Supporting Students at home K6S & K6M (Week 10)

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et from ton" tables adder ation
heets.
ng t gar ding evel nce ke re vou

	Monday 30/3/2020	Tuesday 31/3/2020	Wednesday 1/4/2020	Thursday 2/4/2020	Friday 3/4/2020
Afternoon	Visual Arts Make a bushland scene by smudging pastels/colour pencils together in various colours on white paper. Draw a small figure of a child, wallaby, possum or owl in the bush.	Science Read the magazine article Earth Watch: Protecting Native Plants and Animals and complete the comprehension worksheet.	PDHPE Play the Fitness Bingo game with someone and your family and see how well you can perform challenges like starjumps, crunches, and jumping forwards and backwards.	Science Reread the magazine article Earth Watch: Protecting Native Plants and Animals and design a poster about what you can do to help reduce the risk to the native environment?	PDHPE Complete the Healthy Foods Word search. Play the Fitness Bingo game with someone and your family and see how well you can perform challenges like star- jumps, crunches, and jumping forwards and backwards.

Week 11, Term 1		9 99 girl egg	Week 11, Term 1 See 63 9 9 9 9 9 9 9 9 1 1 2 63	G3
Words	Monday	Tuesday	Wednesday	Thursday
give				
glad				
grams				
goes				
gone				
game				
gate				
getting				
ago				
again				
grow				
ground				

Words	Monday	Tuesday	Wednesday	Thursday
goodbye				
grade				
great				
jogging				
pegging				
glass				
forget				
dragging				
dness				
together				
garden				
gather				
giggle				

and the district feet of the special section		Grapheme Chart
List Words	1 Circle the letters that represent (2 9 99) in the List Words.	letters words
give glad grams goes	2 Write any other letters that can represent © 999 on the Grapheme Chart. Write one word example for each.	
gone game	3 Write one stroke for every sound in each List Word with a line beside it, for example grab IIII; gale III.	
gate getting	4 Colour the letter g if it represents g g gg in the word.	
ago	against bought forgot enough. c	range young giant
again grow	5 Unjumble the letters to make List Words that begin with a ldag wrog	_
ground	asgsldegar	
goodbye grade		
great	6 Write List Words that are synonyms for these words. → Turn to 11 page 79.	
jogged	offer farewell	
pegging glass	chuckle entrance_	
forget	combined collect	
dragging guess	7 Finish the sentences with List Words that have & g gg as	the third sound as in jogging.
together	l like wet clothes on the	
garden	My friend and I play i	
gather	When someone tickles me it makes me _	
giggle 	If I the answers I will ho	
	8 Write words ending with the suffix ful to match the meani → Turn to Activity 10 on page 21.	ngs.
Abbondingshapp	full of forgetting	
The state of the s	full of beauty	
	full of grace	
	full of joy	<u>e</u>

9 Write the animal names that match the group names. The first is done for you.							
geese a school of _	fish	lions	a flock of				
bees a herd of _		sheep puppies	a pod of				
fish a pack of _		birds	a litter of				
wolves a gaggle of _		whales	a flock of				
a swarm of $_$			a pride of				
10 Write each set of words in alphab	etical order.						
goes 1. g		grow 1.	gr				
game 2. g		grams 2.	gr				
gone 3. g		great 3.	gr				
getting 4. g		ground 4.	gr				
11 Rewrite these words adding ed a Write the letter or letters for each Turn to (Ia) and (Ib) page 78	sound in a separate bo	ox. The first one is	How many – sounds? letters?				
drag <u>dragged</u>	d r a	gg ed	5 7				
drag							
plug							
plug							
gulp							
gulp							
Challenge							
Make words by blending the sounds the sound boxes for your words. Write	hat the sound boxes rep the words on the lines	oresent. <mark>Colour</mark> th . The first one is c	ne correct letter choices in Jone for you.				
ggg i vve		give					
er ar or a e i o u g g gg a oa o_e o	w o						
g gg (g ar a) (g d dd) (f er ar or a	a e i o u 🥝 n nn kn						
®ggg ♀eea @ttt @i ♂ng	g n						
g gg rrrwr ou ow n nn ki	n & d dd						
j g ge dge o a & g gg a i	® ng n						

25



b bb balloon ribbon

Words	Monday	Tuesday	Wednesday	Thursday
block				
best				
bring				
been				
better				
buy				
before				
blue				
baby				
rubbed				
began				
brother				

Words	Monday	Tuesday	Wednesday	Thursday
beside				
table				
break				
broke				
build				
built				
behind				
birthday				
breakfast				
bought				
believe				
because				
beautiful				



a apple

Words	Monday	Tuesday	Wednesday	Thursday
have				
that				
hand				
camp				
sang				
bank				
plant				
act				
crash				
family				
stamp				
catch				

Words	Monday	Tuesday	Wednesday	Thursday
match				
animal				
happy				
dance				
apple				
planned				
clapped				
carry				
sandwich				
happen				
planet				
travel				
January				

Week 5. Term 1 k c q ck x (ks) ch kite car sock fox school

Words	Monday	Tuesday	Wednesday	Thursday
pack				
bike				
bark				
next				
walk				
kind				
keep				
kept				
clean				
school				
called				
quickly				

Words	Monday	Tuesday	Wednesday	Thursday
queen				
close				
closing				
sixty				
sixteen				
sixth				
knock				
caught				
Christmas				
clothes				
squeak				
extra				
expect				



Words	Monday	Tuesday	Wednesday	Thursday
step				
send				
shell				
ever				
said				
any				
many				
desk				
cent				
held				
head				
dead				

Words	Monday	Tuesday	Wednesday	Thursday
spent				
fresh				
twelve				
twenty				
seven				
seventeen				
seventy				
ready				
present				
lesson				
heavy				
breakfast				
February				

ORANGE

Words	Monday	Tuesday	Wednesday	Thursday
send				
drip				
down				
food				
done				
lady				
sold				
door				
grade				
sound				
dark				
beside				

Words	Monday	Tuesday	Wednesday	Thursday
die				
dead				
hundred				
drive				
dream				
dear				
weekend				
paddle				
middle				
thousand				
decide				
during				
double				



i e igloo pretty

Words	Monday	Tuesday	Wednesday	Thursday
still				
swim				
wish				
live				
lift				
little				
which				
brick				
think				
drink				
until				
finish				

Words	Monday	Tuesday	Wednesday	Thursday
children				
pr <u>e</u> tty				
hitting				
winter				
b <u>u</u> sy				
visit				
different				
picture				
million				
b <u>ui</u> lt				
b <u>ui</u> ld				
minute				
visitor				



f ff ph fish cliff phone

Words	Monday	Tuesday	Wednesday	Thursday
lift				
soft				
cliff				
sniff				
family				
friend				
fire				
face				
safe				
free				
feel				
flew				

Words	Monday	Tuesday	Wednesday	Thursday
fifty				
fifteen				
fourteen				
forty				
Friday				
phone				
photo				
different				
beautiful				
thankful				
enough				
dolphin				
favourite				



o a orange watch

Words	Monday	Tuesday	Wednesday	Thursday
rock				
lost				
cost				
long				
song				
gone				
want				
what				
wash				
strong				
hopping				
stopping				

Words	Monday	Tuesday	Wednesday	Thursday
watch				
body				
often				
across				
upon				
orange				
o clock				
bottle				
bottom				
sorry				
follow				
anybody				
squash				



g gg girl egg

Words	Monday	Tuesday	Wednesday	Thursday
give				
glad				
grams				
goes				
gone				
game				
gate				
getting				
ago				
again				
grow				
ground				

Words	Monday	Tuesday	Wednesday	Thursday
goodbye				
grade				
great				
jogging				
pegging				
glass				
forget				
dragging				
guess				
together				
garden				
gather				
gather giggle				

g gg Find A Word Level 3

		•	<u>, , , , , , , , , , , , , , , , , , , </u>											
A	K	G	L	Α	D	Р	М	0	Q	В	Н	М	0	Q
Α	М	Α	G	R	Е	Α	Т	R	1	Α	М	G	S	Р
1	F	Т	G	0	Е	S	У	W	Α	И	R	Α	V	Е
X	0	Н	D	R	Α	G	G	1	N	G	Ζ	G	0	G
F	L	Е	G	G	Α	М	Е	Т	Р	G	G	R	G	G
0	G	R	1	F	G	В	R	Χ	G	0	Е	0	М	1
R	R	Н	V	И	Α	V	И	G	R	N	Т	W	L	N
G	Α	V	Е	Α	1	Т	Т	Α	0	Е	Т	Н	Z	G
E	D	F	В	G	N	0	W	Т	И	V	1	Т	K	Т
T	Е	G	Χ	0	S	G	А	Е	N	В	N	У	А	J
Н	К	И	K	0	L	Е	G	У	D	М	G	У	G	F
В	V	И	С	D	L	Т	И	G	R	А	М	S	0	И
Α	W	V	У	В	Е	Н	Е	J	0	G	G	Е	D	К
М	Χ	Е	Т	У	R	Е	S	G	Α	R	D	Е	N	Α
R	W	G	Α	Е	Z	R	S	G	L	А	S	S	J	Q

FORGET	GRADE	GATHER
GIVE	GOODBYE	AGAIN
TOGETHER	GUESS	GATE
GROUND	GONE	GETTING
GROW	AGO	PEGGING
GLAD	GREAT	GOES
DRAGGING	GAME	GRAMS
JOGGED	GARDEN	GLASS

 $1 \times 0 = 0$ $2 \times 0 = 0$ $3 \times 0 = 0$ $4 \times 0 = 0$ 5 x 0 = 0 6 x 0 = 0 $7 \times 0 = 0$ 8 x 0 = 0 $9 \times 0 = 0$ 10 x 0 = 0 $1/ \approx 0 = 0$ $12 \times 0 = 0$ 7 x 1 = 7 $3 \times 1 = 3$ 4 x / = 4 5 x 1 = 5 / x / = / $2 \times 1 = 2$ 6 x 1 = 6 8 x1=8 9x1 = 910 x 1 = 10 // x / = // $12 \times 1 = 12$ $2 \times 2 = 4$ $4 \times 2 = 8$ 5 x 2 = 10 $6 \times 2 = 12$ $7 \times 2 = 14$ 8 x 2 = 16 $9 \times 2 = 18$ 10 x 2 = 20 $11 \times 2 = 22$ $12 \times 2 = 24$ $1 \times 2 = 2$ $3 \times 2 = 6$ 8 x 3 = 24 $1 \times 3 = 3$ $2 \times 3 = 6$ $3 \times 3 = 9$ $4 \times 3 = 12$ 5 x 3 = 15 6 x 3 = 18 $7 \times 3 = 21$ $9 \times 3 = 27$ $10 \times 3 = 30$ $11 \times 3 = 33$ $12 \times 3 = 36$ 1 x 4 = 4 $2 \times 4 = 8$ $3 \times 4 = 12$ 4 x 4 = 16 5 x 4 = 20 6 x 4 = 24 $7 \times 4 = 28$ 8 x 4 = 32 $9 \times 4 = 36$ 10 x 4 = 40 1/24 = 44 $12 \times 4 = 48$ $1 \times 5 = 5$ $2 \times 5 = 10$ $3 \times 5 = 15$ $4 \times 5 = 20$ $5 \times 5 = 25$ 6 x 5 = 30 $7 \times 5 = 35$ 8 x 5 = 40 $9 \times 5 = 45$ $10 \times 5 = 50$ $11 \times 5 = 55$ $12 \times 5 = 60$ 126=6 $2 \times 6 = 12$ 3 x 6 = 18 4 x 6 = 24 5 x 6 = 30 6 x 6 = 36 $7 \times 6 = 42$ 8 x 6 = 48 $9 \times 6 = 54$ $10 \times 6 = 60$ $11 \times 6 = 66$ $12 \times 6 = 72$ 1 x 7 = 7 2 x 7 = 14 6 x 7 = 42 8 x 7 = 56 $9 \times 7 = 63$ 10 x 7 = 70 11 x 7 = 77 $3 \times 7 = 21$ $4 \times 7 = 28$ $5 \times 7 = 35$ $7 \times 7 = 49$ $12 \times 7 = 84$ 6 x 8 = 48 8 x 8 = 64 12 x 8 = 96 2 x 8 = 16 3 x 8 = 24 $4 \times 8 = 32$ 5 x 8 = 40 $7 \times 8 = 56$ $9 \times 8 = 72$ 10 x 8 = 80 11 x 8 = 88 128=8 1 x 9 = 9 $2 \times 9 = 18$ $3 \times 9 = 27$ $4 \times 9 = 36$ 5 x 9 = 45 $6 \times 9 = 54$ $7 \times 9 = 63$ $8 \times 9 = 72$ $9 \times 9 = 81$ $10 \times 9 = 90$ 11 x 9 = 99 $12 \times 9 = 108$ $2 \times 10 = 20$ 4 × 10 = 40 7 × 10 = 70 $9 \times 10 = 90$ 10 × 10 = 100 $3 \times 10 = 30$ $5 \times 10 = 50$ $6 \times 10 = 60$ 8 × 10 = 80 $1/ \approx 10 = 1/0$ $12 \times 10 = 120$ $1 \times 10 = 10$ 4 / / = 44 9 x 11 = 99 / x // = // $2 \times 11 = 22$ $3 \times 11 = 33$ 5 x // = 55 6 x 11 = 66 7 x 11 = 77 8 x 11 = 88 10 x 11 = 110 $1/ \propto 1/ = 12/$ $12 \times 11 = 132$ $1 \times 12 = 12$ $2 \times 12 = 24$ $3 \times 12 = 36$ $4 \times 12 = 48$ $5 \times 12 = 60$ $6 \times 12 = 72$ $7 \times 12 = 84$ $8 \times 12 = 96$ $9 \times 12 = 108$ $10 \times 12 = 120$ $11 \times 12 = 132$ $12 \times 12 = 144$ Five Star Writing: Noun = naming word. ★ Capitals Verb = doing word. * Spelling adjective = describing word. * Punctuation

Vourels = a, e, i, o, u

sphere

circle

triangle

oval

rhombus

rectangle

pentagon

hexagon

aa Bb Cc Dd Ee Ff Lig Hh Li Jj Kk Ll Mm Nn Oo Pp 2q Rr Ss Tt Uu Vr Ww Xx Yy Zz

square

octagon

Name _

Date _____

Number Sequences and Skip Counting by 2, 3, 5 and 10 (A)

① Use the hundreds chart to help you with the counting patterns.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

65	70	75		

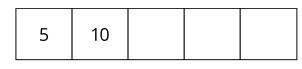
7	10	13			
---	----	----	--	--	--

② Count forwards by twos.

2	4			
---	---	--	--	--

8	10		

③ Count forwards by fives.



50	55		

70	75		

Name _____

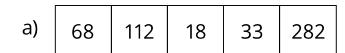
Date _

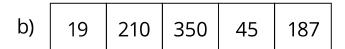
Number Sequences to 1000 (A)

1 How many of each MAB material would be needed to make the numbers below? The first one has been done for you.

Number			
357	3	5	7
124			
89			
451			
567			
189			
74			
640			

② Order the numbers from smallest to largest.





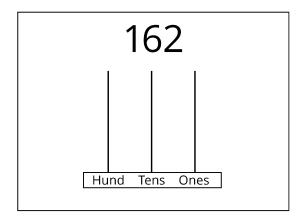
l	1	l	l
l	1	l	l

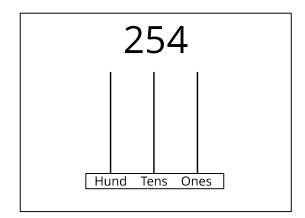
Name _____

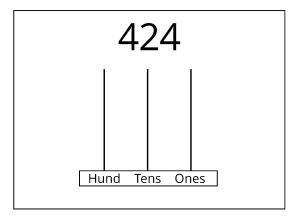
Date

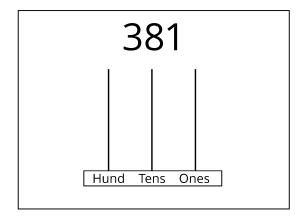
Partitioning Numbers to 1000 (A)

① Draw beads on each abacus to represent the numbers.

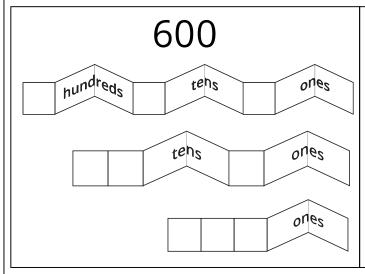


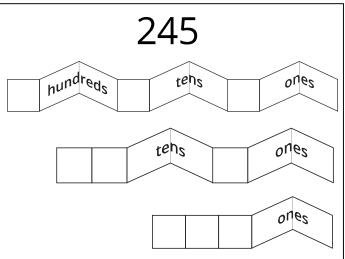






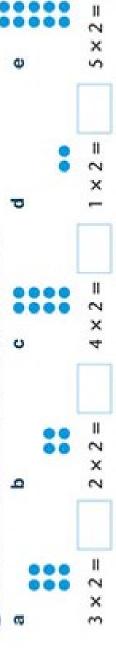
2 Show the different ways you can regroup the numbers on the number expanders.





Multiplication facts (2s)

Use the arrays to solve the multiplication facts. 0



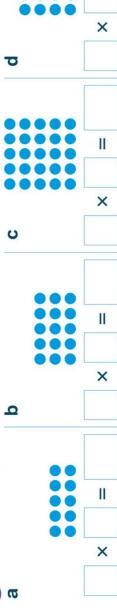
Use your knowledge of table facts to complete the table. (c)

- Solve the problems.
- Mrs Jones bought 7 books at \$2 each. How much did she spend? Ø,
- Harry had 8 bags of 2 cakes. How many cakes did he have?
- Linh had 5 boxes with 2 books in each. How many books did she have? O
- Austin bought 6 books at the shop for \$2 each. How much change did he get from \$20? v
- Milla had 9 pairs of shoes. How many shoes did Milla have altogether? Φ
- What is the highest number you can reach if you skip count by 2s, starting at zero and stopping before 45?
- Write a problem that can be solved using the 2 times table.

unit 9

Multiplication facts (5s)

Write a multiplication fact to describe each array. 4



II	-
×	-
II	-
×	-
II	٠
×	:

- I	
	II
	×
	II
	×
	II
	×

5 Use the arrays to complete the table of fives and other facts.

0			
7			
T			
•	•	•	•



	7	~
a		
0	0	0
0	0	
0	O	0
U	U	•

Ш	II	
2	5	
×	×	
_	7	

II	II	II	
2	2	2	L
×	×	×	:
3	5	_	1

II	II	II	II	П	II	II	II
	7		2	93.5	10	7	
2×2	4 X	_	× ×	5 × 2		× 9	_
7	4	3×10	2	5	4 ×	9	6 × 10
ပ							

П	П	П	П	II	Ш	П	П	П
2	2	2	5	5	2	5	5	5
×	×	×	×	×	×		×	
5	7	9	∞	7	—	0	10	4

7

X

10

X

 ∞

	problems.
	g the pr
	by solving
	þ
	facts
	ise your multiplication
7	Revi

Multiply by 10 then halve to solve these questions. 1

9

B

$$5 \times 5 =$$
 d $9 \times 5 =$

2



How many multiplication facts can you write that have an answer of 20? 8

strategy for addition dunn

Use jump strategies to solve the additions. The first one is done for you. 4

27 + 14? 27 add 10 then add 4.



4 7 + 27 B



$$c 28 + 13$$

Ш

$$d 39 + 23 =$$

Use the jump strategy to add the numbers. D

II

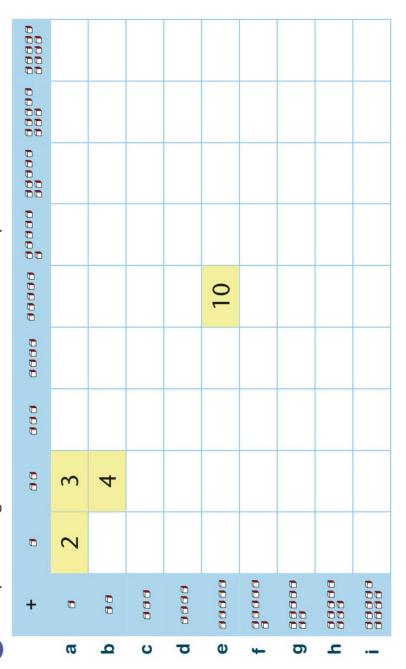
+

+

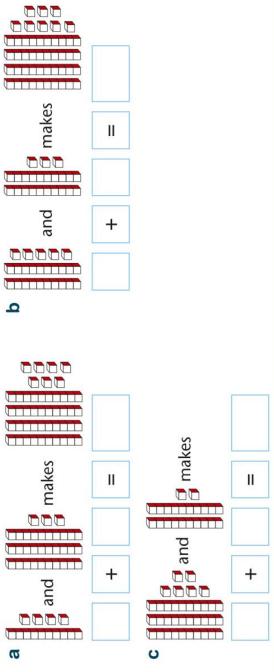
T P

facts Addition

Complete the grid to discover the number facts up to 20.



- Circle one pattern you see in the grid above. 2
- Complete the additions and record your answers below. က

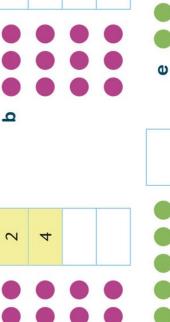


What other additions can you make and record? 4

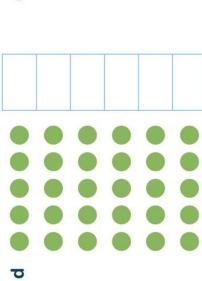
Use skip counting to find the total number in each group. D.

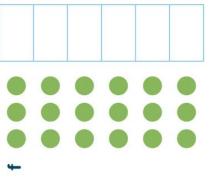
The first one has been started for you.









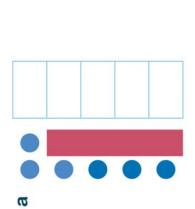


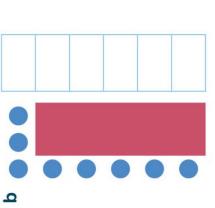


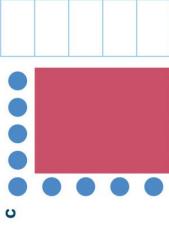
Use skip counting to find the total amount in each group, even though

some are hidden.

9

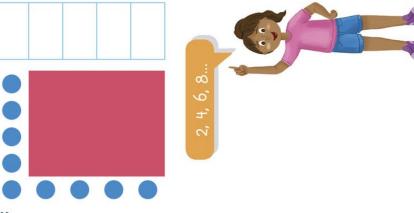






Complete these skip-counting patterns. 6

	D	Q	ပ	0
)	2	2	5	10
2	9	4	10 15	20
;	6	9	15	30
)	12	∞	20	40
ن 7				
5				



Earth Watch

PROTECTING NATIVE PLANTS AND ANIMALS



Animals come in all shapes, sizes and types. Most are very cute, but some harm the environment when they move to places they do not belong. When animals go to a new place, some of them spread too fast or hurt the other animals that live there.

WHAT ARE PESTS?

Animals that belong in a country are called *native animals*. New species that cause trouble are called *pests*. Some pests are farm animals or pets gone wild (or *feral*). Others were taken to new areas by accident or on purpose as people explored the world.

Cane toads are from South America, but they were brought to Australia to eat beetles that were destroying sugar cane crops. They look like frogs, but their poison kills frog-eating native animals. Stoats (or weasels) from America cause problems in New Zealand. They eat the chicks of native kiwi birds, which are

endangered. Some pests travel by accident. Rats and mice come on ships. Bats, birds and insects fly. Mites and ticks arrive in the fur of other animals





Flowers, plants and fruits like blackberry bushes can spread to take over wild places.



Sniffer dogs are good at smelling for pests at airports. They sit down next to luggage if they sniff pests.

HOW DO PESTS SPREAD?

In the past, people did not know the dangers of bringing plants or animals to new countries.

Boats were not checked, so pests got a free ride around the world. Cats, dogs, birds and rabbits got loose or were set free. Pigs, goats, cows and horses also went feral. Their hooves can damage habitats, and they compete with native animals for food and water.

Customs and border control agents now carefully check planes and ships for pests. These days, pests mostly travel through careless packing of goods or by hitching a ride with humans when they travel to new places.

Now that you know how to stop the spread of pests, you can help protect Australia's native plants and animals.

5 WAYS TO STOP PESTS

- 1. Be careful not to order plant or animal products from overseas or post them from Australia.
- 2. After hiking, wash your boots clean of mud before you travel home.
- 3. Don't take any fruit, vegetables or plants with when you visit other states or countries.
- 4. Never remove native animals from their homes or release insects, pets, fish or farm animals into the wild where they don't belong.
- 5. Protect national parks by telling rangers about any pests that you see.

ne	Earth Watch: Protecting Native Plants and Animals			
Questions				
1.	What native animals and plants are found near your home?			
2.	Do you know of any introduced pests that are in your area?			
3.	How do pests in your area threaten the native environment?			
4.	What can you do to help reduce the risk to the native environment?			
5	Draw the habitat of a native animal in your area.			

Fitness Bingo

Health/P.E. > Physical Education > Sport

Disclaimer: This Starter Sheet should be regarded as a guide only. Teachers should make adjustments in accordance with the individual learning needs of their students.

PREP DURATION

10 min 30 min

Equipment

bingo grids, fitness cards, counters

Preparing

Familiarise yourself with the activity and ensure that your students will be able to complete the physical actions.

Print, cut out and prepare the bingo grids and fitness cards.

CURRICULUM CODES

Australian Curriculum

ACPMP025 Perform fundamental movement

skills in a variety of movement sequences and situations.

ACPMP061 Practise specialised movement

skills and apply them in a variety of movement sequences and

situations.

ACPMP043 Practise and refine fundamental

movement skills in a variety of movement sequences and

situations.

THE PURPOSE OF THIS RESOURCE IS:

to perform a range of fundamental movement skills and challenges.

STUDENTS WILL KNOW THEY ARE SUCCESSFUL WHEN THEY:

omplete each movement challenge.

PRIOR LEARNING

Students should be familiar with:

performing each action that is part of the game.



Play some energetic music while students are performing the actions. Encourage them to complete the movements in time with the beat of the music. Experiment with different tempos and music genres.

DIFFERENTIATION

Supporting Students

time they have to perform the action.

Extending Students

② Increase the amount of time/repetitions more-capable students need to perform an action to successfully complete the task.

MONITORING STUDENT UNDERSTANDING

- ② Ensure that students know how to perform the actions during the game. Demonstrate as necessary.
- Monitor how students are performing as the game progresses, and reduce the difficulty of the tasks to ensure students continue to succeed.

SUSTAINABILITY

② Adhere the bingo grids and fitness cards to thick cardboard for added durability.

21ST CENTURY SKILLS



Collaboration and Teamwork

Participate in the game and help others perform the movement skills.

MOTOR SKILLS

Fitness Bingo Page 1 of 2



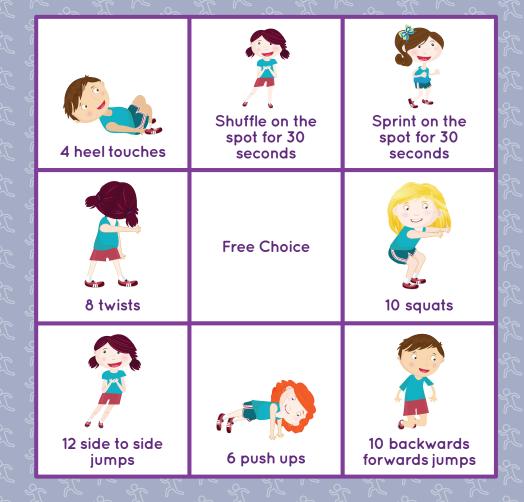
Gross Motor

Perform the physical actions required to progress through the game.

Fitness Bingo Page 2 of 2

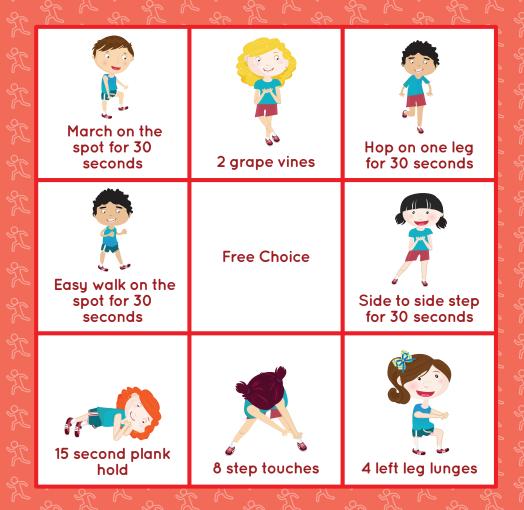




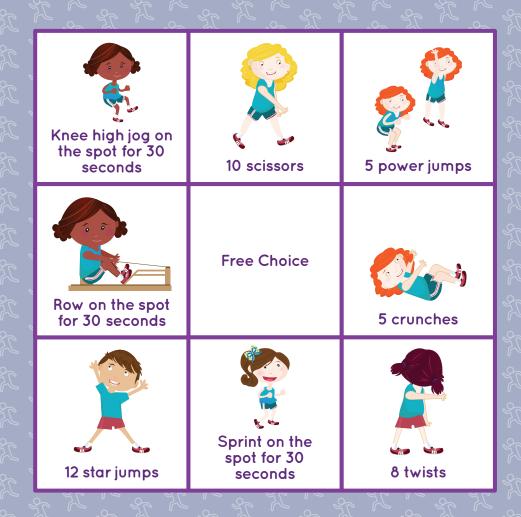




FIGNESS











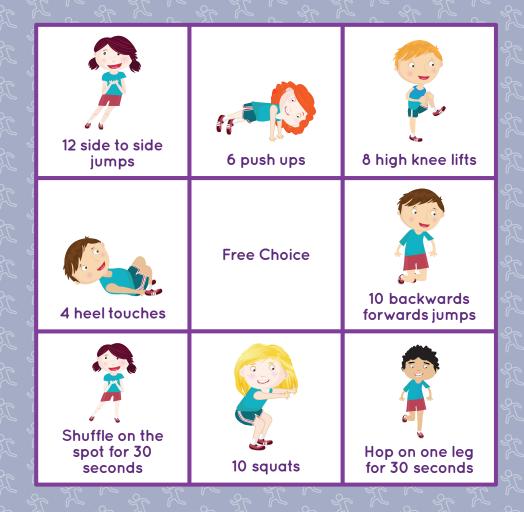


















Easy walk on the spot for 30 seconds



8 step touches



2 grape vines





10 backwards forwards jumps



15 second plank hold



4 left leg lunges



Hop on one leg for 30 seconds





Easy walk on the spot for 30 seconds











March on the spot for 30 seconds

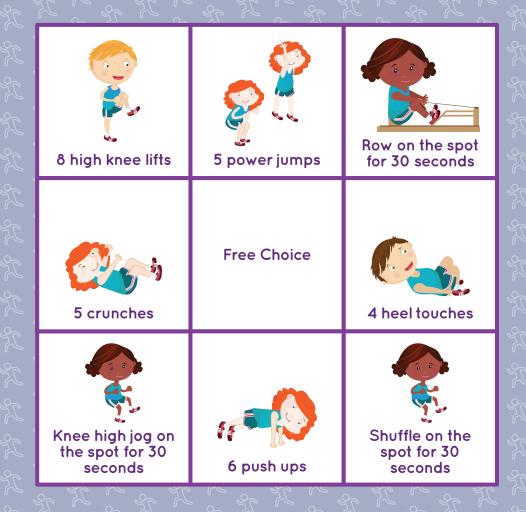


15 second plank hold



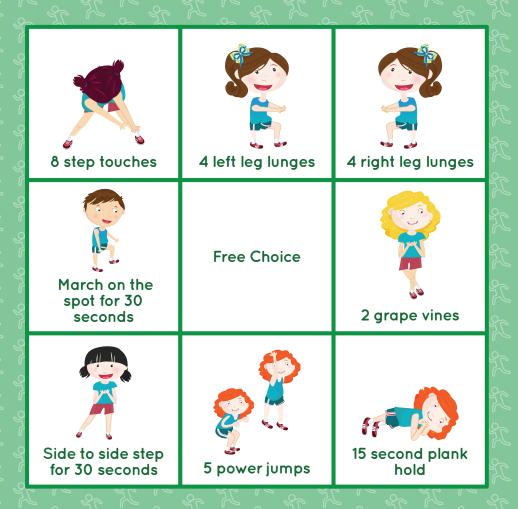
Side to side step for 30 seconds

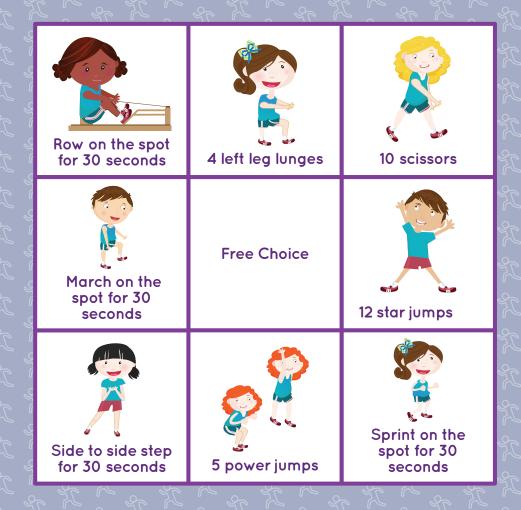














Row on the spot for 30 seconds



8 twists



10 scissors



5 crunches





12 star jumps



Knee high jog on the spot for 30 seconds



6 push ups



Sprint on the spot for 30 seconds

Fichess BINGO



4 heel touches



8 twists



8 high knee lifts



5 crunches





Free Choice



Shuffle on the spot for 30 seconds



Knee high jog on the spot for 30 seconds



6 push ups



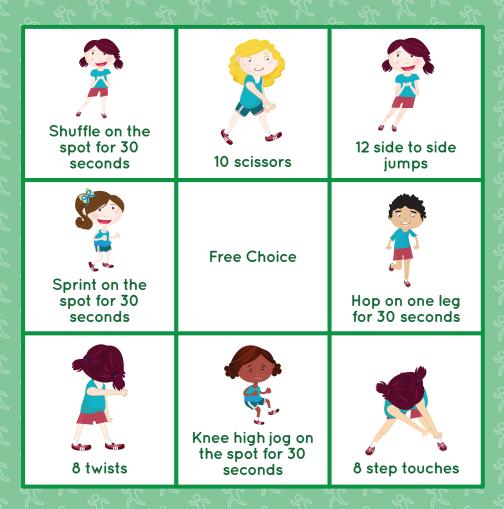
10 squats

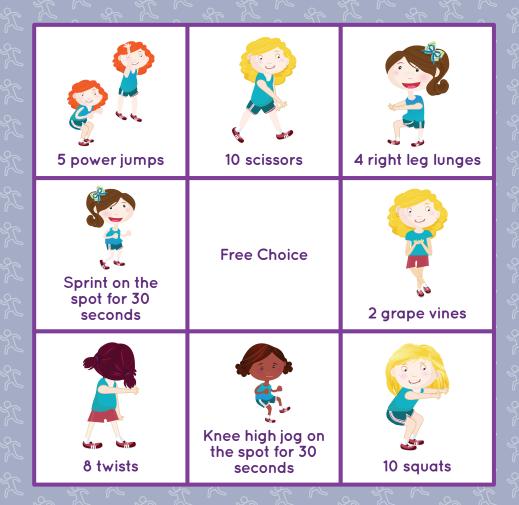


















4 right leg lunges



5 crunches





2 grape vines



March on the spot for 30 seconds



12 star jumps



10 squats

Fitness BINGO



Sprint on the spot for 30 seconds



12 side to side jumps

Free Choice



15 second plank hold



5 crunches







4 heel touches



March on the spot for 30 seconds



12 star jumps



Knee high jog on the spot for 30 seconds

10 Scissors	12 star jumps
5 crunches	Knee high jog on the spot for 30 seconds
Shuffle on the spot for 30 seconds	10 squats
Easy walk on the spot for 30 seconds	8 step touches
4 right leg lunges	March on the spot for 30 seconds

Sprint on the spot for 30 seconds

Free Choice

6 push ups

8 high knee lifts

12 side to side jumps

forwards jumps

15 second

plank hold

10 backwards

2 grape vines

or 5 power jumps

Side to side step for 30 seconds

8 twists	4 heel touches
Hop on one leg for 30 seconds	4 left leg lunges
Row on the spot for 30 seconds	