

This week we are taking sometime to think about our Wellbeing. So this week our activities have a focus on promoting a healthy body and mind.

Within this overview links to videos and pictures are shown in blue underlined text. I will continue to mark your Notebook with a 'thumbs up' emoji to show I have given feedback. Please add new work to a new page.

Remember, I am here to help.

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1<sup>st</sup> – 5<sup>th</sup> February 2021



I hope that the new format is helping, please remember this is a suggested schedule to help you plan out your week. You should feel free to make changes to suit your own circumstances.

I have given the activities star ratings to guide you in your choice of activity, you could set yourself a star goal each day or see how many stars you can get over the week. There are lots of stars available each day, a good goal would be at least 8 stars a day. You can gain a star for each day you complete the daily tasks.

Again this is just a guide you should feel free to adjust the schedule and star target to best suit you and your child. Further detail on each activity is given within the rest of the overview.

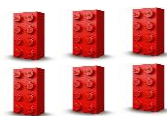

Monday	Tuesday	Wednesday	Thursday	Friday
Check In Poll in Teams ★			Feel Good Friday Form ★★★	
Word of the Day ★			Picture Quiz ★	
Grammar ★★	Spelling/Reading ★★★	Writing 📷 ★★★	Phonics/Reading ★★★	Handwriting 📷★★
Read Write Inc. Literacy Skills/BBC Bitesize ★ per programme				
Sumdog – Spelling and Numeracy Tasks ★★				
Maths Warm Up ★				
Number Talk ★★	Line Graph 📷 ★★★	Top of the Tables ★★	Rounding 📷 ★★★	Problem Solving Puzzle ★★
Mental Health ★★	Express Yourself ★★	Scotland Fact File ★★	Express Yourself ★★	Scotland Fact File ★★
	Gratitude Card ★	Healthy Food and Drink ★★	Internet Safety ★	Little Art School ★
P.E. with Joe. ★★	Catch Up Time	WILD Challenge ★★	Catch Up Time	P.E. with Joe ★★

If you click on the blue underlined text it should link you directly to the resources for each task. Pictures and documents will also be available in the Team File section.

## Literacy and English


Grammar	Writing	Spelling	Phonics	Read Write Inc.	Reading - Giglets																			
<p>This week our grammar is linked to our spelling. We are going to look at homophones. These are words that sound the same but can be spelt differently depending on their meaning.</p> <p>Here is a short introduction and some activities on homophones:  <a href="#">What are homophones?</a>            There are some additional tasks in the Week4&gt;Grammar folder.</p>	<p>This week I would like you to design and write a health lunch/dinner menu. The menu should include a Starter, Main Course and Desert.</p> <table border="1"> <tr> <td>1 choice for each course</td> </tr> <tr> <td>1 choice with adjectives</td> </tr> <tr> <td>Multiple choices for each course with adjectives</td> </tr> </table> <p>Consider how to set out your menu to make it appeal to your audience. More details on this task will be available on Wednesday in Teams. You could extend the task by then helping to prepare some of the dishes as a family meal.</p>	1 choice for each course	1 choice with adjectives	Multiple choices for each course with adjectives	<p>Have a look the spelling grid in Week4&gt;Spelling and choose a few words to practise by:</p> <ul style="list-style-type: none"> <li>Choosing a <a href="#">spelling task</a>.</li> </ul> <p>Have a go at the Homophone quiz in Assignments in Teams. You also have a Sumdog challenge this week focussed on spelling with the different 'o' sounds.</p>	<p>This week let's look at the sound long 'o' (snow).Brainstorm all the words can you think of with this sound? This can be made several ways:</p> <table border="1"> <tr> <td>oa</td> <td>ow</td> <td>o_e</td> <td>oe</td> <td>ough</td> </tr> </table> <p>Sort the words you have found under the above headings. Can you create new words by adding these endings? Is it a really word or an alien (nonsense) word?</p> <table border="1"> <tr> <td>-ing</td> <td>-ed</td> <td>-er</td> <td>-ly</td> </tr> </table>	oa	ow	o_e	oe	ough	-ing	-ed	-er	-ly	<p><a href="#">Read Write Inc.</a> have a few daily short videos that are available from 9:30am. They cover a number of literacy skills.</p> <table border="1"> <tr> <td>Set 2 Speed Sounds</td> </tr> <tr> <td>Set 3 Speed Sounds</td> </tr> <tr> <td>Read Red Words 1</td> </tr> <tr> <td>Read and Hold a Sentence 1</td> </tr> <tr> <td>Read longer words</td> </tr> <tr> <td>Read Red Words 2</td> </tr> <tr> <td>Read and Hold a Sentence 2</td> </tr> </table>	Set 2 Speed Sounds	Set 3 Speed Sounds	Read Red Words 1	Read and Hold a Sentence 1	Read longer words	Read Red Words 2	Read and Hold a Sentence 2	<p>I have posted a book for you in <a href="#">Giglets</a>. Have a go at reading and completing the reading questions task. Remember to listen to the audio to set the scene.</p> <p>Also, to support reading the <a href="#">Oxford Owl site</a> has a good library of eBooks available. You will have to ask a parent to create a free account then you can access more books for you to enjoy.</p>
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## Numeracy and Mathematics

Line Graph	Rounding Numbers	Top of the Tables	Number Talk	Sumdog	
<p>This week we are going to make a line graph using the data we gathered on the temperatures of different cities around the world. There are 2 videos that introduce line graphs, which you may find useful to watch before our lesson the activities are not required.  <a href="#">Line Graphs</a></p>	<p>We are going to look at how to round numbers to the nearest 10 and nearest 100 and how this can help with solving calculations. The video lesson will be out on Thursday. This game is useful for practising all sort of rounding: <a href="#">Rocket Rounding</a></p>	<p>This week we are going to build our 6x table. You can use house hold objects and lay them out to build the table:</p> <div style="text-align: center;">  <math>6 \times 1 = 6</math> </div> <p>Do you notice any patterns in the answers? Have a look back at the 3x table can you see anything that links the tables? There are some files in Week 4 folder of Teams to help you practise if you want to use them or you can continue to work on the 3x table some additional activities for the 3x table are also available.</p>	<p>Our number talk this week introduces another resource we can use to help with addition: place value or arrow cards. There are a set in the Week4&gt;Number Talk folder or you can make your own, the instructions are in the number talk document.</p>	<p>In Sumdog you have one short times tables tasks to see how confident you are with the 3x tables. For the rest of the time you can work on your own set skills. </p> <table border="1"> <tr> <td>Maths Warm Up</td> </tr> </table> <p>This is a warm up for your brain to help reinforce some skills and to promote rapid recall.</p>	Maths Warm Up
Maths Warm Up					

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## Health and Wellbeing

P.E.	PATHS	Express Yourself	Healthy Food and Drink	Mental Health
<p>P.E. with Joe is returning on Monday, Wednesday and Friday live, however the videos are available any day. Try to complete 2 workouts this week.</p> <p style="text-align: center;"><b>or</b></p> <p>If you are out a walk for your exercise you could take 5 minutes to try this weeks WILD challenge.</p>	<p>Have a go at this PATHS game.</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Tic Tac Toe</b></p>  <p>(2 players)</p> <p>Each person chooses a different feeling. The objective of the game is by taking turns to draw three of the same feelings faces in a row horizontally, vertically or diagonally.</p> </div>	<p>The theme of this years mental health week is Express Yourself! Expressing yourself is about finding creative ways to share feelings, thoughts or ideas through things like art, writing, music, dance and doing things that make you feel good. Here are some activities you could do to express yourself.</p>	<p>Part of looking after our wellbeing is looking after our bodies. This lesson introduces the different food groups. <a href="#">What is a healthy diet?</a> You could use the picture you create of a balanced meal when you are writing your menu. Can you think how you could include each of the food group across your menu? There is also a quiz at the end of the lesson.</p> <p>Another important way to keep our bodies healthy is to make sure we are drinking enough water. This little clip explains why. <a href="#">Water</a></p>	<p>Have a go at these lessons about worries and how to deal with them positively. <a href="#">Don't worry about a thing!</a> <a href="#">Keep calm and carry on</a> Have a go at making the worry dolls or a happiness box for yourself.</p> <p>Or you could play Wellbeing Bingo this week with your family. <a href="#">Wellbeing Bingo</a></p>
		<p><b>Art</b> – Colours are often linked to feelings. An artist that studied colour was called Wassily Kandinsky. Have a go at making your own versions. More information is here or in the <a href="#">Week4&gt;Express Yourself</a> folder.</p>		
<p style="text-align: center;"><b>Daily Check In Poll</b></p>	<p>If you can pop on each day and let me know how you are by completing the daily poll.</p>	<p><b>Music and Dance</b> – Find one of your favourite songs and create a dance or you could create a playlist of songs that make you feel different things such as a happiness playlist or calm playlist.</p>	<p><b>Internet Safety</b></p>	<p><b>Gratitude Card</b></p> <p>I know everyone in the school very much appreciates all the help the children are being given at home.</p> <p style="text-align: center;"><b>We couldn't do this without you!</b></p> <p>Make a card (or cards) to say thank you to some one who has been helping you with your learning. Inside your card include some compliments. Here are some sentence starters:</p> <ul style="list-style-type: none"> <li>• You are</li> <li>• I love your</li> <li>• You have</li> <li>• You always</li> </ul>
		<p><b>Writing</b> – A lot of you enjoy creating your own stories. I have put some blank comic templates in the <a href="#">Week4&gt;Express Yourself</a> folder. Or you could create a mini book by folding some paper.</p>	<p>The 9<sup>th</sup> of February is Safer Internet day, the theme this year is 'An internet we trust.' Have go at watching video about - <a href="#">What can you trust online?</a> Can you spot the fake facts? Can you create a poster giving others tips how to get correct information.</p>	
<p style="text-align: center;"><b>Feel Good Friday Form</b></p>	<p>Our Feel Good Friday forms are back, please try to complete it and let me know how you have been getting on.</p>			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>★ <b>BEAR</b> ★</p> <p>I JUST WANTED TO SAY...</p> <p>You are _____</p> <p>I love your _____</p> <p>You have _____</p> <p>You always _____</p> <p>THANK YOU FOR BEING YOU!</p> <p>FROM _____</p> <p><small>Share your complimenting with us on Facebook and Twitter at @PATHS@UK</small></p> </div>

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## Scotland Topic

### Scotland Fact File

This week I have a slightly different project that you could add to your fact file.

#### • Create a Scottish Sports Top Trumps Game

Have a go at making a simple 10 card game of Top Trumps. I have put a template for the cards in the [Week 4 > Fact File](#) folder or you can create your own on rectangles of paper. Investigate some different sports that are played in Scotland. Such as:

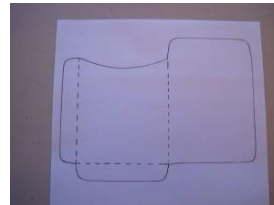
- Golf, Bowls, Football, Rugby, Tennis, Shinty, Curling, Darts, Snooker, Tug O' War
- Feel free to add your own sports.

To create number facts you can record:

- Number of Players
- Invented in (this can be an approximate year)
- How long a game/match takes (again for some this may be an approximate time, try to keep all the times in minutes)
- Special fact (The answer should be a number)
- Your star rating of the sport.



I have created an additional guide and some templates that you can choose to use. They are in the [Week 4 > Fact File](#) folder in Teams.



This site can help you with information about some of the sports. [DK Findout](#)

You could add a pocket page to your fact file to store your cards when you are not playing.

More details are available on the school app and in our class Team.

FAMILY  
EAC Live Family Fun Sessions

THE SCOTTISH  
ATTAINMENT  
CHALLENGE  
WITHIN THE BELLARY

Monday 1st Feb - Music and Rthyme - Julie -Resources - wooden spoons or something you can drum with	Morning - 10.30 - 11	Afternoon - 1.30 - 2.00
Monday 1st Feb - Outdoor learning - Lindsay - leaves/paper/crayons/pencils	Morning - 11.30 - 12.00	Afternoon - 2.30 - 3.00
Tuesday 2nd Feb - Dance Fitness - Zara - Resources - sensible shoes	Morning - 10.30 - 11.00	Afternoon - 1.30 - 2.00
Wednesday 3rd Feb - Drama and media - Joe - Resources - pencil and paper	Morning - 10.30 - 11.00	Afternoon - 2.30 - 3.00
Thursday 4th Feb - Fun Family Literacy Games - pencil and paper	Morning - 10.30 - 11.00	Afternoon - 1.30 - 2.00

We appreciate that everyone is adapting to accessing online learning from home. These sessions are additional for families and provide an informal setting for learning at home.

## RSPB WILD Challenges

#### • Water for Wildlife

This activity is about supplying water for a variety of wildlife, to encourage them to your grounds. Have a go at creating this self filling water station. Please share a picture of your water station on Teams. You could even have a go at sitting watching the station after it has been in place for a few days and try and take a picture of the wildlife that comes to visit.

[Self Filling Water Tray](#)

