Name: .		
Class:		

# Stage 3

Term 3 Week 9 Science/PDHPE Day

# JOKE

What do you call a dinosaur that is sleeping?



Keep an eye out while you work for the answer.

# **Fitness**

Morning Stage 3, let's get started by warming up your body so you can learn at your best!

https://video.link/w/kPA5c



#### 8 minute Aerobics Exercise



# Science

# Living World Assessment

THIS TERM: you looked at sustainability, specific types of sustainability and how they work, renewable and non-renewable resources, as well as how Indigenous communities manage food and fibre resources.

THIS WEEK: you will need to use all the knowledge you have learned to complete this end of term assessment.

#### What to do:

- Go through the following slides and answer each of the questions.
- Read the questions carefully and take your time.
- Use the highlight tool or type your answers to complete the questions.
- Take breaks if you need them.



We are learning to be able to identify why it is important for food and/or fibre to be produced sustainability.



#### I can:

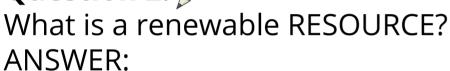
- Explain what sustainability is.
- Explain what a renewable resource is.
- Identify renewable and non-renewable resources.
- ☐ Identify how Indigenous communities manage food and fibre resources.
- Identify how people can be more sustainable in different settings.

# Let's get started...



What is sustainability? (in your own words) **ANSWER:** 

#### Question 2:



#### Question 3:

What is a non-renewable RESOURCE? **ANSWER:** 

#### Information:

#### Question 4:

Which of the following are examples of renewable resources?

- a. Solar
- b. Oil
- c. Soil
- d. Trees
- e. Steel

#### Question 6:

Name one more renewable resource.

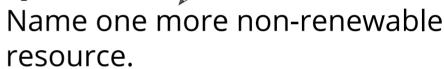
**ANSWER:** 

#### Question 5:

Which of the following are examples of non-renewable resources?

- a. Aluminum
- b. Coal
- c. Grass
- d. Groundwater
- e. Phosphates

#### Question 7:



**ANSWER:** 

## Question 8:

What is the difference between a renewable resource and a renewable energy source?

**ANSWER:** 

#### Question 9:

How did the Indigenous people use food sustainably? ANSWER:

#### Question 10:

Explain one sustainable practice the Indigenous people used and why it is important?
ANSWER:

### Question 11:

What is one other way that the Indigenous people used the environment in a sustainable way?

**ANSWER:** 

### Question 12:

How can someone be more sustainable at home? ANSWER:

#### Question 13:

How can someone be more sustainable at school? ANSWER:

#### Question 14:

How can someone be more sustainable in the community? ANSWER:

Well done! You are finished this assessment. Have a go at designing a poster on the next page.





# Get creative and design your own sustainability poster.

Use these posters as ideas to help you design your own.

You can make it general or about a specific topic. E.g. cutting down trees.

Remember to plan, take your time and use HEAPS of colour!!!!

I would love to show off your work to our school community so send through plenty of photos for me to share with everyone.







ABCDE FGHIJK LMNOP QRSTU VWXYZ

Can you come up with your own **PANGRAM**?
A pangram sentence is a sentence using every letter of the

alphabet at least once.

Look at the example



Create your own pangram and write it in the box below.

The quick brown fox jumps over a lazy dog.



Answer:
A Dinosnore





- Identify the difference between your strengths and the strengths of another person.
- Identify the influences on your strengths and give examples for each.
- Answer the questions about one of your achievements.
- Outline ways that people can be recognised for their achievements.
- Create a recognition system for your household, you can include parents and make it funny.



We are learning to identify that every person has their own individual strengths and qualities, and not everyone is the same.

We learning to use creative ways to test our coordination.



#### I can:

- Identify my own personal strengths.
- Differentiate between my own personal strengths and others.
- Outline that our strengths can be influenced by a range of different things.
- Attempt coordination challenges in a safe and fun way.

# Why do we have different strengths?

My Strengths

My Friend/ Family Members Strengths

•

•

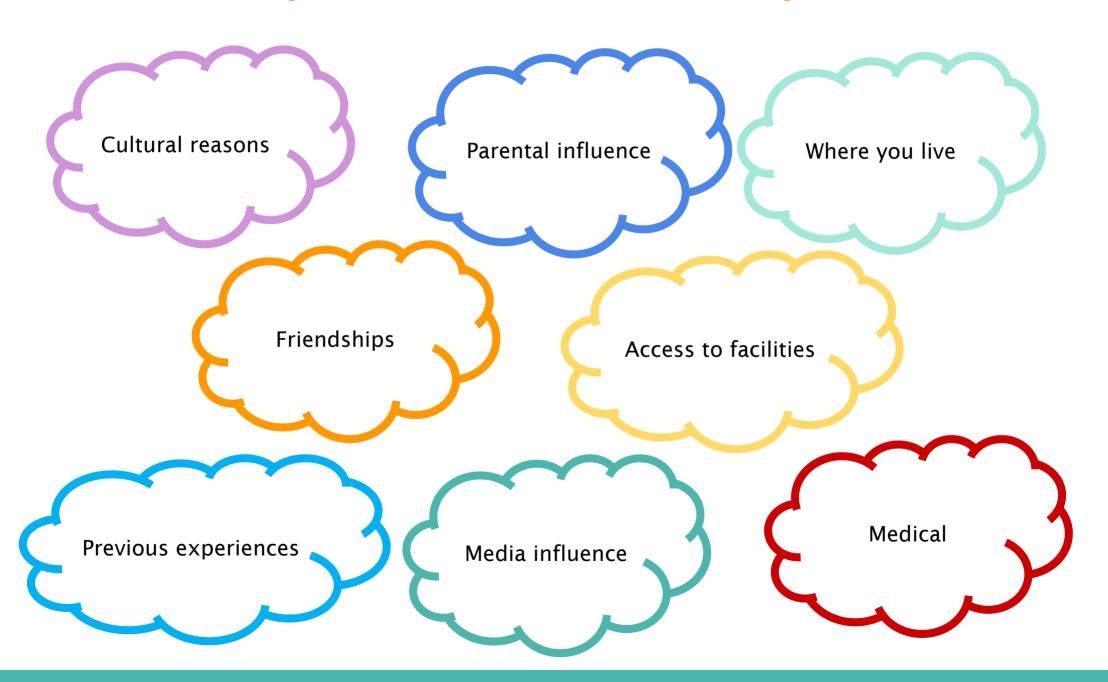
Why are your strengths different to the person you have chosen?

# What influences our strengths?

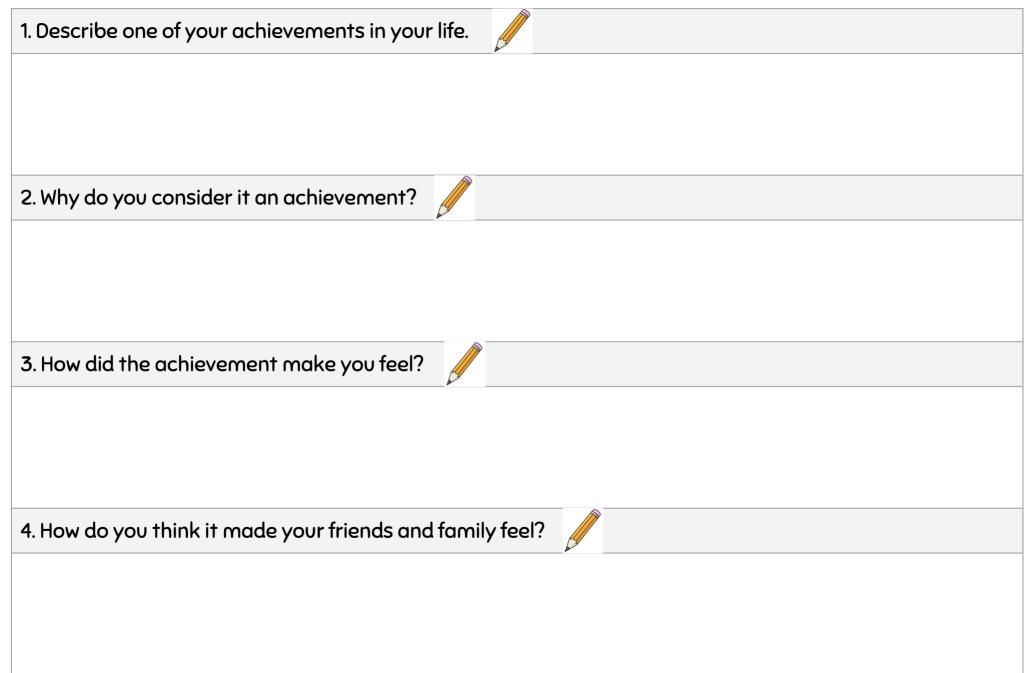
A number of things may influence our individual strengths. Can you think of any? If you get stuck use the next page to help identify an influence and come up with your own example of how it impacts your strengths.

Influence	Ехатрle		
E.g. Parents	Because they enjoy playing soccer and taught me how to play.		

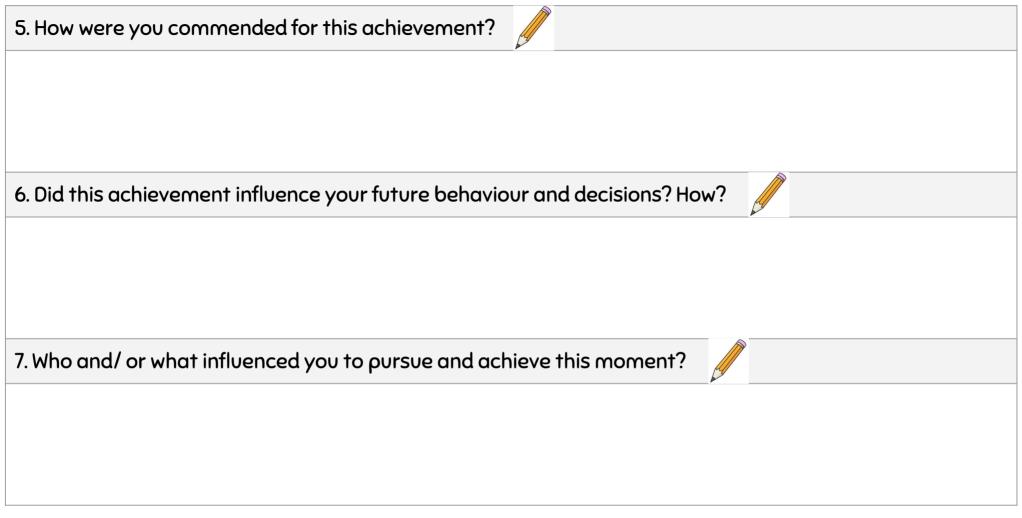
# Influences on our strengths



# My Achiecvements







# How can we be recognised for our strengths?

There are many ways that we can be recognised for our strengths. Some examples include:

- O Receiving a prize
- Receiving an award
- Verbal comments
- Clapping

Can you think of any others?













# Create a recognition system

Remember how it felt to be recognised for your achievements? Let's see if you can create a recognition system to encourage your household to achieve little things every day. Maybe you can help them recognise that they are doing a good job at work, school or helping your wellbeing. At school we use Tawny Tickets, Awards and Class Dojo's to recognise our strengths and achievements, see if you can come up with a recognition system for your house. Use your creativity and feel free to adapt the task to suit your house and who is there. There is no wrong way of doing this activity, if you have let someone know that their efforts are recognised then you have done an awesome job!

#### Here are a few examples of how we can recognise little achievements each day.











On the last page is a tear off poster that you can stick in your work space, just a little reminder that you are awesome

#2

#### https://www.youtube.com/watch?v=0RWSwo1FziM

https://www.youtube.com/watch?v=M154Ua-CwBk

#### Equipment:

- Shoe





Fun coordination challenges using things at home

Make sure you follow all the instructions for warming up

Equipment:

- Broom, rake, cricket bat or other stick like item





#4

#3

https://www.youtube.com/watch?v=0RWSwo1FziM

https://www.youtube.com/watch?v=laNTHCDOSQg

#### Equipment:

- Wall





#### **Equipment:**

- Zero





Mistakes are proof that you are trying

Don't let what you can't do stop you from doing what you can

Difficult roads often lead to beautiful destinations

destinations

It doesn't matter how slowly you go as long you don't stop

Be a unicorn in a field of horses

The secret to getting ahead is getting started You don't have to be great to start, but you have to start to be great

A little progress each day adds up to big results

You may not be there yet but you're closer than you were yesterday

It always seems impossible... until it is done

Take some

Encouragemen