**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.
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| **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.
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