Write notes explaining why you like this artwork and what is interesting about it.

Using materials that you have at home, create your own artwork inspired by it. Imagine that you can ask the artist 5 questions about this work. Write down your questions.

Extension:

Write the answers that you think the artist might give you.

Curriculum Links:

Visual Arts – Explore and Express Ideas

Years 7 & 8: Explore visual arts practices as inspiration to explore and develop themes, concepts or ideas in artworks

Year 9: Explore the visual arts practices and styles as inspiration to develop a personal style, explore, express ideas, concepts and themes in art works.

BREAK: 30 minutes

TASK 3: MATHEMATICS

Approx: 60 mins

Revision – The Number Line, Rounding, Algebra

Note to Parents/Guardians:

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 if they need to work through different topics, use the maths is fun links and the WooTube videos for that topic. These are divided into year groups and topics. 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.

WooTube is the You Tube channel of Eddie Woo, a Sydney high school mathematics teacher. Today's activity is to revise and have another go at Monday's topics of number.

Activity:

Year 7:

1. watch <https://youtu.be/Anob0AXpVbA>

Imagine that you are in Eddie's class, and do what he is asking you to do. Watch the video as many times as you need to.

2. complete the Your Turn activities on <https://www.mathsisfun.com/number-line.html>

Year 8:

1. watch <https://youtu.be/WBAyTMyfvR0>

Imagine that you are in Eddie's class, and do what he is asking you to do. Watch the video as many times as you need to.

2. complete the Your Turn activities on <https://www.mathsisfun.com/rounding-numbers.html>

Year 9

1. watch <https://youtu.be/aXRmI4wV5tM>

Imagine that you are in Eddie's class, and do what he is asking you to do. Watch the video as many times as you need to.

2. complete the Your Turn activities on <https://www.mathsisfun.com/algebra/introduction-multiply.html>

Curriculum Links:

Mathematics-Number & Algebra – Number and Place Value

Year 7: Introduce the concept of variables as a way of representing numbers using letters.

Year 8: Factorise algebraic expressions by identifying numerical factors, Simplify algebraic expressions involving the four operations.

Year 9: Extend and apply the index laws to variables, using positive integer indices and the zero index.

TASK 4: CIVICS

Approx: 60 mins

ANZAC Day 2020

Note to Parents/Guardians: Kids News is a daily news service of kid friendly news stories with a range of activities. This is a good daily activity, as the stories cover all curriculum areas. Students can listen to the story, if that suits their learning style or you would like to share it..

Today's focus is Civics, particularly on possible ANZAC commemorations, now that public services and marches will not take place this year.

Activity:

Follow the link to find the Kids News Civics story on ANZAC Day 2020

<https://www.kidsnews.com.au/civics/australians-are-planning-a-mass-light-salute-on-anzac-day-instead-of-regular-services/news-story/ff72a32465cea0bbbf241206d718740e>

Complete all of the activities at the bottom of the article.

Curriculum Links:

Civics and Citizenship – Citizenship, Diversity and Identity

Year 7 & 8: Identify how values can promote cohesion within Australian society, including the values of freedom, respect, inclusion, civility, responsibility, compassion, equality and a 'fair go'.

Year 9: Discuss challenges to and ways of sustaining a resilient democracy and cohesive society.

LUNCH: 60 minutes

TASK 5: ENGLISH

Approx: 20 mins

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 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.

TASK 6: SCIENCE

Approx: 60 mins

Biology

Note to Parents/Guardians:

For Science, we will be using Science By Doing units of work. This resource is from the Australian Academy of Science and is aligned to the Australian Curriculum. It is free, but you or your child will need to register and log in.

Our focus is on the units of work related to biology and ecosystems. However, if your child has already covered this

work, feel free to choose any of the others for their year group.

Some activities are written for pair or group work. Adapt these to asking your child to do the activity. If you can, discuss and share the activity with them.

It's important to remember that you can adapt the activity to suit your particular situation. This can be self-paced to suit their learning style and needs, but students could aim to complete 2 activities per day if that is possible for them.

Activity:

You will be using an online resource called Science by Doing for your science work.

Locate the website on <https://www.sciencebydoing.edu.au/>

Register and log in.

If you have already completed this unit, do the next one. Complete the same number of activities.

Year 7:

You will be investigating the circle of life. Download the activities and use the student notebook and the Student Digital Resources as you need to.

<https://www.sciencebydoing.edu.au/student/circle-of-life>

Complete Activity 1.1

Extension: Complete Activity 1.2.

Year 8:

You will be investigating cells. Download the activities and use the student notebook and the Student Digital Resources as you need to.

<https://www.sciencebydoing.edu.au/student/from-little-things>

Complete Activity 1.1

Extension: Complete Activity 1.2.

Year 9:

You will be investigating ecosystems. Download the activities and use the student notebook and the Student Digital Resources as you need to.

<https://www.sciencebydoing.edu.au/student/ecosystems-and-change>

Complete Activity 1.1

Extension: Complete Activity 1.2.

Curriculum Links:

Science – Biological Sciences

Year 7: There are differences within and between groups of organisms; classification helps organise this diversity.

Year 8: Cells are the basic units of living things and have specialised structures and functions.

Year 9: Multicellular organisms rely on coordinated and interdependent internal systems to respond to changes to their environment.

SUGGESTED LUNCHTIME ACTIVITIES

- Spend 20 minutes meditating.
- Play a card game.
- Write a letter to a relative.

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.



TODAY'S STORIES

1. Mars rover hits itself with a shovel
2. Twin polar bear cubs' first outing
3. COVID-19 explainer: every answer kids need and want to know