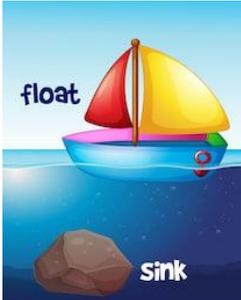


# Primary 1 - Week 3-4 Learning from Home

## Across the Curriculum

Health and Wellbeing	Science	Expressive Arts
<p><b>PE Lessons</b> Take part in Joe Wicks The Body Coach daily P.E lessons at 9am. (If this time is not suitable you can do it at any time!) <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p> <p><b>Cosmic Kids Yoga</b> Jamie has lots of great yoga activities to take part in. You'll find lots of your favourite books and themes mentioned too. Check out these two programmes to get you started:</p>  <p>The Very Hungry Caterpillar <a href="https://www.youtube.com/watch?v=xhWDiQRrC1Y">https://www.youtube.com/watch?v=xhWDiQRrC1Y</a></p> <p>Minecraft Yoga <a href="https://www.youtube.com/watch?v=02E1468SdHg">https://www.youtube.com/watch?v=02E1468SdHg</a></p>	<p><b>Floating and sinking</b> Choose up to 10 objects from around you house, such as a coin, pencil, rubber band, piece of paper, bottle top and so on. Try to choose objects made of different materials - metal, plastic, wood, fabric, and rubber.</p> <p>Make a prediction; do you think each object would float in water? Why/ why not? Now test it in the bath or a bowl of water.</p> <p><b>YOU MUST ALWAYS CHECK WITH AN ADULT BEFORE PUTTING SOMETHING IN WATER.</b> Remember, water can break some toys and other objects.</p>  <p><small>shutterstock.com • 665039170</small></p>	<p><b>Let's move</b> The BBC have lots of episodes of Let's Move available online. These are a great way of learning to move to music and use your whole bodies to act out scenes and express emotion. There are episodes available on lots of different subjects. Try these two programmes about minibeasts to get you started: <a href="https://www.bbc.co.uk/programmes/b03g6vs6">https://www.bbc.co.uk/programmes/b03g6vs6</a> <a href="https://www.bbc.co.uk/programmes/b03g6vs7">https://www.bbc.co.uk/programmes/b03g6vs7</a></p> <p><b>Spring songs</b> - Try to learn a new spring song! There are some in the 'Files' section of our Primary 1 GLOW page, or you could choose your own! Can you think of some good actions to go with your favourite song?</p> <p><b>Make an Instrument</b> There are lots of easy ways to make an instrument using things around your house. Can you use it to tap/ shake/ play along to your favourite song? These links may give you some ideas: <a href="https://www.learningliftoff.com/make-homemade-music-with-these-6-diy-instruments/">https://www.learningliftoff.com/make-homemade-music-with-these-6-diy-instruments/</a> <a href="https://redtri.com/homemade-instruments/slide/1">https://redtri.com/homemade-instruments/slide/1</a></p>
<b>French</b>	<b>Other</b>	<b>Things to do everyday</b>
<p>Ann Robertson, Midlothian Council's modern languages coordinator has been giving lives French lessons on Youtube. <a href="https://www.youtube.com/watch?v=i2VDUzmPQs0&amp;f">https://www.youtube.com/watch?v=i2VDUzmPQs0&amp;f</a></p>	<p>If you are a Rainbow or Beaver, now is the perfect time to work towards some badges! There are lots to choose from so you can find something you are excited about.</p>	<p>-Enjoy reading at least 3 stories - Play a board game or complete a puzzle</p>

[eature=youtu.be](https://www.youtube.com/watch?v=NXkJ88ygPY0) Tune in to learn some basic French greetings.



This link may also help:

<https://www.youtube.com/watch?v=NXkJ88ygPY0> (A Song with basic greetings)

- Help prepare your meals



- Help around the house. (set the table, make your bed, tidy your room.).
- Count forwards and backwards from 20 while washing your hands.