

# Friday 5<sup>th</sup> February 2021

Remember you can use your Glow blogs to post your work or you can email me it if it's easier for you.

If you wish to post it, the steps are: Log in to Glow, click on Blogs tile, visit sites, find your site and visit it (you can visit your friends' sites, too), click on +, choose post, write about your work and publish it!

Remember to visit our Primary 3 /4 blog! I have some very fun and exciting activities there, too!!

If you have any questions or are unsure of anything then please just send me an email and I will help as best I can.

Have fun, stay home and keep safe!

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|------------------------|---------------------------------------|---|
| 9.00am-<br>9.15am      | Morning<br>prayer<br><br>Check - in   | Have the morning prayer at home.<br><br>How do you feel today? Discuss your feelings with the people you live with.   |
| 9.15am<br>-<br>10.45am | Literacy<br><br>Spelling /<br>Grammar | <b>Verbs</b><br><br>Follow the links below and try out some verb games.<br><a href="https://www.sheppardsoftware.com/grammar/games/verbs/">https://www.sheppardsoftware.com/grammar/games/verbs/</a><br><a href="https://games.vocabularyninja.co.uk/games/MagicVerbs/">https://games.vocabularyninja.co.uk/games/MagicVerbs/</a><br><br>Check out the document I have attached called 'colourful verbs'. A fun colouring activity based on verbs.<br><br><b>Spell check!</b><br>Ask someone at home to complete this week's spell check with you.<br>On a piece of paper write down the number of words you have<br>i.e. 1.<br>2. etc. |

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|                         |                    | <p>Then ask your helper to read out the words. They may want to mix the words up and as an extra challenge put the words in sentences as they say them.</p> <p>Once you have completed the spell check count up your words. However many words you manage to get correct I'm sure you've tried your best.</p> <p>If you managed to get full marks, take an extra 10 minute break.<br/>If you get managed to get 1 wrong, take an extra 5 minutes.</p> <p>Good luck everyone!</p> |
| 10.45am<br>-<br>11.00am | Break / snack time | <p>Free play inside or outside toys.</p> <p>Have a healthy snack.</p>  |
| 11.00am<br>-<br>11.15am | Massage            | <p>On Teams in the Power Points folder there is a presentation called 'Massage in schools PowerPoint' use that to complete this activity.</p> <p><b>Massage strokes</b><br/>Eyeglasses, cat grip, baker, ice cream scoop, slide, hairdresser, climbing down the rope, bunny hops, heart, butterfly, bear walk, ice skating, brushing the horse, brushing off the snow.</p>   |
| 11.15am<br>-<br>12.15pm | Numeracy           | <p><b>Daily 10 on Topmarks :</b><br/><a href="https://www.topmarks.co.uk/maths-games/daily10">https://www.topmarks.co.uk/maths-games/daily10</a></p> <p><b>'Beat That' Maths</b><br/>Try and see if you can get all the answers correct in 30 seconds.</p> <p><b>Multiplication Colour by Number</b><br/>I have attached a variety of different sheets relating to different times tables, have a go of whichever one you think you need to work on.</p>                         |

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| 12.15pm<br>-<br>12.30pm | Daily Active                 | <ul style="list-style-type: none"> <li>• Just dance on Youtube</li> <li>• Cosmic Yoga on Youtube</li> <li>• Go noodle on Youtube</li> <li>• Go outside for walk</li> </ul>  |
| 12.30pm<br>- 1.10pm     | Lunchtime                    | Lunch time<br>Free play with toys, inside or outside.   |
| 1.10pm -<br>1.20pm      | Newsround /<br>toothbrushing | Watch Newsround by following this link or typing 'bbc newsround' into Google.<br><a href="https://www.bbc.co.uk/newsround/news/watch_newsround">https://www.bbc.co.uk/newsround/news/watch_newsround</a><br>Brush your teeth for 2 minutes.   |
| 1.20pm<br>-<br>2.45pm   | Health and<br>Wellbeing      | <p><b>Walk of the Week</b></p> <p>Hopefully you have had the opportunity to go out a walk one day or several days this week.</p> <p>Walking is good for the mind;<br/>"Go for a walk and think new thoughts." <i>Anonymous</i><br/>I found this quote online not too long ago and it really appealed to me. I try to go out a walk each day, I feel it totally clears my mind and takes me into 'another world'. Walking is also great for exercise and in the world we are living in just now; a means of socialising with a family member or friend. Walking therefore is great for our mental health!</p> <p>Take a look on the blog as I have posted about my favourite walk this week. I am looking forward to hearing your thoughts and seeing some of your pictures.</p> |
| 2.45pm<br>- 3pm         | Daily review                 | <p>Have a think about your day at 'school'. What was your favourite part about the day? What did you enjoy the most?</p> <p>If you wish, note down these things to discuss in your check-in tomorrow morning.</p> <p>Have a good night everyone and enjoy your weekend!</p>   |