

## PE:

LI: I am learning to improve my general fitness.

SC:

I can raise my resting heart rate through aerobic exercise.

I can follow the instructions set by Joe Wicks.

Joe Wicks – 9am kids workout

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

## 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](#), [Instagram](#) and [Twitter](#) at 10am each day.

Videos will also be shared through their [YouTube](#) 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, and listening & talking tasks in your learning jotters.

## Maths & Numeracy:

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

## Spelling:

Please complete one spelling task every day