

Mortlach Primary School
Week 5 Self-isolation Grid for Primary 1

<p style="text-align: center;">Literacy and English</p> <p>Sounds, sounds – practice reading the sounds you have learnt so far. Write them down on some paper or get an adult to help you. Then cut them out. Place them on the floor. Ask an adult to call out a sound and you must jump on the correct one!</p>	<p style="text-align: center;">Maths and Numeracy</p> <p>Counting forwards – Count forwards within the range 1-10 or 1-20 stopping and starting at different numbers.</p>	<p style="text-align: center;">Health and Wellbeing</p> <p>Healthy eating - Design a healthy lunchbox and explain to someone in your family what makes it healthy</p>
<p style="text-align: center;">Literacy and English</p> <p>Front Cover – Read a book or ask someone to read it to you. Have a chat about the story and what happened. Design a new front cover for your reading book.</p>	<p style="text-align: center;">Maths and Numeracy</p> <p>Make a number line – Write, draw or cut out numbers from a magazine to create a number line. 1 - 10</p>	<p style="text-align: center;">STEM</p> <p>Floating Boats Challenge - Using just 1 sheet of paper and some paperclips design a raft that will hold as many coins or marbles as possible. You can download the activity card here to help you. https://bit.ly/34E7YWs</p>
<p style="text-align: center;">Literacy and English</p> <p>What's the word? - Find some words in a book of your choice and draw a picture to go with them.</p>	<p style="text-align: center;">Maths and Numeracy</p> <p>Before and After - Pick a number between 1 and 20. Say the 3 numbers after that number.</p> <p>Challenge: Say the 3 numbers before it.</p>	<p style="text-align: center;">Expressive Arts</p> <p>Music time! – Try to make a musical instrument using items which you have in your house. You may wish to make it out of junk you have, or you could use things you have in the house. E.g. A shaker could be made from empty bottles and rice/pasta. A guitar could be made from a tissue box and some elastic bands. Once made, turn on some music and play along to the beat!</p>
<p style="text-align: center;">Literacy and English</p> <p>Dictation - Ask someone to tell you a letter, word or sentence. Can you write it down? Remember to listen to the sounds carefully.</p>	<p style="text-align: center;">Maths and Numeracy</p> <p>Months of the Year - Practise saying or writing the months of the year. What month is it now? When is your birthday? Extra: listen to the months of the year song and sing along! https://www.youtube.com/watch?v=Fe9bnYRzFvk</p>	<p style="text-align: center;">Social Studies</p> <p>What's the weather today? - Keep a weather diary for 5 days. Draw a picture and write the type of weather each day.</p>

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<p style="text-align: center;">Literacy and English</p> <p>Time challenge - How quickly can you write these red words? Did you spell them all correctly?</p> <p style="text-align: center; font-size: 1.2em; color: red; letter-spacing: 1em;">was the I he go</p>	<p style="text-align: center;">Problem Solving</p> <p>Memory game - Lay out a selection of toys. Now close your eyes and have someone hide one. Can you tell what is missing? Keep trying with different things being taken away.</p>	<p style="text-align: center;">Health and Wellbeing</p> <p>Ball skills – Throw a ball in the air and catch it, then bounce it on the floor and catch it again. How many times can you do this without losing control?</p> <p>Under or Over - Create a bridge which you can roll a ball under and throw a ball over. Play with someone and each stand either side of the bridge. Shout ‘over’ or ‘under’ and throw the ball over or under the bridge. Can you catch the ball each time?</p>
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Thinking and Talking about My Learning - P1 & P2



Self-reflection Plenary

At the end of a day of learning you might like talk about your learning with someone else.

Roll a die to select 1 or 2 questions to get you started.

1	2	3	4	5	6
Were there any tasks today that I found too easy? Why? Could I have added my own challenge?	Did I make a good guess about how long each task would take?	Did I get stuck on a task? Did I give up or try a different way? What did I try?	Did I try going back to a tricky task later? Did that make a difference?	Did I find it easy to stay on task today? What helped? What didn't help?	How can I make sure I remember what I learned?

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