




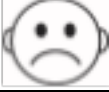




Activity	Adventure to Australia Lesson One	Level: Grade k-4 Movement Activity	"Allison the Adventurer" Allison Tipler	
Learning Intentions	<ul style="list-style-type: none"> • Drama: Engage in dramatic play a with a focus on exploring time and place • Physical Education: Promote positive mental health through yoga and movement • Social Studies: Identify the location of Australia on a map and begin to generate interest and inquiry around this destination • Music: Begin to be introduced to music from a different cultural contexts ("Waltzing Matilda") 			
Materials Needed	<ul style="list-style-type: none"> • Yoga mat (optional) or carpet area • A device (computer or tablet to watch and follow along with the video) 			
Process	<ol style="list-style-type: none"> 1. Click on the video called: Allison the Adventurer Australia Lesson One 2. Use your imagination to discover and learn about Allison the Adventurer, Smiley Tree, Buggy and Wahoo Wind. 3. Complete the yoga poses and take deep cleansing breaths throughout the lesson to connect your mind and body 4. Learn about the physical location of Australia and start to get curious about the cultural context through the clues and items presented in the video. 			
Extensions	<ul style="list-style-type: none"> • When the video is complete, choose one of the three extensions to complete: <ol style="list-style-type: none"> 1. Practise the yoga poses from the video: Child's Pose, Tree Pose, and Candle Pose. Complete each pose and take five big breaths while you hold each pose. 2. Using your computer or tablet, locate Wollemi National Park, Australia, on a map and explore this destination in relation to where you live. 3. Refer back to the Treasure Chest items presented in the video (Australia Flag, Kangaroo, Digeridoo) and perform a quick search on your tablet or computer to learn more about one or all of these items. 4. "Waltzing Matilda" was a song mentioned in this lesson. Find a video online to hear the tune of this song. 			
	Skills:	All the time	Sometimes	I have trouble

	I can focus and participate during the lesson				
	I can complete the movements.				
	I can complete one of the extension activities outlined.	