
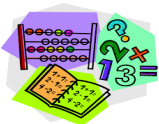





**P1C**

<p><b><u>Phonics</u></b></p> <p><b><u>Sense word hunt...</u></b></p> <p>Put your 20 words onto separate pieces of paper. You or your sibling hide our 20 words around the house. To find one, use your knowledge of phonics to read the word, and then decide if this is a real or nonsense word!</p> <p>Upload your answers on SeeSaw.</p> <p>Create your own real and nonsense words.</p>	<p><b><u>Literacy – Writing</u></b></p> <p><b><u>Name writing challenge!</u></b></p>  <p>Can you watch the handwriting video that has been uploaded to SeeSaw?</p> <p>Once you have done this, can you practice writing the letters of your name by copying the video?</p> <p>Remember...only use a capital letter at the beginning of your first name, and the beginning of your surname.</p>	<p><b><u>Literacy – Reading</u></b></p> <p><b><u>Book review...</u></b></p> <p>Can you read your favourite story at home and write a review for others?</p> <p>Please see attached a copy of the sheet showing what we would like you to include.</p> <p><a href="file:///C:/Users/user/Documents/My%20BookReviews.pdf">file:///C:/Users/user/Documents/My%20BookReviews.pdf</a></p> <p>Remember to add lots of detail to your drawing.</p>
<p><b><u>Numeracy and Maths</u></b></p>  <p>Collect items from around the house that you find on your walk, to create all the words you have been learning about?</p> <p>Examples:</p>	<p><b><u>Numeracy and Maths</u></b></p> <p><b><u>Time</u></b></p>  <p>Days of the week and Months of the year.</p> <p>Here are some activities to help you order the days of the week and the months of the year...</p> <ol style="list-style-type: none"> <li>1. Use chalk to write out the days of the week, but mixed up. Can you jump to the finish line in order? (Video example uploaded to SeeSaw)</li> <li>2. Make your own calendar. You will need 2 pieces of paper, split into 6 parts each.</li> </ol>	<p><b><u>Numeracy and Maths</u></b></p> <p><b><u>Make your own adding machine</u></b></p> <p>A fun and creative way to help visualise what numbers are getting BIGGER.</p> <p>I will attach a video on SeeSaw explaining how to make one with a practice sheet of addition sums.</p> <p>If you can't access the SeeSaw video, here is a video with instructions on how to create your own adding machine.</p> <p><a href="file:///C:/Users/user/Documents/Adding%20Machines.pdf">file:///C:/Users/user/Documents/Adding%20Machines.pdf</a></p>

and make a circle out of leaves, or a – see SeeSaw for more examples.

Under each Month, draw a picture of something that matches the Month.

For example, under October you could draw a pumpkin. Under January, you could draw some snow.

Work together with your family on this activity.

WB



Health and Wellbeing  
 Your Fit Fortnight. Our  
 accessed by clicking on the link below  
[Health-Challenge-Grid](#)



Here are some suggested activities for you to try at home as part of our Fit Fortnight.  
<https://blogs.glowscotland.org.uk/jf/braeheadp1mayschool/>

<p><b>5-A-Day</b></p> <p>Remember that you eat 5 portions of fruit and veg a day. Can you meet your daily information on how to get your 5 a day? Follow the link below  <a href="https://www.gov.uk/government/collections/5-a-day-portion-size">https://www.gov.uk/government/collections/5-a-day-portion-size</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=2xwzQd8wz8g">https://www.youtube.com/watch?v=2xwzQd8wz8g</a>  <a href="https://www.youtube.com/watch?v=134cVt8ogCQ">https://www.youtube.com/watch?v=134cVt8ogCQ</a></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. Don't forget to take participation photos with your class teacher via the Google Classroom apps. The house with the most points wins the house cup!

Click on the link below to access our activities  
<https://tinyurl.com/Braehead-Rainbow-Races>

