

Primary 1		
Literacy	Maths	Health & Wellbeing
<p>Aim: To practice spelling regular words.</p> <p>Choose a set of spelling words from your pack or use one of the lists below. Ask an adult to say each word slowly as you sound it out and write it down.</p> <p>sand crash that this song land quin dish cash sang</p> <p>pie life fry night high dive wife five cry tie</p> <p><u>Extra challenge:</u> Choose one word and write a sentence using this word. You could even draw a picture to go alongside your sentence. Remember finger spaces, full stops and a capital letter at the start.</p>	<p><u>Aim:</u> To recognise and create symmetrical pictures</p> <p>Watch the following video clip on Espresso about symmetrical shapes and pictures</p> <p><a href="https://central.espresso.co.uk/espresso/primary_uk/subject/module/video/item883119/grade1/module883106/index.html">https://central.espresso.co.uk/espresso/primary_uk/subject/module/video/item883119/grade1/module883106/index.html</a></p> <p>In your pack, you will find some symmetry worksheets. Have a go at creating some symmetrical pictures.</p>	<p>Aim: To develop good balance and body control.</p> <p>Have a go at the activity on the next page. All you need is a dice or pieces of paper with numbers 1 to 6 on them.</p>

# How to play



1  
Players start in the same space.

3  
Keep throwing the dice and practise making different shapes/balances for a few minutes.

2  
One player throws the dice. Each player makes a shape (a balance) that has that number of contact points with the floor. If you throw a 2: do a handstand with two hands, or balance on one knee and one elbow, you can make it as hard or as easy as you like.

4  
Each player throws the dice and gets a number. (Don't show each other!) Each player moves to a different room and practises making a shape/balance to match their number.

5  
Players come back to one room to show off their shapes. Players then make a sequence of the shapes and perform a routine. Add some music!

## Variations

- Players teach each other their shapes before doing a joint routine.
- Instead of numbers, use different ideas, e.g. make shapes of letters or copy animal movements.

## Challenge yourself

- Can you make a more difficult shape?
- Can you hold your balance without wobbling for longer?
- Can you add some movements between balances?

