

## Years 7 to 9: Thursday, April 9

### TASK 1: HEALTH and PHYSICAL EDUCATION

Approx: 30 mins

#### Good Food, Good Health

##### Note to Parents/Guardians:

*This activity encourages students to think about healthy eating. You will need some drawing equipment to make a poster. If your child requires counselling support, contact Kids HelpLine 1800 55 1800 <https://kidshelpline.com.au/>*

##### Activity:

Think about WHY food is important.

List 5 reasons why it's important for you to learn about food, from MOST important to LEAST important.

Now, list 5 different things that you think students NEED TO LEARN about food. Write a sentence explaining each choice.

The Food Pyramid is one easy way to help you to remember which foods to eat every day.

Find out what the Food Pyramid is and what you should eat each day and draw up a Healthy Food Pyramid poster for your family.

**Extension:** can you think of a better way to show people what they should eat each day? Design it!



##### Curriculum Links:

**Health and Physical Education – Personal, Social and Community Health**

**Years 7 and 8:** Investigate and select strategies to promote health, safety and wellbeing.

**Year 9:** Identify and critique the accessibility and effectiveness of support services based in the community that impact on the ability to make healthy and safe choices.

### TASK 2: MATHEMATICS

Approx: 60 mins

#### Did You Miss the Palindrome Day?

##### Note to Parents/Guardians:

*Kids News is a daily news service of kid friendly articles 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 why 02/02/2020 was a very special day.*

##### Activity:

Follow the link to the Kids News Story on why 02/02/2020 was a once in a lifetime day:

<https://www.kidsnews.com.au/mathematics/did-you-miss-the-onceinalifetime-palindrome-day/news-story/7d1528e6a2f384681d6063d7adf9d655>

Complete the activities at the bottom of the news article including the Classroom Activities, Quick Quiz and the extension question.

**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.

**BREAK: 30 minutes**

**TASK 3: HISTORY**

**Approx: 90 mins**

**It's About Time!**

**Note to Parents/Guardians:**

*Students will think about our calendar system and learn about other systems. This is an extended activity that is designed to get them thinking!*

**Activity:**

Do you know how our calendar came about?

Watch this video:

<https://www.youtube.com/watch?v=Wu51v0FISdM>

Did you know that there have been different calendars in the past and that there are different calendars still used today?

**Research Challenge: Complete the following table about different Calendars**

Type of calendar	Who Used/uses it?	When was it used?	How many days in a year?
Egyptian Calendar			
	The Islamic World		
Julian Calendar			
		from 1582	

What is our calendar called?

On the dates below in our Calendar, what day is it in ONE other calendar?

The calendar I have chosen is:

May 24

December 25

March 19

October 1

Your birthday

Today

APRIL 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Create your OWN calendar!

Before you design your calendar, you need to answer these questions:

How would you divide up your year?

How long would your year be?

What would you name your days/months/years?

What are the advantages of your calendar?

Design a poster that shows the new calendar that you have created.

**Curriculum Links:**

**History**

**Years 7 and 8:** Changes in society and the perspectives of key groups affected by change including the influence of law and religion.

**Year 9:** Identify and evaluate patterns of continuity and change in the development of the modern world and Australia.

**LUNCH: 60 minutes**

**TASK 4: 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 5: SCIENCE**

**Approx: 60 mins**

### **Biology**

#### **Note to Parents/Guardians:**

*For Science, we will continue to use 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:**

Science by Doing:

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

Log in.

Choose one of the units for your grade or year group. Jump in and do at least two activities.

#### **Curriculum Links:**

**Science – Science as a Human Endeavour**

**Years 7 and 8:** Science and technology contribute to finding solutions to a range of contemporary issues; these solutions may impact on other areas of society and involve ethical considerations

**Year 9:** Advances in scientific understanding often rely on developments in technology and technological advances are often linked to scientific discoveries

## **SUGGESTED LUNCHTIME ACTIVITIES**

- Write a letter to a friend or family member
- Think of a random act of kindness that you could do for someone at home – do it.
- Don't forget to get some exercise – walk, run, dance!

### **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 STORY**

**1. NASA reveals new plans for life on the Moon.**

**Kids News is taking a break with news and lesson plans. We will return on Wednesday, April 15.**