

Week 3 – Learning@Home – Year 4

English

Lesson	Task	Resources/worksheets						
Monday	<p>Writing: Watch the video '<i>What are Persuasive Texts</i>' Activities are included in the video or as a worksheet, complete when watching.</p> <p>Spelling: Watch the weekly spelling video and read the spelling instructions. Write out your spelling words once in your book or on One Note.</p>	<p>English Video Link: https://www.youtube.com/watch?v=eQY4sqHbzil&feature=youtu.be</p> <p>Worksheets:</p> <ul style="list-style-type: none"> - What is a persuasive text beginner https://parkhurstss.eq.edu.au/SupportAndResources/Documents/What%20is%20a%20persuasive%20text%20worksheet%20Beginners.pdf - What is a persuasive text intermediate https://parkhurstss.eq.edu.au/SupportAndResources/Documents/What%20is%20a%20persuasive%20text%20worksheet%20intermediate.pdf - What is a persuasive text expert https://parkhurstss.eq.edu.au/SupportAndResources/Documents/What%20is%20a%20persuasive%20text%20worksheet%20expert.pdf <p>Spelling Video Year 4- https://youtu.be/NyW5qj9fAdQ Year 5- https://youtu.be/LJy2SmrDPWU</p> <table border="1" data-bbox="603 1151 1497 1839"> <thead> <tr> <th data-bbox="603 1151 911 1189">Magenta</th> <th data-bbox="911 1151 1219 1189">Tangerine</th> <th data-bbox="1219 1151 1497 1189">Aqua</th> </tr> </thead> <tbody> <tr> <td data-bbox="603 1189 911 1839"> cries replies carries ladies parties activities angrily easily easiest funniest </td> <td data-bbox="911 1189 1219 1839"> cries replies carries ladies parties activities angrily easily easiest funniest heaviest studious happiness beginning admitting </td> <td data-bbox="1219 1189 1497 1839"> cries replies carries ladies parties activities angrily easily easiest funniest heaviest studious happiness beginning admitting controlling admitted permitted referred committed </td> </tr> </tbody> </table>	Magenta	Tangerine	Aqua	cries replies carries ladies parties activities angrily easily easiest funniest	cries replies carries ladies parties activities angrily easily easiest funniest heaviest studious happiness beginning admitting	cries replies carries ladies parties activities angrily easily easiest funniest heaviest studious happiness beginning admitting controlling admitted permitted referred committed
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Tuesday	<p>Writing: Watch the "<i>Persuasive Devices</i>" video. Activities are included in the video or as a worksheet, complete when watching. Remember to pause your video*</p>	<p>English Video Link: https://www.youtube.com/watch?v=nnb4NfzrCd4&feature=youtu.be</p> <p>Worksheets:</p> <ul style="list-style-type: none"> - Persuasive Devices Beginner https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Persuasive%20Devices%20beginners.pdf - Persuasive Devices Intermediate 						

	<p>Spelling: Put your spelling words in alphabetical order.</p>	<p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Persuasive%20Devices%20Intermediate.pdf</p> <ul style="list-style-type: none"> - Persuasive Devices Match Up Intermediate <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Persuasive%20Devices%20Match%20Up%20Intermediate.pdf</p>
Wednesday	<p>Writing: Watch the “PEEL Structure” video.</p> <p>Watch the next video “Peel Lesson” and complete the activities on the video, remember to pause it when you need! If you need the activities because you cannot access the video, click on the PDF ‘Peel Worksheet’</p> <p>Spelling: Create your own word search using all the words on your spelling list.</p>	<p>English Video Link: https://www.youtube.com/watch?v=VqXbRg-HKek&feature=youtu.be</p> <p>https://www.youtube.com/watch?v=VqXbRg-HKek&feature=youtu.be</p> <p>Activities: Peel Worksheet https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Peel%20Worksheet.pdf</p> <p>Spelling: https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Instructions%20Spelling.pdf</p>
Thursday	<p>Writing: Sentences - Follow the Sentence Task and then complete two activities. These activities will not be finished in a day.</p>	<p>Resources:</p> <ul style="list-style-type: none"> - Sentences Task https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Sentences%20Task.pdf - Compound Sentences https://parkhurstss.eq.edu.au/SupportAndResources/Documents/compound%20sentences.pdf - Complex Sentences https://parkhurstss.eq.edu.au/SupportAndResources/Documents/complex%20sentences.pdf <p>Beginner:</p> <ul style="list-style-type: none"> - Co-ordinating Conjunctions https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Co-ordinating-Conjunctions.pdf - Using Different Types of Conjunctions https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Using-Different-Types-of-Conjunctions.pdf <p>Intermediate:</p> <ul style="list-style-type: none"> - Simple, Compound and Complex Sentences https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Simple-Compound-and-Complex-Sentences.pdf - What is a complex sentence https://parkhurstss.eq.edu.au/SupportAndResources/Documents/what-is-a-complex-sentence.pdf <p>Expert:</p> <ul style="list-style-type: none"> - Extending Sentences https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Extending%20Sentences.pdf - Main Clause

	<p>Spelling: Draw a picture to match 5 of your spelling words. Write the rest out normally.</p>	<p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Main%20Clause.pdf</p> <ul style="list-style-type: none"> - Subordinating Conjunction Jigsaws 1 <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Subordinating%20Conjunction%20Jigsaws%201.pdf</p>
Friday	<p>Writing: Alliteration: Follow the alliteration task and then complete the two activities.</p> <p>Spelling: Use a dictionary to find the meaning of 5 of your words.</p>	<p>Resources Link:</p> <ul style="list-style-type: none"> - Alliteration Task <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Alliteration%20Task.pdf</p> <ul style="list-style-type: none"> - Alliteration Activity <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/alliteration-activity.pdf</p> <ul style="list-style-type: none"> - Alliteration Activity using Bleezers Ice Cream <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/AlliterationActivityusingBleezersIceCream.pdf</p>

Reading

Week 3 – Year 4:

Lesson – Year 4	Task	Resources/worksheets
Monday	<p>Watch the 'Reading Introduction' Video</p> <p>Watch the 'Fact and Opinion Video'</p>	<p>Video Links:</p> <ul style="list-style-type: none"> - Reading Introduction Video https://youtu.be/-bFeYRVsOE - Fact and Opinion Video https://youtu.be/q_LirVK4hkc
Tuesday	<p>Watch the 'English Warm Up Video'</p> <p>Listen to the Source 1 Cooks First Journey Video</p> <p>Source Available to read without audio*</p> <p>Complete the worksheet afterwards</p>	<p>English Warm up- https://youtu.be/ShjC5klpNOU</p> <p>Video Link:</p> <ul style="list-style-type: none"> - Source 1 Cooks First Journey https://soundcloud.com/parkhurst-school-radio/source-1-cooks-first-journey <p>Activity Link</p> <ul style="list-style-type: none"> - Captain James Cook Source 1 https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/Captain%20James%20Cook%20Source%201.pdf <p>Source Link</p> <ul style="list-style-type: none"> - HASS sources PDF

		https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/HASS%20sources.pdf
Wednesday	<p>Watch the 'English Warm Up Video'</p> <p>Listen to the Source 2 Cooks First Journey Video</p> <p>Source Available to read without audio*</p> <p>Complete the worksheet afterwards</p>	<p>Video Link:</p> <ul style="list-style-type: none"> - Source 2 Cooks First Journey https://soundcloud.com/parkhurst-school-radio/source-1-cooks-first-journey <p>Worksheet Link</p> <ul style="list-style-type: none"> - Captain James Cook Source 2 https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/Captain%20James%20Cook%20Source%202.pdf <p>Source Link</p> <ul style="list-style-type: none"> - HASS sources PDF https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/HASS%20sources.pdf
Thursday	Complete the comprehension worksheet	<p>Worksheet Link</p> <ul style="list-style-type: none"> - Stop Polluting the Ocean Worksheet https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/Stop-Polluting-The-Ocean%20Worksheet.pdf
Friday	Catch up on PAWS reading	

Maths

Lesson	Task	Resources/worksheets
1	<p>Watch the video:</p> <p>https://www.youtube.com/watch?v=Inzc6b2CS-0&feature=youtu.be</p> <p>After you have watched the video below you need to read the instructions. After you have read the instructions pick at least two worksheets that suits your ability level.</p>	<p>Instructions: https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Instructions%20for%20Learning%20read%20this%20first.pdf</p> <p>Beginner: https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Beginner%20Sheet%201.pdf https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Beginner%20sheet%202.pdf https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Beginner%20sheet%203.pdf</p> <p>Intermediate: https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Intermediate%20Lower.pdf https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Intermediate%20Middle.pdf https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Intermediate%20Higher.pdf</p> <p>Expert: https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Expert%20Lower.pdf https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Expert%20Middle%20(1).pdf https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Expert%20Higher.pdf</p>

		<p>Genius:</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Genius%20Lower.pdf</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Genius%20Middle.pdf</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Genius%20Higher.pdf</p>
2	Watch the YouTube video and then read the instructions (there are two more links within the instructions). After you have watched the videos and read the instructions complete the worksheet.	<p>Instructions:</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Learning%20Instructions.pdf</p> <p>Worksheets:</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/converting%2012%20to%2024%20hour%20time.pdf</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/AU-T2-M-087-Converting-Time-Worksheet.pdf</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Converting-Time-Word-Problems-Worksheet-Adobe-Reader-1682158.pdf</p>
3	Read the Instructions and click the link within the instructions. After you have watched the short video have a go at the worksheet.	<p>Instructions and Video:</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Learning%20Instructions.pdf</p> <p>Worksheet:</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Task.pdf</p>
4	Maths word problems and challenges: Play one of these games or have a go at the challenges.	<p>Word Problems:</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/au-t2-m-2581-year-34-addition-word-problems-maths-challenge-cards-australian_ver_1.pdf</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/au-t2-m-4306-year-4-multiplication-and-division-word-problems-x6-x7-x9-activity-sheet_ver_1.pdf</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/Documents/Time-Maths-Investigation--The-Sands-of-Time-Adobe-Reader-1634622.pdf</p>

HASS

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Task 1:</p> <p>We are going to be exploring Australia before, during and after the European Settlement. Your first task is to create a title page in a book ready to start your explorer's journal!</p>	<p>Task 2:</p> <p>We need to activate our prior knowledge! Write down all the facts you know about James Cook and the First Fleet in the first page of your explorer's journal. It is okay if you do not know many things (search around; ask a parent/guardian or family member).</p>	<p>Task 3:</p> <p>Today you need to investigate Captain James Cook. You will find the James Cook PowerPoint on One Note, you will need this to answer these 5 questions!</p> <ol style="list-style-type: none"> 1. Who is Captain James Cook? 2. Where was he born? 3. Why is he significant? (<i>This is an important question</i>) 4. Why did he join the Royal Navy? 5. What was the name of the ship he used during his voyages around the world? 	<p>Task 4:</p> <p>Students will investigate Captain Cook's voyage to Australia. Watch this Behind the News Video!</p> <p>https://www.abc.net.au/btn/classroom/endeavour-tour/10525194</p> <p>Captain Cook is the known as the 'discoverer of Australia'. What does this mean?</p> <p>Focus Questions:</p> <ol style="list-style-type: none"> 1. Who led the voyage of discovery on the Endeavour? 2. What rare event was the Endeavour crew aiming to observe? 3. What was their secret mission? 4. How long was the journey? 5. What happened to the Endeavour? 6. Name three facts you learnt about the Endeavour. 	<p>Task 5:</p> <p>Use the internet or non-fiction books to research what life was like on board Captain James Cook's ship, Endeavour, during his voyages around the world.</p>
<p>Task 6:</p> <p>Today we are going to make a glossary!</p> <p>A glossary is a list of words and what they mean. They are usually found at the end of a book or report that uses hard words to read or special words.</p> <p>Develop a glossary of words and terms that relate to Captains Cook's voyage aboard the Endeavour. Add words and meanings to your glossary as you come across unfamiliar words throughout your research. Consider using pictures</p>	<p>Task 7:</p> <p>Today we are creating a timeline!</p> <p>Create a timeline of Captain Cook's voyage that can be tracked on a map (google will be your friend for this). Using the internet students will find out more about Captain Cook's voyage on the Endeavour and then respond to the following questions:</p> <ul style="list-style-type: none"> • When did the voyage start and finish? • Which countries did the Endeavour visit? 	<p>Task 8:</p> <p>Catch up!</p> <p>Today you will be catching up on any grids you did not finish!</p>	<p>Task 9:</p> <p>Early Exploration:</p> <p>Today you need to watch and listen to the <i>First Fleet</i> video on the ABC Splash website.</p> <p>https://education.abc.net.au/home#!/media/1957482/first-fleet</p> <p>At the end of the video, answer these questions in your book or on One Note:</p> <p>What was life like in Britain during the late 1700s?</p> <p>Why were there so many convicts in cities like London?</p>	<p>Task 10:</p> <p>You will find the First Fleet PowerPoint on the USB or One Note. Display and discuss slides 5-7 of <i>The First Fleet PowerPoint</i> (https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/First%20Fleet%20Task%2010.pdf). Encourage the students to suggest additional reasons why there were so</p>

<p>and diagrams to illustrate meanings.</p>	<ul style="list-style-type: none"> Describe a significant event that occurred in one of the places? 		<p>What did the government decide to do with all the convicts?</p>	<p>many convicts in Britain during the late 1700s. Display and discuss slide 8. Use the five senses to brainstorm what life must have been like for a convict living on a hulk.</p> <p>Display slide 9. You need to imagine that you have been sentenced to transportation for committing a petty crime. With a family member, discuss possible reasons for committing your crime.</p> <p>To finish off use the <i>Life as a Convict - Journal Writing Task</i> (https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/Life-as-a-Convict-Journal-Writing-Task%2010.pdf) that is on the USB or One Note. Monitor and support the students as they write their journal entries.</p>
<p>Task 11: Today you need to watch the <i>13th May 1787: The First Fleet Departs for Australia</i> video on YouTube: https://www.youtube.com/watch?v=V3rFmdXfxPk At the end of the video, answer these questions in your journal or on OneNote: How many ships made up the First Fleet? Who travelled with the First Fleet? Why did the First Fleet travel to Australia?</p>	<p>Task 12: Today you need to listen to <i>The First Fleet</i> video on YouTube. (Note: Students have created this video. It contains some grammatical errors; however, the content aptly addresses the focus for the lesson.) https://www.youtube.com/watch?v=RUVGNyX8o5U At the end of the video, answer these questions in your journal or on One Note: Why did the Aboriginal people originally believe the people of the First Fleet were their ancestors?</p>	<p>Task 13: Today you need to watch and listen to the <i>Convict Life</i> video on YouTube. (Note: a student has created this video. It contains some spelling and grammatical errors; however, the content aptly addresses the focus for the lesson.) https://www.youtube.com/watch?v=GGXhTlytQs4 At the end of the video, answer these questions: What were the living conditions for the convicts in Australia? What type of work did the convicts do?</p>	<p>Task 14: Today: You will find A British Penal Colony PowerPoint on the USB or One Note. Display slide 16 and discuss the independent task. Ask the students to research a convict from the First Fleet using the <i>First Fleet Data Base from the University of Wollongong</i>. http://firstfleet.uow.edu.au/sea_rch.html Using the Convict Identification Cards (on the usb or One Note) (https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-</p>	<p>Task 15: Catch up! Today you will be catching up on any grids you did not finish!</p> <p>If you did finish here is a finishing activity for the week:</p> <p>Research one of the 11 ships of the first fleet and record the information on the template called 'Ships of the First Fleet' (On the USB or One Note).</p>

<p>You will find the First Fleet PowerPoint on the USB or One Note.</p> <p>Display and discuss slides 10-13 of <i>The First Fleet PowerPoint</i> (https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/First%20Fleet%20Task%2011.pdf).</p> <p>Identify significant dates and events from the First Fleet's journey to Australia.</p> <p>Display and discuss slide 14. With some assistance, use the map of the world to plot the journey of the First Fleet.</p>	<p>What were some of the negative things that the Europeans did when they arrived in Australia?</p> <p>How do you think the Aboriginal people felt about the arrival of the First Fleet?</p> <p>You will find A British Penal Colony PowerPoint on the USB or One Note, display and discuss slides 5-10. Identify the significant events that took place after the First Fleet arrived into Botany Bay.</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/A%20British%20Penal%20Colony%20Task%2012,13,14.pdf</p>	<p>Do you think the life of a convict in Australia was better or worse than the life of a convict living on a hulk in Britain? Why or why not?</p> <p>You will find A British Penal Colony PowerPoint on the USB or One Note, display slide 12 and discuss the daily existence for convicts in Australia: work, conditions, punishment, food, clothing and tickets of leave. Identify what an average day for a convict in Australia might have been like.</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/A%20British%20Penal%20Colony%20Task%2012,13,14.pdf</p>	<p>resources/weeks35-resources-year45/Convict-Identification-Cards%20Task%2014.pdf)</p> <p>students will use information from their research and illustrate what their convict looked like and record key facts on the</p> <p>Identification card. You may need to monitor and support your child.</p> <p>https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/A%20British%20Penal%20Colony%20Task%2012,13,14.pdf</p>	<p>https://parkhurstss.eq.edu.au/SupportAndResources/PublishingImages/support-and-resources/weeks35-resources-year45/Ships-of-the-First-Fleet-Writing%20Task%2015.pdf</p>
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Other

Day	Subject	Activity		
Monday	STEAME	Design a maze on paper. The use this maze and create it using materials outside. E.g. sticks, bark, leaves.		
Tuesday	Social/Emotional	Watch Chappy Hannah's Video 'mail a hug': https://youtu.be/WvoGJaLWSPg		
Wednesday	Music	<table border="1"> <tr> <td> <p>MUSIC</p> <p>Watch the Rhythm 2 video, you might need 2 sticks or 2 forks or a wooden spoon and saucepan ☺</p> <p>Watch the MusicLab Song Maker video and try and complete the activity and send Mr St your song.</p> </td> <td> <p><i>Music Rhythms (Lesson 2)</i></p> <p>https://youtu.be/XVIE3TMyRak</p> <p><i>Music Lab Song Maker</i></p> <p>https://youtu.be/Zczwy2nplMs</p> <p><i>music lab song maker activity sheet (pdf)</i></p> </td> </tr> </table>	<p>MUSIC</p> <p>Watch the Rhythm 2 video, you might need 2 sticks or 2 forks or a wooden spoon and saucepan ☺</p> <p>Watch the MusicLab Song Maker video and try and complete the activity and send Mr St your song.</p>	<p><i>Music Rhythms (Lesson 2)</i></p> <p>https://youtu.be/XVIE3TMyRak</p> <p><i>Music Lab Song Maker</i></p> <p>https://youtu.be/Zczwy2nplMs</p> <p><i>music lab song maker activity sheet (pdf)</i></p>
<p>MUSIC</p> <p>Watch the Rhythm 2 video, you might need 2 sticks or 2 forks or a wooden spoon and saucepan ☺</p> <p>Watch the MusicLab Song Maker video and try and complete the activity and send Mr St your song.</p>	<p><i>Music Rhythms (Lesson 2)</i></p> <p>https://youtu.be/XVIE3TMyRak</p> <p><i>Music Lab Song Maker</i></p> <p>https://youtu.be/Zczwy2nplMs</p> <p><i>music lab song maker activity sheet (pdf)</i></p>			
Thursday	STEAME	Pick 15 items out of your fridge/pantry and categorise them into: Reuse, Recycle, Compost, and General waste.		
Friday	Social/emotional	Using your student email, email a friend or write them a letter telling them about your experience learning from home!		

<p>Monday</p> <p>Watch the Staying Active At Home video</p> <p>Activity for the Day Write down 10 exercises from the video and do each exercise 10 times. In between each exercise have one minute rest</p> <p>Challenge Select one exercise and see how many times you can do it for one minute</p>	<p>YouTube Link</p> <p>https://youtu.be/QS92Usg6gvY</p>
<p>Tuesday</p> <p>Warm Up Follow along to Just Dance</p> <p>Watch the Throwing and Catching video</p> <p>Activity for the Day Practice throwing and catching by yourself. Practice 10 underarm throws and catches to yourself in a row, practice 10 underarm wall bounces and catches in a row. Practice 10 overarm throws. Bonus challenge – practice 10 underarm throws and catches ,</p>	<p>YouTube Link</p> <p>https://www.youtube.com/watch?v=TKj_nWUZvka</p> <p>https://www.youtube.com/watch?v=Hgc2nkDOEmQ&feature=youtu.be</p> <p>https://www.youtube.com/watch?v=wf5K3pP2IUQ</p>

<p>while clapping when the ball is in the air</p> <p>Warm Down Follow along to Cosmic Kids guided relaxation</p>	
<p>Wednesday</p> <p>Warm Up Follow along to Jump Jam with us</p> <p>Activity for the Day From Monday's lesson, do the same exercises again but increase it from 10 to 12 and have one minute of rest in between each exercise</p> <p>Challenge Select one exercise and see how many times you can do it for one minute</p>	<p>YouTube Link</p> <p>https://www.youtube.com/watch?v=p6wYAWgWeg0&feature=youtu.be</p>
<p>Thursday</p> <p>Activity for the Day Follow along to a superhero inspired exercise routine by PE with Joe</p>	<p>YouTube Link</p> <p>https://www.youtube.com/watch?v=nMpSKmcdXBI</p>
<p>Friday</p> <p>Warm Up Follow along to Jump Jam with us</p> <p>Activity for the Day Ride your bike/scooter outside with your parents or siblings</p>	<p>YouTube Link</p> <p>https://www.youtube.com/watch?v=4HrM61dc0l4&feature=youtu.be</p>