P2/1 and P2 Home Learning Grid - Week 12

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| **Literacy**  Story Time from Home will continue this week but the last story will be on Friday.  <https://blogs.glowscotland.org.uk/wl/lpsblog/?s=story+time+from+home>  Please continue to use the Oxford Owls website to choose and read books.  <https://home.oxfordowl.co.uk/>  Phonics – you can practise the sounds we have learned on this website. No login needed.  <http://www.letters-and-sounds.com/phase-2-games.html> | | |
| **Numeracy**  Please continue to practise number and maths activities using Numbots, Sumdog and Heinemann Active Maths. | | |
| **STEM Challenges**  Choose a challenge. Remember to draw a plan of your design and make a list of what you will use. | | |
| **Water Slide**    Make a water slide for a marble or bead to slide down.  **Rules**  There must be a way of getting up the slide.  It must have a pool at the bottom of the slide.  Only one marble or bead to come down at a time. | **Mini Golf**    Make a mini course for playing during the h**olidays**.  **Rules**  It must have only one hole.  It must have a flag at the hole.  It must have at least two obstacles. | **Umbrella**    Make a mini umbrella.  **Rules**  Pour on one small cup of water to test.  Can you find a waterproof material to use? |

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| **P2/1 and P2 Health & Wellbeing Fitness Activity Grid**  **Please make sure you are being careful when completing any of these activities and that you are supervised by an adult.** | | | |
| **SMOOTHIE MAKER**  Can you make up your own smoothie and share with your family as a healthy start to the day?  What ingredients will you put in? | **STAMINA**  Can you cycle, walk, jog, run or scoot for;  15 minutes without stopping?    How far did you go?  Who completed it with you? | **ASSAULT COURSE**  Can you design your own assault course?    What different things will you include?  How long did it take you to complete?  Who else can you get to complete it? | **VIDEO MAKER**  Can you create your own;  Just Dance  Joe Wicks  Cosmic Kids  What actions will you put in? |
| **DANCE**  Can you play a game of musical statues with others in your house?  Who stayed still the best? | **MINDFULNESS**  Complete a Cosmic Kids yoga session, here’s some to choose from;  FROZEN:  <https://youtu.be/xlg052EKMtk>  TROLLS:  <https://youtu.be/U9Q6FKF12Qs>  TWILIGHT THE UNICORN OF DREAMS:  <https://youtu.be/RLOOOjGAM1s> | **BE THE TEACHER**  What is your skill?  Can you teach someone in your family/house your skill?  For example; a sporting skill, karate, dance move, Yoga pose | **NATURE WALK**  Can you take a walk with your family and play eye spy?  How many different things did you spy along the way?  How many animals?  Plants?  Water ways? |
| **SPELLING FITNESS CHALLENGE**  Spell your full name and complete the challenges;  **A – 10 Jumping Jacks N – 4 Lunges**  **B – 30 Second plank O – 3 Burpees**  **C – Crab walk 5 metres P – 10 second Rocket jumps**  **D – 10 press ups Q – Run on the spot 1 min**  **E – 10 sit ups R – 7 Jumping Jacks**  **F – 5 Cartwheels/egg rolls S – 4 leg kicks**  **G – Headstand/Balance T – 5 sit ups**  **H – 4 rolls of your choice (be careful) U – 15 second plank**  **I – 10 Toe touches V – 3 cartwheels/egg rolls**  **J – 5 tuck jumps W – Arabesque/Starship balance**  **K – 5 press ups X – 2 rolls of your choice (be careful)**  **L – 3 spins Y – 5 lunges**  **M – 10 leg kicks Z – 8 Jumping Jacks** | | | **DAILY CHALLENGES**  Go to the Daily PE Challenges on Twitter  @WLPENetwork  How many challenges can you do?  What did you score?  Can you challenge someone in your house to complete them too? |

**Please make sure you share with us what you are doing!**

**Here are some more links you might like to try if you’re not too tired out by now!**

**Joe Wicks Daily PE Workout**

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl>

**Cosmic Kids Yoga**

<https://www.youtube.com/user/CosmicKidsYoga>

This plan has been amended from one created by staff at Simpson Primary School in Bathgate. We would like to acknowledge and thank them for this!



**Just Dance**

<https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg>

**Kidz Bop**

<https://www.youtube.com/user/KidzBopKids/videos>

**Oti Mabuse & Marius Lepure Online Dance Class**

<https://www.youtube.com/user/mosetsanagape/videos>

**Zumba Kids on Go Noodle**

<https://app.gonoodle.com/channels/zumba-kids>

**Mindfulness on Go Noodle**

<https://app.gonoodle.com/channels/flow>

**Super Movers**

<https://www.bbc.co.uk/teach/supermovers>

**Jumpstart Jonny**

<https://www.jumpstartjonny.co.uk/home>