








Braehead Primary Rainbow Races and Fit Fortnight Home Learning Grid

P1S – w/b 18.05.20

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| <p><u>Phonics</u></p> <p>owels? Watch this find out which of vels: USCz41aDug</p> <p>ords, one that contains each arting with it. d write apple or cat.</p>  | <p><u>Literacy – Writing</u></p> <p><u>Senses spring poem</u></p>  <p>Can you remember our 5 senses? Go outside and think of things you can see, hear, touch, smell and taste during springtime.</p> <p>Write 5 sentences about spring, one for each sense. "I see, I hear, I touch, I smell, I taste"</p> <p>There is a template available on Seesaw.</p> | <p><u>Literacy – Reading</u></p> <p><u>CVC words</u></p> <p>Practice reading CVC words and matching pictures to the words or drawing pictures to represent them.</p> <p>CVC words include: cat, dog, sit, run, net.</p> <p>Worksheet available on Seesaw.</p> |
| <p><u>Time and Maths</u></p> <p>Learning how to know the hour. The big hand is when we talk about o'clock times. So at 12 and the small hand is at 2 it is 2 o'clock. See if you can look at the clock face and see what time it is. What time is it? At 8 o'clock? 12 o'clock? 3 o'clock?</p>  | <p><u>Numeracy and Maths</u></p> <p><u>Domino Addition</u></p>  <p>Can you add up the dots on dominoes?</p> <p>Add up the dots on each side of the domino. Can you write a sum using the plus and equals sign to show the adding that you did?</p> | <p><u>Numeracy and Maths</u></p> <p><u>Patterns</u></p>  <p>Can you use objects at home to make a pattern?</p> <p>Maybe you could make a pattern with paper plates, cutlery or other objects. Think of different objects you could use and take a picture.</p> |

at this looks like on a clock?
 at home could help you draw a
 clock look like when it is bedtime?
 le on Seesaw.

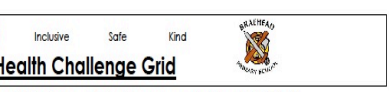
If you don't have dominoes at home, an adult could draw some or there is a worksheet on Seesaw.

finish the pattern workshop available on Seesaw.


WB



Health and Wellbeing challenges for Fit Fortnight. Our challenges can be found on the link below
[/Health-Challenge-Grid](#)



activities for you to try at home as part of our Fit Fortnight.
<https://www.scotland.org.uk/st/braeheadprimaryschool/>

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| <p>Stay Hydrated</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>Move it!</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</p> <p>https://www.youtube.com/watch?v=HcQe8Rag_a</p> <p>https://www.youtube.com/watch?v=V7f7ap1Q0Y</p>  |
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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.
- 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!

Outdoor / Active

Rainbow Races

Take part in our rainbow races and share your participation photos with your teacher via our Seesaw and Google apps. The house with the most photos wins the house cup!

Click on the link below to access the challenge:
<https://tinyurl.com/Braehead-f>



