**Primary 6 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**   * With support I can teach someone else the skills I have been learning in a club or class. * I can take part in the couch to 5k programme. * I am learning to safely cycle my bicycle. I can identify all the equipment I need to cycle safely. * I can demonstrate an increased level or skill through my club. * I can share a dance. I can teach others some of the steps. * Support and spectate at a local sporting event and share the results. * I can take part in a team activity. I can discuss my role in the team. | **Life Skills**   * I can research and discuss the rules of the highway code. * I can use a variety of timetables to calculate the duration of different journeys. * I can select and organise the appropriate clothing for specific activities e.g. for the woods. * I can plan and make a healthy balanced meal for myself. * I can identify and evaluated the best deals in the supermarket. * With support, I can select and use the appropriate equipment to weigh and measure. | **Community and Outdoor Learning**   * I can carry out an act of kindness for a family member or a person in my community. I can report on the event. * I can find out about clubs in my local area. Make a poster to advertise them. * I can take part in seasonal activities (Snowdrop walk, pumpkin spotting, fruit picking, Christmas crafts etc). * I can go for a walk in the local area and share what I find. I can share ways to make my environment a better place to stay. * Global Goal: Zero Hunger, I can visit the local food hub. * I can help or support at a local event. |
| **Creativity**   * I can dance/move to music while counting out loud in time with the music using some of my own steps/Choreography. * I can show my appreciation of music, I can compare the work of two artists. * I can make a model that will withstand a force. * I can create an interesting piece of text using examples of figurative language. * I can think of an invention which will make the world a better place to live. I can make a detailed diagram to share with my class. * I can take a photo of an area of my local environment which inspires me. | **Health and Wellbeing**   * I can help look after my local community by being a responsible citizen. * I can identify the skills required to arrange friendships e.g. kindness, trust, loyalty. * I can create a personal profile and use it to describe my interests, strengths and skills. * I can write a healthy eating plan for myself. * I have experienced a variety of cooking techniques such as baking, grilling, chopping, kneeding. | **Technology**   * I can create and test out an algorithm to make sure there is nothing missing or unclear * I can write a list of strong passwords * I can research an aspect of my family, e.g. Name or family member * 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 with an explanation of what I learned. * I can show what is appropriate to be on an online profile. |