

Forest's Distance Learning Instructions

Term 3: Week 4



Complete all **overdue and current Maths Buddy** tasks by 3pm Friday

Complete any assigned **Education Perfect** tasks by Friday

Complete any **'Must Do'** Tasks on Page 2

Complete **8 x ticks** on your **Reading Plus** dashboard by 3pm Friday

Attend your **Learning Advisor Meeting** @ 9:30am this Friday 20th August - Camera & Mic turned on please



FOREST WHĀNAU: YR 7 'MUST DO'S!'

PE & HEALTH - OYO	GLOBAL STUDIES - LDO	ENGLISH - JCL	MATHS - ALI/MKI	SCIENCE - IBR
<p>'Must Do' Activity Instructions: 1. Complete the work out below...</p> <p>For this session your aim is to keep yourself going. It is all about your stamina both physically and mentally. You want to push yourself as hard as you can. You need to complete 100 of each exercise. You could break each of the sets up into 20/25 reps. The aim is to do it as fast as possible.</p> <p>'Hundy Club' 100 Sit ups 100 Squats 100 Lunges 100 Push ups 100 Tricep dips</p>	<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> How the Olympics have shaped NZ <p>'Can Do' Activity Instructions: 1. Timeline questionnaire [slideshow on Google Classroom]</p>	<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> Think critically about visual texts Use a range of reading strategies <p>'Must Do' Activity Instructions: 1. Complete all 8 x 'ticks' for Reading Plus</p> <p>2. View the movie 'COOL RUNNINGS' - spend 2 sessions this week watching the movie. There is a YouTube link to the movie and I have shared a Google link with you to view the movie.</p> <p>'Can Do' Activity Instructions: 1. Complete Background information about Jamaica where the movie is set</p> <p>2. Read your latest novel from our MHJC library</p> <p>3. Look at the 'Cool Runnings' document on Google Classroom, but this is really for next week's English sessions.</p>	<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> Identify units associated with length, mass & capacity Multiply & divide by 10, 100 & 1000 <p>'Must Do' Activity Instructions: 1. Please complete Week 4's Maths Buddy tasks.</p> <p>2. Please check that you are up to date with last week's Education Perfect maths homework task.</p>	<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> Identify the five food groups <p>'Must Do' Activity Instructions: 1. Keep a food diary and record everything you eat. Template is on Google Classroom.</p>

Remember your 9:30am
Google Meet this Friday

