

Years 7 to 9: Monday, April 27

TASK 1: HEALTH AND PHYSICAL EDUCATION

Approx: 60 mins

Create a Backyard Obstacle Course

Note to Parents/Guardians:

This activity will encourage students to do some physical exercise using things that are around the house or yard. Students will create a Tough Mudder-style obstacle course. It is important to supervise this and check that the things chosen can be safely used. This could be a great family activity.

Activity:

Create a backyard obstacle or challenge course.

1. Go outside and look around your backyard. Think about at least five things that you could use to make a challenge or obstacle course. For example do you have a trampoline, something you could safely climb, something you could sprint around, something that you could jump up, on or over. Even something simple like skipping rope or the garden hose could be used. Be creative! Maybe add a final messy stage, like Tough Mudder or a colour run.
2. Gather your equipment together and space it out so that you can use it. Decide on the exercises that you will do.
3. Decide how many times or for how long you should do each exercise to get a good, challenging, fun but safe work out. Do you need a timer? Are there rules that you need to set? What about safety guidelines?
4. Add a warm up exercise to start.
5. Add a cool down or stretching exercises to finish.
6. Now, do it!

Curriculum Links:

Health and Physical Education

Years 7 and 8: Compose and perform movement sequences for specific purposes in a variety of contexts.

Year 9: Perform and refine specialised movement skills in challenging movement situations.

TASK 2: DESIGN AND TECHNOLOGIES

Approx: 60 mins

Drones Delivering COVID-19 Testing Kits

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 story focusses on an Australian company that has used drones to deliver COVID-19 testing kits to remote African communities and hopes to bring this initiative to Australia.

Activity:

Follow the link to the Kids News Story on how drones are starting to deliver COVID-19 test kits to patients and how there are hopes to bring this technology to Australia

:
<https://www.kidsnews.com.au/technology/aussie-comp-any-making-drones-that-deliver-covid19-test-kids/news-story/e171f0b1f014e74bc2d3c4d2c51dca1e>

Once you have finished reading the article, complete the activities at the bottom including the Quick Quiz and Classroom Activities.

**Curriculum Links:****Design and Technologies**

Years 7 and 8: Investigate the ways in which designed solutions evolve locally, nationally, regionally and globally through the creativity, innovation and enterprise of individuals and groups.

Year 9: Explain how designed solutions evolve with consideration of preferred futures and the impact of emerging technologies on design decisions.

BREAK: 30 minutes**TASK 3: ENGLISH**

Approx: 60 mins

Decisions, Decisions!**Note to Parents/Guardians:**

This activity focuses on the plot of a story that students have read and the impact that decisions made by characters have on the plot or storyline. The book that they choose is not important – encourage your child to choose any book that they have enjoyed. You could also choose a movie, if that is more suitable for your child.

Activity:

1. Think about a novel or story that you have read and enjoyed.
2. Think about the decisions that at least one of the main characters in the story has made. Write them down.
3. Would you have made the same decisions? Answer this question for each decision that you have written down. Give a reason each time.
4. Choose at least three of the decisions in the story. Think of a different decision that the character could have made. Write them down.
5. How would the different decisions change the story? Rewrite the storyline with the different decisions, and you think the story would change.

Extension:

Think about how the original story ends. Using your different decisions, rewrite the storyline so that the same ending still takes place.

Curriculum Links:**English**

Year 7: Experiment with text structures and language features and their effects in creating literary texts (VCELT385).

Year 8: Experiment with particular language features drawn from different types of texts, including combinations of language and visual choices to create new texts (VCELT418).

Year 9: Experiment with the ways that language features, image and sound can be adapted in literary texts (VCELT447).

TASK 4: MATHEMATICS

Approx: 60 mins

Measurement Puzzles

Note to Parents/Guardians:

Students will use logic and their understanding of shape and measurement to solve a series of puzzles. There are a range of puzzles that suit all abilities. It is important that students take their time to think through the puzzle and possible solutions. It is always helpful to check the solution and, if your child was unable to solve part or all of the puzzle, encourage them to think about the solution and have another go, so that they are practising the skills.

Activity:

Complete these measurement puzzles on the Maths is Fun website:

<https://www.mathsisfun.com/puzzles/measuring-puzzles-index.html>

Curriculum Links:

Mathematics

Years 7 to 9: Mathematics provides students with access to important mathematical ideas, knowledge and skills that they will draw on in their personal and work lives.

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.

BREAK: 30 minutes

TASK 6: SCIENCE

Approx: 60 mins

Drink Can Experiment

Note to Parents/Guardians:

This activity encourages students to think about the scientific method of observation, recording results, making a hypothesis and testing this by designing experiments. They will use unopened cans of drinks, any types that you have will be good, but a variety of different types of drinks is best. Three or four cans is enough.

You will need:

- A large bucket or a container that can hold water
- Water
- Unopened cans of drink (try to use different types of drinks, including diet or sugar free)
- Paper and pen or a device to write and record your work.

Activity:

1. Fill a large container with water. The water should be deep enough so you see what is happening inside the container.
2. Slowly place each can into the water one at a time.
3. Try different ways of placing the cans in the water – how does the way you put the can in the water make the can float or sink? Write down your results.
4. Can you think of reasons why the way you place the can in the water makes it float or sink? Write down your answer, or hypothesis.
5. How could you test if your answer, or hypothesis, is correct? Work out a way to test this. Write it down (your method) and try it. Write down your results.
6. Place all the cans in the water the same way. Which ones float? Which ones sink? Write this down.
7. Can you think of the reasons why some of the cans float and others sink? Could it be the ingredients, the shape of the can, the type of drink?
8. Write down your ideas, or hypothesis. Work out a way of testing this to see if you are correct.

Curriculum Links:**Science**

Years 7 and 8: Identify questions, problems and claims that can be investigated scientifically and make predictions based on scientific knowledge.

Year 9: Formulate questions or hypotheses that can be investigated scientifically, including identification of independent, dependent and controlled variables.

SUGGESTED LUNCHTIME ACTIVITIES

- Have you tried mindfulness? Use the Smiling Mind app to give it a go.
- Make an interesting, tasty and different meal for lunch than you normally have.

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/reference to the Australian National Curriculum 2020 and are intended to be used as a guide for parents.

**TODAY'S STORIES**

- 1. World insect numbers are dropping but dragonflies and mosquitoes are thriving.**
- 2. Toy Story actor sends gift to bullied Aussie boy named Corona.**