Supporting Students at home K6S & K6M (Week 10)

	Monday 30/3/2020	Tuesday 31/3/2020	Wednesday 1/4/2020	Thursday 2/4/2020	Friday 3/4/2020
Morning	**English** *Spelling Unit 10 g/gg* ▪ Complete LSCWC Sheet ▪ Complete 2 Activities from your Soundwaves Booklet ▪ Log in to Soundwaves and complete segmenting tool for list words and 2 games. *Reading* Log in to Reading Eggs and read aloud one 1 short story book from the Library and complete comprehension questions. *Writing* **K6M** – Write one sentence using your list words. **K6S** – Read Forests by Katy Pike in Reading Eggs and Write one or more sentences up to one paragraph describing one type of forest.	**English** *Spelling Unit 10 g/gg* ▪ Complete LSCWC Sheet ▪ Complete 2 Activities from your Soundwaves Booklet ▪ Log in to Soundwaves and complete segmenting tool for list words and 2 games. *Reading* Log in to Reading Eggs and read Forests by Katy Pike and complete comprehension questions. *Writing* **K6M** – Write one sentence about an animal that lives in a Forest. **K6S** – Write one or more sentences about an animal that lives in a forest. You can handwrite or use google docs.	**English** *Spelling Unit 10 g/gg* ▪ Complete LSCWC Sheet ▪ Complete 2 Activities from your Soundwaves Booklet ▪ Log in to Soundwaves and complete segmenting tool for list words and 2 games. *Reading* Log in to Reading Eggs and read aloud 1 short story book from the Library and complete comprehension questions. *Writing* **K6M** – Write one sentence using your list words. **K6S** – Write one or more reasons why we need to protect native animals. You can handwrite or use google docs.	**English** *Spelling Unit 10 g/gg* ▪ Complete LSCWC Sheet ▪ Complete 2 Activities from your Soundwaves Booklet ▪ Log in to Soundwaves and complete segmenting tool for list words and 2 games. *Reading* Log in to Reading Eggs and read aloud 1 short story book from the Library and complete comprehension questions *Writing* **K6M** – Write one sentence about the book you read. **K6S** – Write one or more sentences up to one paragraph about the book you are reading.	**English** *Spelling Unit 10 g/gg* ▪ Complete 2 Activities from your Soundwaves Booklet ▪ Log in to Soundwaves and complete segmenting tool for list words and 2 games. *Reading* Log in to Reading Eggs and complete a level in your program. *Writing* **K6M** – Write one sentence about what you would like to do on the weekend. **K6S** – Write one or more sentences up to one paragraph about what you would like to do on the weekend.
			Break		
Middle	**Mathematics** **Number**: ▪ Complete Worksheet from Maths Plus. ▪ Log into "Hit the Button" and complete Number Bonds. **K6M** – Log in to Studyladder and complete friends of ten tasks. **K6S** – Log in to Studyladder and complete place value tasks.	**Mathematics** **Number**: ▪ Complete Worksheet from Maths Plus. ▪ Log into "Hit the Button" and complete times tables drills. **K6M** – Log in to Studyladder and complete multiplication tasks. **K6S** – Complete Maths Plus area & perimeter worksheets.	**Mathematics** **Number**: ▪ Log in to Studyladder and complete set tasks. ▪ Log into "Hit the Button" and complete doubles drills. **K6M** – Log in to Studyladder and complete addition tasks. **K6S** – Complete Maths Plus arrays worksheets.	**Mathematics** **Number**: ▪ Complete Worksheet from Maths Plus. ▪ Log into "Hit the Button" and complete Number Bonds. **K6M** – Log in to Studyladder and complete friends of ten tasks. **K6S** – Log in to Studyladder and complete place value tasks.	**Mathematics** **Number**: ▪ Complete Worksheet from Maths Plus. ▪ Log into "Hit the Button" and complete times tables drills. **K6M** – Log in to Studyladder and complete multiplication tasks. **K6S** – Complete Maths Plus area & perimeter worksheets.
			Break		

	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 star-jumps, 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.

Words	Monday	Tuesday	Wednesday	Thursday
greedy				
eagle				
group				
entangle				
signalled				
grieve				
regardless				
agreement				
grammar				
engaging				
progressive				
migrate				

Words	Monday	Tuesday	Wednesday	Thursday
migrant				
vague				
fatigue				
gorgeous				
catalogue				
dialogue				
disorganised				
mortgage				
guarantee				
anguish				
distinguish				
extinguish				
magnificence				

g gg   girl egg

List Words

greedy
eagle
group
entangle
signalled
grieve
regardless
agreement
grammar
engaging
progressive
migrate
migrant
vague
fatigue
gorgeous
catalogue
dialogue
disorganised
mortgage
guarantee
anguish
distinguish
extinguish
magnificence

_____
_____
_____
_____
_____

1   **Colour** the graphemes that represent **g gg** in the List Words.

2   **Turn** to page 80. **Count** the sounds and identify all the graphemes in each List Word.

3   **Write** any other letters that can represent **g gg** on the Grapheme Chart. **Write** one word example for each.

4   **Cross** out all the words with the letter **g** where you do **not** hear **g gg**. **Answer** the questions about the sentence that is left.

A magnificent foreign eagle, migrating to eight a warmer climate, got signed entangled in a ghastly rough fishing net on a beach. He gnawed struggled gamely courageously but progressively became very tongued fatigued and his life was extinguished. His partner daughter watched in anguish and then brought flew away to grieve high alone.

1. What kind of eagle was it? ____ _____ _____

2. What kind of net entangled him? _____ _____ _____

3. Where did this happen? _____ _____ _____

4. What did he do to try to free himself?_____ _____

5. Who was watching? _____ _____

Grapheme Chart

grapheme	word

5   **Colour** all the digraphs in the following words.
    Use different colours where there are two or more digraphs in the same word.

greedy	grieve	agreement	progressive	mortgage	gorgeous
eagle	signalled	grammar	extinguish	guarantee	anguish
group	regardless	engaging	disorganised	distinguish	magnificence

6   **Write** the missing trigraphs for various sounds in these List Words.

    va_____   fati_____   catalo_____   dialo_____   m_____gage

7   **Match** the words ending with **gue** in the box, to their meanings. **Circle** words where **gue** represents **g gg**.

colleague tongue synagogue morgue travelogue plague catalogue dialogue monologue

speech given by one person _ _ _ _ _ _ _ _ _

place where dead bodies are kept until the funeral _ _ _ _ _ _   found in the mouth _ _ _ _ _ _

someone who works with you in the same job _ _ _ _ _ _ _ _ _   conversation _ _ _ _ _ _ _ _

Jewish place of worship _ _ _ _ _ _ _ _ _   magazine listing goods for sale _ _ _ _ _ _ _ _ _

film or talk about travel _ _ _ _ _ _ _ _ _ _   serious disease that spreads quickly _ _ _ _ _ _

8 **Write** prefixes in the list below to complete these words.

⭐ Prefixes **dis**, **ir**, **il**, **in**, **un** can all mean *not* or *the opposite of*.

_____regard   _____regular   _____legal   _____entangle   _____tangle   _____agree

_____gratitude   _____gracious   _____grateful   _____graceful   _____dignity   _____regularity

_____engage   _____forgettable   _____organised   _____organised   _____gainly   _____guise

9 **Finish** these comparing sentences, with words built from the words in the brackets.

⭐ Some words compare people: *kind, kinder, kindest,* and things: *cold, colder, coldest.* We add **er** to compare two. *Gabriel is older than Grace.* We add **est** to compare three or more. *Abigail is the oldest of all three of us.*

The smallest of the three naughty boys looked the _____. **(guilty)**

This invention is _____ than any other entry in the competition. **(clever)**

Our smaller dog is _____ than the bigger one when we feed them. **(greedy)**

The _____ migratory birds have the greatest chance of survival on their journey. **(strong)**

10 **Colour code** one word part from each column to form List Words. **Write** the words on the lines.

gra	tigue	_____
mi	geous	_____
fa	guish	_____
gor	gage	_____
mort	gue	_____
va	grate	_____
an	mmar	_____

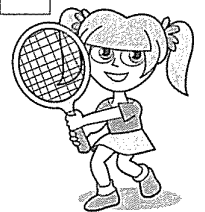| ex	gard	tee	_____
guar	a	guish	_____
di	gress	ed	_____
pro	tin	ive	_____
re	nall	logue	_____
sig	an	guish	_____
dis	tin	less	_____

Challenge

Write List Words, one letter per square as in a Crossword, that are synonyms for the given words. **Write** the letters from the numbered squares below to read the joke.

brilliance   [12]

continuing   [13]

quench   [1]

differentiate   [3]

assurance   [2]

arrangement   [14]

magazine   [8]

muddled   [4]

beautiful   [5]

signed   [10]

tiredness   [11]

unclear   [15]

immigrant   [16]

agony   [7]

appealing   [17]

conversation   [9]

mourn   [18]

grasping   [6]

trap   [19]

bird   [20]

W_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
 1 2 3   4 5   6 5 7   8 2 9 9   2 10   11 12 13 5 9 11 3 14

_ _ _ _? _ _ _ _ _ _ _ _ _
15 11 16 9   17 18 16 19 16 7 4 20

▷ For the Extra Challenge turn to page 90.   ISBN 978 1 74135 161 3   Sound Waves 6 Student Book   25

g gg Find A Word Level 6

M	A	G	N	I	F	I	C	E	N	C	E	S	L	M	D	G
G	Q	D	Z	D	A	N	G	U	I	S	H	M	R	Q	L	G
U	M	I	R	I	G	R	O	U	P	F	B	O	J	X	K	R
A	I	S	E	S	F	V	N	Y	U	A	K	R	I	X	P	A
R	G	O	G	T	D	A	F	X	G	T	A	T	I	I	R	M
A	R	R	A	I	Z	G	M	Y	R	I	G	G	S	O	O	M
N	A	G	R	N	E	U	Q	L	I	G	R	A	I	Q	G	A
T	N	A	D	G	A	E	L	W	E	U	E	G	G	B	R	R
E	T	N	L	U	G	X	E	G	V	E	E	E	N	M	E	M
E	Z	I	E	I	L	J	N	R	E	L	M	I	A	I	S	H
B	V	S	S	E	W	G	E	P	R	E	D	L	G	S	F	
E	S	E	S	H	T	O	A	E	S	Q	N	E	L	R	I	B
Q	Y	D	S	B	G	S	G	D	I	S	T	Y	E	A	V	Z
I	C	L	I	N	A	N	I	Y	S	S	E	O	D	T	E	C
Z	F	K	E	X	T	I	N	G	U	I	S	H	D	E	X	N
R	B	E	N	T	A	N	G	L	E	N	U	S	X	B	J	Q
J	H	N	S	D	X	O	N	R	X	P	X	X	A	G	C	L

GUARANTEE
REGARDLESS
VAGUE
GRIEVE
MORTGAGE
PROGRESSIVE
ANGUISH
ENTANGLE

MIGRANT
DISTINGUISH
ENGAGING
FATIGUE
SIGNALLED
GRAMMAR
GROUP

DISORGANISED
EAGLE
GREEDY
AGREEMENT
MIGRATE
MAGNIFICENCE
EXTINGUISH

1 × 0 = 0	2 × 0 = 0	3 × 0 = 0	4 × 0 = 0	5 × 0 = 0	6 × 0 = 0	7 × 0 = 0	8 × 0 = 0	9 × 0 = 0	10 × 0 = 0	11 × 0 = 0	12 × 0 = 0
1 × 1 = 1	2 × 1 = 2	3 × 1 = 3	4 × 1 = 4	5 × 1 = 5	6 × 1 = 6	7 × 1 = 7	8 × 1 = 8	9 × 1 = 9	10 × 1 = 10	11 × 1 = 11	12 × 1 = 12
1 × 2 = 2	2 × 2 = 4	3 × 2 = 6	4 × 2 = 8	5 × 2 = 10	6 × 2 = 12	7 × 2 = 14	8 × 2 = 16	9 × 2 = 18	10 × 2 = 20	11 × 2 = 22	12 × 2 = 24
1 × 3 = 3	2 × 3 = 6	3 × 3 = 9	4 × 3 = 12	5 × 3 = 15	6 × 3 = 18	7 × 3 = 21	8 × 3 = 24	9 × 3 = 27	10 × 3 = 30	11 × 3 = 33	12 × 3 = 36
1 × 4 = 4	2 × 4 = 8	3 × 4 = 12	4 × 4 = 16	5 × 4 = 20	6 × 4 = 24	7 × 4 = 28	8 × 4 = 32	9 × 4 = 36	10 × 4 = 40	11 × 4 = 44	12 × 4 = 48
1 × 5 = 5	2 × 5 = 10	3 × 5 = 15	4 × 5 = 20	5 × 5 = 25	6 × 5 = 30	7 × 5 = 35	8 × 5 = 40	9 × 5 = 45	10 × 5 = 50	11 × 5 = 55	12 × 5 = 60
1 × 6 = 6	2 × 6 = 12	3 × 6 = 18	4 × 6 = 24	5 × 6 = 30	6 × 6 = 36	7 × 6 = 42	8 × 6 = 48	9 × 6 = 54	10 × 6 = 60	11 × 6 = 66	12 × 6 = 72
1 × 7 = 7	2 × 7 = 14	3 × 7 = 21	4 × 7 = 28	5 × 7 = 35	6 × 7 = 42	7 × 7 = 49	8 × 7 = 56	9 × 7 = 63	10 × 7 = 70	11 × 7 = 77	12 × 7 = 84
1 × 8 = 8	2 × 8 = 16	3 × 8 = 24	4 × 8 = 32	5 × 8 = 40	6 × 8 = 48	7 × 8 = 56	8 × 8 = 64	9 × 8 = 72	10 × 8 = 80	11 × 8 = 88	12 × 8 = 96
1 × 9 = 9	2 × 9 = 18	3 × 9 = 27	4 × 9 = 36	5 × 9 = 45	6 × 9 = 54	7 × 9 = 63	8 × 9 = 72	9 × 9 = 81	10 × 9 = 90	11 × 9 = 99	12 × 9 = 108
1 × 10 = 10	2 × 10 = 20	3 × 10 = 30	4 × 10 = 40	5 × 10 = 50	6 × 10 = 60	7 × 10 = 70	8 × 10 = 80	9 × 10 = 90	10 × 10 = 100	11 × 10 = 110	12 × 10 = 120
1 × 11 = 11	2 × 11 = 22	3 × 11 = 33	4 × 11 = 44	5 × 11 = 55	6 × 11 = 66	7 × 11 = 77	8 × 11 = 88	9 × 11 = 99	10 × 11 = 110	11 × 11 = 121	12 × 11 = 132
1 × 12 = 12	2 × 12 = 24	3 × 12 = 36	4 × 12 = 48	5 × 12 = 60	6 × 12 = 72	7 × 12 = 84	8 × 12 = 96	9 × 12 = 108	10 × 12 = 120	11 × 12 = 132	12 × 12 = 144

Noun = naming word.

Verb = doing word.

Adjective = describing word.

Vowels = a, e, i, o, u

Five Star Writing:
- ★ Capitals
- ★ Spelling
- ★ Punctuation
- ★ Word choice
- ★ Neatness
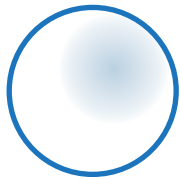
sphere   square based pyramid   cube   triangular based pyramid   cone   triangular prism   cylinder   rectangular prism
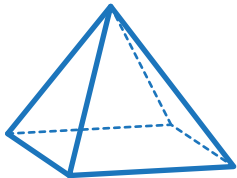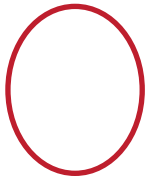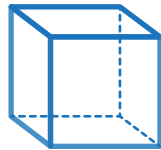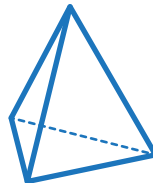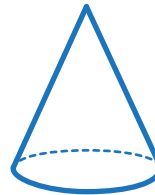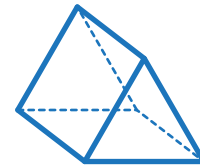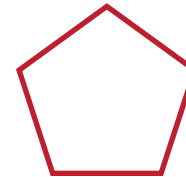
circle   oval   triangle   rhombus   square   rectangle   pentagon   hexagon   octagon
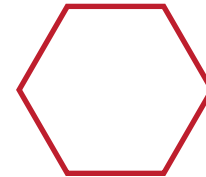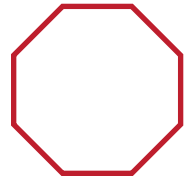
Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

Multiplication facts

3 Calculate the answers for each multiplication grid.

a

×6	
2	
3	
5	
8	
10	
4	
6	
9	
7	

b

×7	
1	
3	
5	
7	
9	
8	
6	
4	
10	

c

×8	
4	
6	
5	
3	
7	
2	
9	
10	
8	

d

×5	
2	
5	
3	
8	
10	
4	
6	
9	
7	

e

×9	
4	
6	
5	
3	
8	
7	
9	
2	
10	

f

×4	
3	
1	
5	
7	
9	
8	
6	
4	
10	

4 Write a division fact that can be made from the multiplication fact.

a $6 \times 5 =$ ___ ___ $\div$ ___ = ___

b $7 \times 6 =$ ___ ___ $\div$ ___ = ___

c $8 \times 9 =$ ___ ___ $\div$ ___ = ___

d $8 \times 4 =$ ___ ___ $\div$ ___ = ___

e $9 \times 6 =$ ___ ___ $\div$ ___ = ___

f $7 \times 9 =$ ___ ___ $\div$ ___ = ___

> $7 \times 5 = 35$,
> so $35 \div 5 = 7$
> or
> $35 \div 7 = 5$.

5 School banking
Complete the "Total" section of the table to show how much money each person has saved since they started their school banking account.

	a	b	c	d	e	f
	Anne	Bree	Calvin	Lauren	Mani	Jorge
Monthly banking	$9	$10	$8	$6	$8	$4
Number of months	8	7	7	9	5	8
Total						

6 Create as many multiplication sentences as you can that have a product of 48.

unit 2 Addition and subtraction strategies

Last year, the following strategies were taught. Use them to solve the questions on this page.

1 Use the split strategy to add and subtract these numbers.

> Add the hundreds, tens and ones separately.
> 325 + 133?
> Think, 300 + 100 plus 20 + 30 plus 5 + 3 equals 458.

a 42 + 35 =

b 31 + 54 =

c 62 − 32 =

d 23 + 45 =

e 42 + 54 =

f 48 + 26 =

g 66 − 34 =

h 57 + 28 =

i 23 + 35 =

j 24 + 67 =

k 68 − 47 =

l 75 + 36 =

m 325 + 133 =

n 372 + 125 =

o 427 + 132 =

p 534 + 354 =

q 627 + 252 =

r 309 + 490 =

s 378 − 267 =

t 784 + 141 =

u 356 + 277 =

> 38 + 37?
> Think, 38 + 30 = 68, then add 2 and 5 more.

2 Bridge to a decade to calculate the answers.

a 35 + 27 =

b 46 + 28 =

c 35 + 27 =

d 49 + 23 =

e 67 + 35 =

f 58 + 29 =

g 72 − 33 =

h 83 − 24 =

i 94 − 35 =

j 64 − 26 =

k 75 − 36 =

l 82 − 47 =

m 127 + 27 =

n 236 + 37 =

o 357 + 46 =

p 268 + 35 =

q 352 − 25 =

r 293 − 35 =

3 Estimate an answer to each of the additions and subtractions by rounding each number. The first one is done for you.

Question	Estimate
a 297 + 509	800
b 687 − 217	
c 607 + 384	
d 717 + 279	
e 689 − 321	
f 773 + 228	
g 456 + 249	

Question	Estimate
h 227 + 477	
i 408 + 179	
j 575 − 325	
k 297 + 313	
l 556 + 437	
m 717 + 477	
n 569 − 437	

Question	Estimate
o 937 + 387	
p 878 − 427	
q 769 − 440	
r 435 + 867	
s 789 − 423	
t 827 + 579	
u 698 + 713	

4 Solve these problems using your mental arithmetic skills.

a Jim has 54 m of timber in one pile and 38 m of timber in another. How much timber does he have altogether? _____

b Sarah had $73 in her bank account but spent $48 on clothes. How much money does she have left in her bank account? _____

6 Solve problems involving multiplication of large numbers by one- or two-digit numbers using efficient mental and written strategies and appropriate digital technologies

unit **4**

Addition and subtraction strategies

Last year the following strategies were taught.
Use them to answer the questions on this page.

1 Use your knowledge of number facts to extend these additions and subtractions.

$3 + 5 = 8,$
so $30 + 50 = 80$
and
$300 + 500 = 800.$

a $7 + 8 =$ _____
b $70 + 80 =$ _____
c $700 + 800 =$ _____
d $60 + 70 =$ _____
e $90 + 50 =$ _____
f $150 - 60 =$ _____

g $300 + 700 =$ _____
h $800 - 400 =$ _____
i $400 + 900 =$ _____
j $180 + 70 =$ _____
k $250 + 80 =$ _____
l $800 - 500 =$ _____

2 Use the jump strategy to add and subtract these numbers.

$38 + 43?$
Think
$38 + 40 + 3 = 81.$

a $26 + 15 =$ _____
b $35 + 27 =$ _____
c $46 + 42 =$ _____
d $35 + 23 =$ _____
e $48 - 25 =$ _____
f $58 - 37 =$ _____
g $63 + 65 =$ _____

h $57 - 26 =$ _____
i $68 + 29 =$ _____
j $78 + 36 =$ _____
k $127 - 25 =$ _____
l $132 + 37 =$ _____
m $156 + 23 =$ _____
n $142 + 34 =$ _____

o $148 + 24 =$ _____
p $137 - 36 =$ _____
q $146 + 25 =$ _____
r $157 - 26 =$ _____
s $185 - 24 =$ _____
t $297 + 33 =$ _____
u $347 + 46 =$ _____

3 Add the numbers mentally using the compensation strategy.

$35 + 48?$
Think
$35 + 50$ minus $2.$

a $24 + 39 =$ _____
b $36 + 28 =$ _____
c $54 + 21 =$ _____
d $47 + 49 =$ _____

e $27 + 42 =$ _____
f $53 + 38 =$ _____
g $36 + 32 =$ _____
h $47 + 32 =$ _____

i $336 + 33 =$ _____
j $242 + 41 =$ _____
k $137 + 57 =$ _____
l $545 + 27 =$ _____

4 Subtract the numbers mentally using the compensation strategy.

$64 - 29?$
Think
$64 - 30 + 1.$

a $65 - 29 =$ _____
b $72 - 39 =$ _____
c $85 - 38 =$ _____
d $73 - 49 =$ _____

e $83 - 49 =$ _____
f $92 - 78 =$ _____
g $64 - 37 =$ _____
h $72 - 37 =$ _____

i $196 - 37 =$ _____
j $285 - 57 =$ _____
k $174 - 36 =$ _____
l $283 - 58 =$ _____

5 Use the strategies above to write addition and subtraction number sentences that have an answer of 54.

$39 + 15 = 54$

Use efficient mental and written strategies and apply appropriate digital technologies to solve problems

Expanding numbers to 6 digits

2 6 2 7
3

6 Write the numbers.

a Twenty-six thousand, two hundred and thirty-seven
b Forty-two thousand, seven hundred and thirteen
c Sixty-seven thousand, three hundred and sixty
d Thirty-five thousand and nine
e Fifty thousand, two hundred and four
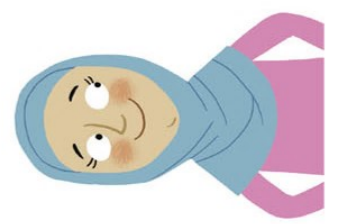
7 State the place value of each bold digit.

a 2**3**4 _____ **g** **3**2 345 _____

b **2**345 _____ **h** 34 **8**98 _____

c **3**4 _____ **i** 56 **8**73 _____

d 6**7**78 _____ **j** **9**9 564 _____

e 7777 _____ **k** 3**6**7 234 _____

f **6**656 _____ **l** 333 **4**44 _____

8 Expand the following numbers. The first one is done for you.

a 235 247 = 200 000 + 30 000 + 5000 + 200 + 40 + 7

b 364 382 = ☐ + ☐ + ☐ + ☐ + ☐ + ☐

c 491 456 = ☐ + ☐ + ☐ + ☐ + ☐ + ☐

d 670 291 = ☐ + ☐ + ☐ + ☐ + ☐

e 782 008 = ☐ + ☐ + ☐ + ☐

f 899 099 = ☐ + ☐ + ☐ + ☐ + ☐

9 Arrange the cards to make the largest number then the smallest number using all five digits.

5 4 3 2 1 ?

	Cards	Largest number	Smallest number
a	3 7 4 5 9		
b	9 6 8 3 7		
c	1 3 2 9 8		

Recognise, represent and order numbers to at least tens of millions

unit
5

Multiplication strategies

1 Complete the multiplication facts using your knowledge of place value.

$3 \times 5 = 15$
so 3×5 tens = 150.

a $3 \times 30 =$ _____
b $4 \times 30 =$ _____
c $5 \times 40 =$ _____
d $6 \times 30 =$ _____
e $4 \times 60 =$ _____
f $5 \times 60 =$ _____
g $7 \times 30 =$ _____
h $4 \times 80 =$ _____
i $7 \times 40 =$ _____
j $8 \times 50 =$ _____
k $9 \times 60 =$ _____
l $7 \times 70 =$ _____

2 Use your knowledge of place value to multiply by tens.
For example, 50×60 equals 5 tens $\times$ 6 tens which equals 30 hundreds (3000).

a $20 \times 50 =$ _____
b $30 \times 40 =$ _____
c $40 \times 40 =$ _____
d $30 \times 50 =$ _____
e $40 \times 50 =$ _____
f $40 \times 60 =$ _____
g $60 \times 50 =$ _____
h $50 \times 50 =$ _____
i $70 \times 30 =$ _____
j $60 \times 60 =$ _____
k $40 \times 70 =$ _____
l $70 \times 70 =$ _____
m $70 \times 50 =$ _____
n $80 \times 80 =$ _____
o $80 \times 70 =$ _____

3 Mentally calculate the answers to these multiplications.

32×5?
Think 30×5
plus 2×5.

a $24 \times 5 =$ _____
b $23 \times 5 =$ _____
c $32 \times 5 =$ _____
d $13 \times 7 =$ _____
e $14 \times 7 =$ _____
f $22 \times 6 =$ _____
g $37 \times 3 =$ _____
h $34 \times 7 =$ _____
i $36 \times 6 =$ _____
j $34 \times 6 =$ _____
k $38 \times 3 =$ _____
l $43 \times 5 =$ _____

4 Use mental computation skills to solve the problems.

$26 $30 $60 $46 $40

a Mary bought 6 games. How much did she spend? _____
b Thomas bought 3 watches. How much did he spend? _____
c Sarah bought 5 T-shirts. How much did she spend? _____
d How much would 5 books cost? _____
e How much would 4 dresses cost? _____

5 If you had $150 to spend on the above items how might you spend it?

_____
_____

Multiplication • x 0 and x 1

0	1	9	7	8	6	4	2	8	0
x 1	x 1	x 0	x 1	x 0	x 0	x 1	x 1	x 1	x 0

8	2	7	3	5	1	3	6	9	9
x 1	x 0	x 1	x 0	x 0	x 1	x 1	x 1	x 0	x 1

3	4	0	5	1	6	8	9	2	7
x 1	x 0	x 0	x 1	x 0	x 1	x 0	x 1	x 1	x 0

5	4	8	3	6	1	2	7	9	0
x 0	x 1	x 1	x 0	x 0	x 1	x 0	x 1	x 0	x 0

4	1	8	3	5	6	2	9	7	4
x 0	x 0	x 0	x 1	x 1	x 0	x 1	x 1	x 0	x 1

8	5	3	5	6	2	0	7	3	1
x 1	x 1	x 0	x 0	x 1	x 1	x 1	x 1	x 1	x 1

9	4	5	8	1	6	3	2	7	3
x 1	x 1	x 0	x 0	x 0	x 0	x 1	x 1	x 0	x 0

2	6	3	7	0	5	6	3	1	9
x 1	x 1	x 0	x 0	x 0	x1	x 0	x 1	x 1	x 0

7	4	0	8	5	3	2	7	5	4
x 1	x 1	x 1	x 1	x 0	x 1	x 1	x 0	x 0	x 0

8	9	6	5	3	0	2	6	1	4
x 0	x 0	x 0	x 1	x 0	x 0	x 1	x 1	x 1	x 0

Multiplication • x 1 and x 2

0 x 1	1 x 2	9 x 2	4 x 1	7 x 1	6 x 2	1 x 1	9 x 1	4 x 2	8 x 2
2 x 1	0 x 2	2 x 2	3 x 1	5 x 2	3 x 2	5 x 2	6 x 1	8 x 1	7 x 2
2 x 2	9 x 2	4 x 1	2 x 1	5 x 2	6 x 1	7 x 2	3 x 2	2 x 1	1 x 1
8 x 2	4 x 2	0 x 1	1 x 1	2 x 2	6 x 2	7 x 1	5 x 2	3 x 1	7 x 2
3 x 2	4 x 1	8 x 2	6 x 1	3 x 1	9 x 2	4 x 2	6 x 1	5 x 2	7 x 1
7 x 2	4 x 2	2 x 1	0 x 2	9 x 2	8 x 1	7 x 2	7 x 1	5 x 1	6 x 1
9 x 1	2 x 2	5 x 1	0 x 2	5 x 2	7 x 1	6 x 2	5 x 1	9 x 2	6 x 1
1 x 2	8 x 1	7 x 2	8 x 2	9 x 1	6 x 2	1 x 2	3 x 2	0 x 1	0 x 2
5 x 2	3 x 1	2 x 2	4 x 1	5 x 2	6 x 1	8 x 2	5 x 1	6 x 1	3 x 2
3 x 2	4 x 2	0 x 2	2 x 1	9 x 1	8 x 1	7 x 2	4 x 2	5 x 1	6 x 2

Multiplication • x 2 and x 3

2	0	9	4	0	7	3	8	6	4
x 2	x 3	x 3	x 2	x 2	x 3	x 2	x 3	x 2	x 3

3	1	1	6	5	9	5	7	3	2
x 2	x 2	x 3	x 3	x 2	x 2	x 3	x 2	x 3	x 3

9	5	2	2	6	3	6	5	8	7
x 3	x 2	x 2	x 3	x 3	x 2	x 2	x 3	x 3	x 2

5	7	5	4	2	0	1	7	6	4
x 2	x 3	x 3	x 2	x 2	x 2	x 2	x 3	x 2	x 3

6	3	4	6	3	5	8	7	3	2
x 3	x 2	x 3	x 2	x 3	x 2	x 3	x 2	x 3	x 2

8	9	0	6	7	9	4	2	5	7
x 3	x 2	x 3	x 3	x 2	x 3	x 3	x 2	x 2	x 3

4	2	6	5	4	2	1	3	6	9
x 3	x 2	x 3	x 3	x 2	x 2	x 2	x 2	x 2	x 2

3	0	4	9	1	2	0	8	6	8
x 3	x 3	x 2	x 3	x 3	x 2	x 2	x 3	x 3	x 2

5	4	8	7	6	9	0	1	4	2
x 3	x 2	x 3	x 2	x 3	x 3	x 2	x 3	x 3	x 2

9	4	2	9	6	8	7	5	6	7
x 2	x 3	x 3	x 2	x 2	x 3	x 3	x 3	x 2	x 3

Multiplication • x 3 and x 4

9 x 3	0 x 4	1 x 3	1 x 4	0 x 3	5 x 4	4 x 3	0 x 3	2 x 4	8 x 4
5 x 3	3 x 4	2 x 3	6 x 3	5 x 4	7 x 3	6 x 4	4 x 4	8 x 3	9 x 4
8 x 4	0 x 4	0 x 3	2 x 3	6 x 3	3 x 3	5 x 4	1 x 4	6 x 3	5 x 4
3 x 3	9 x 3	1 x 4	8 x 4	2 x 4	2 x 3	9 x 4	8 x 4	4 x 4	6 x 3
8 x 4	2 x 4	5 x 3	3 x 4	3 x 3	4 x 3	2 x 3	6 x 3	5 x 4	3 x 3
7 x 4	1 x 4	6 x 4	1 x 3	7 x 4	0 x 4	8 x 3	9 x 3	9 x 4	7 x 3
1 x 4	8 x 4	5 x 3	4 x 4	4 x 3	7 x 4	0 x 3	2 x 3	9 x 4	4 x 3
5 x 4	0 x 4	6 x 4	3 x 3	1 x 3	3 x 3	4 x 4	1 x 4	0 x 3	9 x 3
3 x 4	9 x 4	2 x 3	9 x 3	6 x 3	5 x 3	0 x 4	1 x 3	4 x 4	6 x 4
6 x 3	3 x 3	0 x 4	1 x 3	5 x 4	6 x 3	4 x 4	1 x 4	7 x 3	8 x 4

Multiplication • x 4 and x 5

3	3	1	9	0	2	0	7	1	2
x 5	x 4	x 5	x 5	x 4	x 4	x 5	x 5	x 4	x 5

4	5	5	9	8	7	6	6	8	4
x 4	x 5	x 4	x 4	x 5	x 4	x 4	x 5	x 4	x 5

0	4	1	7	0	6	0	1	5	4
x 4	x 5	x 5	x 5	x 4	x 5	x 5	x 4	x 5	x 4

7	2	6	2	2	7	6	3	1	0
x 4	x 5	x 4	x 4	x 5	x 4	x 5	x 5	x 4	x 5

2	6	1	0	3	3	4	6	7	1
x 4	x 5	x 5	x 4	x 5	x 4	x 4	x 4	x 5	x 4

8	2	4	6	8	7	4	3	0	1
x 4	x 5	x 4	x 5	x 5	x 4	x 4	x 5	x 5	x 4

7	0	9	8	0	5	4	3	6	1
x 5	x 5	x 5	x 4	x 4	x 5	x 4	x 4	x 5	x 5

4	6	5	1	2	3	2	4	7	6
x 5	x 4	x 5	x 4	x 5	x 4	x 4	x 4	x 5	x 5

5	0	7	6	1	3	7	4	8	9
x 5	x 5	x 4	x 5	x 5	x 4	x 5	x 5	x 5	x 4

4	1	3	5	9	9	8	3	6	7
x 4	x 5	x 4	x 5	x 5	x 4	x 5	x 5	x 4	x 5

Number Correct _____/100

Multiplication • x 5 and x 6

5 x 5	2 x 6	9 x 5	8 x 6	0 x 5	1 x 6	3 x 5	1 x 5	5 x 6	0 x 6
2 x 5	3 x 6	7 x 6	6 x 6	5 x 6	4 x 5	8 x 5	4 x 6	9 x 6	7 x 5
7 x 6	3 x 5	9 x 5	4 x 6	0 x 6	4 x 5	8 x 5	5 x 5	7 x 5	5 x 6
0 x 5	1 x 6	4 x 5	2 x 6	9 x 6	0 x 6	9 x 5	4 x 6	6 x 6	8 x 5
4 x 6	2 x 6	5 x 5	0 x 6	1 x 5	3 x 5	2 x 6	0 x 6	8 x 6	9 x 5
5 x 5	8 x 6	7 x 6	0 x 5	5 x 6	6 x 6	3 x 6	1 x 6	1 x 5	3 x 5
8 x 5	6 x 6	0 x 6	4 x 6	5 x 5	8 x 6	4 x 5	0 x 5	3 x 6	9 x 5
0 x 6	4 x 5	3 x 6	0 x 5	1 x 6	6 x 6	7 x 6	7 x 5	3 x 5	0 x 6
6 x 6	5 x 5	9 x 5	4 x 6	8 x 5	1 x 5	0 x 5	7 x 5	2 x 6	4 x 5
7 x 5	6 x 5	6 x 6	8 x 5	7 x 6	3 x 5	2 x 6	2 x 5	8 x 6	9 x 5

Name _____

Multiplication • x 6 and x 7

3 x 6	1 x 7	7 x 6	3 x 7	1 x 6	0 x 7	2 x 6	6 x 7	2 x 7	9 x 6
4 x 7	5 x 6	6 x 7	9 x 6	0 x 7	1 x 6	3 x 7	4 x 6	2 x 6	5 x 7
1 x 7	4 x 6	6 x 7	9 x 6	0 x 7	1 x 6	3 x 7	4 x 6	2 x 6	5 x 7
6 x 6	0 x 7	7 x 7	8 x 6	9 x 7	3 x 7	2 x 6	1 x 7	4 x 6	2 x 7
8 x 7	1 x 7	3 x 6	1 x 6	5 x 7	2 x 6	7 x 7	8 x 7	9 x 6	9 x 7
2 x 6	3 x 7	4 x 6	5 x 7	8 x 6	7 x 6	8 x 7	0 x 7	1 x 6	5 x 6
3 x 7	4 x 7	8 x 6	6 x 6	7 x 7	9 x 7	0 x 6	3 x 7	3 x 6	5 x 6
9 x 6	0 x 6	2 x 7	3 x 6	5 x 6	2 x 6	4 x 7	5 x 7	8 x 6	9 x 7
7 x 7	6 x 7	4 x 6	5 x 6	2 x 7	1 x 6	0 x 7	8 x 7	3 x 7	2 x 6
6 x 7	3 x 6	5 x 7	6 x 6	5 x 6	3 x 7	4 x 6	9 x 6	8 x 7	1 x 7

Name _____

Multiplication • x 7 and x 8

0 x 8	5 x 7	2 x 8	2 x 7	8 x 8	7 x 7	4 x 7	5 x 8	1 x 8	9 x 7
3 x 8	4 x 8	6 x 8	0 x 7	3 x 7	7 x 8	1 x 7	6 x 7	9 x 8	8 x 7
8 x 8	5 x 7	0 x 8	6 x 7	2 x 8	0 x 7	1 x 8	7 x 7	6 x 8	3 x 8
6 x 7	4 x 8	5 x 7	6 x 8	7 x 7	2 x 8	9 x 7	8 x 8	0 x 7	1 x 8
4 x 7	5 x 8	5 x 7	3 x 8	4 x 7	0 x 8	1 x 7	8 x 7	4 x 7	8 x 8
3 x 8	7 x 8	2 x 7	7 x 7	5 x 8	0 x 8	3 x 7	4 x 8	5 x 7	5 x 8
5 x 7	3 x 8	0 x 7	4 x 7	6 x 8	8 x 7	9 x 8	7 x 8	8 x 7	9 x 7
9 x 8	1 x 7	7 x 7	4 x 8	2 x 7	5 x 7	8 x 8	2 x 8	0 x 7	3 x 8
1 x 8	5 x 7	6 x 8	9 x 7	8 x 8	1 x 7	0 x 8	5 x 7	6 x 8	9 x 8
7 x 7	0 x 8	1 x 7	6 x 7	7 x 8	9 x 7	5 x 8	7 x 8	2 x 7	4 x 8

Multiplication • x 8 and x 9

0 x 9	1 x 8	2 x 9	2 x 8	7 x 9	2 x 8	9 x 9	6 x 8	1 x 9	0 x 8
4 x 8	3 x 8	5 x 8	4 x 9	7 x 8	5 x 8	3 x 9	5 x 8	1 x 8	7 x 9
0 x 8	8 x 8	2 x 9	9 x 9	1 x 8	4 x 8	3 x 9	5 x 8	1 x 9	7 x 8
6 x 8	2 x 9	0 x 8	3 x 8	4 x 9	1 x 9	6 x 8	7 x 9	7 x 8	0 x 9
7 x 8	4 x 8	2 x 9	8 x 9	6 x 8	0 x 8	2 x 9	4 x 9	1 x 9	2 x 8
0 x 9	6 x 8	9 x 8	5 x 9	8 x 8	2 x 9	3 x 9	4 x 8	9 x 9	5 x 8
4 x 9	9 x 9	0 x 8	3 x 9	2 x 8	4 x 9	7 x 9	6 x 8	7 x 8	0 x 8
9 x 9	3 x 8	4 x 9	1 x 8	2 x 8	4 x 9	2 x 9	5 x 8	4 x 9	4 x 8
2 x 9	0 x 9	1 x 8	7 x 8	5 x 9	6 x 8	8 x 8	9 x 9	1 x 9	9 x 8
5 x 8	3 x 9	0 x 8	2 x 8	3 x 9	4 x 8	4 x 9	5 x 8	1 x 9	4 x 8

Earth Watch

PROTECTING NATIVE PLANTS AND ANIMALS

Quolls are native to Australia.

Andreas-Ruhz/Shutterstock.com

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.

SoruEpotok/Shutterstock.com

European starlings are very pretty birds, but they are pests that steal nests from native birds.

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.

Name: _____ **Date:** _____

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.

COMPREHENSION

teachstarter

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 **10** min **DURATION** **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:

⊘ complete each movement challenge.

PRIOR LEARNING

Students should be familiar with:

☐ performing each action that is part of the game.

Make it BUZZ!

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

⊘ Give less-capable students a smaller amount of repetitions/reduce the time they have to perform the action.

Extending Students

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

MONITORING STUDENT UNDERSTANDING

⊘ 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

⊘ 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

Gross Motor
Perform the physical actions required to progress through the game.

Fitness BINGO

10 scissors	12 star jumps	Sprint on the spot for 30 seconds
8 twists	Free Choice	5 crunches
Knee high jog on the spot for 30 seconds	6 push ups	8 high knee lifts

Fitness BINGO

4 heel touches	Shuffle on the spot for 30 seconds	Sprint on the spot for 30 seconds
8 twists	Free Choice	10 squats
12 side to side jumps	6 push ups	10 backwards forwards jumps

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Fitness BINGO

4 heel touches	2 grape vines	Hop on one leg for 30 seconds
Easy walk on the spot for 30 seconds	Free Choice	10 squats
15 second plank hold	8 step touches	10 backwards forwards jumps

Fitness BINGO

March on the spot for 30 seconds	2 grape vines	Hop on one leg for 30 seconds
Easy walk on the spot for 30 seconds	Free Choice	Side to side step for 30 seconds
15 second plank hold	8 step touches	4 left leg lunges

teachstarter

teachstarter

Fitness BINGO

March on the spot for 30 seconds	10 scissors	5 power jumps
Row on the spot for 30 seconds	Free Choice	Side to side step for 30 seconds
12 star jumps	Sprint on the spot for 30 seconds	4 left leg lunges

Fitness BINGO

Knee high jog on the spot for 30 seconds	10 scissors	5 power jumps
Row on the spot for 30 seconds	Free Choice	5 crunches
12 star jumps	Sprint on the spot for 30 seconds	8 twists

Fitness BINGO

Knee high jog on the spot for 30 seconds	8 high knee lifts	6 push ups
4 heel touches	Free Choice	5 crunches
Shuffle on the spot for 30 seconds	10 squats	8 twists

Fitness BINGO

Hop on one leg for 30 seconds	8 high knee lifts	6 push ups
4 heel touches	Free Choice	10 backwards forwards jumps
Shuffle on the spot for 30 seconds	10 squats	12 side to side jumps

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Fitness BINGO

Hop on one leg for 30 seconds	15 second plank hold	2 grape vines
4 left leg lunges	Free Choice	10 backwards forwards jumps
8 step touches	Easy walk on the spot for 30 seconds	12 side to side jumps

Fitness BINGO

4 right leg lunges	15 second plank hold	2 grape vines
4 left leg lunges	Free Choice	March on the spot for 30 seconds
8 step touches	Easy walk on the spot for 30 seconds	Side to side step for 30 seconds

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Fitness BINGO

4 right leg lunges	2 grape vines	Row on the spot for 30 seconds
10 scissors	Free Choice	March on the spot for 30 seconds
12 star jumps	Sprint on the spot for 30 seconds	Side to side step for 30 seconds

Fitness BINGO

8 twists	5 power jumps	Row on the spot for 30 seconds
10 scissors	Free Choice	5 crunches
12 star jumps	Sprint on the spot for 30 seconds	Knee high jog on the spot for 30 seconds

Fitness BINGO

8 twists	6 push ups	8 high knee lifts
4 heel touches	Free Choice	5 crunches
Shuffle on the spot for 30 seconds	10 squats	Knee high jog on the spot for 30 seconds

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Fitness BINGO

12 side to side jumps	6 push ups	8 high knee lifts
4 heel touches	Free Choice	10 backwards forwards jumps
Shuffle on the spot for 30 seconds	10 squats	Hop on one leg for 30 seconds

teachstarter

Fitness BINGO

12 side to side jumps	Easy walk on the spot for 30 seconds	8 step touches
2 grape vines	Free Choice	10 backwards forwards jumps
15 second plank hold	4 left leg lunges	Hop on one leg for 30 seconds

Fitness BINGO

4 right leg lunges	Easy walk on the spot for 30 seconds	8 step touches
2 grape vines	Free Choice	March on the spot for 30 seconds
15 second plank hold	4 left leg lunges	Side to side step for 30 seconds

teachstarter

Fitness BINGO

4 right leg lunges	5 power jumps	Row on the spot for 30 seconds
5 crunches	Free Choice	March on the spot for 30 seconds
Knee high jog on the spot for 30 seconds	6 push ups	Side to side step for 30 seconds

Fitness BINGO

8 high knee lifts	5 power jumps	Row on the spot for 30 seconds
5 crunches	Free Choice	4 heel touches
Knee high jog on the spot for 30 seconds	6 push ups	Shuffle on the spot for 30 seconds

Fitness BINGO

8 high knee lifts	10 squats	12 side to side jumps
10 backwards forwards jumps	Free Choice	4 heel touches
Hop on one leg for 30 seconds	Easy walk on the spot for 30 seconds	Shuffle on the spot for 30 seconds

Fitness BINGO

8 step touches	10 squats	12 side to side jumps
10 backwards forwards jumps	Free Choice	2 grape vines
Hop on one leg for 30 seconds	Easy walk on the spot for 30 seconds	15 second plank hold

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Fitness BINGO

8 step touches	4 left leg lunges	4 right leg lunges
March on the spot for 30 seconds	Free Choice	2 grape vines
Side to side step for 30 seconds	5 power jumps	15 second plank hold

Fitness BINGO

Row on the spot for 30 seconds	4 left leg lunges	10 scissors
March on the spot for 30 seconds	Free Choice	12 star jumps
Side to side step for 30 seconds	5 power jumps	Sprint on the spot for 30 seconds

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Fitness BINGO

Row on the spot for 30 seconds	8 twists	10 scissors
5 crunches	Free Choice	12 star jumps
Knee high jog on the spot for 30 seconds	6 push ups	Sprint on the spot for 30 seconds

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Fitness 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

teachstarter

Fitness
BINGO

4 heel touches	12 side to side jumps	8 high knee lifts
10 backwards forwards jumps	Free Choice	Shuffle on the spot for 30 seconds
Hop on one leg for 30 seconds	8 step touches	10 squats

Fitness
BINGO

15 second plank hold	12 side to side jumps	4 right leg lunges
10 backwards forwards jumps	Free Choice	Side to side step for 30 seconds
Hop on one leg for 30 seconds	8 step touches	Row on the spot for 30 seconds

teachstarter

Fitness BINGO

15 second plank hold	12 star jumps	4 right leg lunges
8 twists	Free Choice	Side to side step for 30 seconds
Knee high jog on the spot for 30 seconds	8 high knee lifts	Row on the spot for 30 seconds

Fitness BINGO

Shuffle on the spot for 30 seconds	12 star jumps	12 side to side jumps
8 twists	Free Choice	Hop on one leg for 30 seconds
Knee high jog on the spot for 30 seconds	8 high knee lifts	8 step touches

Fitness BINGO

Shuffle on the spot for 30 seconds	10 scissors	12 side to side jumps
Sprint on the spot for 30 seconds	Free Choice	Hop on one leg for 30 seconds
8 twists	Knee high jog on the spot for 30 seconds	8 step touches

teachstarter

Fitness BINGO

5 power jumps	10 scissors	4 right leg lunges
Sprint on the spot for 30 seconds	Free Choice	2 grape vines
8 twists	Knee high jog on the spot for 30 seconds	10 squats

teachstarter

Fitness BINGO

5 power jumps	12 side to side jumps	4 right leg lunges
5 crunches	Free Choice	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	15 second plank hold
5 crunches	Free Choice	4 heel touches
March on the spot for 30 seconds	12 star jumps	Knee high jog on the spot for 30 seconds

teachstarter

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	10 backwards forwards jumps
2 grape vines	15 second plank hold
Side to side step for 30 seconds	5 power jumps

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