

Framework for Learning from Home – Year 4 Term 3 Week 9 2021

For some of the activities below you may need your parents help. Show each completed activity to your parents and upload to Seesaw if required.
以下的一些活动你可能需要你父母的帮忙.记得在你完成每一个活动以后给你的父母看,如果有需要的话上传到 Seesaw.

	Monday 6 September 周一	Tuesday 7 September 周二	Wednesday 8 September 周三	Thursday 9 September 周四	Friday 10 September 周五
	<p>PE – Fitness 体育-健身 Move your feet to ‘Footloose’ 移动你的脚到 ‘放松的脚’ Click onto the link: 点击以下链接: https://www.youtube.com/watch?v=IJPvEs8qpQc</p> <p>English 英语 Listening and Reading – Persuasive Text: 听力和阅读-有说服性的文本 Review the purpose and audience of a persuasive text. TOPIC: Children should learn to swim. Watch and listen to the BTN video. Answer the questions. Optional: Read the BTN script</p>	<p>PE – Fitness 体育-健身 As we are writing about ‘Children should learn to swim’ - Here are some exercises to help you to maintain your swimming fitness during lockdown. (Page attached) 因为我们在写关于 ‘儿童应该学习游泳’-这里是一些可以帮助你保持游泳运动的办法.</p> <p>English ZOOM CLASS 英语 ZOOM 课堂 Reading and Writing - Persuasive: 阅读和写作-说服性的: Topic: Children should learn to swim Revise the structure of a persuasive text (7 Steps)</p>	<p>PE – Fitness 体育-健身 Dance to ‘The Loud House’ Click onto the link: 跳 ‘The Loud House’ 点击以下链接: https://www.youtube.com/watch?v=eRsXXeW-IO8</p> <p>English 英语 Listening and Reading- Persuasive Text: 听力以及阅读-有说服性的文章: Watch and listen to the BTN video. Answer the questions. Optional: Read the BTN script to help you answer the questions. The information gathered will help you develop the Argument 3 paragraph for</p>	<p>PE – Fitness 体育-健身 Wave to ‘Bye Bye Bye’ Click onto the link: 向 ‘bye bye bye’ 挥手 点击以下链接: https://www.youtube.com/watch?v=58B4TVE-dT8</p> <p>English 英语 Writing – Persuasion Paragraph: 写作-有说服性的段落 Write Paragraph 4: - Argument 3 – SAVES LIVES 写第 4 段:- 第 3 个观点- 拯救生命 Revise your understanding of the paragraph structure. Read questions to help you structure your argument in a logical order. Refer to images, notes, and</p>	<p>PE – Fitness 体育-健身 Boogie to ‘U Can’t Touch This’ 跟随 ‘U Can’t Touch This’ 一起舞动 Click onto the link: 点击以下链接: https://www.youtube.com/watch?v=RbzczLzMPyIg</p> <p>English 英语 Reading for Fun (20m): 快乐的阅读时间 (20 分钟) Choose one of the following 选择一下的其中一个 1) Your own book 你自己的书 2) in2era https://in2era.com.au 3) Storyonline 线上故事 https://storyonline.net</p>

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	<p>to help you answer the questions. The answers will help you gather information for your persuasive writing.</p> <p>复习有说服力的文本的目的和受众群体。 主题: 孩子们应该学会游泳。 观看和收听 BTN 视频。 回答问题。 可选: 阅读 BTN 脚本以帮助您回答问题。 答案将帮助你收集信息, 以便你进行有说服力的写作。</p> <p>BTN Video link: BTN 视频的链接: https://www.abc.net.au/btn/classroom/swim-and-survive-program/13096094</p> <p>Upload to Seesaw 上传到 Seesaw</p> <p>Spelling: 拼写: Go to Sound Waves Online and access Unit 27: 登录到 Sound Waves 的第 27 单元:</p>	<p>Graph) Discuss the following: Paragraph 1: Statement of position and preview of three arguments. Paragraph 2: Argument 1-</p> <p>主题: 孩子们应该学会游泳 修改有说服力的文本结构(7 个步骤图) 讨论以下问题: 第 1 段: 三个论点的立场陈述和预览。 第 2 段: 论点 1- FITNESS 健身 What is the paragraph structure? What is the topic sentence? What other details are included? What persuasive devices are used?</p> <p>WRITING TOGETHER: Paragraph 3: Argument 2- RECREATIONAL/SPORT</p> <p>段落结构是什么? 主题句是什么? 还包括哪些其他详细信息? 使用什么有说服力的设备? 一起写作: 第 3 段: 论点 2- 娱乐/体育</p>	<p>Thursday's independent writing activity.</p> <p>观看和收听 BTN 视频。 回答问题。 可选: 阅读 BTN 脚本以帮助 你回答问题。 收集到的信息将帮助你为周四的独立写作活动制定"论点 3"段落。</p> <p>BTN Video link: BTN 视频链接: https://www.abc.net.au/btn/classroom/compulsory-swimming/10525628</p> <p>Upload to Seesaw. 上传到 Seesaw.</p> <p>Spelling: 拼写: Online and access Unit 27: 登录并且进入第 27 单元: www.soundwaveskids.com.au</p> <p>Complete page 2 of Unit 27. (page attached) 完成第 27 单元的第 2 页(附</p>	<p>vocabulary to help you write your paragraph. Write a Conclusion: Paragraph 5: Conclusion Write the final paragraph to include the reinforcement of position and summary of your three arguments.</p> <p>修改你对段落结构的理解。 阅读问题, 以帮助你按逻辑顺序构建参数。 参考图像、笔记和词汇来帮助你写段落。 撰写结论: 第 5 段: 结论 写最后一段, 包括加强立场和总结你的三个论点。</p> <p>Upload your independent writing to Seesaw. 把你的独立写作上传到 Seesaw.</p> <p>Spelling: 拼写: Online & access Unit 27: 登录并且进入第 27 单元: www.soundwaveskids.com.au</p>	<p>English/Poetry: 英语/诗歌 Read the examples of haiku poems. What is a haiku poem? Where does this form of poetry originate from? Read one more example of a haiku poem. Answer the questions to analyse the haiku structure. What do you notice? What is the structure of a haiku poem? Write the number of syllables on each line. Choose a topic and image. Write your own haiku poem. Topics: water/beach/waves/waterfall 阅读 Haiku 诗的例子。 什么是 haiku 诗? 这种形式的诗歌从何而来? 再读一篇 haiku 诗的例子。 回答问题, 分析 haiku 结构。 你注意到什么了? Haiku 诗的结构是什么? 在每行上写下音节数。 选择一个主题和图像。 写自己的 haiku 诗。 主题: 水/海滩/海浪/瀑布 OR 或者</p>

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	www.soundwaveskids.com.au Password: stir680 密码: stir680 <ul style="list-style-type: none"> Copy spelling words into your book Create a new column to record your spelling words again. This time remember to look, cover and then write each word. Check to make sure you have spelt your words correctly. Choose one of the games on Sound Waves to practise your spelling words. • 将拼写单词复制到你的书中 • 创建新的一列以再次记录拼写单词。这次记得看, 盖住, 然后写每个字。 • 检查以确保你拼写正确。 • 选 Sound Wave 游戏之一来练习拼写单词。 Upload to Seesaw. 上传到 Seesaw.	Upload to Seesaw. 上传到 Seesaw. Spelling: 拼写: Online and access Unit 27: 上线并且登录第 27 单元 www.soundwaveskids.com.au Complete page 1 of Unit 27. (page attached) 完成第 27 单元的第一页(附页) Upload to Seesaw. 上传到 Seesaw. Optional 可选择的 Choose one of the games on Sound Waves to practise your spelling words. 选择 Sound Waves 上的一个游戏来锻炼你的拼写单词。 Upload to Seesaw. 上传到 Seesaw. Reading for Fun 20m: 快乐的阅读时间 20 分钟: 1) Your own book 你自己的书 2) in2Era https://in2era.com.au 3) Storyonline 线上故事	页) Upload to Seesaw. 上传到 Seesaw. Optional Choose one of the games on Sound Waves to practise your spelling words. 可选择任务 选择 Sound Waves 上的一个游戏来练习你的拼写单词。 Upload to Seesaw. 上传到 Seesaw.	Write your words in alphabetical order. 把你的单词按照字母顺序写下来。 Choose 10 words to write backwards. 选择 10 个单词倒着写。 Upload to Seesaw. 上传到 Seesaw. Optional Choose one of the games on Sound Waves to practise your spelling words. 可选择的活动 选择 Sound Waves 上的一个游戏来练习拼写单词。 Upload to Seesaw. 上传到 Seesaw. Reading for Fun (20m): 快乐的阅读时间 (20 分钟): 1) Your own book 你自己的书 2) in2Era https://in2era.com.au 3) Storyonline 线上故事	Spring flowers/bees Desert/Rainforest/Rock face 春天的花朵/蜜蜂沙漠/雨林/石头表面 Take a photo and upload it to Seesaw. 拍一张照上传到 Seesaw.

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		https://storyonline.net		https://storyonline.net	
Break 休息	Break (30 mins) Eat & Play 休息 (30 分钟) 吃和玩	Break (30 mins) Eat & Play 休息 (30 分钟) 吃和玩	Break (30 mins) Eat & Play 休息 (30 分钟) 吃和玩	Break (30 mins) Eat & Play 休息 (30 分钟) 吃和玩	Break (30 mins) Eat & Play 休息 (30 分钟) 吃和玩
Session 2 第二阶段	Mathematics 数学 Click on the following link to play 'Counting and Number Patterns': 点击以下的链接玩 '数数和数字的规律' https://au.mathgames.com/skill/4.10-counting-and-number-patterns-skip-counting-sequences Complete the 'Number Patterns (1)' worksheet attached to this framework. Post your work on Seesaw.	Mathematics 数学 Watch the clip 'Investigating Multiples of 3' by clicking on the following link: 点击链接,观看视频 '探索乘以 3' https://www.youtube.com/watch?v=xb3wzNpwHfo Complete the iMaths worksheet 'Multiples' attached to this framework. 完成 iMaths 上的作业纸 'Multiples' Post your work on Seesaw.	Wellbeing Wednesday 健康周三 <ul style="list-style-type: none"> Design and make an obstacle course inside or in the garden. How fast can you complete it? Can you make up your own jokes? Tell them to someone to make them laugh! Complete a mindfulness guided 	Mathematics 数学 Today you are going to look at using simple maps. 今天你将要学如何使用简单的地图。 Click on the following link to watch 'Maps and Directions': 点击一下的链接观看 '地图和方向' https://www.youtube.com/watch?v=mtsx8V3mE8Q	Mathematics 数学 Click on the following link to play 'Make a Walking Track': 点击以下链接玩 'Make a Walking Track' https://www.scottle.edu.au/ec/viewing/L352/index.html# Follow the instructions carefully to create the walking track. Take a screen shot of your walking track and post it on Seesaw for your teacher to see. Complete the Zoo

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	<p>Extension: Create your own number pattern sequences and post them on seesaw. Remember to include the rule!</p> <p>完成附加在此表格上的"数字模式 (1)"作业纸。</p> <p>将你的作品发布在跷跷板上。</p> <p>扩展活动: 创建自己的数字模式序列, 并将它们张贴在 Seesaw 上。记得包括规则!</p>	<p>把作业发在 Seesaw 上。</p> <p>Extension: Create your own number line (like the one in the video) showing the multiples of 4, 6, 7, 8 or 9.</p> <p>延伸活动: 创造你自己的数字线 (比如视频中的) 展现乘以 4,6,7,8 或者是 9。</p>	<p>meditation.</p> <ul style="list-style-type: none"> You can access these Smiling Mind 在花园内或花园内设计并制作障碍课程。你能以多快的速度完成它? 你能自己开个玩笑吗? 告诉他们让他们笑! 完成正念引导冥想。 你可以访问这些链接 微笑的心灵 https://www.smilingmind.com.au/ Peaceful Kids 平静的孩子 https://www.peacefulkids.com.au/ 	<p>Complete the iMaths Using Maps pages attached to this framework.</p> <p>完成 iMaths 用附页上的地图页来完成。</p> <p>Optional: to practise using compass points on a map, click on the link below to play Rainforest: Compass Points. Follow the instructions in the game.</p> <p>可选的活动: 要练习使用地图上的指南针点, 请单击下面的链接以播放 Rainforest: 指南针点。按照游戏中的说明操作。</p> <p>https://www.scootle.edu.au/ec/viewing/L351/index.html</p> <p>LIBRARY ZOOM 图书馆 ZOOM</p>	<p>Coordinates worksheet attached to this framework. Upload your work for your teacher to see.</p> <p>Optional: Create your very own map of a place you like to visit (a park, shopping centre, aquatic centre, etc). Remember to include grid coordinates, legends and a scale (if needed).</p> <p>仔细按照说明操作, 创建步行道。拍摄步行道的屏幕截图, 并将其贴在 Seesaw 上, 供你的老师查看。</p> <p>完成连接到此框架的动物园坐标的作业纸。上传你的作业, 让你的老师查看。</p> <p>可选: 创建你喜欢参观的地方 (公园、购物中心、水上中心等) 自己的地图。请记住包括网格坐标、图例和刻度 (如果需要)。</p> <p>12:30 Assembly Zoom 集会 时间</p>

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Break 休息	Break (1 hour) Eat & Play 休息 (1 小时) 吃和玩	Break (1 hour) Eat & Play 休息 (1 小时) 吃和玩	Break (1 hour) Eat & Play 休息 (1 小时) 吃和玩	Break (1 hour) Eat & Play 休息 (1 小时) 吃和玩	Break (1 hour) Eat & Play 休息 (1 小时) 吃和玩
Session 3 第三阶段	Languages: 语言: Please complete the language activity assigned by your language teacher. 请完成你的语言老师给你不值得语言任务。 Upload to Seesaw. 上传到 Seesaw.	History: 历史: The arrival of the first colonists had a big impact on the Indigenous Eora people. Dispossession (loss of land) had a significant effect on their lives. One of the first things the colonists did when they arrived was to begin clearing land for buildings, roads, farms and dams to collect water. 第一批殖民者的到来对土著埃拉人产生了重大影响。剥夺(失去土地)对他们的生活产生了重大影响。	Free Time 自由时间	Science: 科学: This term we have been learning about materials, their uses, properties and how they can be changed. 这个学期我们已经学习了材料,他们的使用, 财产以及他们可以如何的被改变。Today we are going to look closely at how toys are made. Click on the following link to watch a short clip: 今天我们要仔细地看看玩具是如何被制作的.点击以下的链接观看一个短片: https://www.inquisitive.com/video/1911-how-was-i-made Complete the worksheet	There will be no Creative Arts activity due to the assembly zoom activity. 由于集会活动,我们将没有创意艺术的活动。

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		<p>殖民者到达后做的第一件事就是开始清理土地, 用于建筑物、道路、农场和水坝取水。</p> <p>a) Create a model or draw a map of some bushland. Imagine this is your country, or home.</p> <p>b) Write a passage answering the following questions: How is this country important to you? What does it offer you? How do you care for it?</p> <p>c) Write a couple of sentences to answer the following question:</p> <p>How do you feel now that the colonists have changed your country?</p> <p>a) 创建模型或绘制一些丛林地图。想象一下, 这是你的国家, 或家。</p> <p>b) 写一段话回答以下问</p>		<p>provided by matching the job titles to their job description and then designing a toy. This will be your first draft and you will continue working on this idea next week.</p> <p>完成提供的作业表, 将作业的名称与其作业描述进行匹配, 然后设计一个玩具。这将是你的初稿, 你下周将继续研究这个想法。</p> <p>Upload your work to Seesaw. 把你的作业上传到 Seesaw.</p>	

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		<p>题:这个国家对你有多重要?它为你提供了什么?你怎么关心它?</p> <p>c) 写几句话来回答以下问题:</p> <p>既然殖民者改变了你的国家,你感觉如何?</p> <p>Complete the activities and take a photo. 完成活动并且拍一张照片.</p> <p>Post your answers on Seesaw. 把你的答案上传到 Seesaw 上.</p>			

Unit
27

oo u book bush

List Words

pull _____
 pulling _____
 push _____
 pushing _____
 bush _____
 could _____
 would _____
 should _____
 stood _____
 hood _____
 crook _____
 woman _____
 couldn't _____
 wouldn't _____
 shouldn't _____
 wooden _____
 goodbye _____
 cookbook _____
 footpath _____
 bookcase _____
 bushfire _____
 babyhood _____
 childhood _____
 manhood _____
 womanhood _____

- 1 Circle the letters that represent in the List Words.

- 2 Write any other letters that can represent on the Grapheme Chart.
 Write one word example for each.

- 3 Write one stroke for every sound in each List Word.

- 4 Complete the words with the given letters. Colour the words.

Add ull.

f _ d _
 g _ h _
 p _ b _

Add ush.

p _ r _
 g _ b _
 h _ cr _

Add ood.

h _ w _
 f _ g _
 st _ bl _

- 5 Finish the words with oo, u, o or oul to represent . Finish the sentences with some of your words.

c _ d _ cr _ k _ h _ d _ w _ den sh _ dn't w _ man
 p _ sh sh _ d sh _ k p _ lling f _ tpath w _ dn't

The shoe _____ fit on my foot.

_____ you put that on the _____ bookcase, please?

We had to _____ the car when it broke down.

You _____ drive a car along the _____.

- 6 Write the past tense of the verbs in brackets to complete the sentences.

Go to Helpful Hint (10).

The enormous, black bull _____ beside the brook. (stand)

The page fell out when I _____ the book. (shake)

I _____ the lost woman to the wooden bridge. (take)

The child enjoyed being _____ on the swing. (push)

We easily _____ the go cart along the footpath. (pull)

The bushfire _____ very close. (look)

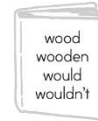
Grapheme Chart

letters	words

- 7 Finish the sentences with words from the book.

We _____ like to see the _____ box that you
 made from recycled _____.

We _____ like it if a crook took our _____ toys.



- 8 Complete each sentence with a contraction built from the underlined word.

Go to Helpful Hint (8).

I could read this chapter tonight but I _____ read the whole book tonight.

I would like to read this book but I _____ like to read that book.

I should read every day but I _____ read until midnight each night.

- 9 Make three compound words from each row by joining pairs of words. Use each word once only.

foot	book	good	cook	bye	ball
path	book	foot	bush	mark	fire
drift	foot	case	wood	book	print

- 10 Choose a word from the box to describe the stage of life of each person.

The suffix hood can mean state of being. For example, childhood means the state of being a child.

childhood babyhood womanhood manhood fatherhood motherhood

Tom is six months old. _____ Julie is a chemist. _____

Ryan owns a bookstore. _____ Sam is in Year 3 at school. _____

Sarah has two sons. _____ David has a daughter. _____

Challenge

Write the missing letter in each word. Read down the shapes to find the name of my book.

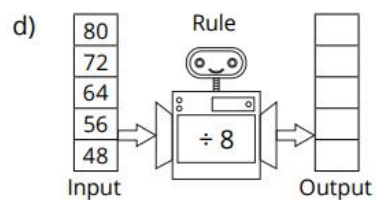
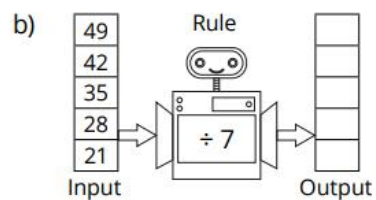
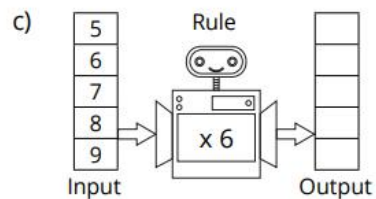
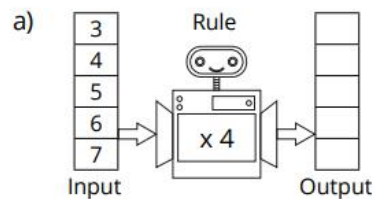
s _ ould	couldn't _	_ ookbook	_ hildhood
h _ od	manho _ d	wom _ nhood	bushfi _ e
_ oman		foo _ path	w _ uldn't
		book _ ase	sh _ uldn't
		bus _	croo _
			pu _ hed



My book is _____.

Number Patterns (1)

1 Follow the rule to complete these number patterns.



2 Use the clues to work out the missing number.

a) If you add 9, my total will be 36.

e) If you multiply me by 4, my product is 40.

b) If you add 8, my total will be 24.

f) If you multiply me by 6, my product is 42.

c) If you divide me by 3, my quotient is 7.

g) If you multiply me by myself my product is 49.

d) If you divide me by 6, my quotient is 4.

h) If you multiply me by myself my product is 36.



NA5 Multiples 3, 4, 5, 6, 7, 8, 9

To find the **multiples** of a number, we start at zero and make jumps the size of the number. My friend will show the multiples of 5. Here she goes!



Multiples of 5: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50...

Here are some more sets of multiples.

Multiples of 2: 2, 4, 6, 8, 10, 12, 14, 16, 18, 20...

Multiples of 3: 3, 6, 9, 12, 15, 18, 21, 24, 27, 30...

Multiples of 4: 4, 8, 12, 16, 20, 24, 28, 32, 36, 40...

Try this

1 Write the missing multiples. Use a number line if you need to.

- a Multiples of 6: 6, 12, 18, , , , , , 60...
- b Multiples of 7: 7, 14, 21, , , , , , 70...
- c Multiples of 8: 8, 16, 24, , , , , , 80...
- d Multiples of 9: 9, 18, 27, , , , , , 90...
- e Multiples of 10: 10, 20, 30, , , , , , 100...

What's red and green, and goes 200 kilometres an hour?



2 To solve the riddle, find which of the two bold numbers has the most multiples. In the first example, the numbers are mostly multiples of 3, so **A** is written in the first box at the bottom of the page.

a 6 4 11 18 12 9 25 Multiples of 3 A Multiples of 5 B	b 8 7 11 15 21 10 14 9 Multiples of 5 E Multiples of 7 F	c 30 16 8 36 12 60 5 Multiples of 8 Q Multiples of 6 R	d 8 4 6 7 21 9 12 Multiples of 2 O Multiples of 7 P	e 25 16 10 4 45 13 30 Multiples of 4 F Multiples of 5 G
f 27 12 32 16 9 20 4 18 Multiples of 4 I Multiples of 9 J	g 13 21 40 5 32 7 24 8 Multiples of 8 N Multiples of 9 O	h 80 27 30 50 10 54 70 9 Multiples of 9 Z Multiples of 10 A	i 21 64 9 15 40 17 12 Multiples of 3 B Multiples of 8 C	j 10 9 18 35 27 72 54 63 Multiples of 5 K Multiples of 9 L
k 2 4 8 6 27 45 14 11 Multiples of 9 D Multiples of 2 E	l 36 15 10 12 5 20 21 Multiples of 5 N Multiples of 6 O	m 16 30 50 23 90 3 17 9 Multiples of 4 C Multiples of 10 D	n 32 19 54 56 64 24 48 29 Multiples of 8 E Multiples of 9 F	o 35 2 14 9 7 42 18 Multiples of 7 R Multiples of 3 S

a	b	c	d	e	f	g	h	i	j	k	l	m	n	o
A														



Problem solving task

Leap Frog: Frog and Toad are leaping down the 24 steps to the garden pond. Frog jumps two steps at a time 0, 2, 4... and so on. Toad jumps three steps at a time 0, 3, 6... Which of the 24 steps will both Frog and Toad land on? Use the space provided in *Maths 4 Tracker Book* to work out your answer.



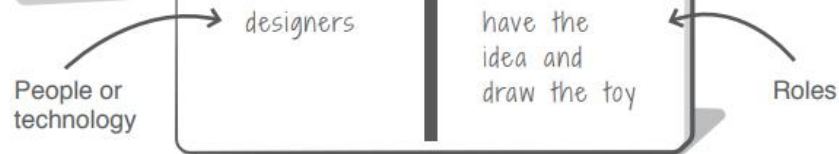
Challenge

Many multiples: Can you find the two numbers less than 30 that are multiples of 1, 2, 3, 4, 6 and 12?

How Toys are Made

- 3 Use what you learnt about the role of people and technology in manufacturing toys to complete the dominos.

Example



factory
workers

plastic injection
machines

3D printers

engineers

artists

make a
model of
the toy

make a
mould of
the parts

add detail
to the parts

decide if the
toy should be
made in one
or more parts

make the
parts from
plastic

- 4 You are going to play the role of the designer, engineer, artist and the technology! Follow the design and production process to make a toy.

Design brief

Make a toy to entertain a classmate.

Design criteria

Your toy must:

- be made from at least two suitable materials
- have an elastic property
- be fun
- be safe

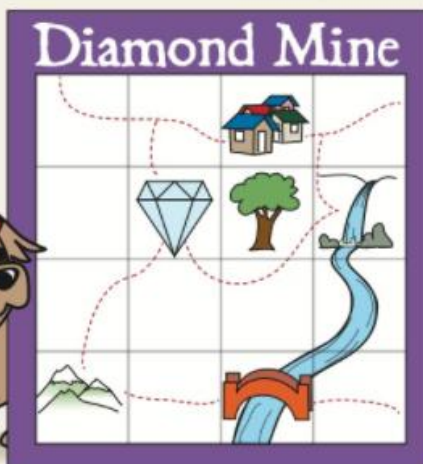
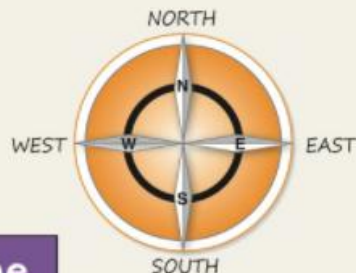
Draw and label a simple design of your toy in this box. This is your first draft and you will revisit this idea next week.

A large, empty rectangular box with rounded corners, intended for a student to draw and label a simple design of a toy.



MG15 Using maps

North, south, east and west are the basic **compass points** used to show direction. On a map, north usually points to the top of the page. The **scale** below the map will indicate the distance that each side of the grid square represents. On the map below, each side of the grid squares is one kilometre.



The distance and direction from the bridge to the village is 3 kilometres north.

The distance and direction from the tree to the waterfall is 1 kilometre east.

Scale 1 km

Try this

1 Use the map and scale to complete these directions.

- The distance and direction from the old diamond mine to the waterfall is 2 km .
- The distance and direction from the village to the tree is .
- The distance and direction from the bridge to the mountains is .
- The distance and direction from the tree to the is 1 km north.
- The distance and direction from the tree to the is 2 km south.

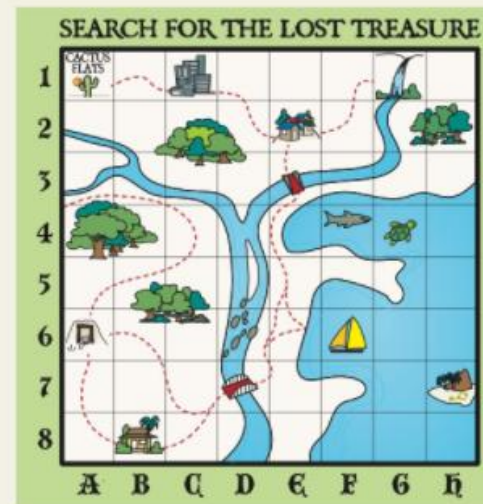
2 The search for lost gold and jewels is your quest. Use the clues below to guide you.

Mark your travels on the map as you travel through it.

Clues

- Start at Cactus Flats (A1).
- Journey east 4 km.
- Head south 4 km but don't fall in.
- Go east 1 km. "Anchors aweigh!"
- Sail south 1 km, east 2 km, south 1 km for a key to the treasure.
- Voyage south 1 km, west 3 km and go ashore.
- Head north 1 km, west 3 km, south 1 km and ask for advice.
- "West one kilometre," they say and so that is what you do. Which way to turn?
- Take a gamble and head north 2 km and DIG! Yes! Treasure!

Give the map reference where you found treasure. (,)



Scale 1 km

3 Use the map above and the scale 1 cm = 1 km to answer these questions. Round to the nearest km.

- How far from Cactus Flats to the City?
- How far from shore is the small island?
- What is 6 km west of the waterfall?
- How far apart are the two bridges?
- What is 4 km east of South Bridge?

4 Match each turn shown as a fraction with an amount of turn shown in degrees. Rule a line from ● to the correct ▲.

- | | |
|------------------------|--------|
| a $\frac{1}{4}$ turn ● | ▲ 360° |
| b $\frac{1}{2}$ turn ● | ▲ 270° |
| c $\frac{3}{4}$ turn ● | ▲ 90° |
| d full turn ● | ▲ 180° |

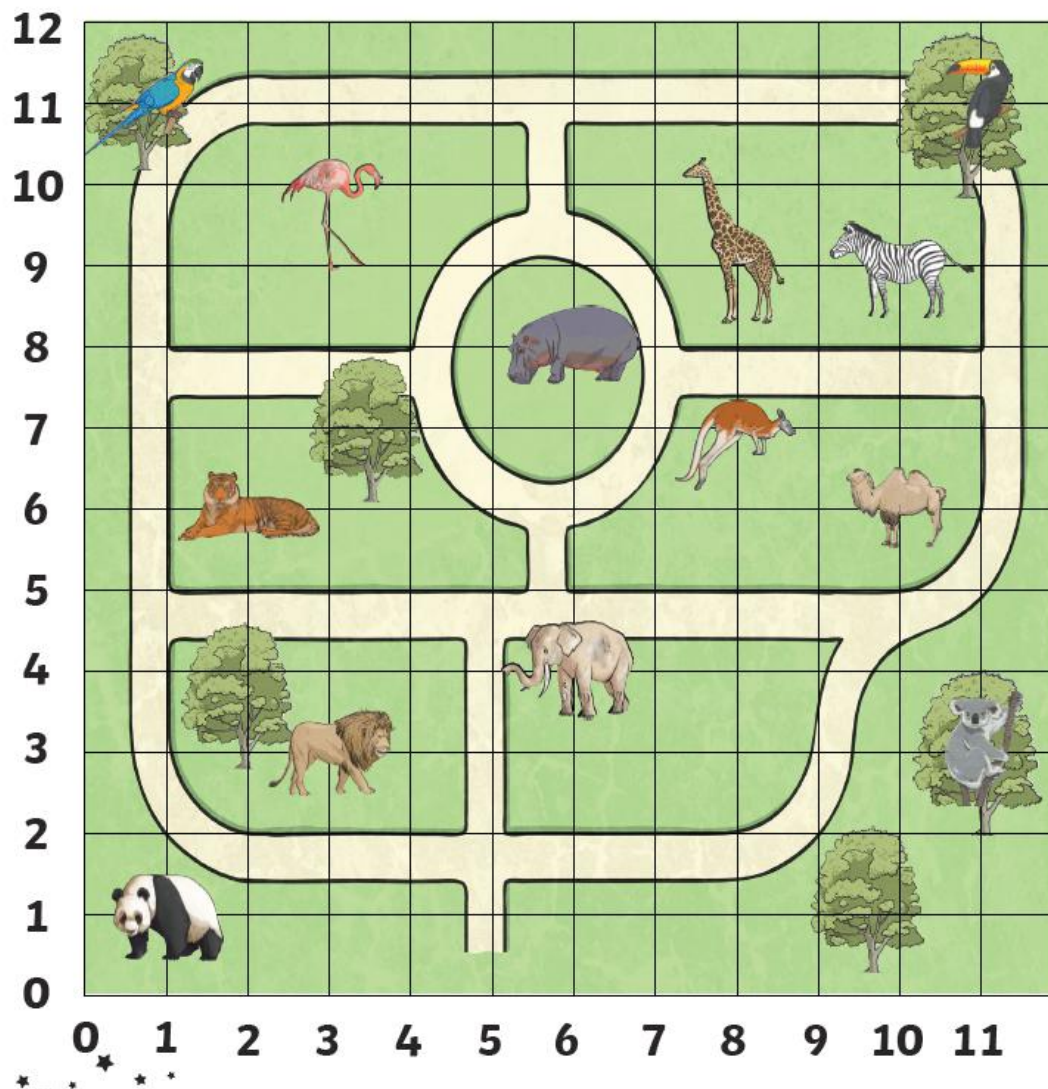


Challenge

Homeward bound: Write instructions for the journey home. Retrace the path you took to find the treasure, without the voyage to sea, back to Cactus Flats.



Zoo Coordinates



Which animal is at these coordinates on the zoo map?

(11,11) = _____ (2,6) = _____

(6,8) = _____ (3,10) = _____

(11,3) = _____ (1,1) = _____

Write the coordinates of these animals on the zoo map:



= _____



= _____



= _____



= _____



= _____



= _____

Draw your own zoo animals at these coordinates on the map:

(6,1)

(2,9)

(7,3)

(8,3)

(8,6)

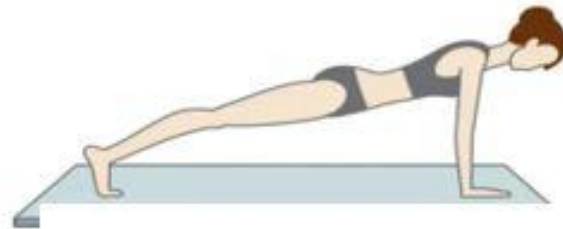
(11,1)

Pilates Swimmer



1. Lie face down on a mat with your arms stretched forward.
2. Try to create a sensation of length along your spine.
3. Holding yourself strongly through the core, keep your legs straight and gently raise your feet a few centimetres above the floor.
4. Initiate a controlled flutter kick motion while keeping your legs straight.
5. Start with three rounds of 10 kicks with each leg and try to increase to 20 over time.

Straight Arm Plank



1. The Straight Arm Plank is both simple and difficult.
2. Prop yourself into the standard push-up position with hands slightly wider than shoulder width apart, fingers pointed forward.
3. Lock your arms straight. Your neck, back and legs should make a straight line.
4. The hard part now is to hold that position. Start with 30 seconds and try to increase to a minute.
5. Repeat three times.