

Primary 1 - 11.01.21 - Other Curricular Areas- Learning from Home



Choose 1 activity to complete each day. It doesn't matter which order you do them in.



Health and Wellbeing

Join in with Joe Wicks PE on Mondays, Wednesdays and Fridays at 9am to start the day. You could even get your family members to join in! Post some pictures for us if you can, we would love to see you taking part.

<https://www.youtube.com/user/thebodycoach1>



Try to go for a **walk or a cycle** every day. Challenge yourself to go a little bit further each day. (If you can't go for a walk or cycle play outside if you have a garden or space for at least half an hour every day.)



Social Studies - Scotland

Research

Use the internet or any books you have at home to find out an interesting fact about Scotland. Write your fact (or ask an adult to write it for you) and draw a picture to go with it. Upload to Teams for your teacher to see.



Expressive Arts

Scottish Song

Sing a Scots song. You will find links to the above in Files section of Teams.

Talk about the meanings of any Scots words you are unsure of.

Upload a video of you singing your Scots song. We would love to hear you!



Science

This term we will be looking at the changing states of water -

- Water
- Ice
- Steam

Watch this video on melting snow and ice! - you may find some of this outside if it's cold enough!

<https://www.bbc.co.uk/bitesize/clips/zpvfb9q>

Talk to an adult and draw some pictures in your jotter of what things we use water for.



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