

**Whinhill Primary School**  
**Home Learning**  
**Primary 6**  
**HEALTH WEEK AND VIRTUAL SCHOOL TRIP 15.6.20**

**VIRTUAL SCHOOL TRIP**



Last week we voted for where we would like go on our virtual school trip. As you have probably already seen on teams it was a draw between European City Tour and Wildlife Park Tour. So we have decided to do a bit of both. We will go on our virtual tours using the links provided below, visiting different cities, animal parks, art galleries, museums, landmarks and more. After visiting, you could choose from the list of activities below.

Carry out a research project on one of the places you visited on our virtual tour.

Create an information brochure for one of the places we visited.

Write a recount describing your visit.

Create a poster advertising the place.

Write a review of your visit and give it a rating out of 5. What did you like/dislike? What was your favourite part? Would you recommend it to a friend? Why?

Create a quiz about the place you have visited. You could use Microsoft Forms, Google Forms, or just do this on paper.

Create a piece of artwork inspired by artwork, or an artist, you observed in an art gallery.

Create a piece of artwork inspired by a place you have visited.

Create a fact file using what you have learned from the video.

Use Google Maps to find the place you have visited. What other landmarks or interesting buildings can you find nearby?

Plan your journey to the place you have visited. How far away is it in miles? How would you travel there? How long would it take? How much would transport cost? Where would you stay?

Write a list of things you would need to pack when visiting this place.

**Perfect Paris - City of Lights!**



Enjoy some of the best sites Paris has to offer by watching this virtual city tour.

<https://www.youtube.com/watch?v=IA3c5o9dmlE>

Explore one of the most famous art galleries in the world located in Paris - The Louvre



<https://www.louvre.fr/en/visites-en-ligne?page=1>

<https://www.youtube.com/watch?v=tkziPIFNMLA>

Take a quick trip to Disneyland Paris!



<https://www.familyvacationcritic.com/virtual-rides-at-disney-parks/art/>

**Historical Rome- The Eternal City!**



Enjoy some of the best sites Rome has to offer by watching this virtual city tour.

<https://www.youtube.com/watch?v=ih6QaBTgR-k>



Dig deeper into the history of Rome.

[https://www.youtube.com/watch?v=tClxdOsc\\_JY](https://www.youtube.com/watch?v=tClxdOsc_JY)



Explore one of the most famous historical landmarks in the world- The Colosseum

<https://www.youtube.com/watch?v=e-x74MFwWk>

**Amazing Athens - Birthplace of Democracy!**



Enjoy some of the best sites Athens has to offer by watching this virtual city tour.

[https://www.youtube.com/watch?v=5I0\\_EUcaU9Q](https://www.youtube.com/watch?v=5I0_EUcaU9Q)



Since this is Health week, learn more about the country that started the Olympics and made the connection between a healthy body and a healthy mind!

<https://www.youtube.com/watch?v=lqMP2mN097g>



Travel back in time and learn more about ancient Greece!

<https://www.youtube.com/watch?v=RchSJSJAbcQ>

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**Blair Drummond Safari Park,  
Scotland**



Visit Blair Drummond Safari Park to learn lots of information about their animals and watch the live webcams of the lions and rhinos.



<https://www.blairdrummond.com/animals/webcams>

**Edinburgh Zoo, Scotland**



Head to Edinburgh Zoo to check out the webcams of the lions, tigers, penguins, koalas and pandas. There are lots of other informative videos about each animal.



<https://www.edinburghzoo.org.uk/webcams/panda-cam/>

**Longleat Safari Park, England**



Take a safari trip round Longleat's wildlife park!



<https://www.youtube.com/watch?v=pUmHClRPxc>

<https://www.youtube.com/watch?v=YWlwb0j9JlM>

<https://www.youtube.com/watch?v=XxOS4eaBcWY>



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HEALTH WEEK



WHINHILL PRIMARY SCHOOL  
BUN-SGOIL CHNOC A' CHONAISG

Health Week  
Seachdain Slàinte

What?

Fun activities and virtual sports day!

When?

15<sup>th</sup> – 19<sup>th</sup> June 2020

Where?

At home!

Get active  
and join in!



WHINHILL PRIMARY SCHOOL  
BUN-SGOIL CHNOC A' CHONAISG

Yoga

Yoga is good for your mind and body! Find a cosmic kids yoga video on YouTube to do! Why not get your family involved!

Healthy Eating

Help to make a healthy meal for your family. How many fruits or vegetables can you include?

Virtual Sports Day!

Check out the Virtual Sports Day picture. Will you be able to complete all the activities?

Whinhill spellercise!

Complete each exercise 10 times to spell out Whinhill!

**W** walking lunges  
**H** high jumps  
**I** invert (handstand)  
**N** nothing! Take a break!  
**H** hops  
**I** inline (tightrope walking)  
**L** leg raises  
**L** long jumps

Health Week  
Seachdain Slàinte  
15<sup>th</sup> - 19<sup>th</sup> June 2020



WHINHILL PRIMARY SCHOOL  
BUN-SGOIL CHNOC A' CHONAISG

Virtual Sports Day!

How many of these can you do in 60 seconds? Record your results to share with your teacher on twitter or teams!

Activity	How many I can do in 60 seconds...
Hops	
Star jumps	
Squats	
Sit ups	
Push ups	
Ball bounces	
Keepy Ups	

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# WHINHILL PRIMARY SCHOOL

## BUN-SGOIL CHNOC A' CHONAISG

We love seeing you participate in activities!

Share pictures or videos and your results on teams or on twitter tagging  
@WhinhillPS and using #WhinhillHealthWeek



Can you guess the staff from their Bitmoji?

#### Other activities:

The Body Coach

<https://www.youtube.com/watch?v=IEWcBIvqjDk>

Mental Health awareness

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Growth mindset videos to support resilience:

<https://www.growthmindsetyeti.com>

Health and wellbeing games linked to safety:

<https://www.gosafescotland.com/>

Yoga videos for children:

<https://cosmickids.com>

Meditation

<https://www.youtube.com/watch?v=O29e4rRMvV4>