# Object Based 5 Year Old



Greeting



What?



Type or Category?













Thank You





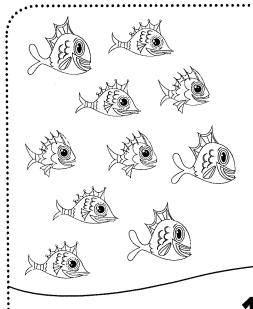


## Lesson 46 · Worksheet 3 Number sense

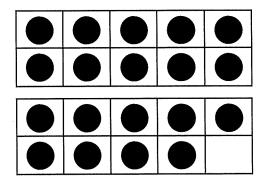
18, 19, 20

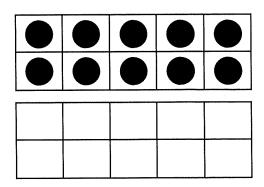
Name

Draw 10 more fish.



2 Complete.





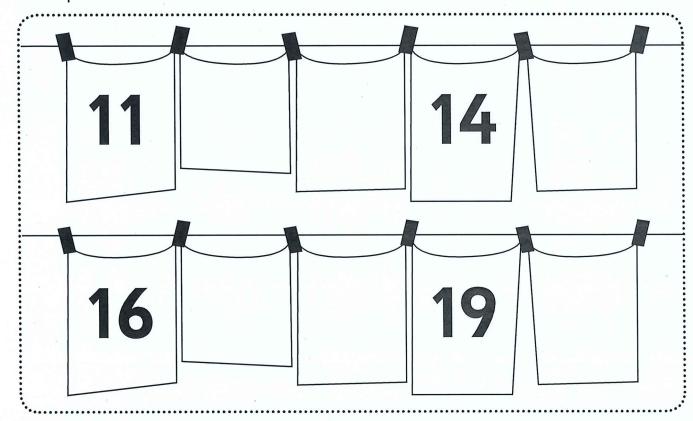


### Lesson 46 · Worksheet 4 Check

18, 19, 20

Name

Complete the number lines.



2 Complete.



Families

Draw the people you think could be in a family tree.





### **Physical Education**

# Week 4 & 5 – Pre Primary Fundamental Movement Skills Running

#### **Skill Explanation**

The sprint run is a locomotor skill characterised by a brief period where both feet are simultaneously off the ground (called the flight phase). The ability to perform a sprint run is fundamental to many games, sports and everyday activities.

#### **Skill Criteria Checklist:**

| 1.         | Lands on ball of foot                                            |
|------------|------------------------------------------------------------------|
| 2.         | Non-support leg bends at least 90 degrees during recovery phase  |
| 3.         | High knee lift (thigh almost parallel to the ground)             |
| 4.         | Head and trunk stable, eyes focused forward                      |
| <b>5</b> . | Elbows bent at 90 degrees                                        |
| 6.         | Arms drive vigorously forward and backward in opposition to legs |

#### **Skill Example**

Watch this video to learn how to run!

https://www.youtube-nocookie.com/embed/Ly-Zh-rXeh4?playlist=Ly-Zh-rXeh4&autoplay=1&iv\_load\_policy=3&loop=1&modestbranding=1&start=

#### How to show us!

Please create a video of yourself doing this skill and upload it to your class dojo portfolio.

Send Mrs Bastick or Miss Stumpf (whoever teaches you for PE) a dojo message to let us know that you have completed it.

#### **Extension**

Let us know something you found interesting about this task.

What challenges did you face? How did you overcome them?

Did you modify it?

How did your body feel before and after the task?