

# Look out!

## Worksheet 1: Phonics

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### 1. Adding suffixes

Add the suffixes -s and -ing to the base words which contain the vowel sound /ur/. Write the new words.

Word containing /ur/	Add -s	Add -ing
surf		
hurt		
burn		
turn		

### 2. Vocabulary

a) Base word: **surf**

Choose 1 new vocabulary word (circle it): **surfs/surfer/surfing**

Complete the activities below using your chosen word.

Break the word into syllables: \_\_\_\_\_ / \_\_\_\_\_

Number of syllables: \_\_\_\_\_

Write your own definition of the word:

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Use the word in a sentence:

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## Worksheet 1: Phonics - continued

Name: \_\_\_\_\_ Date: \_\_\_\_\_

b) Base word: **hurt**

Choose 1 new vocabulary word (circle it): **hurts/hurting/hurtful**

Complete the activities below using your chosen word.

Break the word into syllables: \_\_\_\_\_ / \_\_\_\_\_

Number of syllables: \_\_\_\_\_

Write your own definition of the word:

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Use the word in a sentence:

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c) Base word: **burn**

Choose 1 new vocabulary word (circle it): **burns/burning/burnt**

Complete the activities below using your chosen word.

Break the word into syllables: \_\_\_\_\_ / \_\_\_\_\_

Number of syllables: \_\_\_\_\_

Write your own definition of the word:

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Use the word in a sentence:

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## Worksheet 1: Phonics - continued

Name: \_\_\_\_\_ Date: \_\_\_\_\_

d) Base word: **turn**

Choose 1 new vocabulary word (circle it): **turns/turning/turned**

Complete the activities below using your chosen word.

Break the word into syllables: \_\_\_\_\_ / \_\_\_\_\_

Number of syllables: \_\_\_\_\_

Write your own definition of the word:

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Use the word in a sentence:

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e) Choose one of your words and draw an illustration of it.

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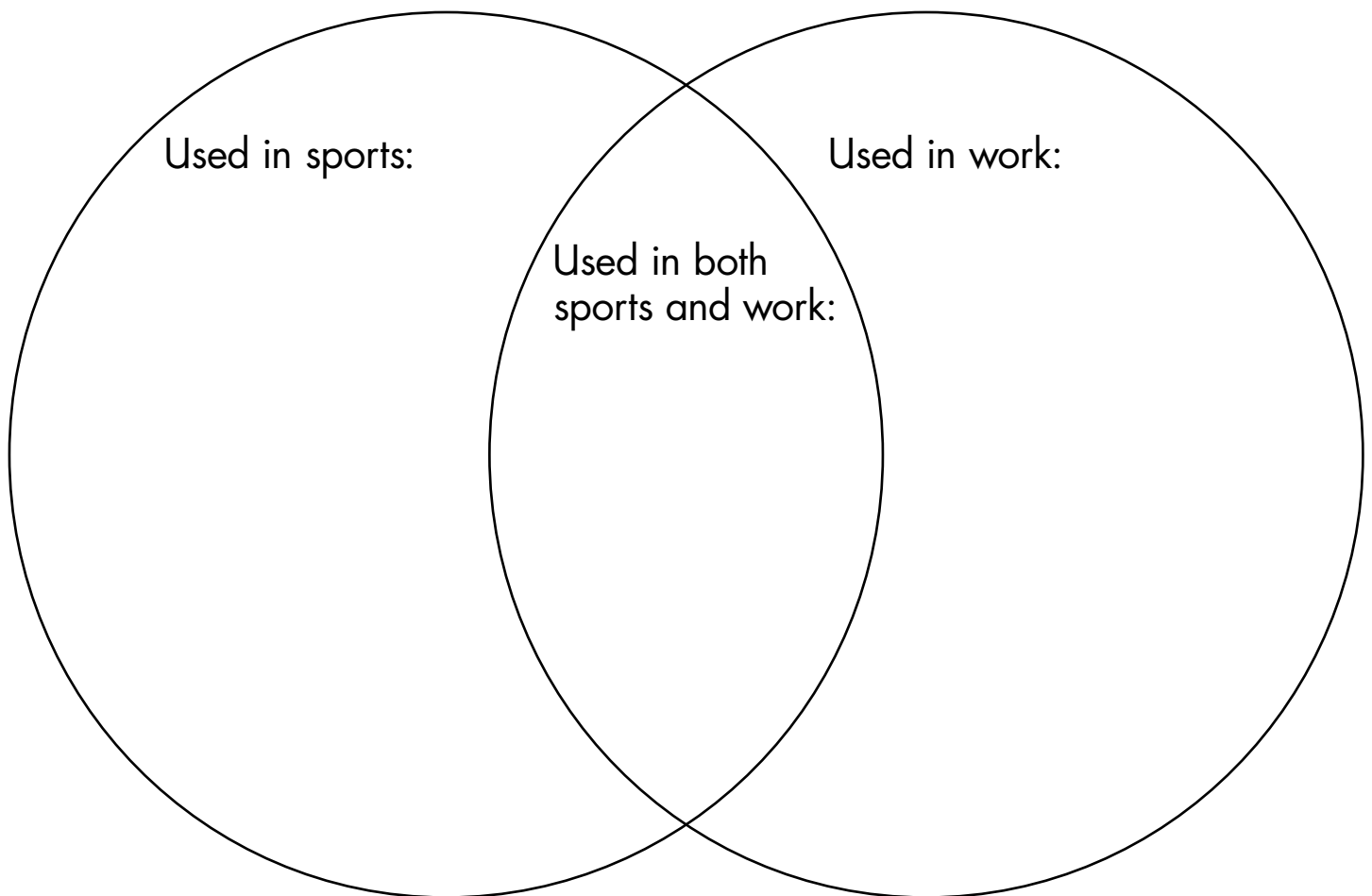
## Worksheet 2: Comprehension

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### I. Safety gear

Complete the Venn diagram below. List 2 bits of safety gear used specifically for sport and 2 bits of safety gear used specifically for work (jobs) in each side circle. In the centre, where the two circles overlap, list a bit of equipment that is used in both sports and work.

## Safety gear



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## Worksheet 2: Comprehension - continued

Name: \_\_\_\_\_ Date: \_\_\_\_\_

2. Complete the paragraph

The topic sentence, first sentence and the conclusion of this report about safety have been written for you.

Choose two of these topics. Write two sentences in the report to explain what gear is needed to keep safe during those activities.

- Flipping and swinging
- Winter sports
- Tricks at the track
- On the river
- Surfing or swimming

### Safety report

We all like doing fun things. But fun things can have risks, too.

We have gear to keep us from harm when we are doing sports and having fun.

*[write your sentences here]*

If we have the right gear, we can do the things we love, without getting hurt.

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## Worksheet 3: Wellbeing

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### I. Keeping safe on the job

Some jobs are very dangerous and need special safety gear to keep the people who do them safe.

Two jobs are listed below. There is an explanation of the job, and then a list of the safety gear the workers use. For each job, write the name of the safety gear in the blank spaces to complete the sentences.

#### **Job: Underwater welders**

**What they do:** Underwater welders work under the ocean, fixing pipes, ships, and dams.

**Safety gear:** mask    diving suits    gloves    tanks

- a) Thick \_\_\_\_\_ keep the welder's body warm in the very cold water.
- b) To weld under the sea you need to wear \_\_\_\_\_ full of air so you can breathe.
- c) A face \_\_\_\_\_ keeps water out of the welder's eyes.
- d) \_\_\_\_\_ protect the welder's hands and keep them warm so they can work.

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## Worksheet 3: Wellbeing - continued

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Job: Miners

**What they do:** Miners work deep underground collecting coal and gold. There are many dangers in a mine, such as explosions, gas leaks, and falls.

**Safety gear:** mask gas alarm boots helmet

- a) A strong \_\_\_\_\_ made of thick plastic protects the miner's head.
- b) Air in the mines can be dangerous to lungs. A miner wears a \_\_\_\_\_ to help them breathe safely.
- c) Each miner has their own \_\_\_\_\_ that goes off if there is dangerous gas in the mine.
- d) Miners wear \_\_\_\_\_ to keep their feet safe from falling rocks.

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## Worksheet 4: Science

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Think about some of the dangers of the sports listed below. Write down two injuries that could happen when you are playing this sport and what you could do to prevent them.

Sport	Harm	Protection
Paintball	1.  2.	1.  2.
Water polo	1.  2.	1.  2.
Gymnastics	1.  2.	1.  2.
Rock climbing	1.  2.	1.  2.
Mountaineering	1.  2.	1.  2.



# Look out!

## Worksheet 4: Science - continued

Name: \_\_\_\_\_ Date: \_\_\_\_\_

2. Label the parts of a helmet

A helmet is essential for sports such as moto-cross and mountain biking.

Label this diagram of a helmet using the labels below.

**face shield**  
**chin strap**  
**mouth vent**  
**outer shell**  
**impact absorbent liner**

