



Holy Eucharist Catholic Primary School

1a Oleander Drive, St Albans South. VIC 3021

Phone: 8312 0900 Fax: 9366 8192

www.hestalbanssth.catholic.edu.au



Grades 5 and 6

Learning Intentions: Grade 5 - This week we are learning to draw an inspiring planet in 3D. You can use this as a card

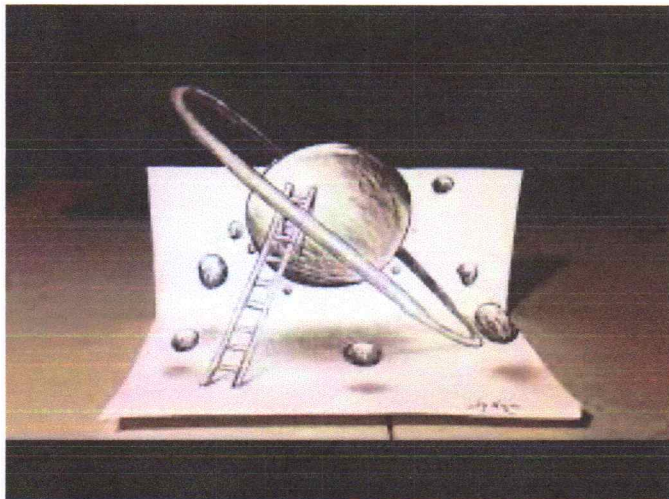
https://www.youtube.com/watch?v=d7BGU7_4c

Watch this video to create a 3D planet.

Grade 6 – We are learning to draw the Olympic rings in 3D

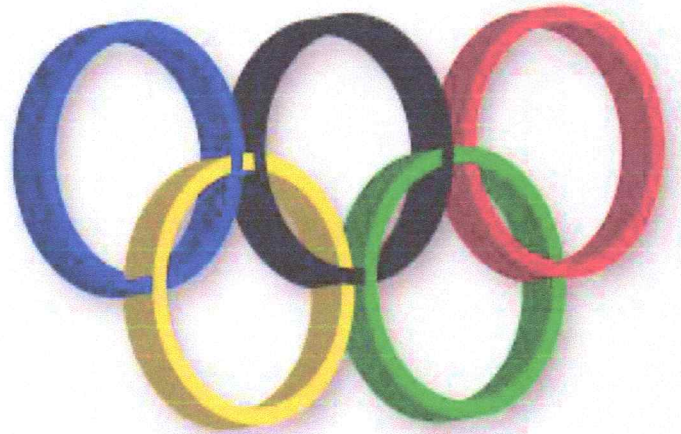
<https://www.youtube.com/watch?v=R8Wqb8Yc09o>

Watch this and follow the video



Materials needed: 5

A4 paper white paper
Soft black pencil
Follow the step-by-step tutorial.



Materials needed: 6

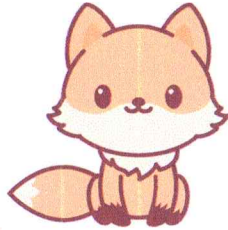
White A4 paper
Coloured pencils
Markers
Lead pencil

If you can't access the videos, then draw the images you see above

HAVE FUN!!!

Name: _____ Class: _____

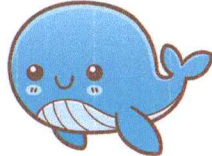
Circle the sport/exercise they like!



1. lán qiú 2. zú qiú 3. yóu yǒng



1. wǎng qiú 2. zú qiú 3. pīng pāng qiú

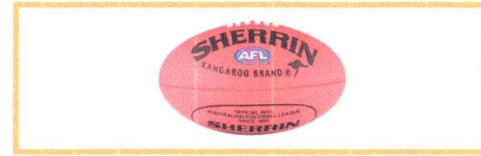


1. pǎo bù 2. pīng pāng qiú 3. yóu yǒng



1. gǎn lǎn qiú 2. zú qiú 3. wǎng qiú

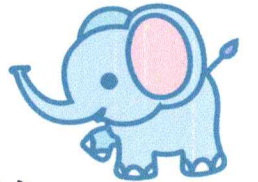
Circle the sport/exercise they like!



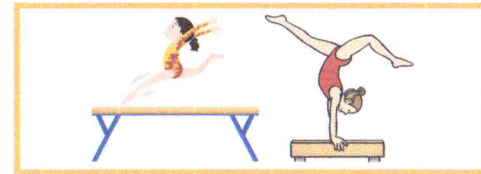
1. lán qiú 2. gǎn lǎn qiú 3. yóu yǒng



1. pǎo bù 2. tǐ cāo 3. wǎng qiú



1. lán qiú 2. pīng pāng qiú 3. pǎo bù



1. tǐ cāo 2. zú qiú 3. wǎng qiú

Music Term 3 Week 6

Gr. 3-6

THE ORCHESTRA

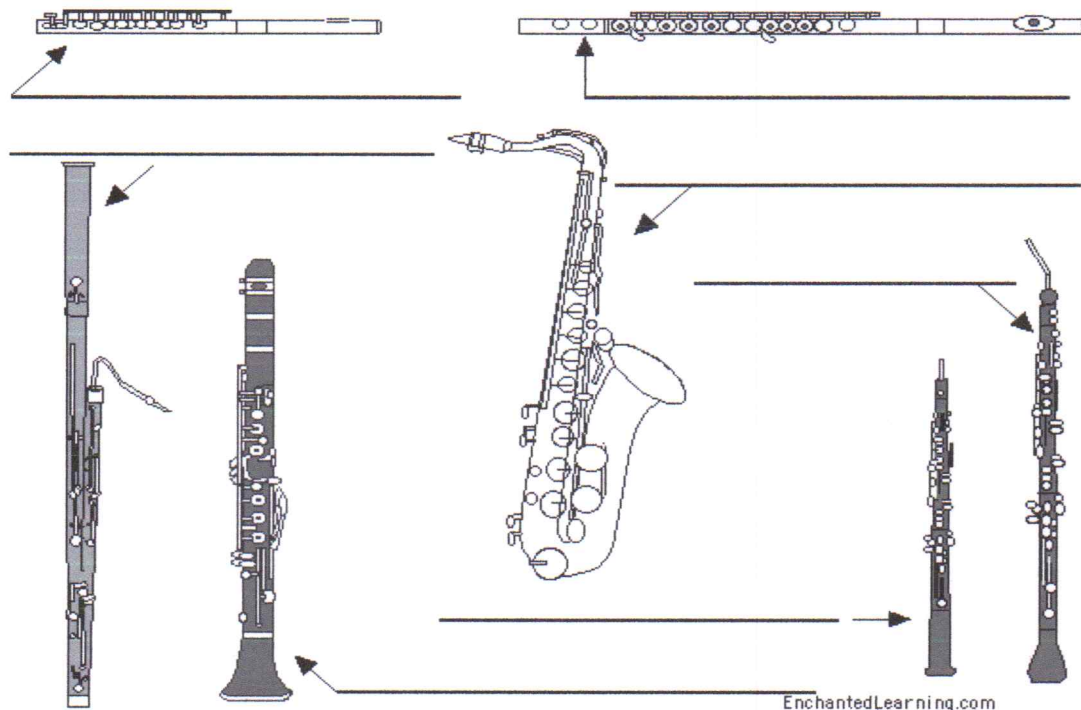
This video gives you some fun information about **WOODWIND** instruments

<https://www.youtube.com/watch?v=5PMmJ7CqmoQ>

Label all the woodwind instruments

(You can do this on another piece of paper)

Clarinet Bassoon Flute Piccolo Saxophone Oboe
Cor Anglais (English horn)



EnchantedLearning.com

Find an interesting fact online about one of the woodwind instruments.



HOLY EUCHARIST SCHOOL

1A Oleander Drive St Albans South

Ph: 83 12-0900



Term 3 Week 6 Grade 3 & 6 Physical Education Remote Learning

Hello 3-6 students, parents and carers,

Here are WEEK 6 activities, students can access the websites using a device. Some activities require sports equipment, use something from around the house that would do the same job as the sports equipment. You need a small space to do most of these activities, if you have outdoor space then use that.

STUDENTS:

If you don't have access to a digital device or internet, go for a bike ride, walk, little jog, kick to kick with siblings or adults (if weather permits).



No Google Meets in week 6, but please get outside and get active. (If weather permits). Remember to **HAND IN** your work by posting a picture on Google Classroom or (Class Dojo Grade 3 students).

Students and Parents, please don't hesitate to contact me for any help or support on:

heribert.herrera@hestalbanssth.catholic.edu.au



Stay Safe and take care of your family.

Mr. Herrera Physical Education Teacher.

Warm-Up

5 Minutes



Learning Intention:

I'm learning to warm-up correctly.



Equipment:

- Water Bottle
- Yoga mat (if you have one)
- Space to exercise

Warm Up Video:

Warm Up Video:

Link: [Here's the most EFFECTIVE warm up routine I use for my P.E lessons](#)



Activity or Skill:
Workout

Learning Intention:
I'm learning to take care of my body and mind.

Give each exercise a go, push yourself and be confident :)

Time: 18 minute Yoga.

Link: [Morning Yoga | Adults Chair Yoga Class with Yoga Ed.](#)



Warm-Down

10 Minutes

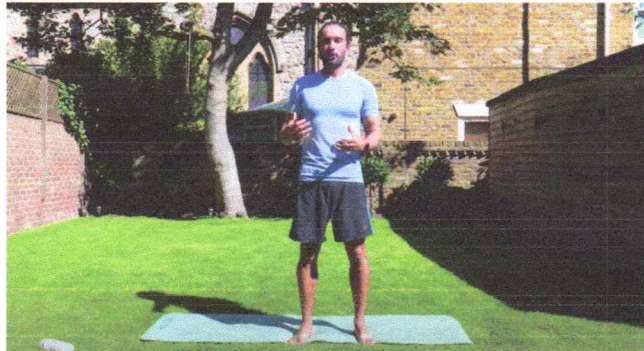
Stretching is important to help us recover and cool down our body.

Learning Intention:

- I'm learning to cool down correctly after my activity.

Warm down for 10 minutes:

Link: [10 MINUTE MOVE AND STRETCH | THE BODY COACH](#)





HOLY EUCHARIST



Longest Paper Plate Competition

How long can you make one paper plate by cutting it in some way?

THE RULES

- You are only **ALLOWED** to use a **paper plate** and a **pair of scissors**.
- You are **NOT ALLOWED** to use **glue** or **sticky-tape**.
- You are allowed to try different ways to find your answer because working it out is a bit tough. Change your design more than once and test it out.
- **You must submit your work as a short video. The video needs to show your LONGEST PAPER PLATE and answer these questions**
 1. What is your first name and surname?
 2. What grade are you in?
 3. How long is your plate? How do you know?
 4. How did you make the plate long? What did you do?
 5. How do you know that you have made the longest plate?
 6. Did you plan what you were going to do first or did you just do it?
 7. Did you have fun?
 8. What did this activity teach you?

Where to send your videos: You can send them to me by posting to your DOJO portfolio, DOJO parent messages, Classroom Submission/Assignment, email. If you need help with this email me vivian.faraj@hestalbanssth.catholic.edu.au

