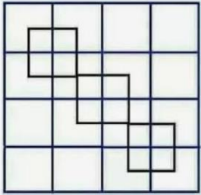


Here are some activities you can do if you are self-isolating. If you need any resources please contact school.

P5 LEARNING GRID



<u>Literacy</u>	<u>Numeracy</u>	<u>Heath & Wellbeing</u>	<u>Other activities</u>
<p>Reading- Read for 20mins each day. Create a quiz about your book/text. Compose 5 questions; try to include different types of questions like... "Why do you think the main character said...?" What word does the author use to describe the villain...?" etc.</p> <p>Spelling- Create a word bank of words you find tricky. Ask an adult to check you have spelt them correctly. Use the words regularly in sentences for practise.</p> <p>Writing- Write a letter to your favourite character in the book you are reading/TV show you are watching. Ask them 3 interesting questions about themselves. Tell them 3 interesting things about you. Remember how to structure a letter properly, including your address, date, Dear ..., text in paragraphs, Yours sincerely.</p> <p>Listening & Talking- Watch a programme such as Newsround; identify, explain and summarise the main ideas and purpose of a text to someone else in your house.</p>	<p>Counting Out Loud- Choose one of the following times tables – 2, 3, 4, 5, 10. Count forwards up the times table e.g. 2, 4, 6, 8, 10, ... and then backwards to get back to where you started. Challenge: Can you do the same for any of the other times tables? Can you go beyond the 10th number?</p> <p>10s and 100s- Pick a 3-digit number, e.g. 142. Write down the number which is 10 more, 10 less, 100 more and 100 less than your number.</p> <p>Challenge: Can you find 20 more, 20 less, 40 more, 200 more, 200 less than your number etc.?</p> <p>Money Puzzle- Find 1p, 2p, 5p, 10p and 20p pieces. Ask someone to play with you. One person puts some coins in their pocket and says, e.g., "I have 16p in my pocket and three coins." The other person must work out what the coins might be. Swap over and play again.</p> <p>Puzzle</p> <p>How many squares can you see in this picture?</p> 	<p>Write down and illustrate a food diary for the week. Use food labels to keep track of how much energy you are consuming (kcal) and compare it day on day. Use your diary to try something new that you wouldn't normally eat.</p> <p>Write down 6 different exercises on numbered pieces of paper e.g. (1) sit ups, (2) bunny hops, (3) press ups etc. Fold these up and put them in a bowl. Roll a dice to choose your first activity, then roll again to see how many reps to complete. Repeat for 15 mins.</p> <p>Create your own 'home school' timetable –decide which activities to do each day and when. Include non-school activities such as lunch, TV time, board games and chill time.</p> <p>SHANARRI- <i>Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included-</i> Create a wordle to explain what each of the words mean to you.</p>	<p>Expressive Arts- Create a playlist of your top 10 favourite songs of all time. List the artist and the title. Write a reason why you like each song (the music, the voice, the lyrics, the instruments used...)</p> <p>STEM- With less sunlight at the minute, plants will struggle to grow. If you have a plant in your house, see what happens when you move it to a sunny spot or windowsill. Take particular notice of the leaves- try taking a photo each day to see the difference.</p> <p>STEM- Hold on to Summer by making Crystal Sun Catchers: https://babbledabledo.com/science-kids-crystal-suncatcher-craft/</p> <p>Social Studies/Developing Young Workforce- What is your dream job? Take time to research the job and write down three skills you would need to do the job. Then write down what steps you can take so that you have those skills e.g. Job: Vet. Skill: understanding how the body works. Steps: study hard in sciences.</p>

The following websites may be useful:

- Numeracy Games - www.topmarks.co.uk/
- Problem Solving - www.transum.org/
- Numeracy Games - nrich.maths.org/primary
- Education City - <https://www.educationcity.com/>
- Sumdog - https://www.sumdog.com/user/sign_in
- Newsround - <https://www.bbc.co.uk/newsround>
- <https://stories.audible.com/start-listen>
- BBC English 7-11 years <https://www.bbc.co.uk/teach/ks2-english/zbrwnrd>
- Spanish <https://www.bbc.co.uk/teach/ks2-spanish/zr3dt39>
- French <https://www.bbc.co.uk/teach/ks2-french/zr4qf4j>
- BBC PE 7-11 years <https://www.bbc.co.uk/teach/ks2-physical-education/zj2n92p>
- Health education 7-11 years <https://www.bbc.co.uk/teach/ks2-pshe/zbrg7nb>
- bbc ten pieces <https://www.abcmusic.org.uk/>
- code.org learn to code
- BBC computing 7-11 years <https://www.bbc.co.uk/teach/ks2-computing/zm8xvk7>

* Remember you can access your class TEAMS page