

## Years 7 to 9: Friday, April 24

### TASK 1: HEALTH AND PHYSICAL EDUCATION

Approx: 60 mins

#### Create a Backyard Gym

##### Note to Parents/Guardians:

*This activity will encourage students to do some physical exercise using things that are around the house or yard. It is important to supervise this and check that the things chosen can be safely used.*

##### Activity:

Create a backyard gym.

1. Go outside and look around your backyard or around the house. Think about at least five things that you could use as exercise equipment. Be creative! (For eg, is there anything in the kitchen that you could safely use as hand weights?)
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 but safe work out. Do you need a timer?
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: SCIENCE

Approx: 60 mins

#### NASA Takes Amazing Photos of the Sun

##### Note to Parents/Guardians:

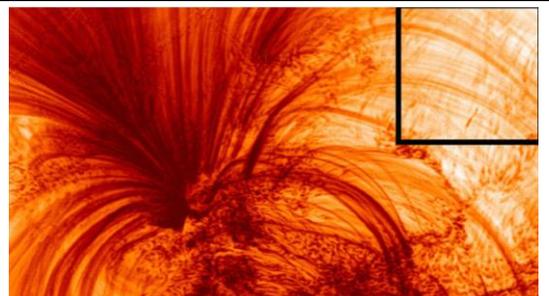
*Kids News is a daily news service of child-friendly news stories with a range of activities. This is a good daily activity, as the stories cover all curriculum areas. Students can listen to the story, if that suits their learning style or you would like to share it. Today's story focuses on a NASA Space Telescope that has taken the closest photos of the sun ever made.*

##### Activity:

Follow the link to the Kids News story on NASA's Space telescope that has taken the most amazing photos of the Sun:

<https://www.kidsnews.com.au/space/nasa-reveals-highresolution-photos-of-the-sun/news-story/524fa0c434c0ebb87dbe39bab91afedc>

Complete the activities at the end of the news article including the Quick Quiz and Classroom Activities.



**Curriculum Links:****Science**

**Years 7 and 8:** Scientific knowledge and understanding of the world changes as new evidence becomes available; science knowledge can develop through collaboration and connecting ideas across the disciplines and practice of science.

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

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

**Approx: 60 mins**

**Design a New Cover****Note to Parents/Guardians:**

*This activity focuses on the covers of a novel that students have read, including writing a blurb. The book that they choose is not important – encourage your child to choose any book that they have enjoyed. You will need some drawing equipment or online design app or program for students to design or create their new covers.*

**Activity:**

1. Think about a novel or story that you have read and enjoyed.
2. Design a new front and back cover for the book.
3. Your back cover should include a blurb. This is a short and catchy description of the story that is designed to encourage people to read the book.

**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: HISTORY**

**Approx: 60 mins**

**The History of ANZAC Biscuits****Note to Parents/Guardians:**

*This activity will help students to understand the importance of traditions in history, especially for events or days such as ANZAC Day. Students will need to do some of their own research and then create a story board. You can find a template for the storyboard at <https://boords.com/storyboard-template>.*

**Activity:**

ANZAC day will be tomorrow Saturday, April 25. Later, you can make some ANZAC biscuits to help commemorate this important day.

1. Before you make the biscuits, can you find out how the tradition of making ANZAC biscuits started?

2. Use the information that you have found to create a script of a storyboard for a short video that will help Primary school students learn about this tradition and the importance of ANZAC Day.

**Curriculum Links:**

**History**

**Years 7&8:** Evaluate the role and achievement of a significant individual, development and/or cultural achievement that led to progress.

**Year 9:** Evaluate the historical significance of an event, idea, individual or place.

**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: DESIGN AND TECHNOLOGIES**

**Approx: 60 mins**

**ANZAC Day: Make ANZAC Biscuits**

**Note to Parents/Guardians:**

*In the lead up to ANZAC Day, and the finish off the week, here is a recipe for ANZAC biscuits. Once they have made the biscuits, students are then asked to think about making one healthier change to the recipe.*

**Activity:**

1. Make a batch of ANZAC Biscuits

**Ingredients**

150g (1 cup) plain flour  
90g (1 cup) rolled oats  
85g (1 cup) desiccated coconut  
100g (1/2 cup, firmly packed) brown sugar  
55g (1/4 cup) caster sugar  
125g butter  
2 tablespoons golden syrup  
2 tablespoons water  
1/2 teaspoon bicarbonate of soda



## Method

### Step 1

Preheat oven to 160C. Line 2 baking trays with non-stick baking paper.

### Step 2

Combine flour, oats, coconut and combined sugar in a large bowl.

### Step 3

Stir the butter, golden syrup and water in a small saucepan over medium heat until the butter melts and the mixture is smooth. Stir in the bicarbonate of soda. Add to the oat mixture and stir until well combined.

### Step 4

Roll level tablespoonfuls of the oat mixture into balls and place, about 5cm apart, on the prepared trays. Flatten until about 1cm thick. Bake, swapping trays halfway through cooking, for 15 minutes or until light golden. Set aside for 10 minutes to cool slightly before transferring to wire racks to cool completely.

### Want soft and chewy?

Omit the brown sugar and increase the caster sugar to 155g (3/4 cup). Cooking time stays the same.

### How about dark and crunchy?

Omit caster sugar and increase the brown sugar to 155g (3/4 cup, firmly packed). Bake for 18 minutes.

### Thin and crispy more your thing?

Omit the caster sugar and increase the brown sugar to 200g (1 cup). Reduce the flour to 115g (3/4 cup). Cooking time stays the same.

(Recipe supplied by [Taste.com.au](https://www.taste.com.au))

2. Look carefully at the recipe. Could you suggest one change to the recipe that could reduce the amount of sugar in the biscuits but still making sure that they are a yummy treat?

## Curriculum Links:

### Design and Technologies

**Years 7 and 8:** Analyse how characteristics and properties of food determine preparation techniques and presentation when creating solutions for healthy eating.

**Year 9:** Investigate and make judgements on how the principles of food safety, preservation, preparation, presentation and sensory perceptions influence the creation of food solutions for healthy eating.

## SUGGESTED LUNCHTIME ACTIVITIES

- Have you tried mindfulness? Use the Smiling Mind app to give it a go.
- Have another go at your backyard gym!

## 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. Drones may soon fly COVID-19 test kits and medicines to Aussies
2. Tuning in to the calming powers of music during lockdown.