**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. |
| **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 |