



Morning Session

English

Spelling: Look, cover, write and check your [spelling words](#). Complete 1 task from the [spelling grid](#) below.

Reading: Log onto readworks (what you use for homework). Complete one of the tasks that has been set for your today. If you can't access readworks, read the ["Basketball"](#) passage below and complete the ["Basketball worksheets"](#) that go with it. Discuss with an adult what you have read. You can complete both if you have time.

Writing:

Click on the following links to view [how to write a procedure](#). Click on this link and read through the [writing stimulus](#) below. Write a procedure on how to make..... Make sure you pick something different to the one you wrote last week.

Grammar: Homophones (where, wear and we're)– Click on the [Homophones](#) link to complete the worksheet below. (At the end of the booklet)

Lunch (10mins eating & 30 mins play)

Middle Session

Mathematics

Go onto Matific
<https://www.matific.com/au/en-au/login-page/>
enter your login and password and complete set tasks.

and/or

Number Games: Design your own Mathematics board game that makes the players solve addition and subtraction sums.

and/or

Timetables - Write down and practice you 11 timetables.

Extension: write down your 11 division tables.

Dividing by 11

11	÷	11	=	1
22	÷	11	=	2
33	÷	11	=	3
44	÷	11	=	4
55	÷	11	=	5
66	÷	11	=	6
77	÷	11	=	7
88	÷	11	=	8
99	÷	11	=	9
110	÷	11	=	10
121	÷	11	=	11
132	÷	11	=	12

Multiples of 11

11	x	1	=	11
11	x	2	=	22
11	x	3	=	33
11	x	4	=	44
11	x	5	=	55
11	x	6	=	66
11	x	7	=	77
11	x	8	=	88
11	x	9	=	99
11	x	10	=	110
11	x	11	=	121
11	x	12	=	132

Lunch (30mins)

Afternoon Session

Geography

Last week athletes from all over the world have travelled to Japan, Tokyo to compete in the 2021 Olympics Games.

Use the internet to research the follow: Record your research on a piece of paper.

- Create a fact file about your favourite Olympic sport and explain why it's your favourite.

Please take a photo of your work and upload it to Seesaw each day so your teacher can add your house points onto your tally.

Remember to take brain breaks throughout the day so you can reenergise for your next task.

Morning Session

English

Spelling: Look, cover, write and check your [spelling words](#). Complete 1 task from the [spelling grid](#) below.

Reading: Log onto readworks (what you use for homework). Complete one of the tasks that has been set for your today.

If you can't access readworks, read the ["Boat Sports"](#) passage below and complete the ["Boat Sports worksheets"](#) that go with it. Discuss with an adult what you have read. You can complete both if you have time.

Writing:

Edit the procedure that you wrote yesterday.

Click on this link and read through the [writing stimulus](#) below. Write a procedure on how to build.....

Make sure you pick something different to the one you wrote last week.

Grammar: Homophones (your and you're) – Click on the [Homophones](#) link to complete the worksheet below. (At the end of the booklet)
Public School, July 2021

Middle Session

Mathematics

Go onto Matific

<https://www.matific.com/au/en-au/login-page/>

enter your login and password and complete set tasks.

and/or

Number Games: Finish designing your own Mathematics board game that makes the players solve addition and subtraction sums.

and/or

Timetables - Write down and practice you 11 timetables.

Extension: write down your 11 division tables.

Dividing by 11

11 ÷ 11 = 1
22 ÷ 11 = 2
33 ÷ 11 = 3
44 ÷ 11 = 4
55 ÷ 11 = 5
66 ÷ 11 = 6
77 ÷ 11 = 7
88 ÷ 11 = 8
99 ÷ 11 = 9
110 ÷ 11 = 10
121 ÷ 11 = 11
132 ÷ 11 = 12

Multiples of 11

11 x 1 = 11
11 x 2 = 22
11 x 3 = 33
11 x 4 = 44
11 x 5 = 55
11 x 6 = 66
11 x 7 = 77
11 x 8 = 88
11 x 9 = 99
11 x 10 = 110
11 x 11 = 121
11 x 12 = 132

Afternoon Session

Geography Olympic Games Project

Last week athletes from all over the world have travelled to Japan, Tokyo to compete in the 2021 Olympics Games.

Use the internet to research the follow: Record your research on a piece of paper.

- Compare and contrast the medal tallies of two countries. What sports were the good at?

Please take a photo of your work and upload it to Seesaw each day so your teacher can add your house points onto your tally.

Remember to take brain breaks throughout the day so you can reenergise for your next task.

Lunch (10mins eating & 30 mins play)

Lunch (30mins)

Morning Session

English

Spelling: Look, cover, write and check your [spelling words](#). Complete 1 task from the [spelling grid](#) below.

Reading: Log onto readworks (what you use for homework). Complete one of the tasks that has been set for your today.

If you can't access readworks, read the read the "[Skateboarding](#)" passage below and complete the "[Skateboarding worksheets](#)" that go with it. Discuss with an adult what you have read. You can complete both if you have time.

Writing:

Edit the procedure that you wrote yesterday.

Click on this link and read through the [writing stimulus](#) below. Write a procedure on how to play..... Make sure you pick something different to the one you wrote last week.

Grammar: Homophones (their, they're and there) – Click on the [Homophones](#) link to complete the worksheet below. (At the end of the booklet)

Public School, July 2021

Middle Session

Mathematics

Go onto Matific
<https://www.matific.com/au/en-au/login-page/>
enter your login and password and complete set tasks.

and/or

Number Games: Play ten questions with a member of your family to guess a number (up to 1,000). One player thinks of a number, the other player asks yes/no questions and tries to guess the number in 10 questions or less. Which questions are best to ask?

and/or

Timetables - Write down and practice you 11 timetables.

Extension: write down your 11 division tables.

Dividing by 11

11 ÷ 11 = 1
22 ÷ 11 = 2
33 ÷ 11 = 3
44 ÷ 11 = 4
55 ÷ 11 = 5
66 ÷ 11 = 6
77 ÷ 11 = 7
88 ÷ 11 = 8
99 ÷ 11 = 9
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121 ÷ 11 = 11
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Multiples of 11

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11 x 2 = 22
11 x 3 = 33
11 x 4 = 44
11 x 5 = 55
11 x 6 = 66
11 x 7 = 77
11 x 8 = 88
11 x 9 = 99
11 x 10 = 110
11 x 11 = 121
11 x 12 = 132

Afternoon Session

Geography Olympic Games Project

Last week athletes from all over the world have travelled to Japan, Tokyo to compete in the 2021 Olympics Games..

Use the internet to research the follow: Record your research on a piece of paper.

- Research the 5 best moments in Australia's Olympic history.

Please take a photo of your work and upload it to Seesaw each day so your teacher can add your house points onto your tally.

Remember to take brain breaks throughout the day so you can reenergise for your next task.

Lunch (30mins)

Lunch (10mins eating & 30 mins play)

Morning Session

English

Spelling: Look, cover, write and check your [spelling words](#). Complete 1 task from the [spelling grid](#) below.

Reading: Log onto readworks (what you use for homework). Complete one of the tasks that has been set for your today.

If you can't access readworks, read the ["Swimming"](#) passage below and complete the ["Swimming worksheets"](#) that go with it. Discuss with an adult what you have read. You can complete both if you have time.

Writing:

Edit the procedure that you wrote yesterday.

Click on this link and read through the [writing stimulus](#) below. Write a procedure on how to get ready for..... Make sure you pick something different to the one you wrote last week.

Grammar: Homophones (Hawaii Homophones) – Click on the [Homophones](#) link to complete the worksheet below. (At the end of the

booklet)

Lunch (10mins eating & 30 mins play)

Middle Session

Mathematics

Go onto Matific

<https://www.matific.com/au/en-au/login-page/>

enter your login and password and complete set tasks.

and/or

Number Games: Our number for today is 6879. Draw and write everything you know about 6879 (you can use any operation).

and/or

Timetables - Write down and practice you 11 timetables.

Extension: write down your 11 division tables.

Dividing by 11

11 ÷ 11 = 1
22 ÷ 11 = 2
33 ÷ 11 = 3
44 ÷ 11 = 4
55 ÷ 11 = 5
66 ÷ 11 = 6
77 ÷ 11 = 7
88 ÷ 11 = 8
99 ÷ 11 = 9
110 ÷ 11 = 10
121 ÷ 11 = 11
132 ÷ 11 = 12

Multiples of 11

11 x 1 = 11
11 x 2 = 22
11 x 3 = 33
11 x 4 = 44
11 x 5 = 55
11 x 6 = 66
11 x 7 = 77
11 x 8 = 88
11 x 9 = 99
11 x 10 = 110
11 x 11 = 121
11 x 12 = 132

Lunch (30mins)

Afternoon Session

Geography Olympic Games Project

Last week athletes from all over the world have travelled to Japan, Tokyo to compete in the 2021 Olympics Games.

Use the internet to research the follow: Record your research on a piece of paper.

- What is the Paralympics? What sports to are played?
- What is the difference between the Olympics and Paralympics?

Please take a photo of your work and upload it to Seesaw each day so your teacher can add your house points onto your tally.

Remember to take brain breaks throughout the day so you can reenergise for your next task.

Morning Session

English

Spelling: Look, cover, write and check your [spelling words](#). Complete 1 task from the [spelling grid](#) below.

Reading: Log onto readworks (what you use for homework). Complete one of the tasks that has been set for your today.

If you can't access readworks, read the read the ["Track and Field"](#) passage below and complete the ["Track and Field worksheets"](#) that go with it. Discuss with an adult what you have read. You can complete both if you have time.

Writing:

Edit the procedure that you wrote yesterday.

Publish one of the procedures that you wrote this week. You could make it into a poster or a brochure.

Grammar: Homophones – Design a poster that explains the differences between some of the homophones that you have looked at this week.

Lunch (10mins eating & 30 mins play)

Middle Session

Mathematics

Go onto Matific
<https://www.matific.com/au/en-au/login-page/>
enter your login and password and complete set tasks.

and/or

Number Games: Our number for today is 435. Draw and write everything you know about 435 (you can use any operation).

and/or

Timetables - Write down and practice you 11 timetables.

Extension: write down your 11 division tables.

Dividing by 11

11	÷	11	=	1
22	÷	11	=	2
33	÷	11	=	3
44	÷	11	=	4
55	÷	11	=	5
66	÷	11	=	6
77	÷	11	=	7
88	÷	11	=	8
99	÷	11	=	9
110	÷	11	=	10
121	÷	11	=	11
132	÷	11	=	12

Multiples of 11

11	x	1	=	11
11	x	2	=	22
11	x	3	=	33
11	x	4	=	44
11	x	5	=	55
11	x	6	=	66
11	x	7	=	77
11	x	8	=	88
11	x	9	=	99
11	x	10	=	110
11	x	11	=	121
11	x	12	=	132

Lunch (30mins)

Afternoon Session





Creative Arts

Click on the link below to learn
[How to draw a kite.](#)

Please take a photo of your work and upload it to Seesaw each day so your teacher can add your house points onto your tally.

Remember to take brain breaks throughout the day so you can reenergise for your next task.

Week 4 Words

	 Michelangelo	 Raphael	 Donatello	 Leonardo
	The suffix -s means there is more than one of something	double and triple initial consonants	The suffix -ly forms an adverb from an adjective (and sometimes a noun)	The suffix -ness means "having the state or quality of"
1	days	scrap	thinly	greatness
2	paints	screen	sweetly	kindness
3	trains	screech	slowly	darkness
4	rings	scram	sadly	alertness
5	forks	wrong	thickly	blackness
6	storms	shred	nearly	bitterness
7	sharks	throb	quickly	blindness
8	charts	sprig	neatly	coolness
9	fingers	stray	softly	hardness
10	walls	strap	poorly	illness
11		shrub	richly	neatness
12		squish	meekly	sadness
13			kindly	warmness
14			truly	dampness
15				quickness
16				brokenness

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Master Splinter and Shredder Groups – Wk 4



Splinter
shed
ship
shut
shun
cash
fish
dish

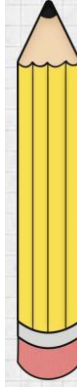
sh (as in hush)
Sounding Out Strategy:
phonemic spelling (or
individual sound spelling)
e.g. sh-t-t-p



Shredder	Spelling Bee Words
1 afloat	9 accessory
2 ashore	10 allegretto
3 aloft	11 behemoth
4 afoot	12 catastrophe
5 astray	13 conscience
6 afore	14 differentiate
7 ablaze	15 gangway
8 abandon	16 illiterate

Prefixes
a- (meaning: on, in, into, toward)
[a=/u/] Sounding Out Strategy: syllabic
spelling e.g. a-float

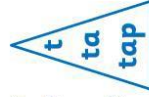
[Click here to return to the top of the page](#)



Spelling - Choice Board (A)

Pyramid Words

Spell each of your words adding just one letter at a time, so you make a pyramid.



Silly Story

Write a silly story (a paragraph) using all of your spelling words.

Underline your spelling words.

Add 'Em Up!

Write your spelling words.
Total up the value of each spelling word.

Vowels = 5 points
Consonants = 2 points

Follow the Swirl

Draw a swirly line. Write your words over and over along the line.



Ask A Question?

Use each of your spelling words to write a question.
Make sure you use a question mark!

Colour Code

Write the vowels in **blue** and the consonants in **red**.

create

Code Creation

Assign each letter of the alphabet a number.
Write each word using your code.

Picture Perfect

Write each word and draw a picture to represent each word.



zebra

Thesaurus Dig

Choose 5 of your spelling words and find antonyms for them.

Choose 5 of your words and find synonyms for them.

BASKETBALL

Basketball is a fast-paced team sport that is played on a court. It was invented in the United States by Dr. James Naismith in 1891. It has grown to be popular all around the world. Five players from each team play offense and defense. Coaches change players throughout the game. Points are scored by putting the ball through the hoop.



POSITIONS

Players on offense dribble, or bounce, to move with the ball. Guards are good at dribbling and passing. Each time a player scores a basket, he or she gets two points for their team. Guards often shoot from behind the three-point line. It is farther back and gets the player three points. Forwards try to get open for jump shots. If they make a shot within the three-point line, they score two points for their team. The center is usually the tallest player. They make most of their moves near the hoop. When basketball players are on defense, they try to keep the other team from scoring. They try to steal the ball and block shots.

RULES

Basketball players try not to push or grab each other. If they do, the referee will call a foul. Referees make sure the players follow the rules. A player who is fouled when they are shooting gets to shoot free throws. These are worth one point. Players who commit too many fouls are disqualified from playing the rest of the game. Basketball games are divided into four quarters or two halves. The game ends when the time runs out. The team with the most points wins the game.



GEAR

A basketball has small grips, or bumps, all around it. It bounces well too. Players wear good shoes and comfortable clothing so they can make quick moves. Some players wear mouth guards to protect their teeth. A basketball hoop attaches to a backboard. Players are allowed to bounce the ball off the backboard for a bank shot.

Name _____

BASKETBALL



IDENTIFY: Use the word bank to identify each description.

dribble	Naismith	center
forwards	referees	free throw
defense	court	backboard
	1. Basketball player that is usually the tallest	
	2. Invented basketball in 1891	
	3. Basketball players who often shoot jump shots	
	4. Bounce a ball	
	5. Basketball players on this side try to prevent the other team from scoring	
	6. Make sure the players follow the rules	
	7. Where basketball is played	
	8. A player who is fouled when they are shooting get to shoot this	
	9. Basketball hoops are attached to this	

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MULTIPLE CHOICE: Choose the best answer.

10. What usually happens if a basketball player pushes another player?
A. They get kicked out of the game.
B. They are disqualified from playing the rest of the game.
C. The referee calls a foul.
11. Where was the sport of basketball invented?
A. England
B. United States
C. Australia
12. Which position player often shoots 3-point baskets?
A. Guard
B. Center
C. Forward
13. What does a basketball player do when he or she is on defense?
A. Try to score
B. Try to stop the other team from scoring
C. Try to get the referee to call a foul
14. What is a bank shot?
A. When a player shoots from the three-point line.
B. When a player shoots a free throw
C. When a player bounces the ball off the backboard
15. When does a basketball game end?
A. When one team scores 100 points.
B. When one team gives up.
C. When the time runs out.
16. How much free throw worth if a player makes it?
A. One
B. Two
C. Three



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Writing A Procedure



Title



Goal

What the procedure
aims to make or produce



Materials or Ingredients



Steps in Order
Step-by-step instructions



Conclusion

A short statement outlining what
the final product should be/look like

How to Make...

Today you are going to write a procedure.

The topic you have been given for your procedure is "How to Make...".

Think:

What are you going to explain how to make?

Think of something you know how to make well. This could be a food item, a drink, something made out of craft, a computer program or an app.

Plan:

Plan your writing before you begin. Remember to include:

- the goal
- the ingredients/materials/equipment
- the steps.

Remember to check:

- Use verbs, nouns, adjectives, adverbs and time sequence words.
- Check your spelling and punctuation carefully.
- Make sure your writing makes sense.



teachstarter

BOAT SPORTS

Rowing, canoeing, and sailing are all boat sports in the Summer Olympics.



ROWING

The Olympic rowing course is set out in a lake. Six lanes are marked by buoys on the water. There are 14 different rowing events for men and women. Different sizes of boats are used. Crews are either singles, pairs, fours, or eights. They must be physically fit with a lot of stamina to keep going and speed up toward the end of the race. Each rower has two oars in sculling events. Each rower has one oar in sweep races. The largest boats are for the eights. There are eight rowers and one coxswain, who shouts at the rowers to help them keep their rhythm and encourage them to keep trying.

SAILING

There are ten sailing events for men and women. There are different boat classes, or types of boats. These include: keelboats (sailing boats), multihulls (boats with more than one hull, like catamarans), and windsurfers. Competitors sail around a course that is marked with buoys. They take part in several rounds to earn points for their position as they cross the finish line. The winner earns the least points overall. Sailors need skill and strength to get around the course. They set their sails to get the maximum speed and power from the wind.



CANOEING

There are two types of canoe events at the Olympics- slalom and sprint. A slalom competition is a timed run down a rough, swirling, white-water course with obstacles, steep drops, and fast currents. There are up to 25 gates to get through. If they touch or miss a gate, they are given a time penalty. Sprint canoeists race in lanes across calm water at different distances.



Some canoeists compete in kayaks, sitting down in the boat and using a paddle with a blade on both sides. Others compete in a canoe, kneeling and using a paddle that has a blade on one side.

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Name _____

BOAT SPORTS



IDENTIFY: Use the word bank to identify each description.

keelboats	buoys	coxswain
oars	slalom	wind
gate	sprint	sweep

	1. If canoeists miss or touch one of these, they are given a time penalty
	2. Lanes in rowing courses are divided by these
	3. Person who shouts at the rowers to help them keep their rhythm
	4. Rowers have two of these in sculling events
	5. This competition is a timed run down a rough, swirling, white-water course
	6. Sailors set their sails to get the maximum speed and power from this
	7. Sailing boats
	8. Each rower has one oar in these type of rowing races
	9. This type of canoeists race in lanes across calm water at different distances

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Dalmeny Public School, July 2021

MULTIPLE CHOICE: Choose the best answer.

10. "They must be physically fit with a lot of stamina to keep going and speed up toward the end of the race."
What is the best meaning of "stamina" in the quote?
A. Strength and energy to continue
B. To win a race
C. Compete against others
11. What is the role of a coxswain in rowing?
A. To row using two oars
B. To row with one oar
C. To shout at rowers to keep their rhythm
12. Where are rowing courses set up the Olympics?
A. On rivers in white-water rapids
B. In the ocean
C. On a lake
13. How is the winner of sailing competitions decided?
A. The sailor with the highest amount of points wins.
B. The sailor with the lowest amount of points wins.
C. The sailor who finishes first wins.
14. What is the largest number of crews in Olympic rowing?
A. Fours
B. Eights
C. Twelves
15. What happens if a competitor misses or touches a gate in the slalom competition?
A. Points are deducted.
B. He or she is disqualified.
C. A time penalty is given.
16. How did the author mainly organize the passage?
A. He described the different types of boat sports in the Olympics.
B. He compared and contrasted different types of Olympic sports.
C. He described the history of boat sports in chronological order.



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How to Build a...

Today you are going to write a procedure.

The topic you have been given for your procedure is "How to Build a...".

Think:

What are you going to explain how to build?

Think of something you know how to build well. This could be a Lego tower, a snowman, a sandcastle, a model or a house of cards.

Plan:

Plan your writing before you begin. Remember to include:

- the goal
- the ingredients/materials/equipment
- the steps.

Remember to check:

- Use verbs, nouns, adjectives, adverbs and time sequence words.
- Check your spelling and punctuation carefully.
- Make sure your writing makes sense.

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SKATEBOARDING

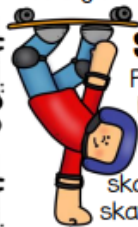
HISTORY

Skateboarding started in the 1940s and 1950s when kids attached roller skate wheels to boards and wooden crates. California surf shops produced mini-surfboards with wheels in the 1960s. Surfers bought them to practice when they could not go out on the waves. The first concrete skateparks opened in California and Florida in 1976. There are over 1,500 public skateparks throughout the United States. There are hundreds of parks in Europe and Australia too. The sport became an official event in ESPN'S X Games in 1995.



EQUIPMENT

Skateboarders stand on the part of the board called the deck. It is usually made of maple wood. Skateboarders choose between shortboards and longboards. A shortboard is used for tricks. Longboards are used for cruising the streets and carving, or making long, wide turns. The wheels are mounted on a metal axel called a truck. Wheels vary in size, color, and material. Skateboarding is a dangerous sport that often results in broken bones, sprained wrists, scraped-off skin, bruises, chipped teeth, and concussions. Helmets, elbow and knee pads, gloves and wrist guards, help protect skaters.



STYLES

Freestyle skateboard is a classic style that started in the 1960s. It involves skateboarding on flat surfaces. Skaters perform routines with tricks timed to music in freestyle contests. Most skateboarding tricks began with one basic trick called an ollie. It allows skateboarders to hop or jump into the air with the board. Street skateboarding is practiced on city streets and other public places. Riders avoid or jump obstacles, like stairs, garbage cans, cars, and people. Ollies, primos, slides, and flips help skaters move across railings, over curbs, and around objects. The objects are called "street furniture." Vert skateboarding, or ramp skating, takes place on vertical surfaces. Vert began with skaters riding the walls of empty pools during a drought in California in the 1970s. Vert skaters roll on half-pipe ramps that are 14 to 15 feet tall. Skaters use shortboards to achieve fast speeds, gain great air, and perform dangerous tricks. Downhill skateboards ride down high hills or mountains and go around hairpin turns at up to 80 miles per hour. Big air skaters take skateboards down a megaramp and perform tricks.

COMPETITIONS

The Summer X Games features skateboard vert, skateboard park, street league skateboarding, and big air skating competition. The games are televised by ESPN each year. Many of the world's best men and women skaters compete in the games. Judges give a score for each rider. The rider with the highest score wins. Skateboarding was chosen as a sport in the 2020 Olympic games in Tokyo, Japan.



@Teaching to the Middle

Name _____

SKATEBOARDING



IDENTIFY: Use the word bank to identify each description.

truck	deck	shortboards
freestyle	vert	Olympics
ollie	X Games	megaramp

	1. Skateboarding style also known as ramp skating
	2. These skateboards are usually used to do tricks
	3. Skateboarding was chosen as a sport in this international competition for 2020
	4. Skateboarders stand on this part of their board
	5. Big air skaters take skateboarders down this to perform tricks
	6. Metal axel where wheels are mounted onto a skateboard
	7. A classic style of skateboarding that started in the 1960s
	8. Most skateboarding tricks start with this basic trick
	9. Skateboarding became an official event in these in 1995

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MULTIPLE CHOICE: Choose the best answer.

10. Where did the first skateparks open in the United States?
 - A. California and Arizona
 - B. California and Florida
 - C. Florida and New York
11. Which statement is true about skateboarding?
 - A. People rarely get hurt when skateboarding.
 - B. Skateboarding started in Europe and spread to the United States.
 - C. Surfers bought mini-surfboards with wheels to practice surfing when they could not go out onto the waves.
12. Which style of skating uses a half-pipe?
 - A. Freestyle
 - B. Vert
 - C. Downhill
13. What are longboards mainly used for in skateboarding?
 - A. Cruising the streets and carving
 - B. Doing tricks on half-pipes
 - C. Doing tricks on megaramps
14. How did the author mostly organize the passage?
 - A. She compared skateboarding to other extreme sports.
 - B. She described the different characteristics of the sport of skateboarding.
 - C. She gave directions on how to do an ollie on a skateboard.
15. How is the winner of skateboarding competitions decided?
 - A. Judges give scores and the skater with the highest score wins.
 - B. The skater who is the first to finish wins.
 - C. Skaters vote on the athlete who they think did the best trick.
16. "The Ollie was invented in the 1980s by Alan Gelfand, a young skateboarder in Florida."

The quote would best fit under which subheading in the passage?

 - A. Competitions
 - B. Equipment
 - C. Styles



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How to Play...

Today you are going to write a procedure.

The topic you have been given for your procedure is "How to Play..."

Think:

What game are you going to explain how to play?

Think of a game you know how to play well. This could be a board game, a game you play with your friends at lunch time, a computer game or a card game.

Plan:

Plan your writing before you begin. Remember to include:

- the goal
- the ingredients/materials/equipment
- the steps.

Remember to check:

- Use verbs, nouns, adjectives, adverbs and time sequence words.
- Check your spelling and punctuation carefully.
- Make sure your writing makes sense.



teachstarter



SWIMMING

Swimming is a sport in which people race in water.

It usually takes place in a pool. Swimmers can compete as individuals or on relay teams.

Multiple people, usually four, take turns to work as a team in a relay event. The fastest time wins a race. Swimming is a popular sport all over the world. Multiple swimmers compete in meets. Most people watch swimming events during the Olympics, a competition of swimmers from all over the world.



STROKES

There are four strokes, or ways of swimming, used in swim races. Freestyle is the fastest swimming stroke. It can also be called the front crawl. Swimmers flutter kick their legs one at a time. They swing their arms in a pinwheel motion. In the backstroke swimmers swim on their backs. Swimmers kick their legs like a frog in the breaststroke. Swimmers kick their feet like a dolphin in the butterfly stroke. Swimmers use every stroke in medley races.



RULES

Swimmers start their race on blocks, or raised platforms above the water. The swimmers get ready when the starter tells them to take their marks. They dive, or jump headfirst, into the water when they are given the starter's signal. Swimming pools are broken up into lanes. Each swimmer gets their own lane. Swimmers on relay teams share a lane. Olympic pools are 164 feet (or 50 meters) long. Each race is a certain distance. Swimmers who swim more than one lap do a tumble turn, or flip turn, at the end of each lap to restart quickly. The swimmer who touches the wall in the fastest time wins.

GEAR

Swimmers wear tight swimsuits to lessen the drag. This helps them swim faster. Swim caps are also used to cut down on drag. Goggles protect swimmers' eyes and allow them to see underwater.



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Name _____

SWIMMING



IDENTIFY: Use the word bank to identify each description.

meet	strokes	freestyle
relay	frog	butterfly
medley	blocks	drag

	1. Different ways of swimming
	2. An event when multiple swimmers compete
	3. Multiple swimmers work together in this type of swimming event
	4. Swimmers kick their legs like this animal in the breaststroke
	5. The fastest swimming stroke
	6. Swim caps are worn to cut down on this
	7. Swimmers kick their legs like a dolphin in this stroke
	8. Swimmers use all four strokes in this race
	9. Raised platforms on which swimmers dive from at the start of a race

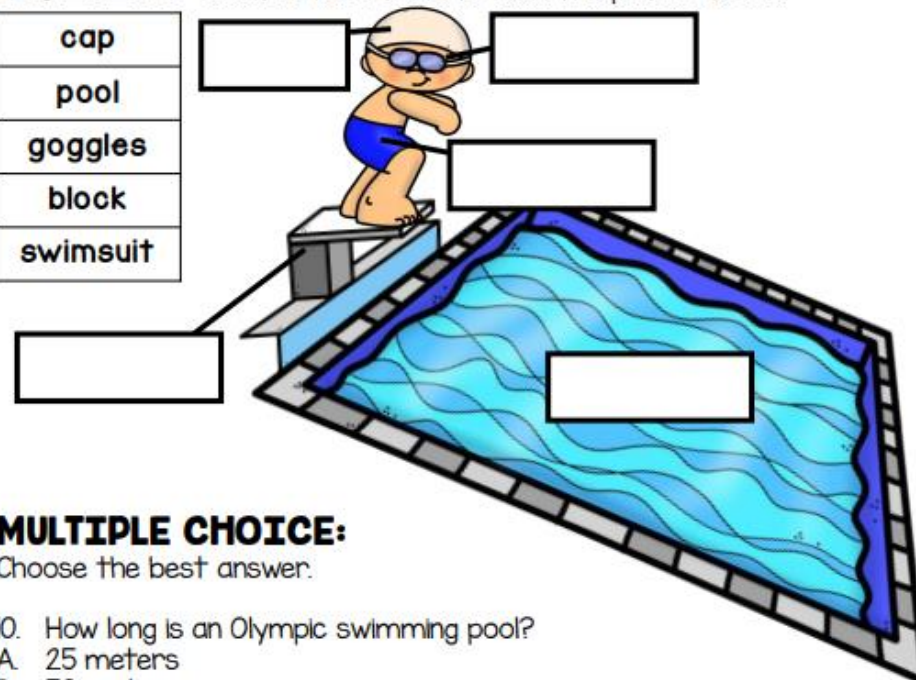
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Dalmeny Public School, July 2021

LABELING: Use the word bank to label the picture below.

cap
pool
goggles
block
swimsuit



MULTIPLE CHOICE:

Choose the best answer.

10. How long is an Olympic swimming pool?
 - A. 25 meters
 - B. 50 meters
 - C. 100 meters
11. When do swimmers do flip turns?
 - A. At the end of a race
 - B. At the start of a race
 - C. In between each lap
12. What kind of kick is used by swimmers in the freestyle stroke?
 - A. Flutter
 - B. Dolphin
 - C. Frog
13. What strokes are used in a medley race?
 - A. Breaststroke and butterfly
 - B. Freestyle and backstroke
 - C. All four: breaststroke, butterfly, freestyle, and backstroke

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How to Get Ready For...

Today you are going to write a procedure.

The topic you have been given for your procedure is "How to Get Ready For..."

Think:

What activity are you going to explain how to get ready for?

Think of an activity you know how to get ready for well. This could be getting ready for school, a training session, a sporting activity, a bath or bedtime.

Plan:

Plan your writing before you begin. Remember to include:

- the goal
- the ingredients/materials/equipment
- the steps.

Remember to check:

- Use verbs, nouns, adjectives, adverbs and time sequence words.
- Check your spelling and punctuation carefully.
- Make sure your writing makes sense.



teachstarter



TRACK AND FIELD

Track and field events have always been a part of the Olympic games.

RUNNING

There are many different running events in the Olympics. Men and women sprint in short races. The 100-meter dash is the shortest race. It only lasts around 10 seconds. The 200m and 400m are also sprinting events. Four runners work together to take turns running around the track in relays. The first runner starts with a baton and hands it off to the next runner. The last runner sprints to the finish line. Relay races are different lengths. Runners sprint down their lanes and jump hurdles in some races. Long-distance running is about having energy for a long time. Runners have to pace themselves so they do not get too tired. Races are from 800 meters to 10,000 meters on the track. The longest race is the marathon. It is 26.2 miles and takes hours to finish.



JUMPING

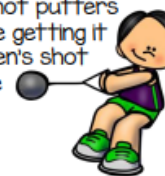
Long jumpers sprint down a runway and jump into the air. They land in a sand pit. The longest jump wins. In the triple jump, athletes run and then string three jumps together. The total distance of the jumps is measured. High jumpers soar over a bar that is raised over and over. Each jumper's score is the highest bar they can jump over. Pole vaulters use a long pole to soar to amazing heights.



They run with a long pole toward a high bar. They plant the pole in a "box" at the end of the track. This launches them up to the bar. Vaulters arch their backs and soar over the bar. The highest vault wins.

THROWING

Throwing events are all about strength and skill. Athletes run down a runway and hurl a spear called a javelin in one event. Discus throwers spin in a tight circle and hurl a heavy disc as far as they can. The hammer throw is similar, but a heavy ball on a long wire is thrown instead. Throwers grab the handle at the end of the wire and spin around and around, faster and faster, until they let go. Shot putters start by spinning around. They tuck the shot under their chin while getting it ready. They chuck the heavy, round shot as far as they can. A men's shot put weighs just over 16 pounds, while the women's is 8.8 pounds. The longest throw in each event wins.



ALL-AROUND

The world's top all-around athletes run, jump, and throw. Ancient Greek athletes competed in a pentathlon with five events. The decathlon challenges men in ten events today. They battle for the top spot in four runs, three jumps, and three throws. The winner of the decathlon is sometimes called the world's greatest athlete. Women compete in seven events called the heptathlon. They run three races, do two jumping events, and fire off two throws.

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Name _____

TRACK & FIELD



IDENTIFY: Use the word bank to identify each description.

relay	pentathlon	marathon
discus	sprint	shot put
long jump	decathlon	bar
	1. Ancient Greek athletes competed in five challenges in this event	
	2. Short races where competitors run very fast	
	3. Competitors sprint down a runway and jump into the air in this event	
	4. A heavy disc is thrown in this field event	
	5. Four runners work together in this type of race	
	6. Athletes jump over this in the pole vault	
	7. The longest race at 26.2 miles	
	8. Olympians compete in ten events in this competition	
	9. This weighs a little over 16 pounds in the men's competition	

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MULTIPLE CHOICE: Choose the best answer.



10. How is the winner of the pole vault decided?
 - A. The athlete who jumps the farthest distance.
 - B. The athlete who vaults the highest.
 - C. The athlete who vaults the fastest.
11. What do athletes do before throwing the discus, hammer, and shot put?
 - A. Run down a long runway
 - B. Jump up and down
 - C. Spin in a circle
12. Women compete in how many events in the heptathlon?
 - A. Five
 - B. Seven
 - C. Ten
13. "Runners have to pace themselves so they do not get too tired." What is the best meaning of "pace," as used in the quote?
 - A. Run quickly during an entire race
 - B. Speed up to win a race at the end
 - C. To run at a certain speed to save energy
14. What is the purpose of the "box" in pole vaulting?
 - A. To give an athlete a place to land
 - B. To plant the pole to launch themselves over the bar
 - C. To measure how high an athlete jumps
15. How much does a female's shot put weigh in the Olympics?
 - A. 8.8 pounds
 - B. 16 pounds
 - C. 26.2 pounds
16. What was the author's main purpose in writing this passage?
 - A. To persuade the reader to try track and field events.
 - B. To entertain the reader with an interesting story about a track athlete.
 - C. To inform the reader about different track and field events.



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HANDY HOMOPHONES

NAME: _____

Where, Wear or We're?

Where is an adverb relating to place or position.

Eg. I know **where** the cookie jar is.

Wear is used when talking about clothing.

Eg. I am going to **wear** my pajamas to school.

We're is a contraction of 'we are'.

Eg **We're** going to arrive to the party early.

Use **where**, **wear** or **we're** correctly to complete the following sentences:

- _____ are we? _____ back _____ we were yesterday!
- _____ flying to Hawaii next month! It is _____ the good surf spots are.
- The tyres on the car are starting to _____ out
- _____ going to the festival _____ we can _____ costumes.
- This is _____ the bus will pick you up this afternoon.
- _____ planning a party _____ the guests can _____ anything they want
- I do not know _____ the car park is, so I think _____ going to be late.
- My mum was just telling me that _____ going to a party _____ we have to _____ blue wigs.

- i) Create a sentence that includes **where**, **wear** and **we're**

*Make sure your sentence makes sense and you have used the correct homophone!

CAN YOU CREATE A
SYMBOL FOR EACH WORD
TO HELP YOU REMEMBER
EACH MEANING?

HANDY HOMOPHONES

Teach **THIS**

Your or You're?

Your is a word that describes something that belongs to you.

Eg. We will watch **your** football game.

You're is a contraction which means 'you are'.

Eg. I know **you're** going to love the party

NAME: _____

For letter 'm',
create your own
sentence using both
you're and your
homophones!

Use either **your** or **you're** to complete the following sentences:

- I can see _____ house from my backyard.
- Do you know when _____ going to finish _____ homework?
- How many of _____ friend's know that _____ having a party this weekend?
- Did you see my sister try to grab _____ dessert?
- _____ mum said that _____ taking a friend to the movies.
- _____ in my class this year, but I won't be next to _____ desk.
- Can I borrow _____ pencil and _____ eraser?
- When can I come over and play _____ new video game?
- Did you return _____ book to the library today?
- I can see that _____ a great basketball player.
- _____ grandfather's jokes are so funny and _____ always embarrassed!
- Go and practise playing _____ guitar in the other room, because _____ playing too loudly!
- m) _____

HANDY HOMOPHONES

NAME: _____

There,
Their **or**
They're?

Their describes something that belongs to 'them'.

Eg. We can go to **their** party.

They're is a contraction, which means 'they are'.

Eg. I know **they're** going to have fun.

There is an adverb of place.

Eg. The ball is over **there**.

Teach THIS

- _____ all going to the party together but will not take _____ swimsuits.
- They were all told to do _____ very best handwriting.
- I saw _____ house before they had finished _____ renovations.
- _____ all going swimming in _____ pool after school.
- _____ seems to be a problem with _____ car engine.
- I think that _____ new car is awesome and that _____ very lucky.
- If we are going to _____ picnic, can you see if _____ bringing any games.
- Those girls always leave _____ rubbish behind. _____ not respecting others, so I wish they would clean up _____ mess.
- I can see all of _____ artwork on the walls in the classroom over _____.
- Are _____ any cookies left for me? _____ delicious!

HOMOPHONES in HAWAII

Read the following text about Hawaii. Write the **correct** word next to each **homophone in brackets** so the sentence makes sense! Use the words in the box at the bottom of the page.

NAME: _____

Aloha! Welcome two Hawaii! Have you (herd) _____ of this beautiful state? Hawaii's nickname, the Aloha State, is (know) _____ mystery. Aloha is the Hawaiian way (too) _____ say hello and (goodbuy) _____. Hawaii is the world's largest island chain consisting of (ate) _____ islands. (Sum) _____ of the islands are Maui, Oahu, Kauai and Hawaii Island. It is around three thousand, (to) _____ hundred kilometres south-west of the United States. It is the only U.S state (witch) _____ is (maid) _____ up completely of islands.

Captain James Cook came across the islands in 1778. Over the next forty years, many adventurers and explorers stopped (hear) _____ (four) _____ supplies. Hawaii is famous for hula dancing, surfing, the (see) _____, swimming and volcanoes!

Agriculture is a large part of Hawaii's economy. Coconut, mango, banana, pineapple and avocados are all (groan) _____ here. Hawaii has a variety of animals including dolphins, whales, (dear) _____ and monk seals. Did you (no) that in Hawaii you can (male) _____ a coconut to a friend or family member? Decorate and (right) _____ on it, before sending your coconut to (anywear) _____ in the world!

Hawaii's (whether) _____ consists of (too) _____ seasons, summer and winter. Hula dancers traditionally (where) _____ grass skirts and leis. A lei is a (flour) _____ necklace which is very important in Hawaiian culture. The lei is a common symbol of love, (piece) _____, celebration, friendship (oar) _____ greeting.

no to peace made or goodbye mail two weather some wear
two flower here write grown for sea know mail anywhere
which heard