

# LEARNING AT HOME

**Years 7 to 9: Thursday, May 7**

## TASK 1: PERSONAL AND SOCIAL CAPABILITY

Approx: 60 mins

### **Bite Back!**

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

*Bite Back is a project of the Black Dog Institute, which aims to help young people manage their mental health during the COVID -19 restrictions.*

#### **Activity:**

Take the Bite Back challenge!

Follow this link to the Black Dog Institute's mental fitness challenge:

<https://www.biteback.org.au/>

Read through the site and practice the activities and suggestions that will help you to help you improve your mental fitness, increase your happiness, reduce stress, improve your friendships and your focus.

#### **Curriculum Links:**

##### **Personal and Social Capability**

**Years 7 and 8:** Discuss the range of strategies that could be used to cope with difficult tasks or changing situations.

**Year 9:** Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection.

## TASK 2: SCIENCE

Approx: 60 mins

### **Meteor Shower**

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

*Kids News is a daily news service of kid-friendly news stories with a range of activities. Today's story focuses the amazing spectacle of the Aquariid meteor shower.*

#### **Activity:**

Follow the link to the Kids News Story on *the incredible Aquariid meteor shower*.

<https://www.kidsnews.com.au/space/sky-to-light-up-with-meteors-as-earth-passes-through-the-dust-trail-of-halleys-comet/news-story/39fe2e23e57e76d6692d0be9f4fabd01>

Complete the 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 disciplines and practice of science.

## **BREAK: 30 minutes**

### **TASK 3: ENGLISH**

**Approx: 60 mins**

#### **Write News Articles**

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

*This activity is a writing exercise based on the structure of Kids News articles. These follow the traditional news writing format, so it is important that they look at some stories beforehand. Encourage your child to spend plenty of time thinking and planning. The book that they choose is not important – encourage your child to choose any book that they have enjoyed.*

##### **Activity:**

1. Think about a novel or story that you have read and enjoyed.
2. Choose three important or interesting events in the story.
3. Rewrite the events as a series of three Kids News articles. Remember to include a catchy headline and interviews with the characters involved.
4. Read some Kids News stories at <https://www.kidsnews.com.au/> to help you.

##### **Curriculum Links:**

###### **English**

**Year 7:** Plan, draft and publish imaginative, informative and persuasive texts, selecting aspects of subject matter and particular language, visual, and audio features to convey information and ideas to a specific audience (VCELY387).

**Year 8:** Create imaginative, informative and persuasive texts that raise issues, report events and advance opinions, using deliberate language and textual choices, and including digital elements as appropriate (VCELY420).

**Year 9:** Create imaginative, informative and persuasive texts that present a point of view and advance or illustrate arguments, including texts that integrate visual, print and/or audio features (VCELY449).

### **TASK 4: MATHEMATICS**

**Approx: 60 mins**

#### **Sudoku**

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

*This is a maths game on the Maths is Fun website. Students can choose their level. AS they play the game, encourage them to challenge themselves by moving to different levels as appropriate.*

##### **Activity:**

Have you tried Sudoku? This is a maths puzzle that can be seriously addictive! Follow this link and choose your level to get started. Challenge yourself as you go.

<https://www.kidsmathgamesonline.com/sudoku/printableworksheets.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: DESIGN AND TECHNOLOGIES

Approx: 60 mins

### Design a New Game

#### Note to Parents/Guardians:

*This activity is a design challenge using any materials that are on hand at home.*

#### Activity:

Design and create a new toy or game for someone your age using materials that you can find around your home. Your toy or game must be fun and challenging.

Think about what the fun components could be ... does it talk, does it move, does it play music?

Think about how you can challenge yourself to come up with a toy that will be helpful and loved by thousands of children.

#### Curriculum Links:

##### Design and Technologies

**Years 7 and 8:** Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions.

**Year 9:** Work flexibly to safely test, select, justify and use appropriate technologies and processes to make designed solutions.

## SUGGESTED LUNCHTIME ACTIVITIES

- Get out and walk!
- Do a chore around the house that isn't normally your responsibility.
- 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.



[kidsnews.com.au](https://kidsnews.com.au)

### **TODAY'S STORIES**

- 1. How Mother's Day was born**
- 2. Tassie mayor orders residents to take silly walks**