

Exercise is Cool!

Exercise boosts brainpower

Exercise helps you to think clearer, which means you can concentrate better in class and learn more.

Exercise gives you more energy

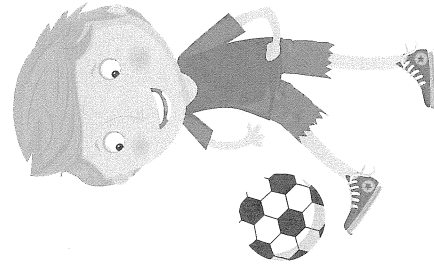
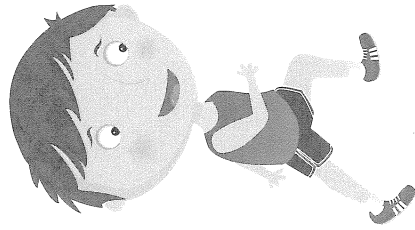
If you exercise throughout the day, you will improve your strength, which means you will have more energy.

Exercise helps stop you from getting sick

Exercise leads you to feel healthier, which means that your body is more likely to fight off colds and illnesses.

Exercise pumps up your heart

Not only does exercise stop you from getting sick, but it also helps strengthen your heart.



Exercise is Cool!

1. Write an opinion about exercise boosting brainpower.
2. Write an opinion about exercise giving you more energy.
3. Write an opinion about exercise helping to stop you from getting sick.
4. Write an opinion about exercise helping to pump up your heart.

CRAZY CREATIVE CHALLENGE

Make a list of all of the ways that you exercise throughout the day.

Create an exercise plan, using items found around the house or classroom, that you can do each day.

Name _____

Date _____

Exercise is Cool!

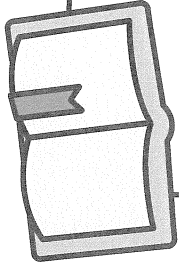
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BOOK REVIEW



TITLE: _____
AUTHOR: _____
GENRE: _____
TIME ERA: _____
LOCATION: _____
MAIN CHARACTERS: _____

Favourite Character:

Gender: _____
Age: _____
Close Relationships: _____
Explain why this character is your favourite: _____

Book summary:

Favourite part:

Word Work Grid

Complete each of the activities in this grid. Write the date you completed each activity on the line provided.

<p>Syllable Sort Write your spelling words in order from the least amount of syllables to the most. Words with the same number of syllables should be in alphabetical order.</p> <p>Date: _____</p>	<p>Odd One Out For each of your spelling words, write four words. One is your spelling word, two relate to your spelling word and one is the odd word out that doesn't fit with the other two.</p> <p>Date: _____</p>	<p>Wacky Words On a sheet of paper, write your spelling words in different directions, filling up the whole sheet. Use different colours and types of writing for each word.</p> <p>Date: _____</p>	<p>Word Detective Write three clues about each of your spelling words. Ask someone to try to guess your spelling words using your clues.</p> <p>Date: _____</p>	<p>Digging in the Dictionary Use a dictionary to find the definition and write a sentence for each of your spelling words.</p> <p>Date: _____</p>
<p>Rhyming Wheels Think of as many words as you can that rhyme with your spelling words.</p> <p>Date: _____</p>	<p>Alliteration Write a sentence for each of your spelling words using as much alliteration as possible.</p> <p>Date: _____</p>	<p>Sentence Smart Write a sentence for each of your spelling words.</p> <p>Date: _____</p>	<p>Story Time Write a story using as many of your spelling words as you can. Underline each of your spelling words.</p> <p>Date: _____</p>	<p>Sort Them Out Sort the words on your spelling list into three different categories of your choice.</p> <p>Date: _____</p>
<p>Word Search Create your own word search using all the words on your spelling list.</p> <p>Date: _____</p>	<p>Handwriting Hero Write out your spelling words in your very best cursive hand writing.</p> <p>Date: _____</p>	<p>Letter Lingo Write a letter to a friend. Use as many spelling words in your letter as you can.</p> <p>Date: _____</p>	<p>Words Within Words Make a list of as many smaller words as you can find from your spelling list.</p> <p>Date: _____</p>	<p>Code Breaker Use the code guide to make a code for each of your spelling words.</p> <p>Date: _____</p>

Spelling Lists

List 1

List 2

List 3

List 4

List 5

about
after
again
an
any
as
ask
ate
away
been
before
best
boy
by
call
came
could
day
down
eat

every
family
find
first
from
funny
give
going
had
have
help
her
here
him
his
how
if
into
jump
just

know
let
live
long
look
man
many
may
much
must
new
now
of
off
old
one
open
or
out
over

play
please
pretty
put
read
ride
right
round
saw
say
some
soon
stop
story
take
tell
thank
their
them
then

these
think
three
two
under
us
use
very
walk
want
well
went
were
when
where
which
why
work
would
your

Code Breaker

Write the numbers under each letter in your spelling word. Ask a partner to try and crack your code.

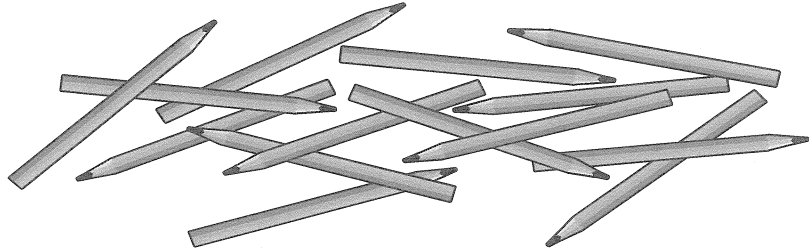
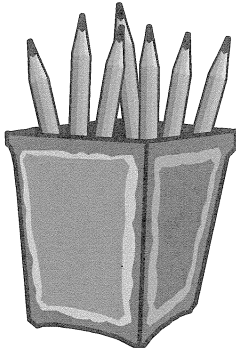
a	b	c	d	e	f	g	h	i	j	k	l	m
1	2	3	4	5	6	7	8	9	10	11	12	13

n	o	p	q	r	s	t	u	v	w	x	y	z
14	15	16	17	18	19	20	21	22	23	24	25	26

Code	Spelling Word
12, 9, 20, 20, 12, 5	little

Round and estimate – estimating

- 2 Estimate how many pots will be needed for this pile of pencils. Count the number of pencils in the pot. Use this number as the sample to estimate.



Estimated number of pots needed

- 3 Estimate how many holes you make using a hole punch. Fold a piece of A4 paper in half and in half again. Punch some holes a few times. Unfold the paper. Estimate the number of holes.

a Write this number here:

b How did you make this estimate?

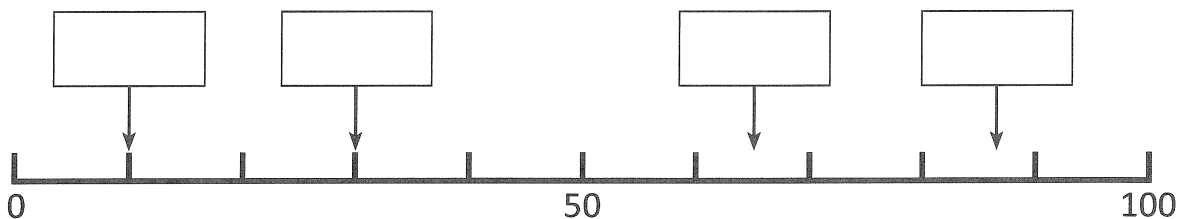
c How close were you?

Remember a good estimate does not have to be the exact amount. It just needs to be reasonable.



REMEMBER

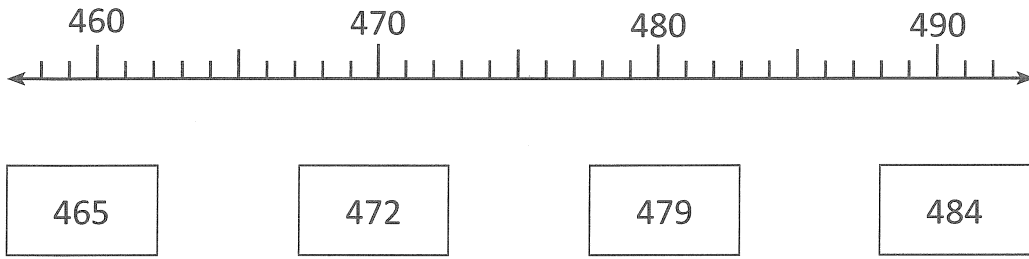
- 4 Estimate the numbers that could be located at the marked points:



Looking at whole numbers – ordering numbers

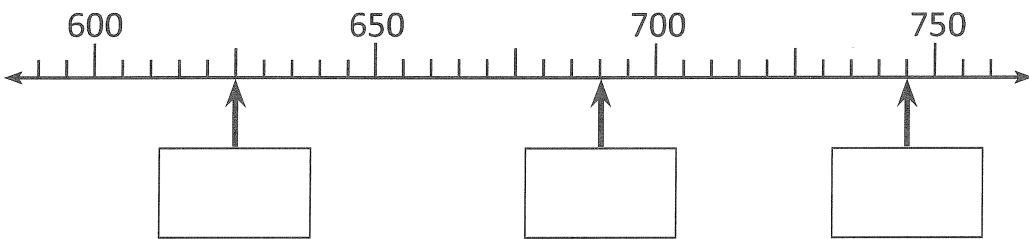
4 Think about the position of the numbers on the number lines.

a Draw a line to connect the number in the box to where it sits on the number line:



Check the scale carefully on these number lines.

b Write the numbers in the blank boxes:



5 Label the weight of each tin using a number from the box:

a

220 g

420 g

110 g

b

140 g

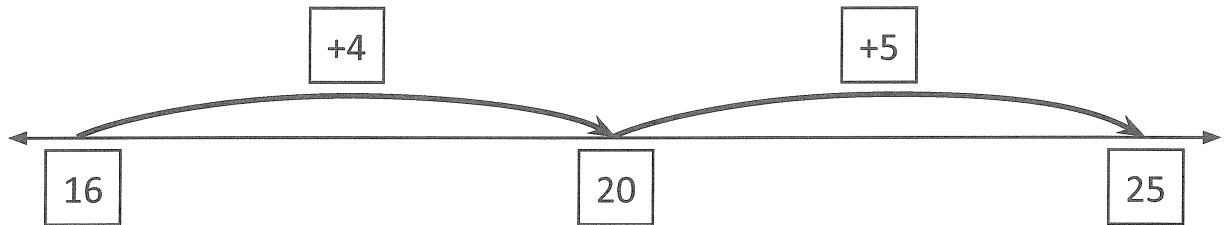
825 g

400 g

Subtraction mental strategies – bridge to ten

Bridge to the next ten and then count on what is left.

$$25 - 16 = \boxed{9}$$



6 Use the number lines to bridge to ten:

