

Extended Learning Activities during HBL
Primary 4 to Primary 6

You may choose your learning activities from below.

Subject	Instructions	Duration
PE	<p>Activity 1: Let's Get Moving!</p> <p>You will need the following:</p> <ol style="list-style-type: none"> 1) An empty space in front of the computer, big enough for you to do your stretches and workout safely. 2) Water bottle for hydration purposes. 3) Be in PE/workout attire with school/ sports shoes <p>REMINDER: Please stop and rest if you feel tired, breathless or unwell and seek help from parents or adults immediately. Only exercise before meals or at least two hours after meals</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Warm up stretches: https://youtu.be/FaC-DVQy2Aw - Water break - Workout exercise: https://youtu.be/Tp9CknKEC4M - Water break - Cooling down exercise: https://www.youtube.com/watch?v=aYMSd0vvujo - Water break 	30 minutes
PE	<p>Activity 2: Let's Get Moving! Part 2</p> <p>You will need the following:</p> <ol style="list-style-type: none"> 1) An empty space in front of the computer, big enough for you to do your stretches and workout safely. 2) Water bottle for hydration purposes. 3) Be in PE/workout attire with school/ sports shoes <p>REMINDER: Please stop and rest if you feel tired, breathless or unwell and seek help from parents or adults immediately. Only exercise before meals or at least two hours after meals</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Warm up stretches: https://youtu.be/OoG005_yvQg - Water break - Workout exercise: https://youtu.be/afDZz2g4EMs - Water break - Cooling down exercise: https://www.youtube.com/watch?v=aYMSd0vvujo - Water break 	30 minutes

Science	<p>Activity 1: Science o’Clock</p> <p>https://www.youtube.com/playlist?list=PLO3wNXHwuoOZ9okRMjdbBCHWWuGWprDNm</p> <p>Instructions</p> <ul style="list-style-type: none"> - Choose one activity from the Science o’Clock playlist and try it at home! 	30 minutes
Science	<p>Activity 2: Galapagos tortoises</p> <p>https://www.pri.org/stories/2018-01-23/these-kids-are-hoping-save-galapagos-tortoises-and-their-own-homes-climate-change</p> <p>Instructions</p> <ul style="list-style-type: none"> - Click on the ‘play’ button to listen to the stories of some students about how they save the Galapagos tortoises from climate change - Read the article and make a small journal/poster about the effects of climate change 	45 minutes
English Language	<p>Activity 1: Vocabulary and content building</p> <p>Website: https://digital.whatsup.sg/</p> <p>Resources needed: Hardcopy of Whatsup Newspapers</p> <p>Instructions</p> <ul style="list-style-type: none"> - Look at the tab “Latest issues” - Follow the instructions given and complete the online crossword puzzles - Watch the videos to find out more about the topic 	
English Language	<p>Activity 2: Fun with Idioms</p> <p>https://quizlet.com/279085169/idioms-flash-cards/</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Go through the flashcards with idioms and learn the meaning of each idiom. - Click on the various tabs “Learn”, “Write”, “Spell” and “Test” to reinforce and assess your learning. - Play the games by clicking on “Match” or “Gravity” 	

Malay Language	<p>Activity 1: eOral Practice</p> <p>https://academyofsingaporeteachers.moe.edu.sg/mlcs/resources/video/Video-Stimulus-for-Primary-Schools</p> <p>Instructions</p> <ul style="list-style-type: none"> - Look at the video stimulus on various topics - Answer questions based on the videos (verbally or written) 	30 minutes
Malay Language	<p>Activity 2: Am I Different?</p> <p>https://www.youtube.com/watch?v=cwFxI4T9LJw</p> <p>Instructions</p> <ul style="list-style-type: none"> - Watch the story on 'Haikal' - Write the lessons you can learn from the story in your HBL handbook 	30 minutes
Tamil Language	<p>Activity 1: <i>Theen Thamizh</i></p> <p>https://www.mtl.moe.edu.sg/theenthamizh/primary.html</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Explore the website and complete an activity that interests you 	30 to 45 minutes
Tamil Language	<p>Activity 2: eOral Practice</p> <p>https://seithi.mediacorp.sg/ (Tamil online newspaper with videos) – E-oral practice https://play.google.com/store/apps/details?id=air.com.mceducation.Y2016.tam.psle.oralguide (E-oral)</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Read the news articles or watch the videos and write your own notes for E-oral topics 	
Chinese Language	<p>Activity 1: Xuele</p> <p>https://www.mtl.moe.edu.sg/xuele/MOE_web/main.html</p> <p>Instructions</p> <ul style="list-style-type: none"> - look at videos from the various level tabs (Primary 4 - Primary 6) 	30 minutes- 40 minutes
Chinese Language	<p>Activity 2: Idioms</p> <p>Access the following links to watch the videos on idioms on</p>	

	https://www.melisten.sg/podcast/playlist/%E6%88%90%E8%AF%AD%E6%9C%80%E5%8A%A0%E8%8A%AC-Podcast-14528948 https://www.melisten.sg/podcast/playlist/YES-933-%E4%B8%80%E5%A4%A9%E5%AD%A6%E4%B8%80%E7%82%B9-10912878 Instructions <ul style="list-style-type: none"> - Pick 5 idioms you have learned and try to form sentence using the idioms - Either share the sentences with your family members or write them on HBL handbook 	
Chinese Language	Activity 3: Current Affairs https://zbschools.sg/ Instructions <ul style="list-style-type: none"> - Share your thoughts on the news with your family members or write a reflection on a topic you are interested in. 	
Math	Activity 1: Math Fluency Games https://deck.toys/a/711X_Y_n8 Instructions: <ul style="list-style-type: none"> - Challenge yourself to get perfect scores 	20 minutes
Math	Activity 2: Fractions in the House Instructions: <ul style="list-style-type: none"> - Look around your home for things that can make fractions - Take a photo(s) of the object(s) - Make a fraction question using the photos that you have taken - Solve the question by showing your working clearly - Take a photo and upload in Google Drive https://drive.google.com/drive/folders/1vkQl-UDOtrO6CKfDzE7gw1mNnr1hZr1U?usp=sharing	30 minutes

Math	<p>Activity 3: At Home with Volumes</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Look for some boxes or containers in your home that are in the shape of a cube or cuboid. - Measure the length, breadth and height of each box or container and record the data. - Find the volume of each box/container - Take a photo and upload in Google Drive <p>https://drive.google.com/drive/folders/1vkQl-UDOrO6CKfDzE7gw1mNnr1hZr1U?usp=sharing</p>	30 minutes
Art	<p>Activity 1: Zentangle</p> <p>https://www.youtube.com/watch?v=84Dofv0-2Z8</p> <p>Materials required: Plain paper, pencil or black marker/black felt tip pen</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Print out the Zentangle Challenge - https://www.abberley.worcs.sch.uk/attachments/download.asp?file=471&type=pdf - Challenge yourself to create a piece of Zentangle artwork based on the scenarios provided. 	15 minutes
Music	<p>Activity 1: Music Vocabulary</p> <p>https://www.classicsforkids.com/games.html</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Select the game "Learn Musical Terms" 	30 minutes