

P4 LEARNING GRID



Here are some activities you can do if you are self-isolating. If you need any resources please contact school.

Literacy

Reading- Scan the first few pages of a **new reading book**. Predict the type of story and what it might be about. What words or phrases helped you come to this decision? Read the book to find out if your predictions were correct.

Spelling- Look at the 200 most commonly used words
<http://www.highfrequencywords.org/next-200-high-frequency-word-list-precursive.html>. See how far down the list you can get before you start getting stuck. Learn the next 6 on the list. Get someone to quiz you on them. Try to use the words in some sentences.

Emotions Writing- List as many emotions as you can think of. Write a sentence about what makes you feel each one i.e. *I feel anxious when I meet someone for the first time.*

Talking and Listening- Gather information about something which interests you e.g. find information in a book, on the internet or watch an episode of a nature programme. Take notes – record the main points), plan how you would share this information with others.

Numeracy

Sequencing
Sequence numbers in the range 1-1000 e.g. write 198, 199, 200, 201 on separate pieces of paper, mix them up then sequence them. Repeat for other sequences. **Challenge:** Can you order numbers which aren't in sequence e.g. 803, 71, 395, 120?

Addition
Roll two dice (or write the numbers on paper and pick two). What is the total number of dots? Can you work it out a different way? **Challenge:** Can you roll 3 dice and find the total? How many different ways can you work out the total?

Puzzle- Marie is posting a letter and a parcel. It costs 29p to post the letter. It costs 15p more to post the parcel. Marie hands over £1. How much change does she get?

Comparing Objects
Find two objects. Which is longer, which is heavier? **Challenge:** Can you compare 3 or more objects? Which is longest? Which do you think is heaviest? Can you order them from lightest to heaviest? If you have scales can you weigh them to check?

Heath & Wellbeing

Reflection- Look back on your time in lockdown. Write down three things that you would love to do again. These can be as simple as spending more time with your family, taking the dog for a walk or learning to ride a bike.

P.E- Create a simple exercise routine for your family. Think carefully about who you are going to be exercising with- don't make it too hard or too easy. Tins of beans or shopping bags with books in are great ways of making a workout more challenging! Can you take photos of your family taking part?

Healthy Eating- Choose a 3-course menu for a celebratory meal with your family. You could draw out your menu, list the ingredients needed or even help to cook a dish for your family.

SHANARRI- *Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included-* Make some flashcards to explain what each of these words mean using words and pictures.

Other activities

Modern Languages
Practise your French numbers using the below link or by searching 'Les chiffres de 1 á 20' on YouTube:
<https://www.youtube.com/watch?v=UsEz58BblMY>

Social Studies
Can you draw your route to school? Start at your own home and draw a map, marking any key features like shops or parks on the way to help you.

STEM
Create your own board game. Think of how you would like to design it, how many people can play and what the rules might be. Use card and Lego figures to make your game last longer!

Expressive Arts
Take a bag outside and collect as many leaves, twigs and other natural materials. Use your new art supplies to create a picture of your choice. Either use glue/Sellotape to stick them down or photograph them and return them to where you found them.

The following websites may be useful:

- **Cosmic Kids Yoga** - www.cosmickids.com
- **Numeracy Games** - www.topmarks.co.uk/
- **Problem Solving** - www.transum.org/
- **Numeracy Games** - rich.maths.org/primary
- **10 Nature Activities for Kids if You are Self-Isolating at home** - <https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>
- **Education City** - <https://www.educationcity.com/>
- **Sumdog** - https://www.sumdog.com/user/sign_in
- **Newsround** - <https://www.bbc.co.uk/newsround>
- **BBC Bitesize** - <https://www.bbc.co.uk/bitesize/levels/zgckjxs>
- **Literacy** - https://www.spellzone.com/word_lists/index.cfm
- **Music/Dance** - <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

* Remember you can access your class TEAMS page