

P1 Other Curricular Areas		
Expressive Arts	Health	French
<p><u>Art</u></p> <p>Aim: To design a poster</p> <p>Challenge yourself to create a colourful poster for handwashing! Think about the steps you take to properly wash your hands and draw them, then decorate!</p> <p>Can you think a song or rhyme to go along with it?</p>	<p><u>Aim:</u> To know that a healthy diet includes a variety of foods</p> <p>This week challenge yourself to eat a rainbow of foods! Perhaps you will try some new fruit or vegetables as you do this. Start by thinking of some foods you could eat for each colour.</p> <p>E.g. Red – tomato, apple Orange - orange. carrot, persimmon fruit Yellow – banana</p> <p>Discuss how a healthy diet has a wide variety of foods.</p>	<p><u>Aim:</u> To count in French</p> <p>Watch the clip below to remind yourself of how to count to 10 in French! https://www.youtube.com/watch?v=lsc3qLMaCu8</p> <p>Choose an activity from your daily Health & Wellbeing challenges and count in French whilst doing your exercises!</p>
Active	Well being	Music
<p><u>Aim:</u> To create a maze</p> <p>Design and create your own maze!</p> <p>Draw an elaborate, detailed maze on your driveway, in your garden or on the path. Then, run (or race) through it! This activity encourages fitness and creativity at the same time!</p> <p>If you don't have any chalk, use junk materials or anything else in your home to pave your way! Be as creative as you can! Challenge a family member to race through it with you, maybe you could time</p>	<p><u>Aim:</u> To help others and be kind</p> <p>Think about a time when someone was kind to you. How did they help you? How did that make you feel?</p> <p>Think about a time when you were kind to someone else. How did That make them feel? How did it make you feel?</p> <p>Helping others can bring real benefits to you and them. Doing good makes you feel good!</p> <p>Decide on the following:</p>	<p><u>Aim:</u> to use my voice to explore sound, rhythm and pitch</p> <p>Click on the following link from NYCOS for daily activities.</p> <p>https://www.nycos.co.uk/daily-activities</p>

yourselves!

WHO will you help?

WHAT will you do?

WHEN will you do it?

For example:

- Help your parents/carers by washing the dishes without being asked
- Help your brothers/sisters by teaching them a new activity at home
- Help others by calling to say hello or making them a lovely picture/card to tell them you are thinking of them