Thursday 30th April

Primary 7 there will be a list of 4 core tasks to do at the top of the page and then at the bottom there will be **optional** extras if you would like to do them. 😊

Get Set

How many squares are on a chessboard?

**CORE TASKS FOR TODAY**

1) Literacy (grammar & punctuation)

L.I. to identify prefixes

A prefix is a group of letters added before a word to change its meaning and make a new word.   
Example: Add the prefix “un” to make the opposite of happy; unhappy.

Watch: <https://www.youtube.com/watch?v=txNARc6bCxI> and note down 5 prefixes of your choice. Then write down a sentence for each prefix you have chosen.

Then log on to Studyladder and complete the Prefixes practise activity which has been set.

2) NUMERACY

L.I. to practise my times tables

Log on to this link <https://www.timestables.co.uk/speed-test/> and complete the times table speed test. Make sure to click ‘All Tables’ to make sure you are being tested on all of them. There should be 65 quick questions. Share in the digital classroom what your speed was per question. Can you be the fastest?

3) P.E. (from Mrs Howard)

Continue with the P.E. lessons from Mrs Howard. This can be found in the Assignments folder. Assignment Week Beg 27th April for you to do.

4) HWB

L.I. to look after my mental health

Take a step back and relax by trying an activity which helps your mental health. This week there will be four options to choose from and next week there will be a different four options. Choose one of the following:

* Meditation. You can use any meditation apps or videos that you know of or here are a couple of links that you might want to try:

<https://www.youtube.com/watch?v=CvF9AEe-ozc>

<https://www.youtube.com/watch?v=g5sXaLzAhGQ>

* Mindfullness drawing: Blind contour drawing: This technique is honing in on your sense of touch and sight. To create a blind contour drawing, find a subject in the space around you and draw its contours (outlines) without looking at your paper (it helps to keep your pencil on the paper for the whole time). Carefully look at the lines of your subject—whether it’s a plate of food, a bunch of flowers, or a person.
* Go for your daily exercise by walking, running or cycling. Why not use your photography skills and take photographs of your local surroundings and share them in the digital classroom.
* Pamper yourself: Time to look after your body as if you were at a Spa! Why not go for a lovely bubble bath or shower. You could do your nails, give yourself a face massage (here is a link on how to do it: <https://www.youtube.com/watch?v=rqStL715l_U>). Why not try giving yourself a foot massage (here is a link on how to do it: <https://www.youtube.com/watch?v=6wUWDlfSQN8>)

**Optional tasks for today**

If you are looking for something else to do remember you can log in online as often and for as long as you want on the following sites:

* Studyladder <https://www.studyladder.co.uk/login/account>
* Espresso <https://online.espresso.co.uk/espresso/login/Authn/UserPassword>
* Sumdog <https://www.sumdog.com/user/sign_in>
* Active Learn <https://www.activelearnprimary.co.uk/login?e=-1&c=0#all>
* Charanga with Mr Muller <https://charanga.com/site/log-in/> (There will be weekly tasks to complete for the following Monday)

**9am P.E. with Joe Wicks**

L.I. to improve my stamina and physical fitness

You can click on the link below and take part in a 30-minute Joe Wicks P.E. session to start your day. <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Handwriting

L.I. to improve my cursive handwriting

Write your full name out 10 times using joint cursive handwriting. Remember at the start of each name there should be a capital letter. Now why not practise your signature, is it slightly different from how you write your full name?

Spelling

L.I. to practise my spelling words

Using your spelling words create a wordsearch for somebody else in your family to do.

TOPIC

L.I. to think about my future travels

If you were able to trot around the globe where would you go?

Write down 2 places that you would like to visit and details about why you would want to visit these places. What makes you choose these places? Can you draw a picture of the place?

**Extras**

* Check with your parents/carers first, but with their permission call or text somebody important to you and check in with them to see how they are doing
* Relax and read your favourite book/story
* Listen to your favourite song and dance around to it

**Answers will be posted at the end of the school day where possible. You can also listen to our class novel at the end of each day using the online link** <https://www.youtube.com/watch?v=Lfi82CbVw1c>.

**Well done for taking part in your Thursday timetable online. Get ready for Wednesday’s timetable tomorrow!**