



Cuiken Primary Home Learning Grid - HEALTH WEEK



Literacy

RWI Tasks - 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 Set Speed Sounds and Word Time videos on YouTube through the link below

<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.

Novel Study Task-

Rainbow Fish - Complete the worksheet using the words in the box. You can get an adult to help you.

Georges Marvellous Medicine - Chapter 5 - The Cook Up - Either read this chapter independently, or with an adult or listen to it using this link

<https://www.youtube.com/watch?v=63RI-UspWdY>
<https://www.youtube.com/watch?v=63RI-UspWdY>

In this chapter George begins to cook up the potion he has made. Draw a picture, in your jotter, of George cooking up the mixture in the kitchen. Remember George uses a big pot and the mixture is frothing and foaming. There's also blue smoke in the air. Put as much detail into your drawing as you can!!

Numeracy

- Have a look at the questions below. Decide whether you think you would like to work on mild, spicy and hot. You can always do more than one if you want to challenge yourself.

Mild-

$$14+2= \quad 17+5= \quad 12+6= \quad 13+7=$$

Spicy-

$$5+15= \quad 23+4= \quad 6+32= \quad 27+5=$$

Hot-

$$24+20= \quad 43+30= \quad 31+30= \quad 16+20=$$

Challenge! How many combinations can you make to complete this number sequence?

$$\underline{\quad\quad} + \underline{\quad\quad} = 26$$

- Here is an active learning challenge for you this week for health week. Cut out puddle shaped pieces of paper (about half an A4 page to a page in size). You could also draw these with chalk or a stone if you want to play this outside. On the puddles, write a number on each (a grown up could help you to choose if you are not sure what numbers to write). Stand in the middle of your puddles. Ask a grown up to think up and ask you addition and subtraction

Maths

Maths - For maths this week we are going to look at the numbers we find all around us, in the home and outside. We call this the environment!

Look around your house and make a list of all the numbers you see on the table below. This could be on a clock, your door number or on the TV. Talk to someone about the numbers you see. Are they odd or even? How many digits do they have? Is it made up of a 10 and 1s? Can it be halved? Is it a double?

You could add to your list when you are out and about on your daily walk, cycle or scooter!

Once you have your list, choose one of the numbers and make a poster about it. Think of all the ways you can make the number. Think about adding, taking away, big numbers, small numbers and numbers that can be added or taken away for one another to make the number! I've given you an example below to help you.

Remember to let me see it either through twitter or on the Google Classroom.



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<p>Writing - Making a Sandwich, Roll or Wrap Instruction writing -Make a list of the ingredients you have used and exactly how you made it on the template I've included below. Use this information to write instruction on how to make your sandwich, wrap or roll. Really think about all the ingredients you have used and then exactly how you made it. Once you have finished use the list you created and the template I've included to help you write the instructions. I've attached the template below.</p> <p>Remember to write in sentences and use capital letters and full stops.</p>	<p>questions based on the numbers on your puddle e.g. they could ask you what 6+4 is if you had 10 as a puddle. You would then jump onto the puddle with the correct answer. The larger the number on your puddle, the bigger the challenge. How many can you get correct in a row?</p>	
<p style="text-align: center;">French</p> <ul style="list-style-type: none"> As it is health week, I have found you a fun French dance workout. Have fun dancing along and, if you can, try and learn some of the words the woman in the video is saying. Can you challenge yourself to learn at least 3 new words? https://www.youtube.com/watch?v=KVhfIqghOPw You can join in with the weekly live lessons with Ann Robertson by following the link below. https://www.youtube.com/watch?v=HLmkMmTvME 	<p style="text-align: center;">Mindfulness/Relaxation</p> <ul style="list-style-type: none"> Learning new things takes effort. Can you draw 2 balloon shapes in your jotter? In one of the shapes, can you identify a skill or activity you want to get better at? In another shape can you write or draw how you will be able to do that, talk it over with your grown up. Sometimes we need to relax and take a break from the things we are doing every day. Use this link and try out some of these techniques to help you relax. We have tried the flower and candle activity in class. Maybe you could teach some of them to someone else in your family. https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus- 	<p style="text-align: center;">Food Technology</p> <p>Last week we learned that to stay healthy we need to eat a healthy balanced diet, drink plenty water and exercise.</p> <p>⑩ Discuss with an adult what makes a food healthy. Talk about the things you like and why you like them. Are they sweet, sour, moist, dry, crunchy or smooth? Is it the smell you like? Is it how they look? Is it their colour or shape?</p> <p>⑩ Once you have done this make your own sandwich, roll or wrap using the things you like. Try to make sure you include some veg and make it as healthy and nutritious as possible. You could get an adult to help you. Make a list of the ingredients you have used and exactly how you made it. Just make a note of the important words you want to include.</p>



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	outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids	You are going to need this information to complete the writing task in the literacy part of the grid. You could tweet you creation or add a photo to the classroom.
<p style="text-align: center;">Mental Health</p> <ul style="list-style-type: none">Thinking positively is good for mental health as it can make us feel more confident. At the bottom of the grid you will find a sheet that gets you to think about all the things you are good at and what makes you special. Why not talk to other people in your house about it. They might help you to recognise things you are good at that you hadn't thought of before.Being outdoors really helps the way we think and feel. Spend some time in the garden or outdoors. If you are in the garden help to keep it tidy by doing some weeding, water the plants, plant some new plants or tidy up the plants that have already bloomed. Listen to the birdsong and see if you can spot any birds while you are outside. I've included a sheet of common birds to help you.	<p style="text-align: center;">Family Fitness Challenge</p> <ul style="list-style-type: none">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! Make sure all photos and videos are posted on the classroom and twitter and I'll be looking out for them! Stay safe, Lauren ☺Log onto GoNoodle. If you haven't already, you can make a free account online. Ask everyone in your house (if they want to and are able) to choose a GoNoodle video each. Keep a note of them all and then, when you are all ready, dance to them all together. Dancing is a fun and great way to keep fit.	<p style="text-align: center;">Expressive Arts</p> <ul style="list-style-type: none">In your jotters, design a medal or trophy that you would present to someone who had won a sporting event (this could be the race that you design, it could be for football or even the Olympics!).Playing, listening and singing to music can be very good for our mental health as it can make us feel relaxed and can make us feel happy. Why don't you try and make up your own song? You could always take the tune to a song you already know (nursery rhymes are a good place to start- e.g. twinkle, twinkle little star) and change the words to ones that you think of. You could make your lyrics (these are words in a song) about things that make you happy.



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The Rainbow Fish

1. The _____ Fish had beautiful shiny scales.
2. He wasn't always _____ to the other fish he met.
3. The other fish didn't want to _____ with him.
4. The Rainbow Fish started to give his _____ to the other fish.
5. The other fish forgave him and became his _____.

friends

Rainbow

scales

kind

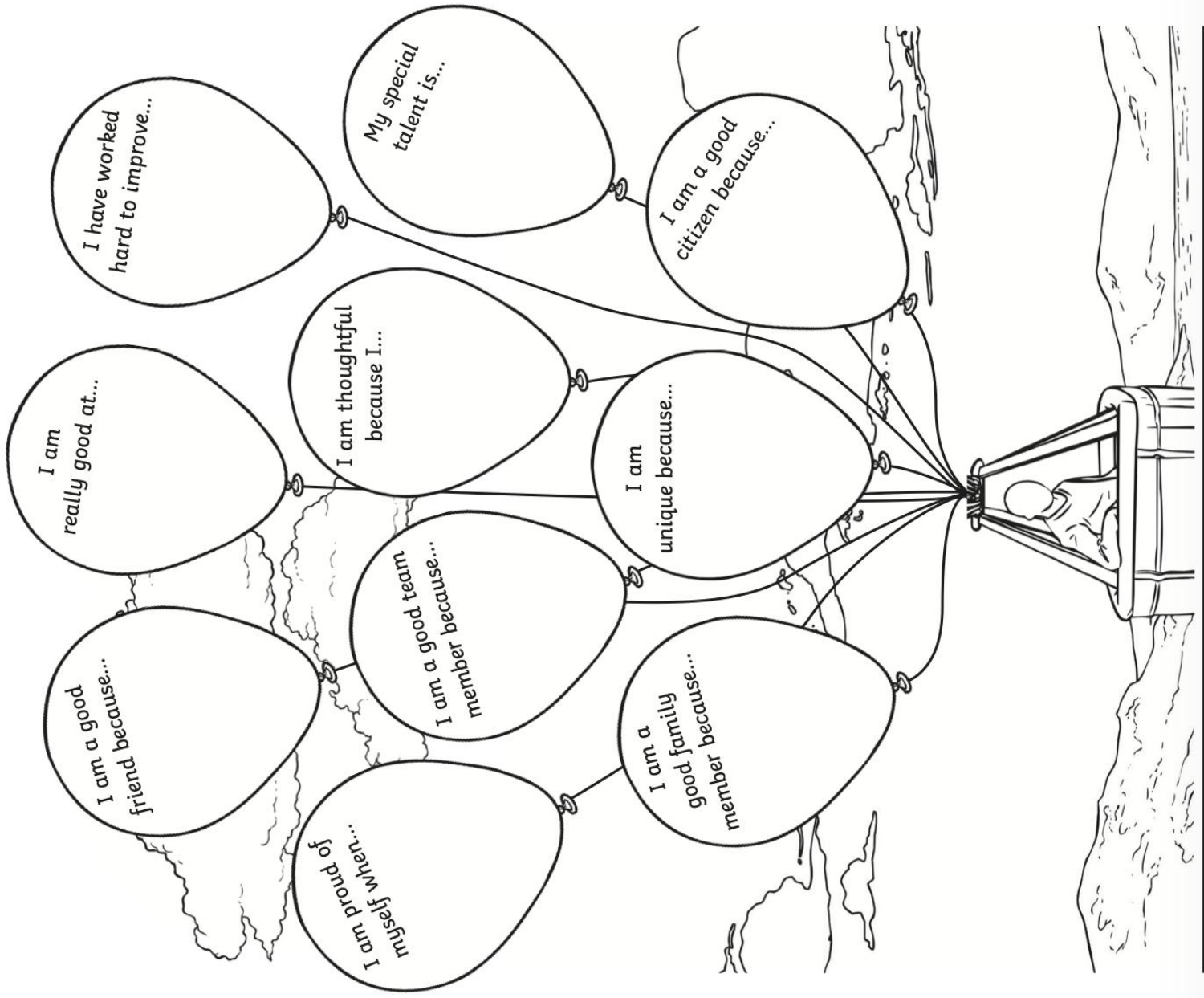
George's Marvellous Medicine

List of Ingredients

What did I do?

I Am an Amazing Person!

Read and finish the sentences in the balloons below.

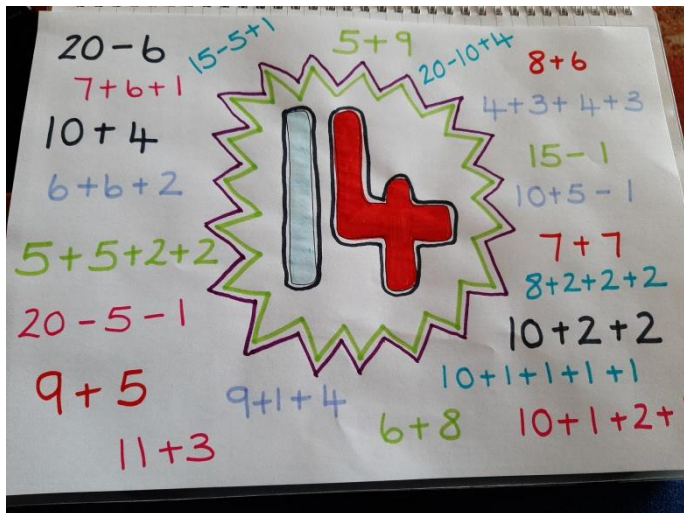




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Numbers in the Home	Numbers Outside



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