



## Year 4 - Term 3 Week 2 - Overview

The following program is a guide for students to work on at home. We understand that this will not be feasible for everyone. Even a few hours spread over the day would be wonderful. Students who attend school will be supervised while doing the same program as students who are learning from home. The teacher supervising will often not be their own classroom teacher.

**If you require any further assistance at all, the best way to contact your teacher is through email or the Seesaw "Inbox". We will do our best to support students and families through this time.**

**We ask that students "check in" to the daily Roll Call "Activity" on Seesaw and watch the morning video for instructions every day. There may also be further teaching videos and links that students should view to help them complete work.**

If this doesn't work for you, please contact your child's teacher to organise another check-in arrangement, such as a daily email. We also ask that students submit work to Seesaw each day but understand that it may not be feasible to do so. Uploading multiple pieces of work every few days or at the end of the week is fine, but please speak with your child's teacher to let them know of your arrangement. Unless otherwise specified in the program, we would like all work to be completed in an exercise book or on blank paper. We will get students to paste their work into their class exercise books when learning at school resumes.

We have arranged work into "Essential activities", "Additional activities" and "Extension activities" (further information below). The "Essential" English and mathematics tasks should be the focus of work. Please focus on the tasks that will benefit the most and create a schedule that works for your family. For example, if extra support is needed in comprehension, spend more time on that.

### **Essential activities:**

- These are the main tasks for the day
- We will have an "Activity" for each essential activity prepared in Seesaw. Please post your work in the correct "Activity"

### **Additional activities:**

- These are extra tasks that students can complete if they get through the essential activities for that session
- These can be completed in any order

### **Extension activities:**

- These afternoon activities cover history, science and technology, PDHPE (Personal Development/Health and Physical Education), STEM (Science, Technology, Engineering and Mathematics) and Creative Arts
- You may choose to complete one of these activities over multiple days
- Students may discuss with their parent an alternative task or work on a personal interest project during the afternoon session



## Year 4 – Monday – 19.07.21 – Term 3 Week 2

<p><u>Morning</u> English - Writing Essential</p>	<p><u>Morning</u> English Additional</p>	<p><u>Break</u> 30 mins</p>	<p><u>Middle</u> Maths - 2D Space Essential</p>	<p><u>Middle</u> Maths Additional</p>	<p><u>Break</u> 1 hour</p>	<p><u>Afternoon</u> Powerful Project Extension</p>
<p><b><u>Informative Texts</u></b> Nouns, verbs and adjectives enhance our nonfiction writing. Some are more suited than others though.</p> <p>1. Copy 10 nouns, 10 verbs and 10 adjectives onto small (individual) pieces of paper. Place all 30 (mixed up) into a container and shake.</p> <p>2. Time yourself (multiple times) taking one out at a time and quickly placing them under noun, verb, adjective headings. Were you able to improve your time?</p> <p>3. Write a sentence that includes one of your nouns, one of your verbs and one of your adjectives. Write 5 or more <u>different</u> sentences this way.</p> <p>4. Look at ALL of your words again. Do you think all of your words suit an information report well? Which ones might you leave out?</p> <p><b>Extension on next page:</b></p>	<p><b><u>Education Live</u></b> At 10am you can watch the latest Education Live stream lesson. There is a different guest speaker each day (link on next page).</p> <p><b><u>Reading and Comprehension</u></b> Read 20 minutes of your chosen novel and, when you are finished, choose as many of the following activities as you would like to complete. Use your English book to complete the activities:</p> <ol style="list-style-type: none"> <li>1. Write about how what you read relates to something in your life</li> <li>2. Identify and write what the problem is in your book so far and what you think the solution will be</li> <li>3. Draw and label (using adjectives) a picture of the characters in your book</li> <li>4. Choose 2 characters and compare them</li> </ol> <p><b><u>Library</u></b> Visit the Library "Learning from Home" section of the school website and listen to a picture book being read or compete one of the activities: <a href="https://turrumurra-p.schools.nsw.gov.au/learning-from-home/multiple-subject-areas/library.html">https://turrumurra-p.schools.nsw.gov.au/learning-from-home/multiple-subject-areas/library.html</a></p> <p><b><u>Literacy Planet</u></b> Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p>Draw and label the following 2D shapes (regular). Have a go of doing as many as you can on your own first, even without labelling. We have not covered all of these at school, so don't worry if you don't know some of them! Check the answers on Seesaw and add any information you have missed and correct any errors:</p> <ol style="list-style-type: none"> <li>1. circle</li> <li>2. oval</li> <li>3. equilateral triangle</li> <li>4. right-angle triangle</li> <li>5. isosceles triangle</li> <li>6. scalene triangle</li> <li>7. square</li> <li>8. rectangle</li> <li>9. pentagon</li> <li>10. hexagon</li> <li>11. octagon</li> <li>12. quadrilateral</li> <li>13. parallelogram</li> <li>14. trapezium</li> <li>15. rhombus</li> <li>16. kite</li> </ol> <p><b>Extension:</b> heptagon, nonagon, decagon, hendecagon, dodecagon How many sides are on the following shapes: hectogon, chiliagon, myriagon, megagon.</p>	<p><b><u>Daily Activity</u></b> Grab a blanket. How many 2D shapes can you make by folding it? Have a family member try to name each shape you create.</p> <p><b><u>Problem Solving</u></b> Complete a page or two of the booklet, showing all working out.</p> <p>Get someone to check your work: <a href="https://turrumurra-p.schools.nsw.gov.au/content/dam/dao/sws/schools/t/turrumurra-p/learning-from-home/2021/stage-2/Stage_2_Problem_Solving_Booklet.pdf">https://turrumurra-p.schools.nsw.gov.au/content/dam/dao/sws/schools/t/turrumurra-p/learning-from-home/2021/stage-2/Stage_2_Problem_Solving_Booklet.pdf</a></p> <p><b><u>Mathletics</u></b> Complete one or more assigned activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p><b><u>Design Thinking Process</u></b> As part of the Powerful Project, we will be learning about the Design Thinking Process. For today's task, you are going to work through the "Introduction" section of the Design Thinking Process (link below).</p> <p>Make sure you click on all the links, watch the videos and answer all the questions (including writing in your digital Design Folio).</p> <p>It should take you about 30 minutes to work through the activities. Don't rush! Read everything and give considered answers.</p> <p><a href="https://schoolsequella.det.nsw.edu.au/file/ba43743b-baca-4dd2-9689-2da09ad2ffc7/1/design-thinking-across-the-curriculum.zip/index.html">https://schoolsequella.det.nsw.edu.au/file/ba43743b-baca-4dd2-9689-2da09ad2ffc7/1/design-thinking-across-the-curriculum.zip/index.html</a></p> <p><b>If you don't have access to a computer, see next page:</b></p>



**English Essential Activity extension task:**

Change your verb cards to present, past or future tense (e.g. walking, walk, will walk) and complete point number 3 sentence activity again.

**Education Live link:**

[https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home.html?fbclid=IwAR1sRSCssJGRskBjyurGm5Qj-SqJbEsx7Deg4ndPOHc7nrDbENQVU\\_UAGTw](https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home.html?fbclid=IwAR1sRSCssJGRskBjyurGm5Qj-SqJbEsx7Deg4ndPOHc7nrDbENQVU_UAGTw)

**Powerful Project no computer task:**

A good way to understand the process of design thinking is to focus on a design challenge.

A great example is to think about the difference between homeschooling this year and last year.

Understanding what was great and what was challenging is a really important step in this challenge.

Record key information about homeschooling last year:

- what you did
- what you felt
- what you learned
- what was challenging
- other memories

Repeat the same questions, this time reflecting on homeschool this year.

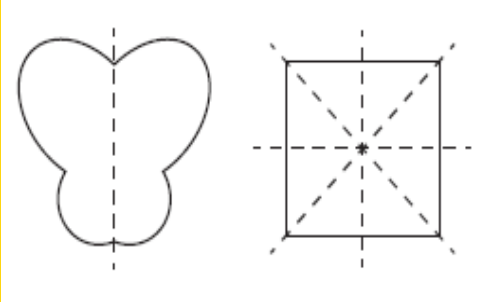


Make a list of simple things you could do now to make your current homeschooling situation more effective



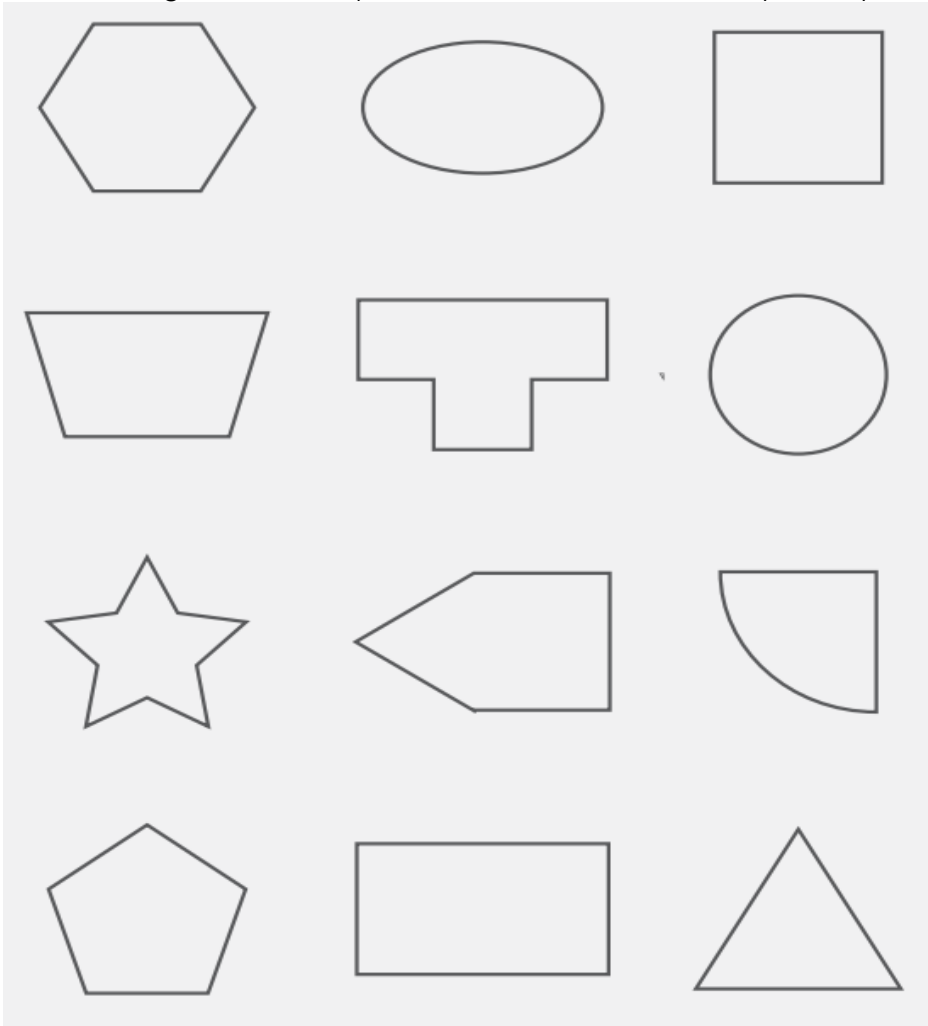
## Year 4 – Tuesday – 20.07.21 – Term 3 Week 2

Morning English - Writing Essential	Morning English Additional	Break 30 mins	Middle Maths - 2D Space Essential	Middle Maths Additional	Break 1 hour	Afternoon Geography Extension				
<p><b><u>Informative Texts</u></b></p> <p>The mountain Pygmy Possum is the only surviving species of that particular family of possums. To help protect it further, it's important that information is accurate. Fortunately, we know a lot already. Click on the link below and watch the video. It's a great idea to watch it more than once before answering the Qs.</p> <p><a href="https://youtu.be/skw30dpTVBo">https://youtu.be/skw30dpTVBo</a></p> <ol style="list-style-type: none"><li>1. What are your thoughts after watching the video?</li><li>2. Where are the reporters going?</li><li>3. What does '...teetered on the endangered species list' mean?</li><li>4. What two things have reduced their habitat?</li><li>5. Do they bite?</li><li>6. How long has the species lived in Australia?</li><li>7. Where have fossils been found?</li><li>8. Why was it a good idea for them to let this one go soon?</li><li>9. Why do they flatten their body?</li><li>10. What are they usually running from?</li><li>11. What is the purpose of the tunnel?</li><li>12. Using all of what you now know and think about this beautiful animal, write a short information report titled "The Mountain Pygmy Possum".</li></ol>	<p><b><u>Education Live</u></b></p> <p>At 10am you can watch the latest Education Live stream lesson. The link is on Monday's plan.</p> <p><b><u>Language</u></b></p> <p>Create a list of words that end in the suffix: -ness, e.g. happiness. Try to think of at least 10!</p> <p><b><u>BTN</u></b></p> <p>Watch the latest episode of BTN, either live on ABC Me at 10am or this afternoon online at: <a href="https://www.abc.net.au/btn/classroom/">https://www.abc.net.au/btn/classroom/</a></p> <p>Write a summary of some of the interesting things you learnt.</p> <p>If BTN isn't updated because of lockdown, you could browse the Classroom Stories and watch a few that interest you.</p> <p><b><u>Literacy Planet</u></b></p> <p>Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p>Go around your house and yard and try to find 5-10 examples of the following shapes:</p> <ol style="list-style-type: none"><li>1. circle</li><li>2. oval</li><li>3. triangle</li><li>4. square</li><li>5. rectangle</li></ol> <p>Draw up a table and write in what you have seen for each shape:</p> <table><tr><th>Shape</th><th>Examples</th></tr><tr><td>Circle</td><td>Top of Google Wifi Coasters Xbox button Inside of speaker Clock face Lid of drink bottle Trampoline mat</td></tr></table> <p><b>Extension:</b> Can you find examples of any of the other shapes listed on Monday's plan?</p> <p>Make a photo collage on the computer of examples and share them on Seesaw.</p>	Shape	Examples	Circle	Top of Google Wifi Coasters Xbox button Inside of speaker Clock face Lid of drink bottle Trampoline mat	<p><b><u>Daily Activity</u></b></p> <p>Find 6 different digits in a newspaper, magazine or advertisement. Cut them out. Set a timer for 5 minutes. How many numbers can you make by using these digits? Write them in your journal to keep count!</p> <p><b><u>Problem Solving</u></b></p> <p>Complete a page or two of the booklet, showing all working out.</p> <p>Get someone to check your work.</p> <p><b><u>Mathletics</u></b></p> <p>Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p><b><u>Insects</u></b></p> <p>In this unit, you will learn what are the defining features of an insect and why they are important.</p> <p><a href="https://sites.google.com/education.nsw.gov.au/lessons-in-nature/stage-2/insects?authuser=0">https://sites.google.com/education.nsw.gov.au/lessons-in-nature/stage-2/insects?authuser=0</a></p> <p>Claire, one of the Environmental educators from Gibberagong, shares her love for the praying mantis. Along with watching videos and answering questions, you will be encouraged to go on a hunt to find your own insects. Share your photos on Seesaw!</p> <p><b>If you don't have access to a computer:</b></p> <p>Write the following information:</p> <p>There are more insects than any other type of animal in the world. Insects are invertebrates, which means they don't have a backbone. Insects have the following defining features:</p> <ul style="list-style-type: none"><li>•The insect body is divided into three main parts, the head, thorax and abdomen.</li><li>•Insects have no internal skeleton, instead they are covered in an external shell (exoskeleton) that protects their soft internal organs.</li><li>•Insects have 3 pairs of legs</li><li>•Insects have one pair of antennae located on the head.</li></ul> <p>THEN: Go on a nature hunt and see what insects are in your own backyard or local area. In your nature journal, draw a labelled diagram of one of the insects you found. You can take photos too.</p>
Shape	Examples									
Circle	Top of Google Wifi Coasters Xbox button Inside of speaker Clock face Lid of drink bottle Trampoline mat									

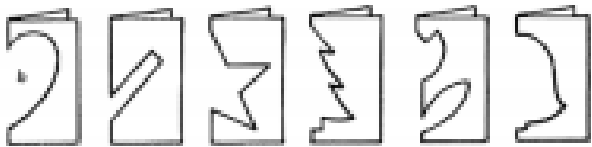
## Year 4 – Wednesday – 21.07.21 – Term 3 Week 2

Morning English - Comprehension Essential	Morning English Additional	Break 30 mins	Middle Maths - 2D Space Essential	Middle Maths Additional	Break 1 hour	Afternoon CA/Computers Extension
<p><b>Super Six</b> Read the novel you are currently reading for approximately 20 mins, or read a picture book, short story, newspaper or magazine article, etc and work through the super six comprehension strategies (in bold below).</p> <p><u>Before reading</u>, write a short sentence in your book about what you think the text is about. You can use headings or any images to help you <b>predict</b>.</p> <p>Then as you are reading, write a few short sentences <b>connecting</b> parts of the text to your life, the wider community or the world.</p> <p>Whilst reading, <b>question</b> what is happening, <b>visualise</b> it in your head and <b>monitor</b> how the text is making you feel and think. Write five of your own comprehension questions and write a paragraph explaining how what you have read has made you feel.</p> <p>When you are finished, write a short <b>summary</b> about what the text is about and draw a picture.</p>	<p><b>Education Live</b> At 10am you can watch the latest Education Live stream lesson. The link is on Monday's plan.</p> <p><b>Language</b> Write a list of 6 emotions that you feel at times, e.g. happy, tired, stressed. Write 2 synonyms for each word, making them more descriptive and exciting, e.g. ecstatic, exhausted, overtaxed.</p> <p><b>Poetry</b> Write out the lyrics to the chorus of a song you enjoy. Following the same tune, change the lyrics so the song is now about something else entirely (e.g. the opposite meaning to the original, about an animal, school, a family member, etc).</p> <p><b>Literacy Planet</b> Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p><b>Reflection Symmetry</b> Reflection symmetry is when one half is the exact reflection of the other half. The line that separates the sections that are the same is called the Line of Symmetry.</p> <p>Watch the following video for an explanation and answer the questions on the following page.</p> <p><a href="https://youtu.be/YFzktJNmnpU">https://youtu.be/YFzktJNmnpU</a></p>  	<p><b>Daily Activity</b> Choose 10 chapter books in your home. In your journal, write the number of pages found in each book. Order them from greatest to least. Write 5 comparative sentences by using &gt; and &lt;.</p> <p><b>Problem Solving</b> Complete a page or two of the booklet, showing all working out. Get someone to check your work.</p> <p><b>Mathletics</b> Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p><b>Music</b> Pick a music task from the "Music Choice Board" on the school website: <a href="https://turrumurra-p.schools.nsw.gov.au/learning-from-home/multiple-subject-areas/music.html">https://turrumurra-p.schools.nsw.gov.au/learning-from-home/multiple-subject-areas/music.html</a></p>  <p><b>Computers</b> Start working through one of the courses at <a href="https://code.org/student/elementary">https://code.org/student/elementary</a>. Pick a level you are comfortable with. You'll learn the fundamentals of computer science with drag &amp; drop blocks and learn how to create your own drawings and games.</p>

- 1) Draw Lines of Symmetry on the shapes below. Can you find more than one Line of Symmetry on them?
- 2) In the blank space to the right of the shapes, add your own symmetrical drawings (you can use the pictures on the previous page as inspiration).
- 3) Can you find examples of symmetry in your own home? Take a photo of what you find and share your three favourites to Seesaw. You could create a collage on the computer and draw in the Lines of Symmetry.








**Extension:** Fold some paper in half. Draw a design and use scissors to cut your own symmetrical shapes (like those below) into your paper. Unfold.






## Year 4 – Thursday – 22.07.21 – Term 3 Week 2

Morning English - Writing & Spelling Essential	Morning English Additional	Break 30 mins	Middle Maths - 2D Space Essential	Middle Maths Additional	Break 1 hour	Afternoon Visual Arts/Mandarin Extension												
<p><b><u>Informative Texts</u></b></p> <p>Read through the Fact File on Elephants on Seesaw. Use the given template (or create your own) to complete a Fact File on an animal of your choice.</p> <p><b><u>Spelling</u></b></p> <p>Complete one of the Soundwaves Spelling programs. Work in order: <a href="http://www.soundwaveskids.com.au/">http://www.soundwaveskids.com.au/</a>. Your class code will be on Seesaw.</p> <p>If you can't access a computer, write a spelling list with 20 <b>g/gg</b> words or more (eg: girl, egg, together, beginning, aggressive, significant, etc.). Ask someone to test you on them.</p> 	<p><b><u>Education Live</u></b></p> <p>At 10am you can watch the latest Education Live stream lesson. The link is on Monday's plan.</p> <p><b><u>Language</u></b></p> <p>Words that are in italics are important and can help readers understand the text. Search your home and find 10 examples of italic words in text. In your journal, explain why they are in italics.</p> <p><b><u>Comprehension</u></b></p> <p>Read the comprehension passage and answer the questions: <a href="https://forms.office.com/Pages/ResponsePage.aspx?id=muagBYpBwUecJZOHJhv5kSPn13DFd-xNqFi2wrlav_JUOFdaTDFJSzdZSjQ4VVpDMk8wNlpaUUDxWS4u">https://forms.office.com/Pages/ResponsePage.aspx?id=muagBYpBwUecJZOHJhv5kSPn13DFd-xNqFi2wrlav_JUOFdaTDFJSzdZSjQ4VVpDMk8wNlpaUUDxWS4u</a></p> <p><b><u>Literacy Planet</u></b></p> <p>Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p><b><u>Splitting shapes</u></b></p> <p>What is the difference between regular and irregular shapes?</p> <ul style="list-style-type: none"><li>Regular shapes have the same length of sides and angles.</li><li>Irregular shapes have different lengths of sides and angles.</li></ul> <p>Split the following shapes into two or more regular shapes and describe the result. Can you come up with more than one split for each?</p> <table><tr><td>1. triangle</td><td>7. quadrilateral</td></tr><tr><td>2. square</td><td>8. parallelogram</td></tr><tr><td>3. rectangle</td><td>9. trapezium</td></tr><tr><td>4. pentagon</td><td>10. rhombus</td></tr><tr><td>5. hexagon</td><td>11. kite</td></tr><tr><td>6. octagon</td><td></td></tr></table> <p>Examples:</p>  <p>I split the parallelogram into a rectangle and two equal-sized triangles.</p>  <p>6 triangles    2 triangles and 1 rectangle    2 triangles and 2 rhombuses    2 trapeziums</p> <p><b>Extension:</b> Split each of the 11 shapes above into irregular shapes by crossing through them in unusual ways.</p>	1. triangle	7. quadrilateral	2. square	8. parallelogram	3. rectangle	9. trapezium	4. pentagon	10. rhombus	5. hexagon	11. kite	6. octagon		<p><b><u>Daily Activity</u></b></p> <p>Count the number of shoes each family member has. Create a bar graph to represent the data. Write a comparative sentence for each family member by using &gt; and &lt;.</p> <p><b><u>Problem Solving</u></b></p> <p>Complete a page or two of the booklet, showing all working out. Get someone to check your work.</p> <p><b><u>Mathletics</u></b></p> <p>Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p><b><u>Layered Shapes</u></b></p>  <p>Create a layered 2D shapes artwork by following these steps:</p> <ol style="list-style-type: none"><li>Find a piece of blank paper to draw 2D shapes.</li><li>Using lead pencil, draw as many 2D shapes as you like. Use a rule for straight sides.</li><li>Trace over the top of your shapes with black texta.</li><li>Colour all the different spaces using different colours. Avoid colouring spaces next to each other the same colour as this will reduce the impact of the artwork.</li><li>Share your Layered Artwork with your teacher!</li></ol>  <p><b><u>Languages – Mandarin</u></b></p> <p>Work on an activity from the Year 4 section of the school website: <a href="https://turrumurra-p.schools.nsw.gov.au/learning-from-home/multiple-subject-areas/mandarin.html">https://turrumurra-p.schools.nsw.gov.au/learning-from-home/multiple-subject-areas/mandarin.html</a></p>
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4. pentagon	10. rhombus																	
5. hexagon	11. kite																	
6. octagon																		

## Year 4 – Friday – 23.07.21 – Term 3 Week 2

Morning English - Comprehension Essential	Morning English Additional	Break 30 mins	Middle Maths - 2D Space Essential	Middle Maths Additional	Break 1 hour	Afternoon PDHPE Extension
<p><b>Reading</b></p> <p>Spend 20 minutes reading a novel. When you are finished reading, choose 3 or more of the following activities to complete:</p> <ol style="list-style-type: none"> <li>1. Create a spelling list of 20 tricky words that you have just read.</li> <li>2. Write 10 questions you would like to ask a character from the book.</li> <li>3. Write a wacky summary of what you have just read by writing about the opposite of what actually happened.</li> <li>4. Create a book jacket.</li> <li>5. Write about what you are NOT enjoying about the book.</li> <li>6. Predict what would happen in your book if the main character had a broken leg.</li> </ol> <p><b>Premier's Reading Challenge</b></p> <p>Update your PRC list at: <a href="https://online.det.nsw.edu.au/prc/home.html">https://online.det.nsw.edu.au/prc/home.html</a></p> <p>You might want to spend some extra time reading. You have until the end of August to finish.</p>	<p><b>Education Live</b></p> <p>At 10am you can watch the latest Education Live stream lesson. The link is on Monday's plan.</p> <p><b>Language</b></p> <p>What is your favourite sport? Write 5 facts and 5 opinions about it. Explain to a family member the difference between a fact and an opinion.</p> <p><b>SQUIZ Kids Podcast</b></p> <p>With your parents' permission, listen to today's episode of The SQUIZ Kids Podcast. Here is the link: <a href="https://www.squizkids.com.au/">https://www.squizkids.com.au/</a></p> <p>Write down interesting things you learnt from listening to the podcast. You may need to pause it so you have time to write. Try and write at least 1 page of notes. Don't forget to write a heading and a date on your page.</p> <p><b>Literacy Planet</b></p> <p>Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p>Create a drawing using as many of the shapes listed on Monday's plan as you can. Combine shapes to form other common shapes and designs.</p> <p>You could draw Sydney Harbour, characters having a battle, a sports match, an animal or anything you can think of.</p> <p>Create the <b>whole drawing</b> only out of shapes. You can do this on a computer if you like (e.g. Word).</p> <p>Challenge yourself and try to include every shape listed. You may use the same shape more than once.</p> <p>If you are finding this really tricky, you may draw irregular versions of the shapes.</p>	<p><b>Daily Activity</b></p> <p>Ask each family member for the year they were born. Find the sum of the digits for each year, e.g. 1973 is <math>1 + 9 + 7 + 3</math>. Determine if the sum is even or odd.</p> <p><b>Catch up time</b></p> <p>Go over any of the previous maths work that you have missed.</p> <p><b>Problem Solving</b></p> <p>Complete a page or two of the booklet, showing all working out. Get someone to check your work.</p> <p><b>Mathletics</b></p> <p>Complete one or more activities.</p>	<p>You might like to choose an activity from one of the "Break Ideas" sheets on the school website</p>	<p><b>Personal Development - Cyber Safety</b></p> <p>Design a mascot to help children stay safe in Cyber World! Draw a picture of the mascot and write a description about it. Describe how it helps protect children when they're online, its special features, any secret powers it has and what inspired you to draw it that way.</p>  <p><b>Physical Activity</b></p> <p>Pick something from the Fitness Break Ideas sheet or the PDHPE section of the school Learning from Home website. You could also give 'Smiling Minds' mindfulness or one of the yoga activities on the PDHPE ideas page a go. You can get the Smiling Minds App on your phone or tablet or access it online at: <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a></p> <p>You will need your parent's permission to do this as they will need to sign up to a free account. Mindfulness and yoga activities are fun to do with the whole family!</p> <p><b>Fitness Break Ideas:</b> <a href="https://turrumurra-p.schools.nsw.gov.au/learning-from-home/year-3---4--stage-2-.html">https://turrumurra-p.schools.nsw.gov.au/learning-from-home/year-3---4--stage-2-.html</a></p> <p><b>PDHPE Ideas:</b> <a href="https://turrumurra-p.schools.nsw.gov.au/learning-from-home/multiple-subject-areas/pdhpe.html">https://turrumurra-p.schools.nsw.gov.au/learning-from-home/multiple-subject-areas/pdhpe.html</a></p>