

## Years 3 and 4: Wednesday, May 6

### TASK 1: LITERACY/HISTORY

Approx: 45 mins

#### Behind the News – Kids News Program ABC

##### Note to Parents/Guardians:

*This episode of Behind the News is on the 250<sup>th</sup> anniversary of Captain Cook's famous voyage on the Endeavour. Your child will need a device to watch the news program and to complete pre and post viewing responses. They might also need someone to share their responses with before and after viewing the episode.*

##### Activity:

On a device tune in to the ABC Education *Behind the News* program and watch episode 10 all about the 250<sup>th</sup> anniversary of Captain Cook's famous voyage on a ship called 'The Endeavour'.

The blurb from the program says 'BTN finds out more about Captain James Cook and his famous voyage on board the *Endeavour*, during which he charted New Zealand at the Eastern coast of Australia. The National Maritime Museum gives Amelia a tour of the *HM Bark Endeavour* replica, which was built to be as close as possible to the original ship sailed by Cook. We explore the lasting impact of the *Endeavour's* arrival on Australia's First Peoples. We take a look at how Australia has changed in the 250 years since Cook's arrival.'

##### Pre-viewing questions

Before watching the BTN special about the *Endeavour*, respond to the following:

What do you know about Captain James Cook?

What do you know about the *HMB Endeavour*?

What would you like to learn about Captain Cook and/or the *Endeavour*?

Why do you think BTN is doing a story about the *Endeavour*?

Watch the episode at <https://www.abc.net.au/btn/classroom/20200428-ep10-btn/12174508>

##### After watching the BTN special about the *Endeavour*, respond to the following:

What do you THINK about what you saw in the BTN *Endeavour* Special?

What does this video make you WONDER?

Think of three questions you have about the *Endeavour* special. Remember that good questions are open-ended (have no right or wrong answer and can't be answered with a 'yes' or 'no').

What do you now know that you didn't know before watching the BTN Special?



Source: <https://www.abc.net.au/btn/classroom/20200428-ep10-btn/12174508>

##### Curriculum Links:

##### English – Literacy – Interpreting, analysing and evaluating

**Year 3:** Use comprehension strategies to build literal and inferred meaning and begin to evaluate texts by drawing on a growing knowledge of context, text structures and language features.

**Year 4:** Use comprehension strategies to build literal and inferred meaning to expand content knowledge, integrating and linking ideas and analysing and evaluating texts.

## TASK 2: LITERACY

Approx: 30 mins

### Writing – Comprehension Questions

#### Note to Parents/Guardians:

In order to complete this activity, students need to watch *Behind the News* episode 10 at <https://www.abc.net.au/btn/classroom/20200428-ep10-btn/12174508> to complete the comprehension questions about the episode.

#### Activity:

On a device, tune in to the ABC Education *Behind the News* program and watch episode 10 all about the 250<sup>th</sup> anniversary of Captain Cook's famous voyage on a ship called the *Endeavour*.

The blurb from the program says 'BTN finds out more about Captain James Cook and his famous voyage on board the *Endeavour*, during which he charted New Zealand at the Eastern coast of Australia. The National Maritime Museum gives Amelia a tour of the *HM Bark Endeavour* Replica, which was built to be as close as possible to the original ship sailed by Cook. We explore the lasting impact of the *Endeavour's* arrival on Australia's First Peoples. We take a look at how Australia has changed in the 250 years since Cook's arrival.'

Watch episode 10 of *Behind the News* at <https://www.abc.net.au/btn/classroom/20200428-ep10-btn/12174508> Choose only **10** of the following questions to answer in a workbook. Include the question within your answer.

#### Endeavour History

When did the *Endeavour* set sail from England?

Who led the voyage of discovery on the *Endeavour*?

Describe James Cook's background.

What did Cook study that would help him to become a ship's captain?

Fill in the missing words: By the 18<sup>th</sup> Century, \_\_\_\_\_ had been mapping the globe for centuries, claiming \_\_\_\_\_ and resources as their own. (*Europeans* and *land*)

Who was Joseph Banks?

Why did Banks want to travel on the *Endeavour*?

The main aim of the voyage was to travel to...

What rare event was the *Endeavour* crew aiming to observe?

What was their secret mission?

Who was Tupaia?

After leaving Tahiti, where did the *Endeavour* go?

What happened in April 1770?

Complete the following sentence. Australia was known to Europeans at the time as New \_\_\_\_\_.

Describe the first contact with Indigenous people.

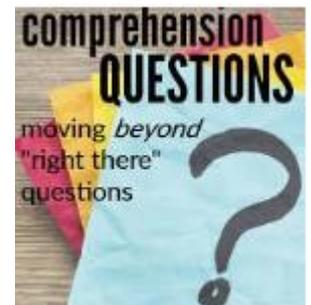
Which parts of Australia did Cook map?

Why was the voyage of the *Endeavour* long and difficult?

What other voyages did Cook go on?

In your own words, describe the impact the *Endeavour* voyage had.

What did you learn watching the *Endeavour History* story?



Source: <https://www.abc.net.au/cm/lb/12188504/data/episode-10-%25E2%2580%2593-package-%28word%29-data.doc>

#### Curriculum Links:

##### English – Literacy – Interpreting, analysing and evaluating

**Year 3:** Use comprehension strategies to build literal and inferred meaning and begin to evaluate texts by drawing on a growing knowledge of context, text structures and language features.

**Year 4:** Use comprehension strategies to build literal and inferred meaning to expand content knowledge, integrating and linking ideas and analysing and evaluating texts.

## BREAK: 30 minutes

### TASK 3: MATHEMATICS

Approx: 30 mins

#### Card Puzzles

##### Note to Parents/Guardians:

*These are some good logic puzzles for your child to work on. All they will need is a deck of cards and a workbook to record their answers in.*

##### Activity:

You are going to have a go at some card puzzles and different tricks you can do with a simple deck of cards.

Grab a deck of cards and a workbook to write your answers in.

Go to <https://www.mathsisfun.com/puzzles/card-puzzles-index.html> and choose some puzzles to complete. Once you master them, show them to a sibling.

Once you've tried the puzzle and think you have the answer, click on 'check against the solution'.

How did you go?



##### Extension:

Times tables: Students to listen, read or write out times tables for 10 minutes.

##### Curriculum Links:

##### Mathematics – Understand how mathematics works

**Years 3 and 4:** The proficiency strands **understanding**, **fluency**, **problem-solving** and **reasoning** are an integral part of mathematics content across the three content strands: number and algebra, measurement and geometry, and statistics and probability.

### TASK 4: WELLBEING/HEALTH

Approx: 30 mins

#### Unworry Island

##### Note to Parents/Guardians:

*In this activity your child is going to use the pro-forma in appendix 1 to design their own 'Unworry island.' The idea behind this is to take their brain away from worrying thoughts and visit this happy place when they need a break from their stresses.*

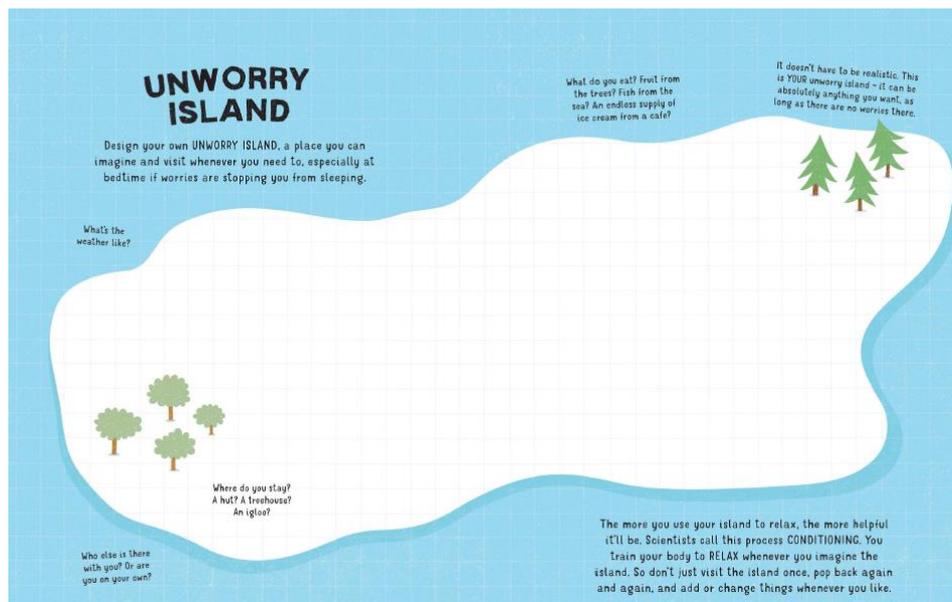
##### Activity:

Design your own Unworry Island, a place you can imagine and visit whenever you need to, especially at bedtime if worries are stopping you from sleeping.

You can find a map of 'Unworry Island' in the Appendix.

Read the prompts around the Island to design your own special place to visit in your mind when you are feeling

stressed or worried. It gives your brain a break from worrying thoughts and lets you go somewhere else in your mind. Make it a happy and fun place for you, let your imagination run wild designing this Island. Even give it its own name rather than 'Unworry Island'.



Source: Usborne Publishing – Play and Learn at Home

<https://usborne.com/play-and-learn-at-home/unworry-and-wellbeing/unworry-activities/>

#### Curriculum Links:

**Health and Physical Education – Personal, Social and Community Health – Communicating and interacting for health and wellbeing**

**Years 3 and 4:** Investigate how emotional responses vary in depth and strength.

## LUNCH: 60 minutes

### TASK 5: VISUAL ARTS

Approx: 30 mins

#### Pop Art

##### Note to Parents/Guardians:

Your child will need a device to watch a short Pop Art YouTube clip.

##### Activity:

Watch a YouTube clip on Pop Art Onomatopoeia.

Onomatopoeia is the formation of a word from a sound associated with what is named.

The short video can be found at <https://safeYouTube.net/w/1zg6>

Create your own Pop Art using one of the words in the picture below or another if you can think of one.



#### Curriculum Links:

**The Arts – Visual Arts**

**Year 3 and 4:** Explore ideas and artworks from different cultures and times, including artwork by Aboriginal and Torres Strait Islander artists, to use as inspiration for their own representations

## BREAK: 30 minutes

### TASK 6: PHYSICAL EDUCATION

Approx: 30 mins

#### Can't Touch This – circuit workout

##### Note to Parents/Guardians:

*This fitness card can be printed out to be used any time. There are also a whole lot of targeted fitness workouts that can be downloaded and printed at [darebee.com](http://darebee.com). Workout card in Appendix.*

##### Activity:

Wear some comfortable exercise clothes, find a space to setup inside or outside with access to this work out on a device or printed off. You will find a large-sized version in the Appendix.

Aim to do at least 5 sets of the exercises on the Can't Touch This workout card.

Do each exercise as hard and fast as you can for 20 seconds and have 2 minutes rest at the end of one whole set of all the exercises. Use a timer to time yourself.

Did you raise a sweat? If you would like to view more of these types of workouts go to [darebee.com](http://darebee.com).



##### Curriculum Links:

**Health and Physical Education – Movement and Physical activity – Understanding movement**

**Year 3 and 4:** Combine elements of effort, space, time, objects and people when performing movement sequences.

### SUGGESTED LUNCHTIME ACTIVITIES

- Draw a portrait of your Mum or Dad
- Listen to some relaxing music
- Call or FaceTime a friend

#### 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. River 'monster' to topple T-Rex as top dinosaur.
2. Football-sized chunk of the moon for sale.

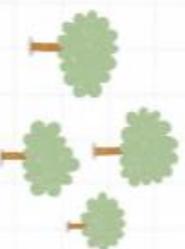
# UNWORRY ACTIVITIES



## UNWORRY ISLAND

Design your own UNWORRY ISLAND, a place you can imagine and visit whenever you need to, especially at bedtime if worries are stopping you from sleeping.

What's the weather like?



Where do you stay?  
A hut? A treehouse?  
An igloo?

Who else is there with you? Or are you on your own?

What do you eat? Fruit from the trees? Fish from the sea? An endless supply of ice cream from a cafe?



*It doesn't have to be realistic. This is YOUR unworry island - it can be absolutely anything you want, as long as there are no worries there.*

The more you use your island to relax, the more helpful it'll be. Scientists call this process **CONDITIONING**. You train your body to **RELAX** whenever you imagine the island. So don't just visit the island once, pop back again and again, and add or change things whenever you like.

# CAN'T TOUGH THIS

WORKOUT  
BY DAREBEE

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



**20** jumping jacks



**20** shoulder taps



**20** leg extensions



**10** flutter kicks



**10** bridges



**10** sitting twists