Year 3
Learning Activities
Mathematics
Humanities and Arts
Science, Design and Technologies

Activity 1

How do we see day and night? What do you think it would be like if we were always day or night? How do we know it is day? Think about the things we see in the daytime that we don’t see at night. How do we know it is night? What are some of the things we only see when it is dark?

Watch this video about day and night on Earth from space. Talk to your supervisor and make a sound file about how different our world would be if we had day or only night. Upload this sound file to your blog.

Science Safety

Earth From Space Live

Talk to your supervisor about what you know about the Sun, the Moon and the Earth. On your digital paper write the Tally! Check Print out the fact sheet and discuss with your classmate. What do you know and what do you want to learn? In class you will fill out the student sheet and submit this in your folders.

Talk to your supervisor about what you know about the Sun, the Moon and the Earth. On your digital paper write the Tally! Check Print out the fact sheet and discuss with your classmate. What do you know and what do you want to learn? In class you will fill out the student sheet and submit this in your folders.

Science Safety

When a scientist wants to find an answer to one of these questions they often have to do experiments. Scientists make sure that they are very careful what they are doing and they make sure that they have safety issues.

Watch this video with your supervisor on Science Safety. Talk to your supervisor about any science safety is important. Make a list of some of the important things you talked about.
Health and Physical Education

Physical Activity and Me - What is Physical Activity?

Welcome to your first week of Health and Physical Education!

We are going to have a lot of fun!
It's time to get active!

The Benefits of Physical Activity

Playing ball, playing frisbee, rope skipping, going up and over stairs and even walking the dog.

It all counts as exercise. The child's energy is used up.

It's almost as part of you doesn't know it. It's for exercise, for muscles, lungs and more even your brain.

What does Persistence look like?

Click here to watch a video.

If at first you don't succeed, try, try again.

Warm Up

What is a warm up?

A warm up is a group of exercises which help children to prepare their bodies gradually for more vigorous physical activity. Gradually warming the body into physical activity is less stressful and reduces the likelihood of injury such as muscle strain.

What are the benefits of a good warm up?

It can:
- Increase heart rate and blood circulation
- Prepare joints and muscles for function efficiently
- Help to prepare the mind for the physical activity to follow
- Prepare for a specific physical activity
- Reduce risk of injury

How long should a warm up take?

Approx 10-15 minutes