



Castle Douglas Primary School Weekly Learning - Week Beginning 22/06/20

Please feel free to email me with any pictures of your learning or with any questions you may have at

P6CDPS@gmail.com

See below for some fun transition activities. If you'd like me to see any of your work then please email it to me at the address above. I'd love to see some of your amazing ideas.

<u>WOD (Workout of the Day)</u>	<u>Cheese!</u>	<u>Twitter</u>	<u>Mr Coulthard's riddles</u>
<p>Change can feel a bit weird. A great way to feel strong in your mind (and body) is to do some exercise. Do this and I'm sure that you'll feel able to take on anything!</p> <p>Click for demos.</p> <ol style="list-style-type: none">1) Bear crawl once across the room / garden.2) 20 Sit-Ups (Put cushion under lower back)3) 10 Tuck Jumps4) Lunges across the width of the room / garden.5) 5 Shuttle Runs across the width of the room / garden. <p>Complete 4 full rounds of this.</p> <p>Top tip: If you have a speaker; blast your favourite music. Trust me, it'll make the whole experience more enjoyable and motivate you when you begin to feel the burn.</p>	<p>Jake came up with a great idea last week. He sent me a picture of him doing something he loves. Why not do the same? Find a picture of yourself doing something that you find fun and send it to me. Feel free to explain what you're doing and why you like it.</p> <p>Send them to: P6CDPS@gmail.com</p>	<p>One of my main platforms for sharing learning is my class Twitter page. Although you are a little young to be using Twitter, please help your mum or dad to set up a twitter account and find our class page. Click here for instructions on how to set up a Twitter account. The video also runs through some simple ways to use it if your parent already has an account but doesn't really understand how to use it. Click here to visit Mr Coulthard's Twitter page and remember to follow it. Alternatively type "P6 and Mr Coulthard" or "@mr_coulthard" in the Twitter search bar. Please remember, I'm only asking you to help an adult to do this; not set up your own page.</p>	<p>Let's get our brains active and solve some problems!</p> <p>Click here for Mr Coulthard's Riddles.</p> <p>Click here for the answers.</p>

