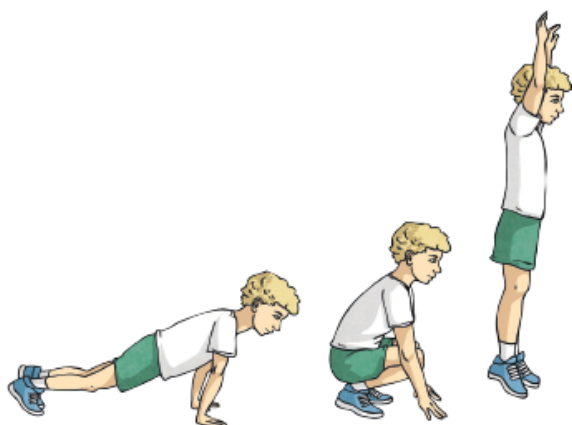
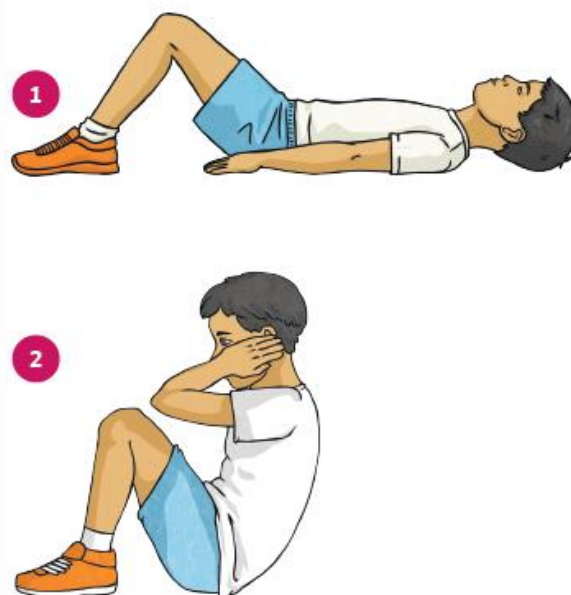


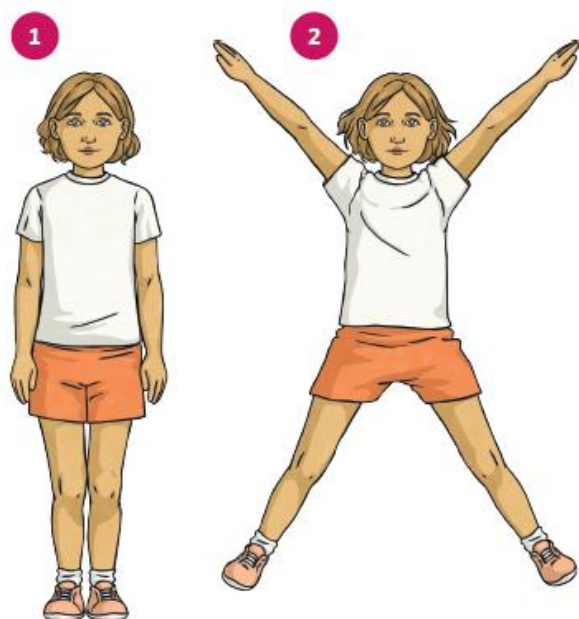
Burpees



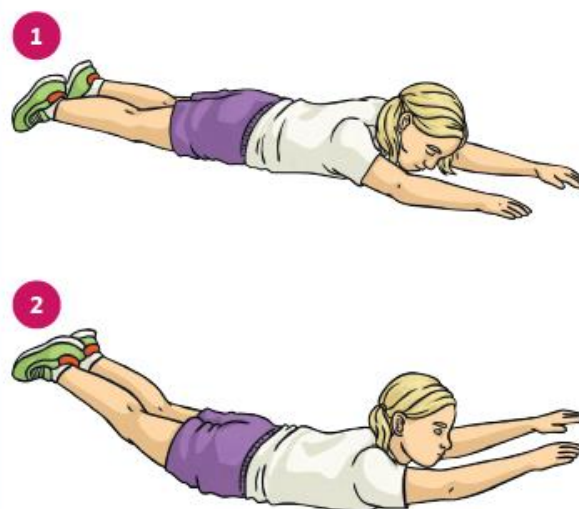
Sit Ups



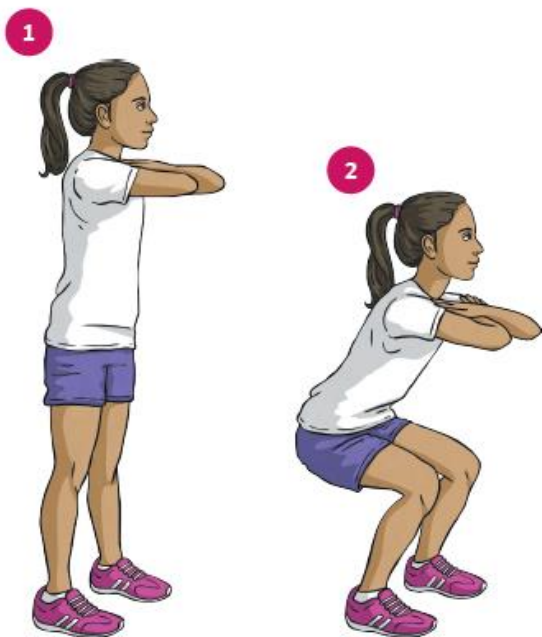
Star Jumps



Seal Raises



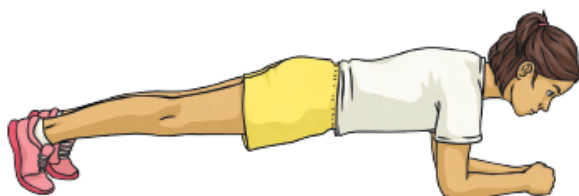
Squats



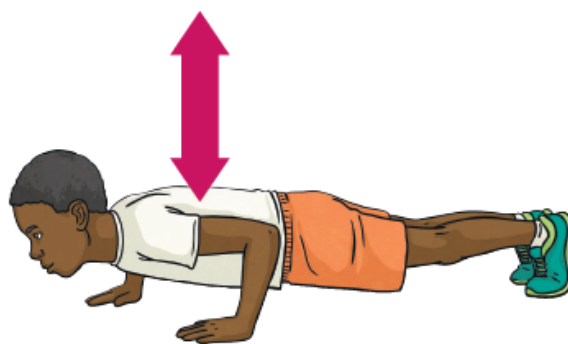
Lunges



Plank



Press Ups



Circuit Training Record Name _____

Complete each activity for 1 minute each day. Record the amount you achieve in the minute next to each activity every day. Try to push yourself to complete more of each activity than you did the day before. * Plank - just tick if you hold position for 1 minute

[illegible]

Map of Tropical Rainforests of the World Activity

1. Find and label these continents on your map:

- Africa
- Antarctica
- Asia
- Australia
- Europe
- North America
- South America

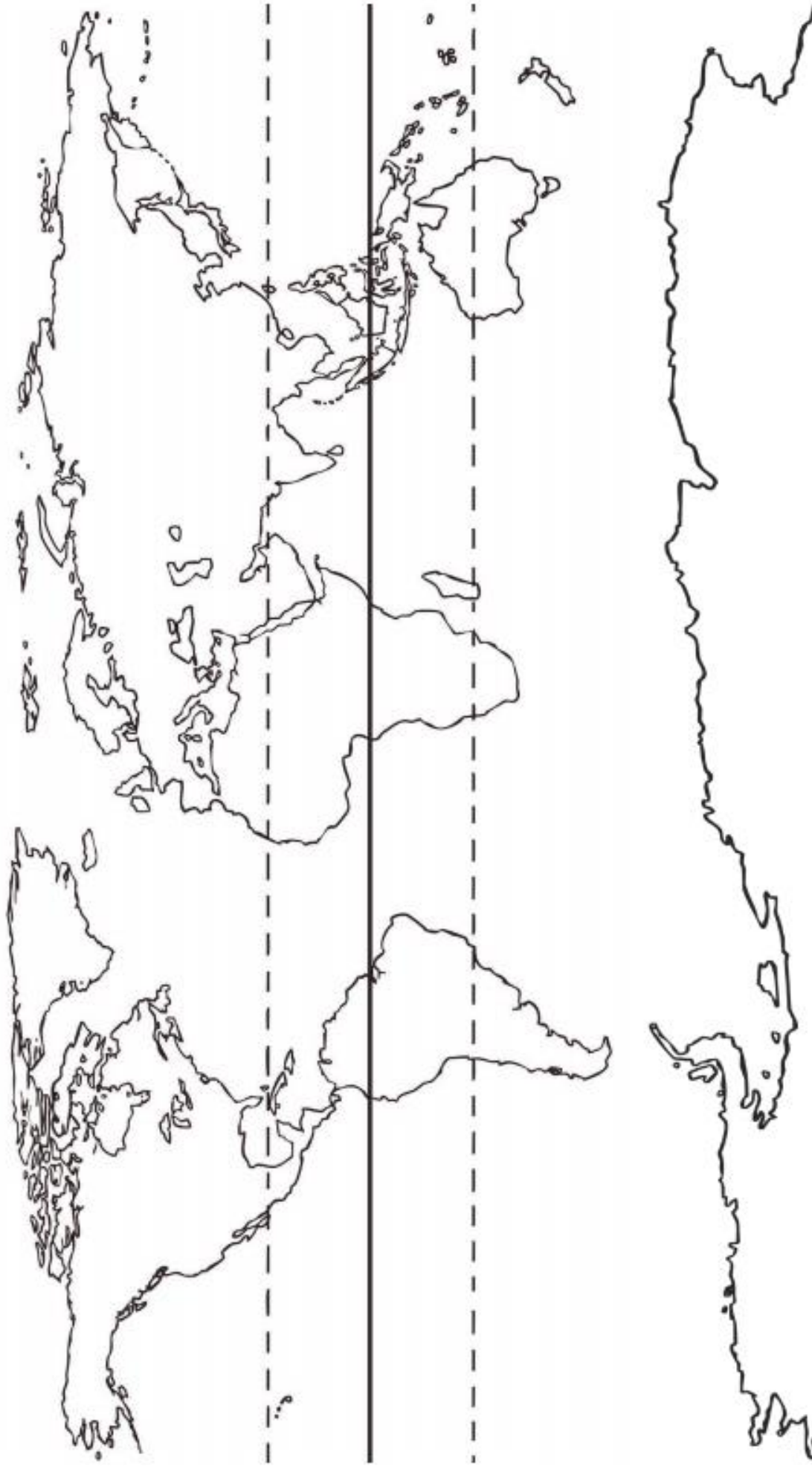
2. Find and label these rainforests on your map:

- Amazon Rainforest
- Congo River Basin Rainforest
- Daintree Rainforest
- Madagascar Rainforest
- Southeast Asian Rainforest

3. Label the three lines on the map to show:

- The Equator
- The Tropic of Cancer
- The Tropic of Capricorn

Map of Tropical Rainforests of the World Activity



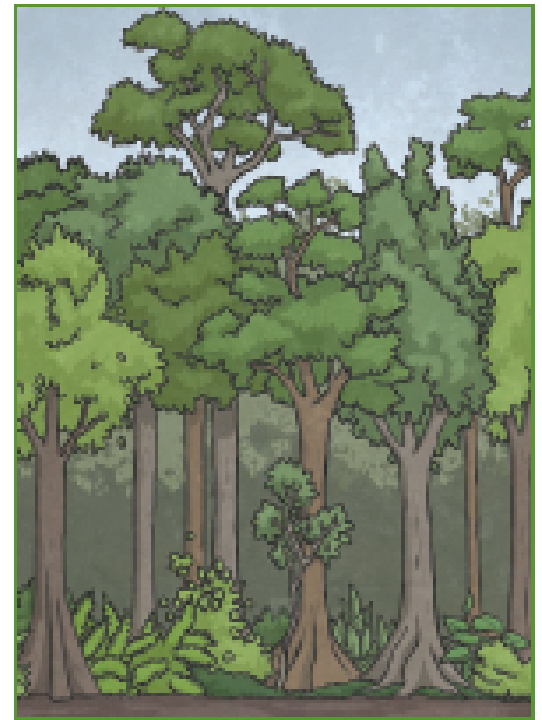
Read the information below.

Using the 4 pictures on the following page, create an information sheet by adding a title, labelling and writing a short paragraph about each layer using the information from the text below.

Layers of the Rainforest Facts

The rainforest is divided into four zones, known as layers. The four layers are the emergent layer, the canopy layer, the understory layer, and the forest floor layer. Each layer has lots of different animals and plant life, however, some animals can be found in several different layers.

The emergent layer is the top of the rainforest. The weather is hot, wet, and windy in this layer. The trees can be from 150 to 200 feet off the ground here. The emergent layer is home to birds and some small mammals. The bird-eating tarantula, hummingbirds, macaws, and butterflies make their home in this layer. Some small monkeys can also be found here too.



The canopy is the next layer of the rainforest. This is where most of the animals and plants can be found. This layer is 100 to 150 feet off the ground. There are many branches, vines, and leaves in the canopy layer of the rainforest. This is home to many types of animals. The red-eyed tree frog, sloths, toucans, and monkeys all make the canopy their home. The canopy layer has plenty of food and places to make homes for the animals that live here.

The understory layer is located under the canopy layer. Many different types of small insects and animals live in the understory layer. Some of the animals that live in this layer are leaf cutter ants, geckos, bats, and boa constrictors. The understory is dark and humid because only a small amount of sunlight makes it to this layer. Some larger animals use the understory layer to hunt, such as the jaguar.

The forest floor layer is the bottom layer of the rainforest. The forest floor is dark, damp, and hot. Only 2% of the sunlight makes it to the forest floor layer. The forest floor is home to anteaters, anacondas, scorpions, and jaguars.



Animals in the Layers of the Rainforest

Layer	Animals
Forest Floor Animals may have the ability to camouflage themselves against soil, tree trunks and leaves. They are not good at climbing.	

1. Cut out the labels for the layers of the rainforest and place them in order from the lowest to the highest layer. The first one has been done for you.

Forest Floor

Animals may have the ability to camouflage themselves against soil, tree trunks and leaves. They are not good at climbing.

Understory

Animals can climb to this layer and may try to hide away from predators in the flowers and plants.

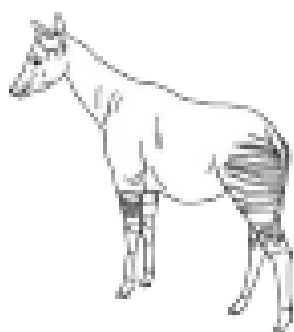
Emergent Layer

Animals have wings for flying or gliding; or are very good climbers.

Canopy

Animals have long arms for swinging or claws for climbing.

2. Write the name of the animal beside the layer it lives in.



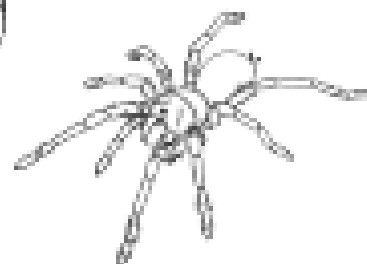
okapi (a giraffe-like mammal)



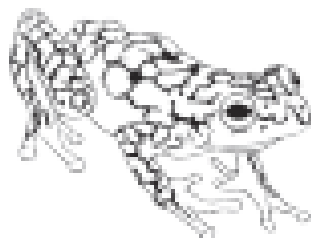
giant anteater (a large mammal)



blue and yellow macaw (a parrot)



Brazilian salmon tarantula (a large spider)



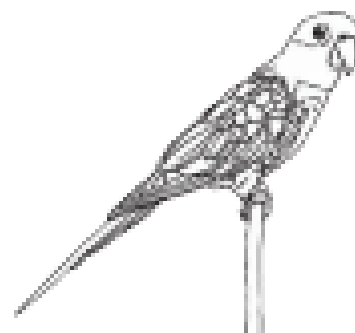
poison frog (an amphibian)



orangutan (a great ape)



golden lion tamarin (a monkey)



sun conure (a parrot)

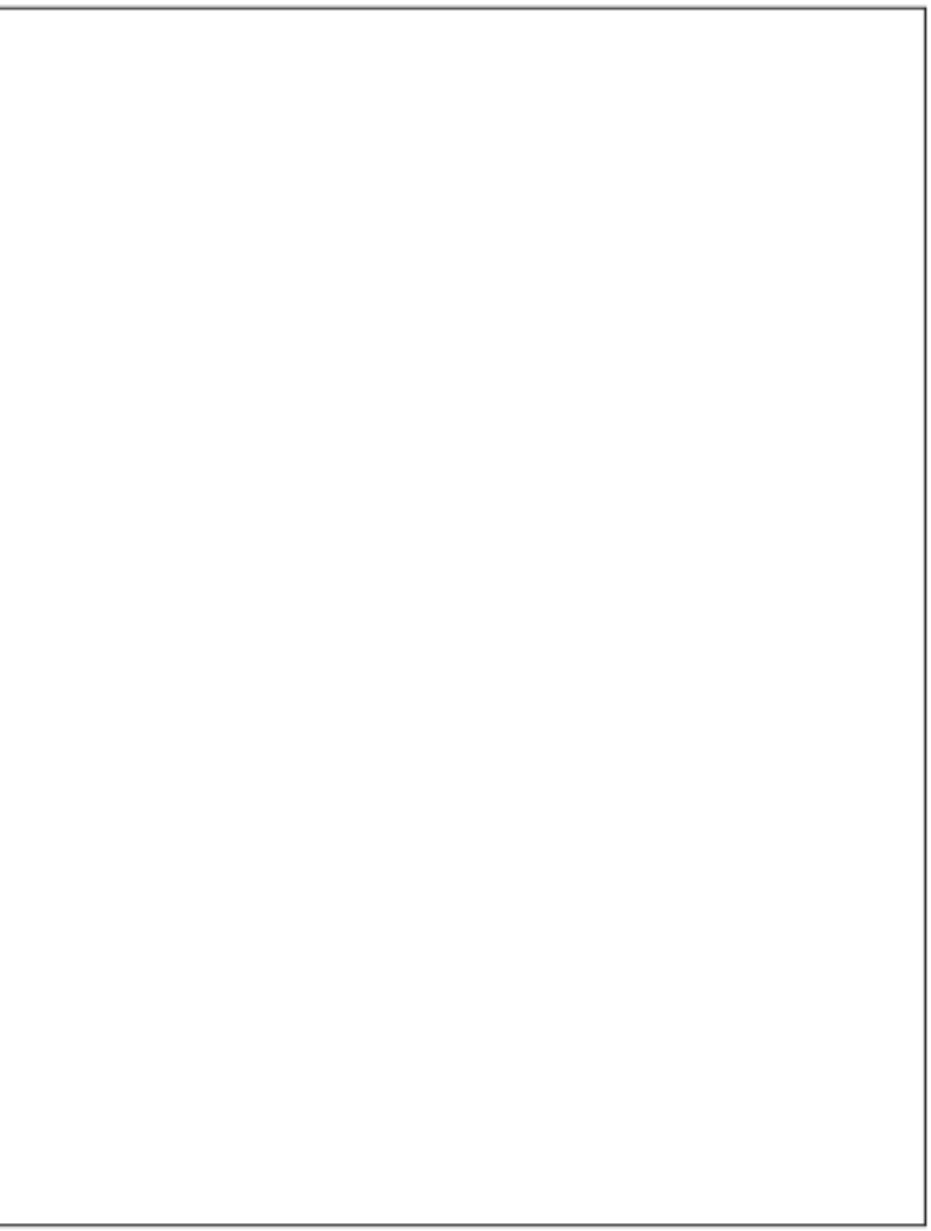
3. Draw the animals in the rainforest layers picture.



Design Your Own Rainforest Animal

Now you know about the features of animals from the different layers of the rainforest, design your very own multi-layer rainforest creature which could live in all four layers of the rainforest. Make sure it has the ability to move freely in the emergent layer, the canopy, the understory and the forest floor. Colour is very important in the rainforest as some animals want to stand out and others want to stay hidden.

- Draw your multi-layer animal with great detail.
- Add extra features of your own.
- Label its features.
- Colour your creature.
- Explain why you have chosen each feature and colour.



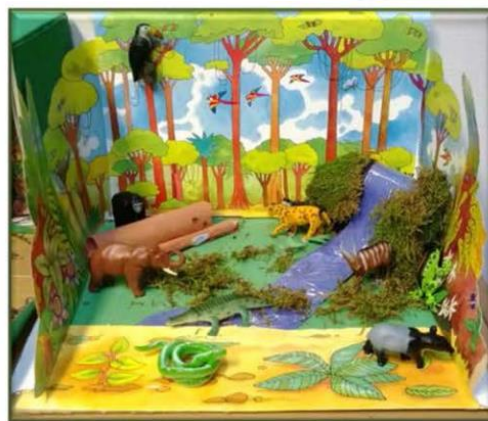
How to Make an Amazon Rainforest in a Shoebox

Create your own 'biome in a box'.

You may also like to include labels to describe the different layers.

You will need:

- shoebox (adult size)
- paintbrush
- green and brown paint (blue paint is optional)
- fallen leaves/different shades of green crêpe paper
- ruler
- brown paper/card
- green string/green pipe cleaners
- colouring pens/pencils
- natural objects e.g. pebbles, stones, twigs, dried leaves
- sticky tape
- scissors
- glue
- animal templates (optional)



What To Do

1. Begin by painting the inside of your shoebox. Paint the lid and sides green and paint the base of your box brown. You may want to add the Amazon river too.
2. Wait for the paint to dry.
3. Measure the height of your box from the base to the top of the open lid. Then, use this measurement when drawing tree templates on the brown paper/card. (These will be the tallest trees and will form the emergent layer.)
4. Carefully, cut out the trees and stick them to the back of your box.
5. Scrunch up different shades of green crêpe paper to create the leaves or alternatively use real, fallen leaves and stick them to the trees. (You could also stick leaves across the top edge of your box.)
6. Create the trees for the canopy layer. These should be made slightly smaller but need to form a roof over the plants below.
7. Create the smaller trees and plants using large, fallen leaves, such as ferns, for the understorey layer. Alternatively, to make your own ferns cut out individual leaves from plain paper or crêpe paper. Then, tie them together using string or sticky tape to form a bouquet.
8. Add these smaller trees and plants to your box to form the understorey layer.
9. Collect some objects from nature including small stones, twigs and dried leaves and stick them in place on the base of your box to create the forest floor.
10. Use green string or green pipe cleaners to create vines. Twist them around your trees and stick them from one side of the box to the other using sticky tape.
11. Draw your own rainforest animals (or use the templates included). Stick them in the correct part of your rainforest scene. You may even have some rainforest animal figures that you would like to include.



The Layers of the Amazon Rainforest

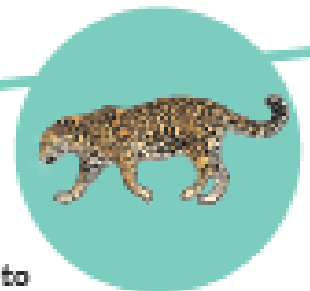
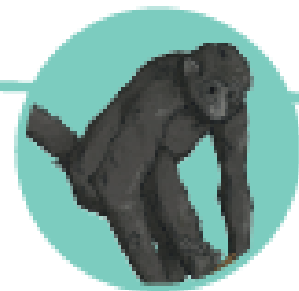


Emergent Layer

Usually broad-leaved, evergreen hardwood trees can be found here. You might see birds, such as harpy eagles and macaws. Butterflies and some species of bats also live in this layer.

Canopy Layer

Trees in this layer usually have smooth, oval, pointed leaves. Trees in this layer form a roof over the plants below. Many animals live in this layer as there is plenty of food. For example, red-eyed tree frogs, sloths, emerald tree boa, toucans and monkeys.



Understorey Layer

Trees in this layer don't grow any taller than 4 metres. This area is home to animals like the jaguar and some smaller animals, such as bats, insects, lizards and the hummingbird. Very little sunlight reaches this layer so plants have to grow larger leaves to try and reach the sunlight.

Forest Floor

Very few plants grow in this dark environment. Leaves and other debris decompose very quickly. Animals such as tapirs, caimans and anacondas live here.



Rainforest animals you can cut out and use if you choose not to make your own.



Human body owner's manual

Things this amazing body can do:



How I can care for this delicate
and carefully balanced machine:

List of parts:

How my adult helper
can help me to do
this:

This body carries a
LIFETIME GUARANTEE
providing it's properly
cared for.
IT'S UP TO YOU!

