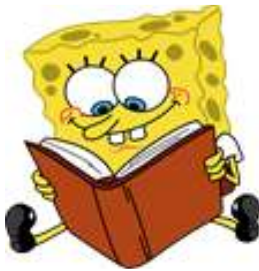




Mōrena Tamariki from Miss Lawson and Mrs Smith!

Here is today's worksheet for you all - Remember, you don't have to, but you can email me, when you have finished an activity, or if you like, post pictures of your work on our Facebook Page. I hope you are all enjoying your activity booklets too now that you have them. There is a range of things to do in there so it is totally up to you questions/pages you want to do. I hope you have fun doing the activities that are in there and challenge yourselves as much as you can. Enjoy today's activities from our worksheet too ☺



**Read:** We are going to read about something called '**alliteration**' which is going to help us make our writing even more exciting than it already is!

So for today's reading, I want you to read what I have written below, out loud to a parent or caregiver. Some words are tricky so it would be a great idea to have someone read with you and possibly help to explain some of the bigger words. Yes it is short, but there is lots to read on these worksheets so I am trusting that you are giving it a go to read them too.

Alliteration is the repetition of a consonant (**remember a consonant is every other letter of the alphabet apart from our vowels 'a e i o and u'**) sound at the beginning of a word. It is common for alliterative words to start with the same letter.

Betty Botter bought some butter,  
"But," she said, "the butter's bitter."

Even though the words in this example start with different spellings, they all make the 'sh' sound.

Charlotte shared her sugar  
With a shaggy sheep named Shannon.

By putting alliteration into your writing it makes your stories come to life and sound exciting, fun and interesting to your reader. So get thinking of some funny/silly alliterative poems you can make and head on down to the next task to write them!



**Spell:** Today's spelling task is to find as many words as you can ending with the 'ch' sound.

Once you have recorded these words, your next job is to learn them and spell them correctly without any help or hints... Good luck, give it your best shot ☺



Destinations:

1. Auckland
2. Spain
3. Wellington
4. Christchurch
5. Germany
6. Tauranga
7. Rotorua
8. Scotland
9. Whangarei
10. America
11. Hamilton
12. Staying at home
13. Palmerston North
14. Bali
15. Nelson
16. Dunedin
17. South Africa
18. Invercargill



**Explore and investigate:** Today we are going to get active with our exploration/investigation activities and check our heart rate before and after we move our bodies. \*You can choose to do these activities inside or outside, it is totally up to you (and the weather).

So we will begin by checking your 'resting' heart rate by placing 2 fingers on the inside of your wrist or on the side of your neck under your chin (get a parent to help you locate it) and you should be able to feel a slow 'ish' heartbeat which is what we call our 'resting' heartbeat.

**Now** let's start our movement by jogging on the spot for 1 whole minute to get your heart rate up and your body nice and warm.

**Next**, I want you to bend down and touch your toes, then stand up straight and reach your arms into the sky as high as you can.

**Then** I want you to hop on the spot for a count of 20 hops - once on each leg.

**Next** I want you to put your arms out straight on either side of you and make 30 little circles with them going round and round.

**Then** I want to see how many star jumps you can do in 30 seconds - time yourself!

**Next** I want you to go and stand with your back to the wall, take a step or two forward and pretend you are sitting on a chair with your back nice and straight on the wall. I want you to see if you can hold this position for more than 20 seconds... let me know how you go!

**Then**, come away from the wall and bend your knees to touch the ground and jump up into the air as high as you can. Repeat this 10 times.

**Next**, check your heart beat again. Is it going faster? How can you tell? Why do you think it is going faster?

**Finally**, take a seat and stretch your arms and legs so you don't get sore muscles tomorrow!