**Primary 7 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 independently share and teach the skills I have been learning from a club or class.
* I am learning to safely cycle my bicycle, following the highway code.
* I can take part in the couch to 5k programme. I can try to improve my personal best when running.
* I can learn a dance routine and I can demonstrate 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 and identify my next steps.
 | **Life Skills*** I can produce something to teach younger children about how to use the green cross code and highway code.
* I can use my knowledge of time in everyday/cooking contexts.
* I can independently tie my own tie.
* Plan and make a healthy balanced meal for someone, considering dietary requirements.
* When planning a meal, I can work to a family budget.
* I can select and use appropriate equipment to weigh and measure ingredients.
 | **Community and Outdoor Learning*** Global Goal 12: Responsible consumption and production. I can reduce my use of waste materials. I can think of ways to be more sustainable and discuss these in class.
* I can try out a new club or activity in my local area and share my experiences.
* I can participate 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.
* I can help or support at a local event. I can discuss the skills I had to use.
* I can interview a member of the community about their job and share my findings.
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| **Creativity*** I can research and make or draw the work of a chosen artist.
* I can make a replica/prototype of a famous landmark. I can make a model that will withstand a force.
* 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 and discuss my preferences.
* I can create an interesting piece of text using examples of figurative language. I can try my best to engage my reader.
* 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.
 | **Health and Wellbeing*** I can set a personal target/action to help tackle climate change.
* I can explain how having positive friendships is important for my emotional wellbeing.
* I can investigate skills to gain more information about jobs/careers.
* I can investigate the different sugar contents in food and drink.
* I can plan, source and prepare a meal.
* I can demonstrate a wide range of practical cooking techniques.
 | **Technology*** I can create an algorithm and ask someone else to follow it, for example, a recipe
* I can create a list of what strategies you should use for a strong password
* I can create a family tree for myself or a famous person
* 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, discuss it with someone at home and record what was discussed.
* I can create a poster about rights and responsibilities as a digital citizen with examples of appropriate online behaviour.
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