

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

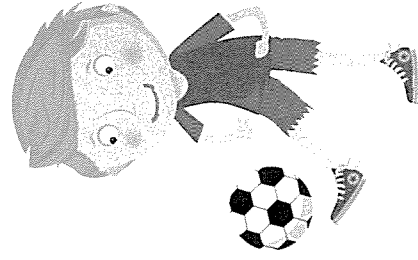
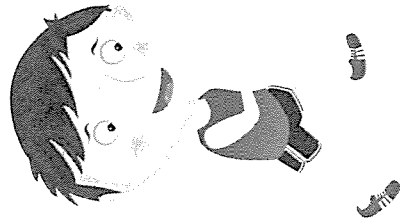
If you exercise throughout the day, you will improve your strength, which means you will have more energy.

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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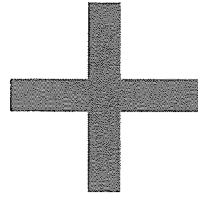
Nelly the Nurse

Nelly the Nurse worked at the Little Village Hospital, where she helped Doctor Donald look after the sick patients.

The best part of her day was when she walked around the hospital to visit all the patients and give them a lollypop.

Sometimes Nelly the Nurse would wear a cape to work, so she could fly around the wards cheering everyone up. She would sing songs, tell jokes and make up silly stories for them. Some patients would laugh so much that their stitches would come apart! It didn't matter though; Nelly the Nurse would just stitch them back up again.

Doctor Donald enjoyed having Nelly the Nurse as his helper. He always gave her special jobs to do. Each year on her birthday, Doctor Donald would buy Nelly the Nurse a gigantic chocolate cake, just to show her that she was special.



Nelly the Nurse

- Which of these statements **could not** really happen?
 - a nurse working at a hospital
 - a doctor looking after sick patients
 - a nurse giving sick patients a lollypop every day
- Which of these statements **could not** really happen?
 - a nurse wearing a cape
 - a nurse trying to cheer people up
 - a nurse flying
- Which of these statements **could** really happen?
 - a nurse making a patient split their stitches
 - a nurse getting a cake for her birthday
 - only having one nurse and one doctor in a hospital
- Is this story real or make-believe?

List three pieces of evidence to support your answer.

CRAZY CREATIVE CHALLENGE

Research hospital clowns and create a poster outlining what they do.

Name _____

Date _____

Nelly the Nurse

1. Which of these statements **could not** really happen?
 - a) a nurse working at a hospital
 - b) a doctor looking after sick patients
 - c) a nurse giving sick patients a lollypop every day
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 - a) a nurse wearing a cape
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 - a) a nurse making a patient split their stitches
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4. Is this story real or make-believe?
List three pieces of evidence to support your answer.

Making Inferences

Scenario 1

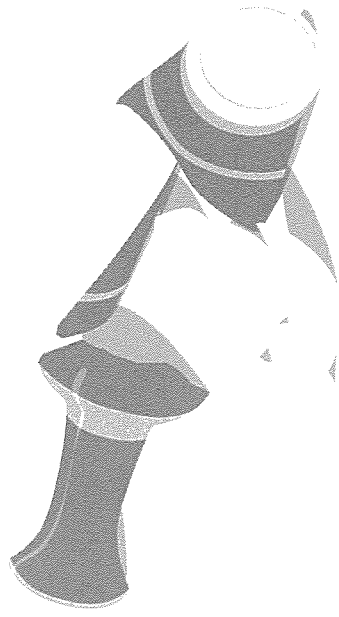
Dad was home from work and looking forward to sitting down and relaxing. As he came around the corner, he saw his wife's special vase shattered on the floor. Lying a short distance away was his son's football. "Hudson!" Dad yelled, but Hudson was nowhere to be seen.

Scenario 2

'Closed Today' said the sign on the front gate. Sabrina's shoulders sagged and she tried not to let her tears show. She removed her swimming cap and goggles and walked back to the car with her parents.

Scenario 3

Senith had just placed the lid back on the tin and finished packing up his equipment. He needed to wash out his brushes and try and get as much paint off his hands as he could. He would be back again tomorrow to finish the back of the house.



Making Inferences

1. What happened to the vase?
2. Why do you think Hudson left?
3. Where do you think Sabrina was planning on going?
How did Sabrina feel? How do you know?
4. What is Senith's job?

What clues in the text make you think that?

CRAZY CREATIVE CHALLENGE

Create your own 'Who Am I?' clues.

- ① Give the clues to a partner to see if they can guess who or what your clues are for.

Name _____

Date _____

Making Inferences

1. What happened to the vase?

2. Why do you think Hudson left?

3. Where do you think Sabrina was planning on going?
How did Sabrina feel? How do you know?

4. What is Senith's job?
What clues in the text make you think that?

What's for Dinner?

I was so hungry! I walked through the front door and yelled, "What's for dinner?"

"Your favourite!" Mum replied.

"Great," I mumbled grumpily. That means it could be anything!

I stomped across the sitting room and into the kitchen. Mum was slowly unpacking the groceries. "What's this?" I asked.

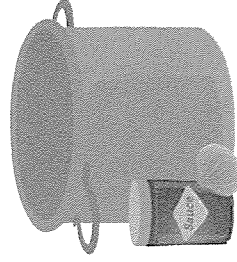
"It's for your dinner," Mum responded.

She pulled out some spaghetti, then some mince. In the other bag was a jar of sauce, onions, tomatoes and some green herbs. "What's this called?" I asked, holding up the bunch of leaves.

"Basil," Mum replied with a smile. "It makes everything taste so much better!"

I went to my room to get changed. As I was getting out of my training gear, I could smell a delicious aroma coming from Mum's cooking. My stomach began to rumble. I quickly finished getting changed and ran back into the kitchen.

Dinner was finally ready. To my surprise, Mum really did make my favourite!



What's for Dinner?

1. As I was getting out of my training gear...

What might the main character have been training for?

Why do you think this?

2. Who might the main character be?

Why do you think this?

3. Predict who lives in the house.

Why do you think this?

4. What do you think Mum cooked for dinner?

Give three reasons to support your answer.

CRAZY CREATIVE CHALLENGE

Create a menu of your favourite dinner.

Include drinks, entrée, the main and desserts.

Name _____

Date _____

What's for Dinner?

1. *As I was getting out of my training gear...*

What might the main character have been training for?

Why do you think this?

2. Who might the main character be?

Why do you think this?

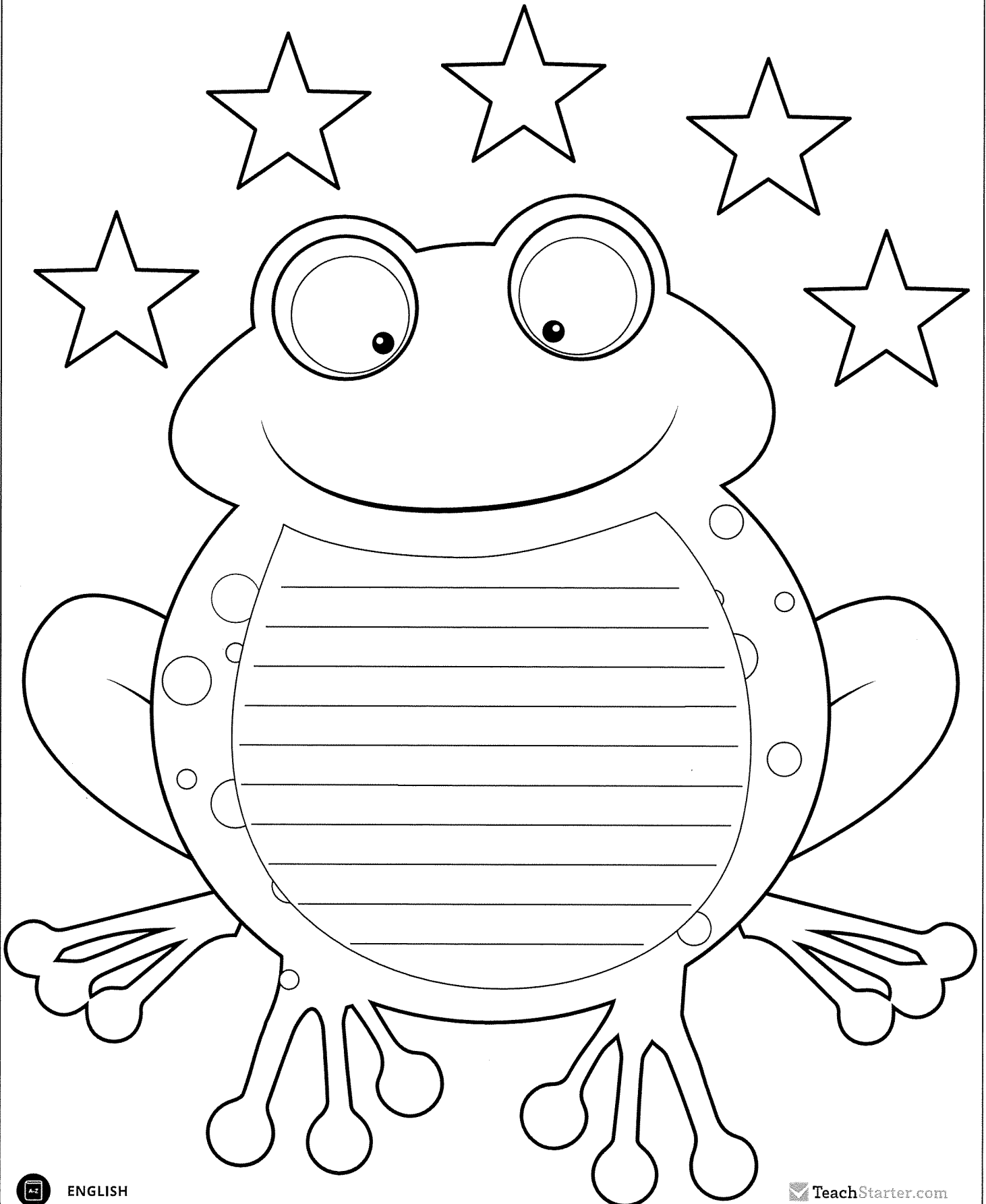
3. Predict who lives in the house.

Why do you think this?

4. What do you think Mum cooked for dinner?

Give three reasons to support your answer.

My Book Report for



Name _____ Date _____

Sorting Sentences

Cut and paste the sentences under their correct headings.

I like bananas and I like grapes.	The football match was postponed because it was raining.	The dog barked whenever I knocked on the door.
Our team tried hard but we lost the game.	Tom can read chapter books.	It was very hot outside and the ice cream melted.
Birds wash themselves in our bird bath.	I love roast potatoes while my mum prefers them mashed.	I went to the beach.

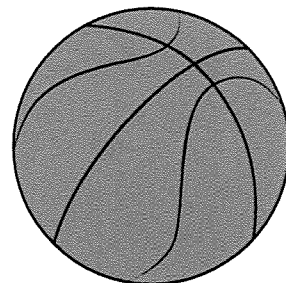


Name _____ Date _____

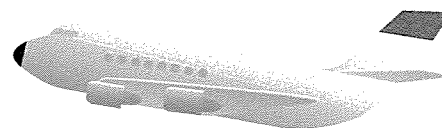
Sorting Sentences Table

Simple Sentences	Compound Sentences	Complex Sentences

13. Kevin is great at basketball. His team scored 24 points in the first quarter, 32 in the second, 19 in the third and 25 in the fourth. If his team mates scored 54 points, how many points did Kevin score?



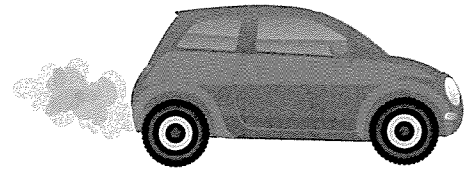
14. Jill's family fly 8 432 km to arrive at their favourite holiday destination. They are in mid-air and have flown 6 212 km. If the plane's tank of fuel can allow it to fly for 12 000 km, how much further could they fly from their current location?



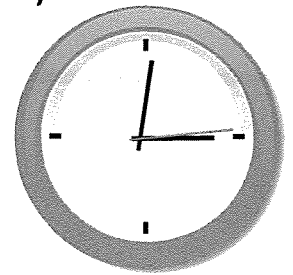
15. The class had their biggest exam of the year. The first half of the exam took 1 hour 40 minutes. They were allowed a 30 minute break before beginning the second part of the exam. If the exam began at 11.00 am and finished at 2.00 pm, how long did the second half of the exam take?



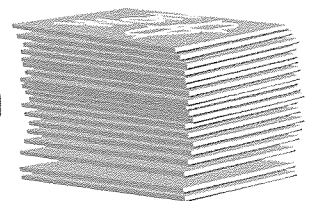
16. The car's tank had 8.2 L of fuel remaining. It used 1.8 L driving to the supermarket and 2.4 L driving to the beach. If it needs 6 L to travel to the petrol station, will it make it without running out of fuel?

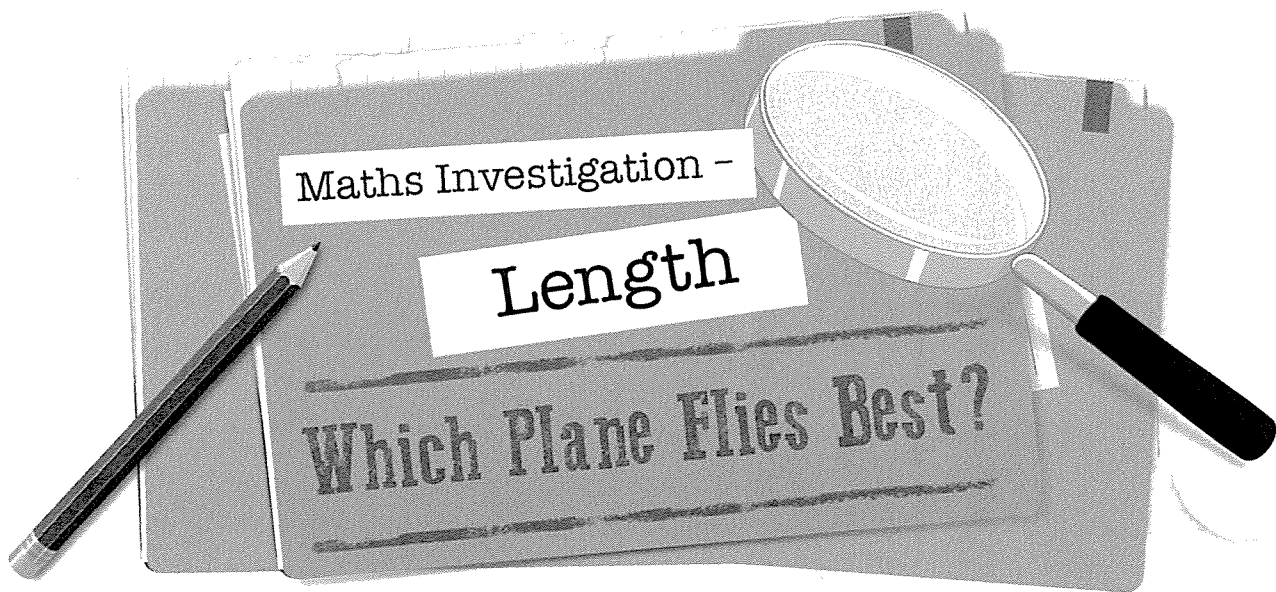


17. Scott wanted to get to work at 8.00 am sharp. He stops at the shops for 13 minutes, after walking for 19 minutes. He then catches a bus for 32 minutes, then walks an additional 6 minutes. What time does he leave home?



18. The book stand sold 678 magazines in the first month and 46 less than that in the second month. How many magazines did they sell in these two months?





The Scenario

Every year, your town holds a paper plane flying competition. Children design their own paper planes, then fly them against each other. The designer of the paper plane that flies the furthest is the winner!

This year, you are finally old enough to enter the competition. There is only one problem - you have designed three different paper planes and you can't decide which one to enter in the competition!

You have decided to test all three of your paper plane designs to see which one flies the furthest. You will accurately measure and record the distance flown by each paper plane, then use the information to make a decision about which design to enter in the competition.



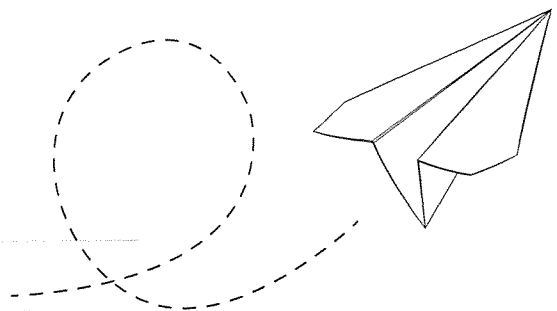
Competition Rules

- Each paper plane must be constructed from a single piece of A4 paper.
- The exterior of the paper plane may be decorated using pencils or markers only.
- Attachments of any kind are not permitted.
- The use of tape, glue or adhesives of any kind is not permitted.
- Rips may be made in the paper plane by hand. The use of scissors is not permitted.

The Task

Design three different paper planes to test for the paper plane flying competition.

Follow the competition rules, set out below.



The Procedure

1. Check your understanding of the task

Carefully read through the task and the list of competition rules. If there are any instructions that you do not understand, ask your teacher to explain them to you.

2. Design and construct your paper planes

Design, construct and decorate three different paper planes. Draw or take a photograph of each design to be recorded on the Designing and Constructing Worksheet. Remember to follow the competition rules throughout the design and construction process.

3. Make a prediction

Which paper plane design do you think will fly the furthest and why? Record and explain your ideas on the Conducting the Investigation Worksheet.

4. Choose a scaled measuring instrument

Decide how to best measure the distance flown by each paper plane during the test flights. Record and explain the reasons for your choice on the Conducting the Investigation Worksheet.

5. Conduct three test flights for each paper plane design

Test each paper plane three times. Use your chosen scaled measuring instrument to record the distance flown on each test flight, then record the distances in the table provided. Calculate the total distance flown by each paper plane by adding the three distances from each test flight together.

6. Make a decision

Based on the results of the investigation, decide which paper plane design to enter in the competition.

The Materials

- Blank sheets of A4 paper
- Scaled measuring instruments (small ruler, large ruler, tape measure, trundle wheel)
- Coloured pencils or markers



Name _____

Date _____

Designing and Constructing

Design and construct three different paper planes. Give each design an interesting name. Draw a sketch or take a photograph of each design to display in the boxes below. Write a sentence to explain the features of each design.

Design 1: _____

Design 2: _____

Design 3: _____



Name _____

Date _____

Conducting the Investigation

Prediction

I think design number 1 / 2 / 3 (circle one) will fly the furthest. I think this because:

Measuring Distance Using a Scaled Instrument

I am going to use a small ruler / large ruler / tape measure / trundle wheel (circle one) to measure distance. This is the best instrument to use because:

Collecting and Recording Data

Conduct three test flights for each of your paper plane designs. Record the distance flown on each flight.

Once you have conducted all three test flights, calculate the total distance flown by each paper plane.

	Test Flight 1	Test Flight 2	Test Flight 3	Total Distance
Design 1				
Design 2				
Design 3				

Conclusion

My prediction was correct / incorrect (circle one).

The winner paper plane design was design number 1 / 2 / 3 (circle one).

I know this because:



Name _____

Date _____

Reflection

1. Did you enjoy working on this investigation? Give reasons to explain your answer.

2. Did you face any challenges during the investigation? If so, how did you overcome them?

3. How do you feel about your winning design? Is there anything you would change about it?

4. Do you think this investigation was a 'fair test'? Why or why not?

5. Circle the statement that best suits how you feel about measuring distance after completing this investigation.

- a) I feel very confident measuring distance.
- b) My understanding of measuring distance is improving.
- c) I still need some help when measuring distance.



