**Primary 5 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 demonstrate an increased level or skill through my club.
* I can take part in a gentle jog or walk in my local area.
* I am learning to safely cycle my bicycle.
* I can share a few Scottish country dances.
* Support and spectate at a local sporting event and share the results.
* I can take part in a team activity.
 | **Life Skills*** I can take responsibility for my own safety when crossing the road.
* I can tell the time to 5-minute intervals on analogue and digital clocks.
* With support I can select and organise the appropriate clothing for specific activities.
* I can safely prepare a variety of food.
* I can calculate the change when making a purchase.
* I can independently weigh and measure using a measuring jug and scales.
 | **Community and Outdoor Learning*** I can carry out an act of kindness for a family member or a person in my community.
* Find out about clubs in my local area
* Global 13, Climate Action; I know where the recycling points are in my local environment.
* I can help or support a neighbour.
* Seasonal activities (Snowdrop walk, pumpkin spotting, fruit picking, Christmas crafts etc).
* Walk in the local area and share what I find.
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| **Creativity*** I can dance/move to music and start to create some of my own steps/choreography.
* I can appreciate the work of an artist.
* I can make a model of a bridge.
* I can create an interesting piece of text.
* I can show my appreciation of music, I can choose an artist and discuss likes or dislikes.
* I can think of an invention which will make the world a better place to live.
 | **Health and Wellbeing*** I can give an example of a good and bad role model.
* I understand that a wide range of different kinds of friendships exist and can identify them.
* I can explain my own ambitions and create a plan to achieve it.
* I can give examples of different dietary requirements for different lifestyles e.g. athlete, diabetic etc.
* I can model a range of tasks in relation to hygiene, cleanliness and safety.
 | **Technology*** I can create a set of instructions for making a meal
* I can create and use a strong password
* I can create a Fact-file in chronological order
* I can explore and complete a task from:

<https://makecode.microbit.org/>[Hour of Code Teacher Resources | Code.org](https://code.org/hourofcode/overview) [Scratch - Imagine, Program, Share (mit.edu)](https://scratch.mit.edu/projects/editor/?tutorial=getStarted) * I can add to my Digital Learning Journal
* Explore Interland and explain what you have learned
* [Play Interland - Be Internet Legends (beinternetawesome.withgoogle.com)](https://beinternetawesome.withgoogle.com/en_uk/interland)
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