



Cuiken Primary Home Learning Grid - HEALTH WEEK



| Literacy - | Numeracy | Maths |
|---|--|--|
| <p>Reading: RWI groups - 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/</p> <ul style="list-style-type: none"> Play the literacy games set for you on Education City (check your Class work section). Enjoy reading stories with a grown up and talk about what happens in the story. <p>For those not in RWI groups - focus on Homophones Medium - A-Boat Time 2 Spicy - Bad Hair Day</p> <p>Novel study: The fish in room 11 Read chapters 8&9 (independently or with an adult) then complete the following task</p> <p>Writing: - Linked to Ch8 Write a Newspaper article about the discovery of the Duke's ring. Read the advice about layout/ features first then use the planning sheet. Use the template for your finished article or complete it in your jotter.</p> | <p>*Sumdog weekly challenge</p> <p>*Times tables - Continue to practise these using the Education City Songs and activities - 'Keep improving'</p> <p>*Now try the following activities in Homework Tasks which link your tables knowledge to Fractions</p> <p>Mild - Learn Screen - Petit Fours then Shape It Up activity Medium - Learn Screen - Tenths Relationship then Shape Station Activity Spicy - Learn Screen - Portion Control then Pizza the Fraction activity</p> <p><i>*All tasks have been assigned to you - just choose the challenge that is right for you</i></p> | <p>Angles/Turns - Education City - in Homework tasks Mild - Are you Shore? Medium - Land Ahoy! Spicy - About Turn?</p> <p>Measure/Capacity - Education City - in Homework tasks Learn Screen - Lemonade Stand Mild - Measure Up Medium - Pitcher Framed Spicy - Filled to Capacity</p> <p><i>*All tasks have been assigned to you - just choose the challenge that is right for you</i></p> |
| <p>French</p> <p>- Learn with Miss Duncan/click the link and revise colours: https://docs.google.com/presentation/d/1jpUZqfbH5mtpRpMJ60x5M03V71DmKibg6Ugw4WFJzKU/edit?usp=sharing</p> <p>Use rouge, orange and vert to play French' traffic lights as we did at school - teach others in the family and have fun☺</p> <p>*As a follow up to the YouTube clip about Colours have a go at the first 2 activities on the French Colours challenge!</p> <p>Live French Lesson - Thursday 11.30 - https://www.youtube.com/channel/UCO4YR8hhRveNhvZrz9xptDQ</p> | <p>Mindfulness/Relaxation</p> <p>*Can you think of something you found difficult but improved through your efforts and practise? In your jotter, draw a picture of the activity you found hard then write advice that you would give someone else to help them overcome their difficulties.</p> <p>*Taking time to relax and 'switch off' is really important. Click on the link, choose 1 of the sounds then close your eyes, breathe slowly and visualise. https://www.bbc.co.uk/cbeebies/curations/radio-calming-sounds</p> | <p>Food Technology</p> <p>Learn about different food groups using these Education City homework tasks:</p> <ol style="list-style-type: none"> Learn Screen -Food and Glory + worksheet Eat to Win activity <p>What foods would you choose for a picnic? Create a healthy sandwich! Draw a picture of it showing the fillings you've chosen If you have the ingredients, with an adult present, make your sandwich and share a photo!</p> |



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Mental Health

How to make good choices - click on the link and listen to Jamie explain how to breathe through your feelings of frustration

https://www.youtube.com/watch?v=6cxt_Ki4GSo

Yoga - Cosmic kids - click on the link and learn 6 yoga poses with Jamie. It even includes the **Sandwich pose** 😊

<https://www.youtube.com/watch?v=rtC2qADkBuU>

Family Fitness Challenge

*Exercise

Lauren has set you another task this week 😊
Design your own assault course! You must plan the course out as we did in class. Think about what rules! Use things you have around the house e.g. cans, bottles, plant pots, nets, chairs etc. It would be amazing if you could Tweet or upload a picture of your assault course and diagram to Google classroom. If you don't have a garden don't worry, just post a photo of your diagram and share it on Twitter or Google Classroom!

Can you ask members of your family to complete it with you 😊

Expressive Arts

Music - Learn about Jazz pulse and rhythm 😊 Click on the link and watch Slick City Spat:

<https://www.bbc.co.uk/bitesize/clips/z6hkxnb>

Can you sing along and perhaps add finger clicks/foot taps etc keeping to the rhythm?

Art - Linked to your relaxation task listening to sounds e.g. waves/ birdsong etc think about the 'pictures' you see in your mind. Now recreate these by drawing them in a picture - you can use pencils, crayons, felt tips, paint or possibly even a collage. Your thoughts and your interpretation! Sharing your pictures would be lovely 😊