


Mortlach Primary School
Week 1 Self-isolation Grid for Primary 4

<p style="text-align: center;">Literacy and English - Reading</p> <p>Use the title, picture and blurb to select a book to read. Explain why you chose this story. What did you like/dislike about it? Use examples from the book to back up your answers.</p> <p style="text-align: center;"><i>Would you read something by this author again?</i></p>	<p style="text-align: center;">Numeracy and Mathematics – Tally Chart</p> <p>Use tally marks () to record how many times you do something this week e.g. brush your teeth.</p> <p>Challenge: Can you use tally marks to count two activities? Which one did you do more often? How many tally marks did you record altogether?</p>	<p style="text-align: center;">Health and Wellbeing</p> <p>Create a simple exercise routine for your family. Think carefully about who you are going to be exercising with- don't make it too hard or too easy. Tins of beans or shopping bags with books in are great ways of making a workout more challenging! Can you take photos of your family taking part?</p>
<p style="text-align: center;">Literacy and English - Vocabulary and Spelling</p> <p>Look at the 200 most commonly used word list provided. See how far down the list you can get before you start getting stuck. Learn the next 6 on the list. Get someone to quiz you on them. Make sure you know what each word means. You could put each in a sentence to prove it.</p>	<p style="text-align: center;">Numeracy and Mathematics - Sequencing</p> <p>Sequence numbers in the range 1-1000 e.g. write 198, 199, 200, 201 on separate pieces of paper, mix them up then sequence them. Repeat for other sequences.</p> <p>Challenge: Can you order numbers which aren't in sequence e.g. 803, 71, 395, 120?</p>	<p style="text-align: center;">STEM</p> <p style="text-align: center;">Biscuit Tower Challenge:</p> <p>1. Follow this 3-ingredient biscuit recipe: https://thehappyfoodie.co.uk/recipes/fork-biscuits</p> <p>2. Stack those biscuits- how high do they measure? Can you work out how many more you would need to touch the ceiling?</p>
<p style="text-align: center;">Literacy and English - Commas</p> <p>Make a list of all the things you would like to do when all restrictions are lifted and life is back to normal. Remember to use commas between each until you get to the last one and then you use <i>and</i>.</p>	<p style="text-align: center;">Numeracy and Mathematics – Recognising Numbers</p> <p>Find a number between 1 and 1000. Can you say the number out loud?</p> <p>Challenge: Can you say the number after or before your number? Find two numbers. Which is larger?</p>	<p style="text-align: center;">Expressive Arts</p> <p>Take a bag outside and collect as many leaves, twigs and other natural materials. Use your new art supplies to create a picture of your choice. Either use PVA to stick them down or return them to where you found them.</p>
<p style="text-align: center;">Literacy and English - Writing</p> <p>Use the attached sheet. Choose one of the pictures and write a story/account of what has happened. You will need to include where and why it happened and as many details as possible.</p>	<p style="text-align: center;">Numeracy and Mathematics – Comparing Objects</p> <p>Find two objects. Which is longer, which is heavier?</p> <p>Challenge: Can you compare 3 or more objects? Which is longest? Which do you think is heaviest? Can you order them from lightest to heaviest? If you have scales can you weigh them to check?</p>	<p style="text-align: center;">Social Studies</p> <p>Draw your family tree. Ask as many people as you can in your family to help and see how far you can trace your family back in time!</p>
<p style="text-align: center;">Literacy and English - Talking and Listening</p> <p>Ask a family member for their opinion on something, e.g. Should homework be banned? Should we have school uniform? Should children have the vote? Show them you value their opinion by allowing them to share it fully and by asking relevant questions. Make eye contact as you listen and respond.</p>	<p style="text-align: center;">Puzzle</p> <p>Marie is posting a letter and a parcel. It costs 29p to post the letter. It costs 15p more to post the parcel. Marie hands over £1. How much change does she get?</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Health and Wellbeing</p> <p>Make a 3-course menu for a celebratory meal with your family. You could draw out your menu, list the ingredients needed or even help to cook a dish for your family.</p>

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Next 200 High Frequency Words

In frequency order reading down the columns (water to laughed then let's to grow)

water	bear	find	these	live
away	can't	more	began	say
good	again	I'll	boy	soon
want	cat	round	animals	night
over	long	tree	never	narrator
how	things	magic	next	small
did	new	shouted	first	car
man	after	us	work	couldn't
going	wanted	other	lots	three
where	eat	food	need	head
would	everyone	fox	that's	king
or	our	through	baby	town
took	two	way	fish	I've
school	has	been	gave	around
think	yes	stop	mouse	every
home	play	must	something	garden
who	take	red	bed	fast
didn't	thought	door	may	only
ran	dog	right	still	many
know	well	sea	found	laughed

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Self-reflection Plenary

At the end of a day of learning you might like to choose a row (A, B or C) and roll a die to select some self-reflection questions. You can look at them by yourself or, even better, discuss them with someone else.

	1	2	3	4	5	6
A	Were there any tasks today that I found too easy? Why? Could I have added my own challenge?	Were there any tasks today that I found too difficult? What made it difficult? Did I give up straight away or keep trying?	Did I estimate correctly how long each task would take? If not did I under estimate or <u>over estimate</u> ?	Did I start with the easiest bits of the task or the hardest? Did I work through tasks in a specific order?	Did I try going back to a tricky task later and reading it again? Did it make a difference?	Did any of yesterday's tasks make more sense today now that my brain has had time away from it?
B	Which parts of today's tasks used knowledge I felt confident about remembering?	Which tasks had new learning in them? What did I learn?	Thinking of one of my tasks. Did I understand the concept that I was working on?	Did I find it easy to stay on task today? What helped/hindered this? Is it different depending on the task?	Can I think of ways to improve my motivation for tomorrow?	Do I need to practise anything to make tomorrow's learning easier?
C	Did I have everything I needed to complete the tasks? Did I use anything to help me?	Did I get stuck? How did I get past that? Did I give up or try something else? What did I try?	What made my learning stick today? What did I do that helped me understand a <u>particular task</u> ?	How can I make sure I remember what I learned? What have I done in the past that has worked?	How long do I think I will remember what I learned? How could I check next week, next month?	Am I worried about anything after today's work? What can do if I am worried?

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