



Cuiken Primary Home Learning Grid - HEALTH WEEK



Literacy -

Mrs Masons Group - slot into the book that you are working on, or the book before to recap spelling.

Spelling - Each spelling group should use the words below and SACAWAC x3, write a sentence for each word using the correct punctuation and **underline the rule** in each word. Try to use cursive handwriting.

Book 2B - Unit 14 - Words ending in -tion.

Potion station lotion nation section fiction
caption motion option affection

Book 3 - Months of the year - SACAWAC and a sentence telling me something unique about each month.

January, February, March, April, May, June, July, August, September, October, November, December

Book 4 - Unit 12 - Adding the ir- to words beginning with r. Revise il, dis and im.

Irregular irrelevant irresistible
Irresponsible disconnect imperfect
Impractical incorrect

Book 6 - Unit 1 - Suffixes

Asked asking floated
Fastest hunter hunted
Hunting lightest prouder

Numeracy

Mrs Mason's P7 - do the one which best suits your ability!

Rectangle - Can you use written method for division? 'Bus Stop Division'. Remember to start with the thousands and ask 'how many times'. Remainders go at the end of the answer.

/ stands for divide

2343 / 3 3652 / 5 9764 / 8
5633 / 4 9861 / 7 3287 / 3
8963 / 6 10325 / 4

Challenge - Can you solve 3456 / 20

Circle/Hexagon - Can you use written method for division? 'Bus Stop Division'. Remember to start with the hundred and ask 'how many times'. Remainders go at the end of the answer or they are carried over to the next...

/ stands for divide

704 / 3 784 / 6 504/3 678 /
4 212/4
523 / 8 878 / 9 131 / 7

Maths

1. Plan and budget to make a meal for everyone in your house, Grownups might even let you try it out!

Think about what you would make. What ingredients would you need? How much would this cost to buy? How many people would it feed? How much per person would this be?

2. Fluffy Muffins

You will find an attached sheet to the bottom of the grid about ingredients for muffins. Use your multiplication skills to find out how much of each ingredient you need to make more muffins than the original recipe.



Cuiken Primary Home Learning Grid - HEALTH WEEK



2. Read Chapter 6 and 7 of *Goodnight Mr Tom*, answer these questions on Chp 5 and 6 fully.

Chapter 5 and 6

- 1) What job did the Vicar give Willie to do?
- 2) What did Tom mean when he told Willie to 'lah it' during the hymn?
- 3) What is a 'wireless'?
- 4) Why were the boys digging a trench in the garden? What was it for?
- 5) What was Willie's new friend called and why did he offer to do?
- 6) What did the author mean when she referred to Mister Tom as a 'recluse'?
- 7) What was the meeting about in the village hall?
- 8) Why was William so afraid of having a bath?
- 9) Why do you think William was happier and had a better nights sleep?

2. **Mrs Mason's P7 Literacy Task - Read** Chapters 14-20 of *Holes*, our Class Novel and answer five of the following questions -

- * We meet the Warden and it is surprising. Describe the warden.
- * Stanley finds out the real reason they are digging. What is it?
- * What does Zero ask Stanley to help him with?
- * He asks Stanley to help with two things but changes it to one why? (This is really sad!)
- * What made the warden's jar of nail polish special and what did the warden do to Stanley after applying it to her finger nails?

Octagon and Squares -

Can you use your times table knowledge to solve these division sums? Remember a division sum is a multiplication sum backwards!

/ stands for divide

$$\begin{array}{l} 12 / 3 = \quad 6 / 2 = \quad 10 / 5 = \quad 24 / 8 \\ = \\ 72 / 9 = \quad 81 / 9 = \quad 56 / 7 = \quad 32 \\ / 4 = \end{array}$$

Challenge for all - Can you create 5 questions of your own using the same strategy to solve them as above? Test somebody in your house, who can work it out first?

2. **Sumdog** - Take part in the class contest on sumdog! Winners will be announced on Friday! I will reward the winner with 100 coins! Good Luck!



Cuiken Primary Home Learning Grid - HEALTH WEEK



<p>* How did the warden punish Mr Sir after he brought Stanley over about the sunflower seeds? * Stanley owns up to stealing the sunflower seeds but who actually took them?</p> <p>3. Can you look at last weeks writing task, self assess your work, get some help from an adult if you need to. Is there parts of the opening paragraph you could edit? Could you add more descriptive language, or use a simile? Can you upscale this paragraph and make it better than before. When you complete this, I would like you to look at the differences between the first and second attempt and give yourself 2 stars and a wish for going forward. Be specific and not vague.</p>		
<p style="text-align: center;">French</p> <p>As it is health week, we are focussing on healthy eating for our French this week. Watch the slideshow and gather your new vocabulary in your jotters. Then, using bullet points, write out a set of ingredients for a smoothie in French (I speak about how you might do this in the slideshow). If you can, make your smoothie and send a photo of it next to your French list of ingredients to Twitter or Google Classroom! Have fun! Miss Duncan</p> <p>https://docs.google.com/presentation/d/1bX3oA4S6wLET-sUk0IC2ZzdHX9213-ZL0Fc9cGz_czU/edit?usp=sharing</p> <p>Join in with the live French lesson on Thursday at 11.30 - https://www.youtube.com/watch?v=HLmkMmTTvME</p>	<p style="text-align: center;">Mindfulness/Relaxation</p> <p>Mrs McKie -</p> <p>1. When we decide we want to do something, things don't always work out the way we would want. Research your favourite person/sports person/musician/artist or someone else who you like. Find out about their journey to success, noting any setbacks they may have had and how they overcame them.</p>	<p style="text-align: center;">Food Technology</p> <p>1. Eatwell Plate Use the internet to find out about it and answer the questions below: What is the eatwell plate? Why is it important to consider what it tells us? What are the 5 different areas of the plate? Can you list 3 things from each area?</p> <p>2. Can you create an eat well plate to show your understanding of why this is recommended and the 5 different areas? Use the colours and make sure you include a colour code to make it easy to follow!</p>



Cuiken Primary Home Learning Grid - HEALTH WEEK



	<p>Body Image</p> <ul style="list-style-type: none">• Appreciate all that your body can do.• Keep a top-ten list of things you like about yourself.• Remind yourself that "true beauty" is not simply skin-deep.• Look at yourself as a whole person.• Become a critical viewer of social and media messages.• Do something nice for yourself.• Follow someone on Instagram / social media who has a positive body image	
<p style="text-align: center;">Mental Health</p> <p>1. Do something that YOU enjoy every day...dance, go for a walk, play with the football in the garden etc.</p> <p>I have been enjoying a series on TV on a Monday and having a walk each day!</p> <p>2. Body Imagine - There are lots of different tasks for you to do over the week!</p> <p>Begin by watching these two videos.</p>	<p style="text-align: center;">Family Fitness Challenge</p> <p>Hi P7, Lauren here! Your task this week is for you to make your own Joe Wicks class! This must include at least 5 different moves/stretches and at least 2 of them need to include a jump! Remember and share your photos on twitter and I'll be looking out for them! ☺</p>	<p style="text-align: center;">Expressive Arts</p>

Cuiken Primary Home Learning Grid - HEALTH WEEK

https://youtu.be/Fcy_VQZG5Dg
<https://youtu.be/v7zUHOEYIN8>

Can you write 3 things down you like about your body or that you find cool your body can do?
Can you name at least 1 thing you don't really like about your body? Is it something you can change or work on? Is it something that is unique to you? Find one way of making yourself feel more comfortable with that aspect of yourself.

Please remember everyone is different, we all have flaws and imperfections, including me! I'll be completely honest with you all, I dislike my skin, having to wear make up to cover imperfections on my skin, this gets to me! But I find products and routines that work for me and I do what I can to prevent it!

Discuss what you have jotted down with someone at home, or a friend, be completely open and honest with them. They might be able to give advice too!

Can you and your family create a race or beat each other's Personal Bests with activities you decide? You may want to have activities that don't involve having a garden or space outside if you can! Some ideas may be running from A to B, hopping a certain distance, press ups, a home workout like what you have created above. Please share your pictures on twitter!

I would like for you to design a flower for yourself. This is the 'I am' flower. It is time for you to reflect and truly understand how amazing you are and the things that make you unique! This can be done on paper or in your jotter. Please use colour and be creative!

Tweet them so I can see!



2. Here goes... a little bit of fun! Can you write a rap or a song about things you have done this week linking to health week? Maybe it's what you've learned. It could be about one specific thing or lots of things.

You could use the backing track to a well known song (Black Eyed Peas - where is the love).

Are you brave enough to dress like a performer and share a video on twitter?



Cuiken Primary Home Learning Grid - HEALTH WEEK



--	--	--



Cuiken Primary Home Learning Grid - HEALTH WEEK



Fluffy Muffins

Below are the ingredients for fruity muffins

On Friday, you will use these amounts to make 12 fruity muffins.

Can you work out how much of each ingredient you will need to make different portions of muffins?

Ingredient	Amount for 12 muffins	X 2 24 muffins	X 10 120 muffins	X 30 360 muffins	1/2 6 muffins
Self-raising flour	250g				
Baking Powder	2 x 5ml spoons				
caster sugar	100g				
Semi-skimmed milk	230ml				
Egg	1 Egg				
Oil	60ml				
Canned fruit, drained	150g				