

St. Mary's Primary School
January 2021
Whole School Supplementary Home-Learning Grid











Dear Parent/ Carers,

During the last period of lockdown, we created supplementary grids for each level: Early (P.1), First (P.2-P.4) and Second (P.5-P.7). These included Health and Wellbeing, RME and other subject areas. Feedback from parents indicated a preference for one grid across the school. Parents with children working on different levels found that it was tricky for the children to complete all of the tasks, particularly when parents were supporting their children through some of the activities.

The following two pages of activities are designed to supplement the learning prepared by teachers for each stage (available on Microsoft Teams) and are for the whole school (with the exception of one research activity). The grid activities are centred on Health and Wellbeing (HWB), RME and the theme of Scotland. Some involve design, arts and crafts while others are physical activities; one or two are simply for enjoyment. Indeed some can be enjoyed by all of the family.

Please continue to follow us on TEAMS, the school website and on Twitter.

If children are unable to access Teams, children's work can be uploaded to staff email addresses. Thank you!

HWB		RME
 <p>Joe Wicks: Body Coach Monday/Wednesday/Friday 9am on YouTube</p>	<p>Create a 3 minute dance or Zumba routine. Practise it so that you know it by heart and, with permission from an adult upload a video which we can use in school! Choose some exciting music!</p> 	<p>Design a superhero to encourage children to wash their hands properly. Your superhero might remind people to use soap or to use a towel to dry their hands properly.</p> 
<p>Skills for learning, life and work! Help an adult to prepare a snack or a meal. Tick off the following when you do them:</p> <ul style="list-style-type: none"> ○ Washing ingredients ○ Peeling ○ Cutting ○ Juicing ○ Grating <p>Remember to wash your hands before you begin!</p>	<p>New Year Resolutions January is a time we can set ourselves new targets and goals. Discuss with someone at home things you would like to be able to do this year to become healthier? Set yourself a goal and draw an illustration of it.</p>	<p>Click on the link below for some Pokémon Yoga!</p>  <p>https://www.youtube.com/watch?v=tbCjkPlsaes</p>
<p>Mind-set/Emotions Create an Emoji to describe how you feel. Draw it as a face on top of your body. Tell an adult why you have chosen it.</p>	<p>P.E. Create an obstacle course inside or outside at your home. Time yourself or ask an adult to time how long it takes you to complete the obstacle course.</p>	 <p>Perhaps you could try to make a crown.</p>  <p>You could create a scene with the Three Kings visiting Jesus.</p> 
<p>Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included These are the SHANARRI Indicators and they measure YOUR health and Wellbeing. The A stands for Active. Children should be physically active for 60 minutes every day - are you?</p> <p>Record an active diary for a day/week and review with an adult to see how you can try to be more active. Estimate how much time you spend on screen activity each day e.g. watching TV; surfing internet, playing consoles... Record the times you spend on a screen each day for one week. Were you surprised? What could you do instead? Discuss what you could be doing at home instead of watching TV - 'If I was not watching TV I could.....instead. Consider the different types of physical activity which could help make up the 60 minute per day, including less obvious forms of activity e.g., walking the dog, gardening, playing at the swing park.</p> 		

Scotland

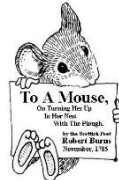
Inventors and Inventions

Did you know that the people of Scotland have created some of the most used inventions in the world?

Choose one of these inventors (or another of your choice) and learn more about them and what they invented. Can you create a powerpoint presentation and upload it so that others can learn about your chosen inventor?

On January 25th we celebrate Robert Burns Day. Can you carry out some research about him? How will you display what you have found out?

Ask someone at home to read you a famous poem written by Robert Burns.



John Logie Baird (1888 - 1946)

Invented the Television

John Logie Baird was born on 14th August 1888 in Helensburgh on the west coast of Scotland. He studied at the Glasgow and West of Scotland Technical College but his studies were interrupted by the outbreak of the First World War. It was not until after the war ended that Baird was able to apply himself to creating a television, a dream of many scientists for decades. His first attempt was simply made of odds and ends, but by 1924 he managed to transmit a flickering image across a few feet. On 26th January 1926 he gave the world's first demonstration of true television in front of fifty other scientists. This is one of the Scottish inventions that almost everyone in the world has used, and probably uses nearly every day.



Sir Alexander Fleming (1881 - 1955)

Invented Penicillin

Alexander Fleming was born in Ayrshire on 6th August 1881, the son of a farmer. He moved to London at the age of 13 and later trained as a doctor. Alexander Fleming became a scientist involved in medical research, particularly the area of bacteria and antiseptics. In 1928, while working with the flu virus, he 'accidentally' discovered the antibiotic Penicillin. This is not only one of the most important findings in terms of Scottish inventions, but had a huge impact worldwide. He was knighted for his work in 1944 (that's why he is called 'Sir'), and in 1945 Sir Alexander Fleming, along with two other scientists, Florey and Chain, shared the Nobel Prize in Medicine. He died on 11th March 1955.



Scotland is famous for tartan.

Can you create a special tartan?

It could be in celebration of Robert Burns or it could be a special edition for your family!

- o Think about colours
- o Design it and colour it
- o Could you make it?
- o You might use strips of paper and a grid
- o You might even use wool or material

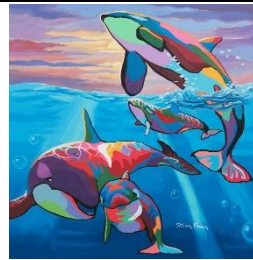
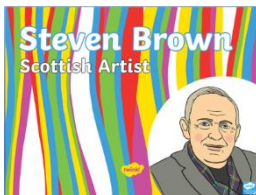


Enjoy the Edinburgh Royal Military Tattoo in August 2019.



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

Do you know of Steven Brown's artwork? Follow this link to see some of his work.



Scottish Saints

You will have heard of St. Andrew...but what of the other Scottish saints?

St. Mungo? St. Margaret of Scotland? Select a Scottish Saint and research him/her.

Create a poster to show what you know about him or her.

<https://www.stevenbrownart.co.uk/>

Steven loves to use strong colours.

Can you create some artwork in his style?