

## Learning at Home Package: Dance and Physical Education Year 4 to 6

<p><b><u>DANCE</u></b></p> <p>From little things big things grow – Paul Kelly</p> <ul style="list-style-type: none"> <li>• Take a look at the video on connect and try to follow along.</li> <li>• Step by step have a go at the moves and sign language</li> <li>• Have fun with it</li> </ul>	<p><b><u>DANCE</u></b></p> <p>From little things big things grow – Paul Kelly</p> <ul style="list-style-type: none"> <li>• Read over the words in the song.</li> <li>• What message is the dance representing?</li> <li>• Write a small summary on what the song is about and how you have conveyed the meaning in the dance. (using sign language, acting out parts, body to represent a meaning.</li> <li>• Then write how you feel when you perform the dance.</li> </ul>	<p><b><u>DANCE / PE</u></b></p> <p>GO Noodle.</p> <ul style="list-style-type: none"> <li>• Sign up to Go Noodle all you need is a parent's email address and create your own password.</li> <li>• Choose year level and get your groove on!!</li> <li>• Watch you little person grow bigger and bigger the more you play.</li> <li>• Great as a fun brain break throughout your day.</li> </ul>	<p><b><u>PE</u></b></p> <p>Obstacle course in your garden.</p> <ul style="list-style-type: none"> <li>• Using what you can find to jump over, throw and run to.</li> <li>• Create a course that keeps you moving for at least 2 mins at a time.</li> <li>• Example: run from one end of garden to another, then jump over a garden hose, then hop like a bunny back to fence, then hop on one leg to other fence.</li> <li>• Be creative but safe and have fun</li> </ul>	<p><b><u>PE</u></b></p> <p>Other Ideas for obstacle course.</p> <ul style="list-style-type: none"> <li>• Using a phone or stop watch ask a parent to time your runs.</li> <li>• Record each time you do it and see if your stamina builds up each week.</li> <li>• Create a graph to record the data each time. Example – Date, time. See how much faster you can get</li> <li>• Upload your graph onto connect after a few weeks.</li> </ul>
<p><b><u>DANCE</u></b></p> <p>Shake your tail Feather – Practice using the video link on connect.</p> <p>Things to practice:</p> <ul style="list-style-type: none"> <li>• In time with the music</li> <li>• Jump in time with the music in chorus and Shake your tail feather to left, back, right and front</li> </ul>	<p><b><u>DANCE</u></b></p> <p>Wanjoo song by Gina Williams.</p> <ul style="list-style-type: none"> <li>• Practice using the video on connect.</li> <li>• Follow along and learn the lyrics first.</li> <li>• Once you are confident with the lyrics add the sign language. There will be an additional video on connect with sign language.</li> </ul>	<p><b><u>DANCE / PE</u></b></p> <p>Crab walking</p> <ul style="list-style-type: none"> <li>• Crab walk (hands on the ground and the balls of your feet) from one end of your yard to another as many times as you can.</li> <li>• Create a graph and record the data. Time and date</li> </ul>	<p><b><u>PE</u></b></p> <ul style="list-style-type: none"> <li>• Practice your jumps and throws. Stand and jump as far forward as you can.</li> <li>• Hop, skip and jump to each end of your yard and record data.</li> <li>• Ball toss into a bucket</li> <li>• See connect for some more ideas about keeping active at home</li> </ul>	<p><b><u>Arts - ANZAC DAY</u></b></p> <ul style="list-style-type: none"> <li>• In your take home packs you will see a ANZAC wreath.</li> <li>• Colour in the wreath (green leaves, red poppies)</li> <li>• Cut and glue together to create the wreath.</li> <li>• Hang on your front door and on Anzac day take a moment to read the poem and reflect.</li> <li>• Make sure you get a photo for your records</li> </ul>