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| Health & Wellbeing   * Resilience-Research an individual who has overcome significant challenges to achieve their goal. * Transition- You are about to transition to the High School. Create a fact file about yourself, including essential information you would like the High School to know about you (likes/dislikes, friendships, hobbies etc…) * 2020 is the year of the Tokyo Olympics. Create a PowerPoint about the history of the Olympic Games. You may wish to include information about the range of sports, famous Olympians etc... (If you can’t access PowerPoint, create a leaflet) | Life skills   * Play a board game with a member of your family. * Follow a recipe to cook a meal/ bake something for your family to enjoy. * Housework- There are lots of things that you can do to help around the house. Whether it’s simply tidying your room or perhaps learning a new skill such as changing bedding, ironing etc… * Teach an Adult- teach an adult/sibling at home a skill or hobby that you have. * The world around you- Engage with newspapers or the news. Try using the Newsround website to help keep you up to date with what is going on in the world. Discuss what you have heard/read with those in your house. | Science   * You have started researching the Solar System this week. Create your own mini research project all about our Solar System. This can be done on the computer or as a poster. You should be able to share this learning as a solo talk on return to school. * If you have any old recycling materials at home, have a go at creating your very own solar system. * We have been looking at the reproductive system as part of our relationship education. Speak with an adult at home about how you have changed from when you were a baby until now. Discuss what happens at different stages of your development throughout your life. |
| Technology   * Using SCRATCH online, create your own program and practise your coding skills. * Further develop your research skills. Pick a topic of your choice to research and create a PowerPoint about the topic. Do not copy and paste information, rather extract key information and create bullet pointed slides. * Start thinking about and researching your future career. Use the link below to research jobs and the path you would need to take to get into a particular job.   *https://www.myworldofwork.co.uk/my-career-options* | **P7 Home Learning Activities**  C:\Users\Joanne\AppData\Local\Microsoft\Windows\INetCache\IE\MFEJ4IAN\14836299-stack-of-books-books-stacked[1].jpgLearning Across The Curriculum  **St Andrew’s RC Primary School**  ***Share your learning on Glow & Twitter***  ***@StAndrewsTweets, @QuinJoanne*** | RME   * Reflect upon your progress so far during Lent. Have you stuck to your promise? * Try re-telling the Easter story through a comic book style strip. * Other World Religions- This term we were going to be looking at the Jewish faith. Research some of the principles/beliefs of Jewish people to develop a deeper understanding of their religion. Find out about particular festivals/celebrations. |
| Expressive Arts   * **Art**- Research an artist from the list below and find out a bit about them and their work. Can you have a go at creating similar art work to theirs?   *Charles Rennie Mackintosh, Andy Warhol, Pablo Picasso*   * **Art**-Still life Drawing, Paint or draw still life objects considering shape, line and tone. * **Music**- With Mr Paterson you have previously looked at song lyrics and structures. Try using an instrumental version of your favourite song and create your own lyrics. * **Drama**-Create a short scripted drama * **Drama-** *Exploring* Mime. Can you Mime out a range of activities and see if your family can guess what you are doing? * **Dance-**There are so many different styles of dance around the world. Research a specific kind of dance or look up a country and find out about their most popular style of dance. Can you learn any moves? Or can you create a routine? | **PE**   * In PE we have been focusing on learning new sports. Get outdoors and practise these sports/skills. Try teaching an adult or sibling the rules of the games and the skills specific to the game. * We have also been looking to improve our fitness. Use the sequencing cards provided to create a short fitness routine. Record the number of repetitions you can manage in a minute and try to improve each day you participate. * Participate in physical activity each day. Search Joe Wicks kids on you tube and you will find lots of fitness videos to follow. | Social Studies   * Research the local area that you live. Can you find 3 similarities and 3 differences between where you live now and what it was like in the past? Try looking online at photographs of your area and speaking with your relatives. * With limited visitors to Scotland at the moment, think about some of the features of Scotland that people like to visit. For example Arthurs Seat, Loch Lomond, Edinburgh Castle, The Highlands, Edinburgh Fringe Festival etc.. Research some of the top tourist sights in Scotland and create a brochure to advertise Scotland and encourage people to visit Scotland again. * Many people have shown an interest in maps recently. Access google maps online and identify where different places are in the world. Get a family member to test your knowledge. Can you also learn the names of capital cities for different places across the world? |

PE- Fitness

SIT UPS

1. Knees must be bent with feet and back flat on floor
2. Place hands on thighs
3. Sit up so shoulders leave mat and hands slide up to knees
4. Lower shoulders back to mat

TRUNK CURLS

1. Lie on back
2. Hands crossed across chest and feet in air
3. Back must be flat on mat
4. Curl shoulders towards feet and relax

PRESS UPS

1. Lie flat on front with feet in air, knees on mat
2. Place hands on mat shoulder width apart
3. Keep looking at the mat and body rigid
4. Push body away from mat and lower to ground

LATERAL RAISES

1. Lie on one side supporting yourself with your hands
2. Tuck the closest leg to the ground behind
3. Keep the other leg straight
4. Gently raise and lower the straight leg

SHUTTLE RUNS

1. Start at the cone and run to the first line and back
2. Then run to the next line and back
3. Finally run to the furthest away line and back to the start
4. Repeat

HOP SCOTCH

1. Hop on the right foot to the line
2. Hop back on the left foot
3. Perform double footed jumps back
4. Repeat

***\*Be Creative and Add in Your Own Stations\****