


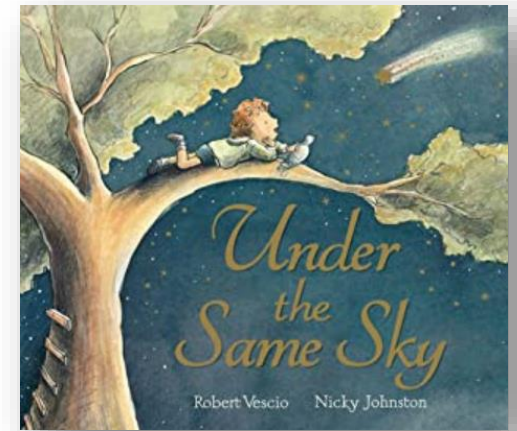
<p style="text-align: center;"><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> • May 4th has become commonly known as 'Star Wars Day'. Complete the Stars Wars themed Cosmic Yoga with Jaime! https://youtu.be/BEPxPkQY6V8 • Youtube 'Joe Wicks Body Coach' – can you get your whole family to join in a workout? • Have a look at the PE grid on our school website and select 2 tasks to complete. • Below this grid is a workout you can do at home with no equipment and no ICT needed! • Life skills – make your bed every day this week! 	<p style="text-align: center;"><u>Literacy</u></p> <ul style="list-style-type: none"> • Complete the WOW word challenge below. • Complete given activities on Study Ladder. • Practise this week's spelling words using your fun spelling strategies that we use in class – such as pyramid spelling, rainbow writing, silly sentences etc. • Get a parent to test you on your spelling words at the end of the week. How many can you spell correctly? • Complete an entry for the First Minister's Reading Challenge - Pupil Reading Journey. Mrs Swan has put all the details on our school website and Twitter. 	<p style="text-align: center;"><u>Numeracy and Maths</u></p> <ul style="list-style-type: none"> • Play Topmarks 'Hit the Button' to practice your number bonds and times table facts. • Complete given activities on Study Ladder. • Play the 'Mostly Postie' game on Topmarks. • If you have scales at home, pick 4 objects to weigh. Before you weigh them, tell an adult which one you think will be heavier. See if you are right! • If you are baking/cooking this week, help an adult to correctly measure and weigh the ingredients. • Complete the worksheets below!
<p style="text-align: center;"><u>Interdisciplinary Learning</u></p> <p>Our new topic is going to be the OLYMPICS!</p> <ul style="list-style-type: none"> • Please see Miss Weston's slides on our school website • There will be a separate topic grid for you to choose some Olympic themed activities over the next few weeks. There is no expectation for you to complete them all, just choose which ones work for you. 	<div style="text-align: center;">  <p>Eastertoun Primary School P3 Home Learning Grid – W/C 04/05/20</p> <p>Please write down any tasks that you complete in your jotter with the date and title of the task you are completing. Please note, there is <u>no</u> expectation for you to complete the whole grid - simply choose the activities that suit your family, with lots of time to relax and play too! 😊</p> <p>Miss Garrity & Miss Reid</p> </div>	<p style="text-align: center;"><u>Other Subjects</u></p> <ul style="list-style-type: none"> • Music – practice your recorder and log into Charanga (Mrs Meek given out log in details) • Languages – Log onto https://www.french-games.net/frenchtopics and complete the food – fruits and vegetables tutorial and games • Art – make a spring time art picture. You can use any materials you like. • May is national smile month! Can you create an acrostic poem using one of these words? SMILE, TEETH, or TOOTHFAIRY • National smile month – Create a joke to make someone in your family smile! 😊
<p style="text-align: center;"><u>Ethos and Life of the School</u></p> <p>Your TOBIE challenge is to do something based on the number 43 – the number of days you have been trying your best, staying safe at home and supporting the NHS! It could be walking or running 43 laps round your garden, dancing to 43 songs, jumping on a space hopper for 43 minutes, write and perform a 43 second rap, building a lego tower with 43 bricks and more! The only limit is your imagination. Post your entries to our school twitter page!</p>	<p style="text-align: center;"><u>Useful websites</u></p> <ul style="list-style-type: none"> • Studyladder.co.uk (log ins have been given) • Topmarks.co.uk • Spellingcity.com • Ictgames.co.uk • Storylineonline.net – also have a Youtube channel • Bbc.co.uk/bitesize/dailylessons • https://www.bbc.co.uk/bitesize/clips/z3tr87h • https://www.bbc.co.uk/bitesize/clips/zv2vcdm 	<p style="text-align: center;"><u>Spelling words this week!</u></p> <p>Choose which spelling list you'd like to try this week.</p> <p>Mild <ck> - hop, fit, grin, duck, neck, clock, lick, go, no</p> <p>Spicy - the /ue/ sound (<ue> <ew> <u_e>) – sunk, book, huge, fuse, rescue, queue, ewe, useful, seventeen, eighteen</p> <p>Extra spicy <i> - behind, spider, pirate, diary, horizon, quiet, gigantic, diagonal, microphone, hibernate</p>

P3 WOW (Wonderful & Outstanding Words)

Listen to the story 'Under the Same Sky' by Robert Vescio, read by Tom Hardy.

<https://www.bbc.co.uk/iplayer/episode/m000hsff/cbeebies-bedtime-stories-750-tom-hardy-under-the-same-sky>

Focus on the WOW vocabulary below:



seeking unexpected wondering

How to use the WOW vocabulary at home:

- Firstly, let your child listen to the story or read it to them if you have the book at home.
- Listen/read again and point out the 'WOW' words. Ask your child about the meaning of the words and tell them if they don't know.
- Try to use the words as much as you can throughout the week when you are talking or playing with your child. Use them when you are out and about in the garden or on daily exercise walks.
- Be creative - draw pictures to illustrate the words, act out the words, make up games like Matching Pairs and Charades!
- Read stories to your child and see if you can spot the 'WOW' words in other books.
- Tell other people in the family what the 'WOW' words are so that they can use them with your child too - grans, grandpas, aunties and uncles can all help through online platforms at the moment!
- Some children may wish to try to read and write the 'WOW' words too. They may even want to try and use some of their 'WOW' words in a story, Free Writing Friday, or in a silly sentence.

Below are some new PE challenges for this week. Give them a go at home, keep practising and see if you can achieve them. Remember to drink plenty of water, and have a rest when you need to!

Challenge One

How long can you run on the spot for? (You could also run around the garden, or out on your daily exercise!) Time yourself in a safe space. See you can try again and improve your time after a rest (this could be 5 minutes rest, the following day or in a few days time). The more you do it, the fitter you will be! Remember though, our muscles and body need rest and time to recover too!

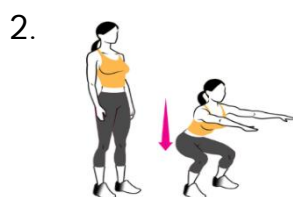
Challenge Two

Can you complete Miss Garrity's HIIT workout? Repeat each move 12-20 times (reps) and complete 3- 4 times (sets).

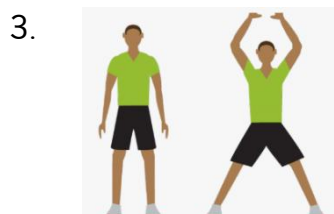
1. Lunges



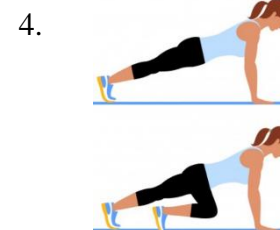
2. Squats



3. Star Jumps



4. Mountain Climbers



Challenge Three

How long can you hold a wall sit for? You might need an adult's help for this one!

Remember:

- Make sure you have a clear, empty wall to complete your wall sit against
- Keep your back straight and pressed up against the wall
- Arms should be crossed, or for an extra challenge, keep them straight out in front of you!
- Your knees should not go over your ankles
- Keep your head up
- Get someone to help time you



Weight investigation

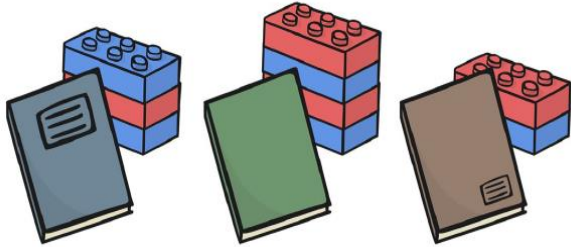
In your home, try and find objects which are heavier or lighter than 1kg. You can use groups of the same object (e.g 20 pencils) but not lots of different things. REMEMBER! No silly objects like computers - only choose things which you can really weigh with your scales.

Object	Estimation (heavier or lighter)	Result (heavier or lighter)

Look at the objects that you see around the room that you are in and answer the following questions:

1. What do you think is the heaviest object in the room?
2. What do you think is the lightest object in the room?
3. What do you think might weigh about the same as a pen?
4. What do you think might weigh about the same as a mug?

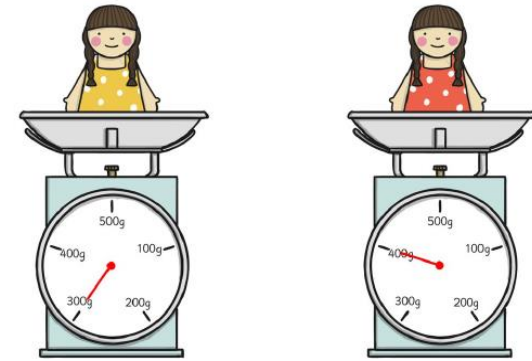
I weigh some books using a balance scale. I make towers from the bricks that they balance with. Which is the heaviest book? Which is the second heaviest? Which is the lightest?



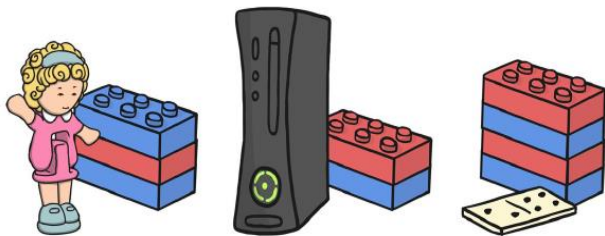
Choose 3 tins, packets or boxes and find where the weight is written. Line them up in order by looking at their weight



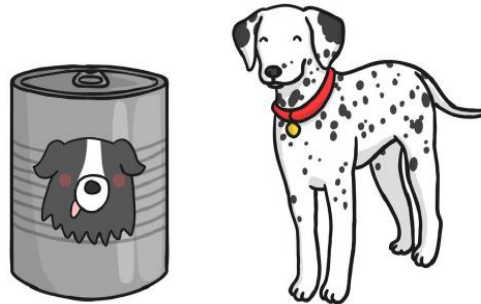
Which doll is the heaviest?



I weigh some toys using a balance scale. I make towers from the bricks they balance with. Which tower should go next to which toy?



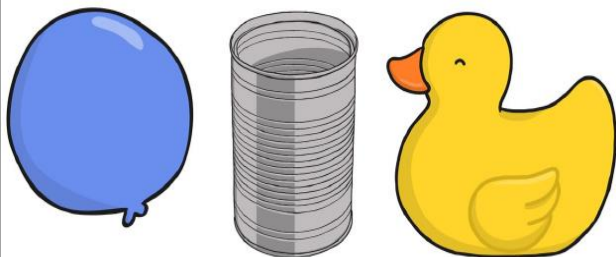
I buy 12kg of dog food. I use half of it. How many kg do I have left?



My skates weigh 2kg more than my friend's. How much do my friend's skates weigh?



Choose some different sized objects. Is the largest object always the heaviest? Why? Why not?



Which symbol $<$ $>$ or $=$ would you put between these objects?



How much does it cost to send this letter to Australia? How much would it cost to send a letter that weighs 100g more than this letter?

Up to 100g = 50p
Up to 300g = 75p
Up to 500g = £1

