Fitness Ideas

Workout for beginners
what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A	10 jumping jacks	N	10 second jump rope
B	5 push-ups	O	10 russian twists
C	1 burpee	P	5 plie squats
D	20 high knees	Q	10 arm circles
E	5 crunches	R	10 skaters
F	10 mountain climbers	S	10 second jog in place
G	5 squats	T	10 butt kickers
H	10 front lunges	U	5 inchworms
I	10 side lunges	V	5 tricep dips
J	10 second wall sit	W	3 star jumps
K	5 calf raises	X	5 bird dogs
L	5 second plank	Y	10 leg raises
M	3 squat jumps	Z	5 squat jacks

Background information
Year 5–6, unit 2: Survival

Adaptation

An adaptation is a physical or behavioural characteristic that has developed over time to enable an organism to survive in the environment in which it lives. Plants and animals have evolved numerous strategies to help them survive in a range of environments, including the extremes of the desert and the freezing temperatures of the polar regions. Over time, plants and animals that are better suited to their environment survive and breed, passing on their adaptations to future generations. Those plants and animals that are not well adapted to their environment may not survive and will not compete well against those which have adapted. Therefore, the characteristics that help a species survive in an environment tend to be passed on, and those that don't help will disappear over time.

Some adaptations are structural while others are behavioural. **Structural adaptations** are those that relate to the physical features of an organism that enable it to survive in its environment. Some examples of structural adaptations include the specialised shape of the beak of a bird, the ability of desert plants to retain water through the shape of their leaves and the ability that some animals have to blend into their environment through the use of camouflage.

Behavioural adaptations are the behaviours or actions that animals have developed in order to help them survive. Some examples of behavioural adaptations include birds migrating during the winter months, desert dwellers resting during the extreme daytime temperatures and being more active in the cooler nights.

Desert and semi-arid regions

There are many different definitions of deserts and semi-arid regions. Some of the things taken into consideration when defining a desert include the amount of rain per annum, the temperature and the humidity. Deserts are dry areas that generally have less than 250 mm of rain per annum while semi-arid regions have between 250 and 500 mm per annum.

There are two kinds of deserts: hot and cold. Hot deserts are those we are most familiar with. Hot deserts, such as those found in central Australia, have extremely high daytime temperatures, but the temperature at night can drop below freezing. This happens because in a desert region there is not much moisture in the air. This moisture usually acts as a blanket and traps some of the heat. In a desert, when the sun goes down, the heat escapes and the temperature drops dramatically.

Cold deserts are found in places such as Antarctica and Greenland where the main form of precipitation is snow, with a large amount of snowfall in winter.

Kangaroo adaptations

Kangaroos are found in many different regions of Australia, including the desert and semi-arid regions. Kangaroos from these areas have behavioural and structural adaptations that enable them to survive the harsh conditions.

Kangaroos from desert and semi-arid environments have adapted to drier conditions and have several features that help them deal with the lack of water.

Kangaroos need very little water to survive. The intestine of the Red Kangaroo reabsorbs water as it passes through which means the kangaroo produces very dry faeces and the little water they have available to them is put to good use by being recycled by their body.

When they are hot, kangaroos pant to cool down. They also lick their chests and the inside of their forearms until those areas are quite wet. When the moisture evaporates it cools the blood, which circulates close to the surface at these points. This helps keep the animal cool.

Kangaroos hop over large distances to find food and water. Hopping is a fast, energy efficient way to travel. The kangaroo can cover large distances without using a lot of energy.

Kangaroos are mostly active in the early morning or evening, when it is cooler. During the day, when the temperature is most extreme, kangaroos spend the time lazing around under the shade of trees.

The female kangaroo's efficient breeding cycle also assists them in surviving the harsh environment. They have the ability, when pregnant, to put the growth of the embryo on hold until external conditions improve. This increases the chances of the young surviving. In times of drought, many kangaroos will die but when conditions are good female kangaroos can have three young ones with them at the same time: one as an embryo (not yet born), one in the pouch attached to a teat and one outside the pouch but still drinking the mother's milk.

References

'Nature notes – Red Kangaroo', Alice Springs Desert Park website, http://www.alicespringsdesertpark.com.au/kids/nature/mammals/kangaroo.shtml (2013)

'Australian kangaroos – an outback icon', Outback Australia travel guide website, http://www.outback-australia-travel-secrets.com/australian-kangaroos.html (2013)

Great Wall of China - Editing

Add editing marks to text. There are 20 errors.

The great wall of China is indoubtedly one of the most significant man-made structures in the world built over 2000 years ago, it is an arcitectural feat that this structure is stil standing. The Great Wall of china spans an impresive 8851.8 km stretching east to west, winding up and down across grasslands mountains, desserts and plateaus. Unfortunately some of the original sections ar now in ruins or no longr exist.

work on construct the Great Wall of China started as early as the 5th century B.C. The main reason behind built the Great Wall was to protect china's boders from the nomadic warring tribes, that came down from preent day manchuria and Mongolia.

Editing Marks:	
Capital letter	
End punctuation	
Insert a word	
Change to lower case	
Take something out	
Check spelling	
New paragraph	

Re-write the text correctly:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Language of the Four Operations

addition
- add
- more
- plus
- make
- sum
- total
- altogether

subtraction
- subtract
- minus
- leave
- less
- take away
- difference between

multiplication
- lots of
- times
- multiply
- groups of
- product
- multiplied by
- multiple of
- repeated addition
- array

division
- divide
- divided by
- divided into
- share
- share equally
- equal groups of

equals
- makes
- total
- same as
- equivalent
- balances

Spelling Words – Week 9

This week we are learning about the diagraph /wr/ making the sound "r" as in wrist.

Red	Orange	Green
Wrap	Wry	Wrongfully
Wrote	Wrong	Playwright
Wreak	Wrist	Wrist
Wreck	Wriggle	Wreckage
Rewrite	Wrestle	Shipwreck
		Unwritten

Addition Worksheets

1)
```
    221
+    45
_____
```

2)
```
    242
+    69
_____
```

3)
```
    269
+    47
_____
```

4)
```
    131
+   151
_____
```

5)
```
     70
+   109
_____
```

6)
```
     25
+   117
_____
```

7)
```
    235
+    53
_____
```

8)
```
    289
+    40
_____
```

9)
```
    164
+    80
_____
```

10)
```
    217
+    45
_____
```

Addition Worksheets

1)
$$\begin{array}{r} 121 \\ + \quad 15 \\ \hline \end{array}$$

2)
$$\begin{array}{r} 217 \\ + \quad 17 \\ \hline \end{array}$$

3)
$$\begin{array}{r} 103 \\ + \quad 12 \\ \hline \end{array}$$

4)
$$\begin{array}{r} 196 \\ + \quad 13 \\ \hline \end{array}$$

5)
$$\begin{array}{r} 279 \\ + \quad 146 \\ \hline \end{array}$$

6)
$$\begin{array}{r} 205 \\ + \quad 40 \\ \hline \end{array}$$

7)
$$\begin{array}{r} 169 \\ + \quad 62 \\ \hline \end{array}$$

8)
$$\begin{array}{r} 148 \\ + \quad 144 \\ \hline \end{array}$$

9)
$$\begin{array}{r} 73 \\ + \quad 137 \\ \hline \end{array}$$

10)
$$\begin{array}{r} 219 \\ + \quad 26 \\ \hline \end{array}$$

Addition Worksheets

1)
```
    140
  +  48
  _____
```

2)
```
    267
  +  157
  _____
```

3)
```
    240
  +  145
  _____
```

4)
```
    272
  +  66
  _____
```

5)
```
    246
  +  66
  _____
```

6)
```
    194
  +  37
  _____
```

7)
```
    117
  +  23
  _____
```

8)
```
    245
  +  13
  _____
```

9)
```
    242
  +  139
  _____
```

10)
```
    271
  +  78
  _____
```

Subtraction Worksheets

1)
```
   200
 -  16
 _____
```

2)
```
   177
 -   5
 _____
```

3)
```
   133
 -   6
 _____
```

4)
```
   183
 -   5
 _____
```

5)
```
    69
 -  17
 _____
```

6)
```
   175
 -  16
 _____
```

7)
```
   375
 -  14
 _____
```

8)
```
   188
 -  23
 _____
```

9)
```
   256
 -   2
 _____
```

10)
```
   210
 -  13
 _____
```

Subtraction Worksheets

1)
```
   179
-    0
_____
```

2)
```
   195
-   27
_____
```

3)
```
   224
-   16
_____
```

4)
```
   219
-   14
_____
```

5)
```
   223
-    4
_____
```

6)
```
   138
-   25
_____
```

7)
```
   376
-   16
_____
```

8)
```
   162
-   20
_____
```

9)
```
   320
-   30
_____
```

10)
```
   119
-   13
_____
```

Subtraction Worksheets

1)
```
   188
-   14
_____
```

2)
```
   323
-   19
_____
```

3)
```
   361
-   24
_____
```

4)
```
   133
-   16
_____
```

5)
```
   353
-   21
_____
```

6)
```
   417
-   26
_____
```

7)
```
   418
-    1
_____
```

8)
```
   421
-   16
_____
```

9)
```
   290
-   15
_____
```

10)
```
   330
-   15
_____
```

Multiplication Worksheets

1)
```
      40
x     15
_____
```

2)
```
      43
x      9
_____
```

3)
```
      20
x      7
_____
```

4)
```
      39
x     17
_____
```

5)
```
      47
x      7
_____
```

6)
```
      74
x      5
_____
```

7)
```
      49
x      9
_____
```

8)
```
      91
x      6
_____
```

9)
```
      25
x      8
_____
```

10)
```
      86
x     15
_____
```

Multiplication Worksheets

1)
```
      80
x     17
_____
```

2)
```
      78
x     18
_____
```

3)
```
      88
x     17
_____
```

4)
```
      64
x     15
_____
```

5)
```
      49
x     18
_____
```

6)
```
      35
x     16
_____
```

7)
```
      19
x     14
_____
```

8)
```
      74
x     14
_____
```

9)
```
      58
x      8
_____
```

10)
```
      53
x     11
_____
```

Multiplication Worksheets

1)
```
      19
x      7
_____
```

2)
```
      29
x     17
_____
```

3)
```
      27
x      6
_____
```

4)
```
      31
x     14
_____
```

5)
```
      25
x     18
_____
```

6)
```
      19
x     18
_____
```

7)
```
      46
x     12
_____
```

8)
```
      73
x     13
_____
```

9)
```
      90
x      9
_____
```

10)
```
      35
x      5
_____
```