



## Braehead Primary Rainbow Races and Fit Fortnight Home Learning Grid

### Literacy – Spelling

Can you design a word quiz for me using 10 'ai' words?

e.g. the clue might be if you hit your hand you would be in a lot of.....

Answer: pain



### Literacy – Writing

Please follow the link below.

Read about miniature books. Scroll down and read the instructions of how to make a miniature book. Gather all the things you need. Make your own miniature book. Put in it things that make you happy. Might be a drawing of your family, pet, favourite toys, hobbies etc. You can do a mixture of mini pictures and short sentences. Let me know how you get on.

<https://www.bbc.co.uk/newsround/52637122>



### Literacy – Reading

In the book you are reading can you find five adjectives and write what they mean, you might need to use a real/online dictionary to help you.

Can you then put these words in five sentences to show you have understood what they mean?

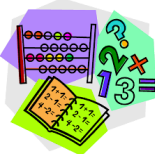


## Numeracy and Maths



1. Can you find out how many days there are in a year. Using this number can you work out how many days are in two years? Remember to show your working.
2. There are 12 months in a year, how many months are in four years?

Challenge: Find out how many hours are in the day. How many hours would there be in a week?



## Numeracy and Maths

Can you do a nature survey, recording the things you find in a table like the one below, you can choose the items you want to record!

<u>Item</u>	<u>Number found</u>
Leaves	IIII
Stones	III
Flowers	IIII    IIII
Bugs	IIII



## Numeracy and Maths

1. Round these numbers to the nearest ten:  
66, 34, 98, 134, 236
2. Round these numbers to the nearest hundred:  
137, 789, 546, 235, 652
3. Put these numbers in order from largest to smallest:  
245, 217, 239, 276, 206

## HWB



Take part in our Health and Wellbeing challenges as part of our Fit Fortnight. Our challenges can be accessed by clicking on the link below  
<https://tinyurl.com/Health-Challenge-Grid>

## Creativity



### Fit Fortnight

Let's get creative for fit fortnight!

Here are some challenges that could earn you some house points.

Could you...






- Create a house song or chant and perform it for your teacher.
- Design a house poster or winning certificate for our rainbow races.
- Create a team mascot.
- Build your own obstacle course for your family.

## Outdoor / Active



### Rainbow Races

Take part in our rainbow races. Don't forget to share your participation photos with your class teacher via our Seesaw and Google Classroom apps. The house with the most participation wins the house cup! Click on the link below to access our activities.  
<https://tinyurl.com/Braehead-Rainbow-Races>

 <span style="margin-left: 50px;">Respectful</span> <span style="margin-left: 50px;">Inclusive</span> <span style="margin-left: 50px;">Safe</span> <span style="margin-left: 50px;">Kind</span> 		
<h3>Health Challenge Grid</h3>		
<p>Here are some suggested activities for you to try at home as part of our Fit Fortnight.  <a href="https://blogs.glowscotland.org.uk/st/braeheadprimaryschool/">https://blogs.glowscotland.org.uk/st/braeheadprimaryschool/</a></p>		
<p><b>5-A-Day</b></p> <p>It is recommended that you eat 5 portions of fruit and vegetables a day. Can you meet your daily target? For more information on how to get your 5 a day follow the link below  <a href="https://www.bbcgoodfood.com/howto/guide/50-ways-get-you-5-a-day">https://www.bbcgoodfood.com/howto/guide/50-ways-get-you-5-a-day</a></p> 	<p><b>Stay Hydrated</b></p> <p>Our bodies need lots of water to run properly especially when it is hot outside. It is recommended that you drink between six and eight glasses of water a day. Keep this in mind when taking part in our fit fortnight challenges.</p> 	<p><b>Move it!</b></p> <p>Regular movement breaks improve our concentration, mood and fitness. Try to move every hour for at least 5 minutes. To help with this you could set a timer to keep you on track in this challenge. A few of our favourite movement breaks are linked below  <a href="https://www.youtube.com/watch?v=1h0C6t9me_s">https://www.youtube.com/watch?v=1h0C6t9me_s</a>  <a href="https://www.youtube.com/watch?v=1U1fmm3Cg">https://www.youtube.com/watch?v=1U1fmm3Cg</a></p> 

- Make your own medal.
- Research the Olympics.

You could be creative by using recycling, pens, paint, or natural materials you find on your walks!

Each task you submit will earn you 1 house point.

Good luck!



BRAEHEAD  
PRIMARY SCHOOL

# BRAEHEAD RAINBOW RACES

Week Beginning 18<sup>th</sup> May 2020



Remember that you can use Sumdog and TTRS at anytime too.