**PE:**

LI: I am learning to improve my general fitness.

SC:

I can raise my resting heartrate through aerobic exercise.

I can follow the instructions set by Joe Wicks.

**Joe Wicks – 9am kids workout**

<https://www.youtube.com/user/thebodycoach1>

**Science:**

LI: I am developing my science knowledge.

SC:

I can join GSC At home (either live on social media or watch videos on YouTube).

I can set at least 2 questions for my peers and add to 'posts' on classroom.

**Glasgow Science Centre**

<https://www.glasgowsciencecentre.org/gsc-at-home>

**Join their** [**Facebook**](https://www.facebook.com/glasgowsciencecentre)**,** [**Instagram**](https://www.instagram.com/glasgowsciencecentre/) **and** [**Twitter**](https://twitter.com/GSC1) **at 10am each day.**

**Videos will also be shared through their** [**YouTube**](https://www.youtube.com/user/scienceshowbob) **channel.**

Ask questions and let them know what you'd like to see, using the hashtag **#GSCAtHome**

**Literacy:**

**Please follow the instructions and complete the reading, writing and listening & talking tasks in your learning jotters.**

**Maths & Numeracy**

**Please follow the instructions and complete the mindstretcher, number challenge and real life maths challenge tasks in your learning jotters.**