

**INSTRUCTIONS: Each day, choose one HSIE/PDH activity to complete. Choose several PE activities to undertake each day**

<p><b>History</b></p> <p>Create a table with two headings: Risks and Rewards. List at least 5 possible risks and 5 possible rewards for 18th century explorers setting out on a new voyage</p>	<p><b>Geography</b></p> <p>Choose a vegetation type. Draw, colour and label a detailed picture of this vegetation type and write a short paragraph to explain its features.</p>	<p><b>Civics &amp; Citizenship</b></p> <p>Choose a service that is provided by your local council. Write a paragraph explaining how you and your family use and benefit from this service.</p>	<p><b>PDH</b></p> <p>Write a paragraph about a time that you had to deal with change in your life. Explain how you felt about the change and describe any strategies you used to help yourself adapt.</p>	<p><b>PE</b></p> <p>20 Jumping Jacks 10 Situps 20 Mountain Climbers 10 Side-to-Side Jumps</p>	<p><b>PE</b></p> <p>Mindfulness Minute: For 60 seconds hold or perform one of the Yoga poses we taught you and clear your mind. Focus only on your breathing. Do this 3-5 more times today.</p>
<p><b>History</b></p> <p>Pretend you are a convict being transported to Australia. Write a diary entry to describe your experiences on board the First Fleet.</p>	<p><b>Geography</b></p> <p>Choose a raw material. Create a mind map showing as many products as possible that come from this raw material. Draw a picture of each product.</p>	<p><b>Civics &amp; Citizenship</b></p> <p>List some laws that people in our society need to follow. Explain why you think it is important to abide by each of the laws on your list.</p>	<p><b>PDH</b></p> <p>Create an informative poster explaining strategies that children can use if they ever feel uncomfortable or unsafe in a particular situation.</p>	<p><b>PE</b></p> <p>15 High Knees 30 Second Plank 18 Burpees 10 Pushups</p>	<p><b>PE</b></p> <p>25 Jumping Jacks 10 Situps 20 Mountain Climbers 12 Squat Jumps</p>
<p><b>History</b></p> <p>Draw a Venn diagram to compare the way of life of Australia's Indigenous people in the late 1700s to the way of life of the British colonists.</p>	<p><b>Geography</b></p> <p>Choose a natural resource. Create a poster to encourage members of the community to use this resource more sustainably.</p>	<p><b>Civics &amp; Citizenship</b></p> <p>Describe a group that you belong to. Explain what you have in common with the other group members and describe how it feels to be a part of this group.</p>	<p><b>PDH</b></p> <p>Every day this week, record an action you have taken that has shown empathy or respect for someone else's feelings or rights.</p>	<p><b>PE</b></p> <p>30 High Knees 20 Second Plank Jog in place for 30 seconds 15 pushups</p>	<p><b>PE</b></p> <p>30 Jumping Jacks 30 Mountain Climbers 30 Squat Jumps 30 Situps</p>
<p><b>History</b></p> <p>Write a letter to your school principal explaining why 'Acknowledgement of Country' should be observed at the start of each school assembly.</p>	<p><b>Geography</b></p> <p>Choose a country which neighbours Australia. Research and record 10 interesting facts about the natural or human features of this country.</p>	<p><b>Civics &amp; Citizenship</b></p> <p>Describe a situation that might arise at home or at school where a decision could be made by voting.</p>	<p><b>PDH</b></p> <p>Write a paragraph about a time that you overcame a tough challenge. Explain what helped you to complete the task and how you felt once you succeeded.</p>	<p><b>PE</b></p> <p>20 High Knees 40 Second Plank Jog In Place for 30 seconds</p>	<p><b>PE</b></p> <p>Be mindful!! What did you notice around you? Write down 5 things you see, 3 things you hear, and 1 thing you smell.</p>