



# Cuiken Primary Home Learning Grid - Health Week - P1b



## Literacy

### RWI:

A detailed RWI task sheet is available for you in Google Classroom. If you do not have access to Google Classroom then you can:

- Watch the Daily Speed Sounds and Word Time lesson videos on YouTube through this link: <https://www.ruthmiskin.com/en/find-out-more/parents/>
- Play the literacy games set for you on Education City (check your classwork section).
- Enjoy reading stories with a grown up and talk about what happens in the story.

### Writing:

This week make a *Healthy Living poster*.

You will find some information on Google Classroom that will help you, or you could speak to someone at home about ways to be healthy. The list of key words below will also help you. This can be done on a piece of paper or in your green jotter. Please share a picture of your poster on Google Classroom if you can.

### We are learning to:

To make a poster.

### Steps to Success:

1. My poster has a title.
2. My poster has at least one detailed picture about being healthy and is eye-catching.
3. My poster has a written message about keeping healthy.

### **Key words:**

healthy fruit salad vegetables water fit  
 exercise active food unhealthy sugar fat  
 body relax kindness happy family friends

### Handwriting:

Have a go making a wordsearch using some of the keywords above. As you make your wordsearch be careful to form your letters clearly and correctly. See if someone at home can complete the wordsearch you make.

## Numeracy

### Number ordering and sequencing:

- Spread number flashcards out on a table or on the floor (you can make or download these). How quickly can you sequence all of the numbers from smallest to biggest? Can you mix them up and do the same again but from largest to smallest?
- Place number flashcards face down so you cannot see the numbers. Choose 4 or 5 cards at random and order these numbers from smallest to biggest or from biggest to smallest. You can repeat this several times with different numbers.

**Mild** – numbers to 10

**Spicy** – numbers to 20

**Hot** - numbers to 30

### Ten frames and number bonds/ place value:

Like last week, you will need a ten frame or 2x ten frames for these tasks. A ten frame looks like this:


You will also need something small that fits in each box on the ten frame. At school we use counters; at home you could use coins, beads or pasta.

**Mild** – Practice number bonds to 10 using your 10 frame (adding 2 numbers together to make 10).

Can you make these sums:

**1 + 9 2 + 8 3 + 7 4 + 6 5 + 5 6 + 4 7 + 3 8 + 2 9 + 1**

*If possible use 2 different objects (or shapes or colours of objects to help you see the 2 different numbers when you make the sum.*

**Spicy** – Using 2 ten frames, practice adding a number on to 10 to make different numbers to 20.

E.g. **10 + 5 10 + 2 10 + 8 10 + 1 10 + 9 10 + 6**

*This helps to develop an understanding of place value which will be important as your child moves to working with bigger numbers within 100.*

*Supporting sheets can be found on Google Classroom or you can use the example sums above.*

*Work has also been set for you on Sumdog and Education City.*

## Maths

### Money

Continue working on coin recognition this week.

Have a go at some coin games.

Choose one or more games from below to try.

### Find the coin

Lay out coins and ask a grown up say the names of one of the coins – can you point to it?

Play with more than one person, fastest finger first - who can point to the coin the fastest (there's a mat saved in Google Classroom to use if you don't have all the coins to lay out).

To make this game more active you could draw or print out giant coins, lay them on the floor and jump on them/run to them. Who can get there fastest?

### Guess the coin

Can you describe a coin for someone to guess? Or can someone describe a coin for you to guess? Think about the colour of the coin. Is it small or big? Is it a circle or does it have lots of small straight sides (like a 50p)?

### Coin ordering

Take a small handful of coins and sort them into coins that are the same value, and coins that are different values. Take one of each type of coin and place the coins in a line in order of value. Remember bigger coins are not always worth more!

### How much?

Use your coins to do some addition to 10p/20p/£1.

Jump on 2 or 3 coins, or close your eyes and grab 2 or 3 from a pile and add them together.

*There are also challenges/ work set on Sumdog and Education City that you might like to try.*



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French	Mindfulness/Relaxation	Food Technology
<p><u>La Marelle/ Hopscotch:</u> Who has played hopscotch before? It is lots of fun and is a great game to play outside to get some exercise. In France, it is called La Marelle. In the video below, you can find out how to play the game just like they would in France. You will need to use your knowledge of numbers to 10 in French. If you are not sure, have a look at last week's slideshow for help. Give it a try! Miss Duncan</p> <p>La Marelle instructions- <a href="https://www.youtube.com/watch?v=w6YggXRLrchtts://www.youtube.com/watch?v=w6YggXRLrc">https://www.youtube.com/watch?v= w6YggXRLrchtts://www.youtube.com/watch?v= w6YggXRLrc</a></p> <p><u>Live French lesson:</u> You can join in with the weekly live lessons following the link below. <a href="https://www.youtube.com/channel/UCO4YR8hhRveN hvZrz9xptDQ">https://www.youtube.com/channel/UCO4YR8hhRveN hvZrz9xptDQ</a></p>	<p>Check out some of the mindfulness “zen den” videos available on the Cosmic Kids website. <a href="https://www.cosmickids.com/category/watch/?video_category=mindfulness&amp;changed=video_category">https://www.cosmickids.com/category/watch/?video_category=mindfulness&amp;changed=video_category</a> Each video is fairly short (between 5 and 10 minutes) so why not try out a few different ones during the week?</p> <p><i>Or,</i> if you cannot access this or you would prefer to do something else why not try some different breathing exercises:</p> <p><b>Bumble Bee Breaths</b> Open your hands out with your palms facing you. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5. Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.</p> <p><b>Waves on the Ocean Breaths</b> Lie back on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.</p> <p><u>Your task from Mrs McKie:</u> When you were a baby there were things you could not do that you can now. You are learning all the time. Draw a big circle in your jotter, or a different shape if you would prefer. In the shape draw all the things you can do now that you couldn't do as a baby.</p>	<p>1 - Ask a grown up at home to teach you a new skill in the kitchen. You could learn how to fry an egg, peel and chop some vegetables, grate cheese or mash some potatoes. Remember to make sure an adult is supervising you and be careful around sharp objects and heat sources.</p> <p>2 - Have a go at making a fruit smoothie. You could use the recipe below, one of the recipes in our Google Classroom, or you can find your own recipe to try online. A lot of recipes for smoothies use a blender. If you do not have a blender at home you can use a potato masher or fork to mash together some soft fruit and then add this to milk and yoghurt and whisk until combined (like in the recipe below).</p> <p><u>Strawberry and Banana Smoothie:</u> <u>(makes 4 small servings)</u></p> <p><i>You will need:</i></p> <ul style="list-style-type: none"><li>• 250ml cold milk</li><li>• One pot of strawberry yoghurt (about 120g – can be a little more or less)</li><li>• 1 ripe banana</li><li>• 4 large ripe strawberries (or more if smaller)</li></ul> <p><i>Method:</i></p> <ul style="list-style-type: none"><li>• Remove the stalks from the strawberries and cut into quarters (half if smaller)</li><li>• Peel the banana and slice.</li><li>• <b>If using a blender</b> – put the fruit, yoghurt and milk in the blender and mix until smooth.</li><li>• <b>If no blender</b> – mash the fruit in a bowl until fairly smooth. Then, whisk the fruit, milk and yoghurt together until well combined.</li></ul>



# Cuiken Primary Home Learning Grid - Health Week - P1b



Mental Health	Family Fitness Challenge	Expressive Arts
<p>1 - Think about somewhere that makes you feel calm and happy. Can you talk about this place and why it makes you feel like this?</p> <p>Think of your 5 senses – sight, touch, smell, hearing and taste. When you are in this place...</p> <ol style="list-style-type: none"> <li>1. What can you see?</li> <li>2. What can you touch? How does it feel?</li> <li>3. What can you smell?</li> <li>4. What can hear?</li> <li>5. Can you taste anything? Do you get a special snack sometimes when there?</li> </ol> <p>2 – <i>Feelings cloud check in.</i></p> <p>Draw a cloud on a piece of paper (or print the one on Google Classroom). Record how you are feeling every day this week by drawing or colouring in a raindrop under the cloud. You could do it more than once a day if you want (maybe at breakfast, lunch and dinner time?) You will need to pick a different colour for different emotions. You could use the colours from the zones of regulation, you could make up your own colours, or you could use the suggestions below.</p> <p>Happy - Green      Sad – Blue      Excited - Yellow  Worried – Purple      Angry – Red      Bored - Orange</p> 	<p>Can you and your family play a different game or do a different activity every day this week to keep fit? You might like to do something you already do regularly, or you might want to try something new or different.</p> <p>Some ideas you could try are:</p> <ul style="list-style-type: none"> <li>• Go for a walk</li> <li>• Skipping</li> <li>• Hula hopping</li> <li>• Egg and spoon race</li> <li>• 3 legged race</li> <li>• Play football</li> <li>• A bike or scooter ride</li> <li>• Make up a dance</li> <li>• Watch a fitness video online</li> </ul> <p>I am going to join in with this too and will share what I do each day on Google Classroom 😊</p> <p><u>Box Fitness:</u></p> <p>Hi guys! This week’s task is for you to create your own race! This can be done in your garden, house, bedroom or wherever you can. Use as many objects as you can and time yourself every day to beat your score. Remember to share photos and videos on the Google Classroom and Twitter if you can and I’ll be looking out for them! Stay safe, Lauren 😊</p>	<p><u>Art:</u></p> <p>Have a go at creating a scribble mindfulness drawing. Using a pen or pencil draw one long continuous line all around your piece of paper. Let your line curve and move in different directions and your line should cross over itself at different points. Once you are done your paper should look something like the examples below. There is no right or wrong way to do this, everyone’s will look different.</p>  <p>Once you have drawn your line/ scribble you can fill all the white spaces between the lines with colours and patterns.</p> <p><u>Drama:</u></p> <p>Have a go at a game of charades. Act out different emotions or different activities for staying fit and healthy for someone else to guess. Some ideas you could try are:</p> <ul style="list-style-type: none"> <li>• Brushing your teeth</li> <li>• Swimming</li> <li>• Playing basketball</li> <li>• Sleeping</li> <li>• Peeling a banana</li> </ul>

Complete each activity on the grid – these can be completed in Green Jotter you were given.