



# Cuiken Primary Home Learning Grid - HEALTH WEEK



## Literacy

- **RWI** - A detailed RWI task sheet is available for you in Google Classroom. If you do not have access to Google Classroom then you can:
  1. 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/>
  2. Play the literacy games set for you on Education City (check your Classwork section).
  3. Enjoy reading stories with a grown up and talk about what happens in the story.

**Handwriting** - Practice writing words to do with staying healthy. You can make this fun by using chalk, paint, coloured pens or writing in sand.

- **Writing** - Write about a time where you felt happy. Think about your five senses when describing this time. There is also an example for you on Google Classroom.

**L.I** - I am learning to write a personal piece of writing.

### Success Criteria

- I can use my high five sentences (Capital letters, full stops, finger space, makes sense, spelling)
- I can use at least two senses to describe this time.
- I can draw a detailed picture matching my writing.
- I can use at least two describing words.

### Sentence starters

- I felt happy when....
- I could see....
- I could hear....
- I could smell....

## Numeracy

- This week we are going to focus on counting in 1's, 2's, 3's, 4's, 5's and 10's

**Mild:** Practice counting up in 1's going forwards and backwards and starting from any number.

**Spicy:** All of the above and in 2's, 5's and 10's. Start from any number and practice going forwards and backwards.

**Hot:** All of the above and in 3's and 4's. Start from any number and practice going forwards and backwards.

**Challenge:** How high can you go?

- **Sumdog** - Log on to Sumdog to complete a challenge Miss Boyle has set.

## Maths

- This week we are going to be focusing on measuring length. We can use lots of different tools to measure things. Watch these two videos to find out more  
<https://www.youtube.com/watch?v=VWiNbUNrsk4>  
<https://www.youtube.com/watch?v=ftB5VU64yGA>  
Here are some questions for you to answer. What tool would you use to measure...

(You might be able to use more than one)

1. A pencil
2. A room in your house
3. A notebook
4. Your nail
5. Your body

Choose 3 things of these to now measure.

If you would like to challenge yourself can you think of any other tools we might use to measure length?

- Log on to education city and complete the tasks set.



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## French

- As it is health week, Miss Duncan has 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=KVhflgghOPw>

- Tune into a Live French Lesson with Mrs Robertson, the Co-Ordinator for 1+2 Languages, at 11.30am on Thursday. <https://www.youtube.com/channel/UCO4YR8hhRveNhvZrz9xptDQ>

## Mindfulness/Relaxation

- 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.
- One way to relax is to practice mindfulness - you can practice this following the link below or if you can prefer you use breathing techniques such as Five Finger breathing.

Mindfulness:

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

Five Finger Breathing:

<https://www.youtube.com/watch?v=DSgOW879jiA>

## Food Technology



- It is really important to have a balanced diet. Learn about the five food groups from this video clip. <https://www.youtube.com/watch?v=L9ymkJK2QCU> Now create your own picnic. Make sure you have at least one food from each food group in it.
- Now let's look at one of the food groups - Fruit and Vegetables. Watch the clip to find out why they are so important. <https://www.youtube.com/watch?v=kteZneJm1EI> Can you create your own fruit smoothie? You can use the recipe below or make find your own online.  
**Strawberry Smoothie:**  
You will need:
  - 2 cups of strawberries
  - 1 1/2 cup almond milk
  - 1 cup Greek yogurt, plain
  - 1 tablespoon honey

### Instructions

- Cut the stem of your strawberries and cut into quarters.
- Add your strawberries, milk, yogurt and honey, to a blender and blend until smooth and creamy (if you don't have a blender you can mash the fruit in a bowl until fairly smooth. Then, whisk the fruit, milk and yoghurt together until well combined).

**Make sure an adult shows you how to safely cut the strawberries and be careful around sharp objects.**



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## Mental Health

- **This is me** - Listen to the song 'This is me' from *The Greatest Showman*. This song is all about celebrating your uniqueness and what makes you special. Make an 'I am flower' like the one below. With adjectives you would use to describe yourself. You can use your own adjectives or choose some that describe you from Google classroom.



- Do something that YOU enjoy every day. This could be dancing, playing in the garden, going for a walk, drawing etc. I have been enjoying doing some baking and doing a one piece of exercise a day such as a walk, run or online workout.

## Family Fitness Challenge

- 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 😊
- Can you and your family take part in a sports day? You can make up your own races such as the egg and spoon race, a jumping race etc. You can be as creative as you like. You could share some photos on Twitter or Google Classroom.

## Expressive arts

- Have a dance and listen to this parts of the body song. <https://www.youtube.com/watch?v=OxRfgmLJCXw>
- **Zones of regulation** - Using green, red, blue, and yellow paint, pens or paper can you draw faces that go with that color to make "people" for each zone like the example below...



Stick this on your fridge and make a picture or nametag for you and everyone in your family. You can use this with your family to describe how you are feeling just like we do in class.

**Complete each activity on the grid - these can be completed in the green jotter you were given and if you can upload any pictures of work to Google classroom.**

**Remember squares are up for grabs so tweet all your home learning if you can!**





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