**Primary 4 Family Learning Grid**

Parents/carers – Please pick 1 task per week to complete and share via Teams or in class.

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| **Sports and Fitness*** I can take part regularly in a sports class or club.
* I can be active by going for a local walk with my family.
* I am learning to cycle my bicycle.
* I can share some Scottish country dancing at home.
* I can use a variety of passes to throw and catch a ball, using two hands or a one-handed pass.
* I can work to improve my fitness by creating a workout using different fitness skills – completing an increasing number of reps over time.
 | **Life Skills*** I can cross the road safely using the green cross code.
* I can use a variety of methods to time activities and investigate what I can do in 1 minute.
* I can keep myself organised and take care of my belongings making sure they are labelled.
* I can help to prepare a simple healthy dinner.
* With support I can weigh and measure ingredients using scales and a measuring jug.
* I can use rounding skills to estimate the total price.
 | **Community and Outdoor Learning*** Create an informative poster to share information about a club in my local area such as rainbows or cubs.
* I can explain how the local foodbank works and what it is for.
* I can create a feeding station for local wildlife e.g. a bird feeder or bug hotel.
* I can carry out an act of kindness for a family member or a person in my community.
* I can plant some seeds or young plants and take care of them as they grow.
* I can complete a carbon footprint calculator (e.g. WWF carbon footprint calculator) with my family and consider an action to help reduce my carbon footprint.
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| **Creativity*** I can dance/move along to music and follow a dance/ choreography within a group.
* I can create my own pattern.
* I can build a boat that will float.
* I can create a board game for my family to play together.
* I can learn to sing a round.
* I can film a trailer for my favourite book, TV show, film or game, using my voice, body and facial expressions.
 | **Health and Wellbeing*** I can list the items that a new born baby would need.
* I can describe the special qualities that are important in friendships and say why.
* I can find out from a family member about the job they do.
* I can create my own healthy snack or drink.
* I can demonstrate skills in using a range of kitchen equipment.
* I can keep a gratitude journal or make a gratitude jar to write about things which I feel thankful for each day or week.
 | **Technology*** I can read and follow a set of instructions to create something, for example, food, model, game...
* I can show what a strong password is
* I can create a Fact-file about something you are interested in
* I can explore coding websites: [www.scratch.mit.edu](http://www.scratch.mit.edu/)
* I can choose something from home for my Digital Learning Journal that demonstrates the four capacities.
* I can create a poster to demonstrate how to stay safe online
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