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 8 'MUST DO'S!'

Remember your **9:30am Google Meet** this Friday

PE & Health – HTI	Global Studies– LDO/EST	English – NIS	Maths– MPH	Science – IBR
'Must Do' Activity Instructions: **I.** Complete the work out below… 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. **'Hundy Club'** 100 Sit ups 100 Squats 100 Lunges 100 Push ups 100 Tricep dips	**Learning Intentions: WALT** • WALT focus on Sports and Politics by investigating Apartheid in South Africa. **'Must Do' Activity Instructions:** **I.** Complete the **Apartheid in South Africa worksheet** on Google Classroom. Read through the slideshow for further information first. **2.** Complete the Education Perfect Task **'The Apartheid System in South Africa'**	**Learning Intentions: WALT** • Think critically about texts • Use a range of reading strategies **'Must Do' Activity Instructions:** **I.** Complete all **8 x 'ticks'** for **Reading Plus** **2. Finish off ~** Reading online news article on the Olympics 2020. Review and answering questions in your English Book/or on a Google doc (if book is at school). Instructions/criteria/resource links are on your Google Classroom page ~ English. **'Can Do' Activity Instructions:** **I.** **Read your library book.**	**'Must Do' Activity Instructions:** **I.** Please complete Week 4's **Maths Buddy** tasks. **2.** Please check that you are up to date with all **Education Perfect** maths homework tasks.	**Learning Intentions: WALT** • Explore the different muscles in our body. **'Must Do' Activity Instructions:** **I.** Finish worksheets and activities on Google Classroom and watch the video.

Remember your **9:30am Google Meet** this Friday