



Cuiken Primary Home Learning Grid - HEALTH WEEK



Literacy

RWI:

A detailed RWI task sheet is available for you in Google Classroom. If you do not have access to Google Classroom then you can:

- Watch the Daily Speed Sounds and Word Time lesson videos on YouTube through this link: <https://www.ruthmiskin.com/en/find-out-more/parents/>
- Play the literacy games set for you on Education City (check your Classwork section).
- Enjoy reading stories with a grown up and talk about what happens in the story.

Writing:

This week make a *Healthy living poster*

Have a look at the PowerPoint in Google Classroom or search Google for ideas. There is a list of key words below to help you – these can be found at the bottom of the grid too. This can be done on a piece of paper or in your green jotter.

Learning Intention: To make a poster.

Steps to Success:

1. My poster has a title.
2. My poster has at least one detailed picture and is eye-catching.
3. My poster has a written message about keeping healthy.

Literacy Task:

Have a go at the wordsearches in classwork in google classroom, or try and make your own wordsearch about healthy living.

Key words:

healthy	fruit	salad	vegetables	sugar	
water	fat	vitamins	exercise	fit	
body	diet	relax	kindness	yoga	happy
trust	caring	support	family	friends	

Numeracy

Number ordering and sequencing:

- Spread number flashcards out on a table or on the floor (you can make or download these). How quickly can you sequence all of the numbers from smallest to biggest? Can you mix them up and do the same again but from largest to smallest?
- Place number flashcards face down so you cannot see the numbers. Choose 4 or 5 cards at random and order these numbers from smallest to biggest or from biggest to smallest. You can repeat this several times with different numbers.

Mild – numbers to 10

Spicy – numbers to 20

Hot - numbers to 30

Ten frames and number bonds/ place value:

Like last week, you will need a ten frame or 2x ten frames for these tasks. A ten frame looks like this:

You will also need something small that fits in each box on the ten frame. At school we use counters; at home you could use coins, beads or pasta.

Mild – Practice number bonds to 10 using your 10 frame (adding 2 numbers together to make 10).

Can you make these sums:

1+9 2+8 3+7 4+6 5+5 6+4 7+3 8+2 9+1

If possible use 2 different objects (or shapes or colours of objects to help you see the 2 different numbers when you make the sum.

Spicy – Using 2 ten frames, practice adding a number on to 10 to make different numbers to 20.

E.g. **10+5 10+2 10+8 10+1 10+9 10+6**

This helps to develop an understanding of place value which will be important as your child moves to working with bigger numbers within 100.

Supporting sheets can be found on Google Classroom or you can use the example sums above.

Work has also been set for you on Sumdog and Education City.

Maths

Money

Continue working on coin recognition this week.

Have a go at some coin games.

Choose one or more games from below to try.

Find the coin

Lay out coins and ask a grown up say the names of one of the coins – can you point to it?

Play with more than one person, fastest finger first - who can point to the coin the fastest (there's a mat saved in Google classroom to use if you don't have all the coins to lay out).

To make this game more active you could draw or print out giant coins, lay them on the floor and jump on them/run to them. Who can get there fastest?

Guess the coin

Can you describe a coin for someone to guess? Or can someone describe a coin for you to guess? Think about the colour of the coin. Is it small or big? Is it a circle or does it have lots of small straight sides (like a 50p)?

Coin ordering

Take a small handful of coins and sort them into coins that are the same value, and coins that are different values. Take one of each type of coin and place the coins in a line in order of value.

Remember bigger coins are not always worth more!

How much?

Use your coins to do some addition to 10p/20p/£1. Jump on 2 or 3 coins, or close your eyes and grab 2 or 3 from a pile and add them together.

There are also challenges/ work set on Sumdog and Education City that you might like to try.



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<p style="text-align: center;">French</p> <p>Who has played hopscotch before? It is lots of fun and is a great game to play outside to get some exercise. In France, it is called La Marelle. In the video below, you can find out how to play the game just like they would in France. You will need to use your knowledge of numbers to 10 in French. If you are not sure, have a look at last week's slideshow for help. Give it a try!</p> <p>La Marelle instructions- https://www.youtube.com/watch?v=w6YggXRLrcht https://www.youtube.com/watch?v=w6YggXRLrc</p> <p><u>Live lesson</u> You can join in with the weekly live lessons following the link below. https://www.youtube.com/channel/UCO4YR8hhRveNhhvZr9xptDQ</p>	<p style="text-align: center;">Mindfulness/Relaxation</p> <p><u>Mindfulness:</u> When you were a baby there were things you could not do that you can now. You are learning all the time. Draw a big circle in your jotter, or a different shape if you would prefer. In the shape draw all the things you can do now that you couldn't do as a baby. www.biglifejournal.com</p> <p><u>Relaxation:</u> Have a look on youtube for a cosmic kids yoga session. There are lots for relaxation. Here's one you could try... https://www.youtube.com/watch?v=QQCnWvvrO8U</p> <p>If you can't access youtube try some breathing exercises to relax - can you make your own and try them with somebody? Or find a quiet space, maybe make a reading den and look at or read a book, or listen to some music.</p>	<p style="text-align: center;">Food Technology</p> <p>Having a healthy, balanced diet is very important to make sure our bodies get all the nutrients they need to grow and be fit and healthy.</p>  <p>Can you design a healthy snack? Draw a picture or write a recipe. This could be a smoothie, fruit or veg platter, healthy dips or healthy flapjacks? Once you've designed a snack you might want to make it! Share your snack with everyone on Twitter or Google Classroom!</p>
<p style="text-align: center;">Mental Health</p> <p>Talk about and draw your happy place.</p> <p>This might be a place in your bedroom, house, garden, a family member's house, somewhere you've been on holiday...</p> <p>Now think of the 5 senses. When you are in your happy place...</p> <ol style="list-style-type: none"> 1. What can you see? 2. What can you touch? How does it feel? 3. What can you smell? 4. What can hear? 5. Can you taste anything? Do you get a special snack sometimes when there? 	<p style="text-align: center;">Family Fitness Challenge</p> <p>Can you and your family play a different game or try a different activity every day this week to keep fit? You might like to do some things you already do regularly, or you might want to try something new or different.</p> <p><u>Box Fitness:</u> Hi guys! This week's task is for you to create your own race! This can be done in your garden, house, bedroom or wherever you can! Use as many objects as you can and time yourself every day to beat your score! Make sure all photos and videos are posted on the classroom and twitter and I'll be looking out for them! Stay safe, Lauren ☺</p>	<p style="text-align: center;">Expressive Arts</p> <p><u>Music/Dance:</u> Have a look at this youtube link and sing and dance along! The foot bones connected to the ankle bone, the ankle bones connected to the.... https://www.youtube.com/watch?v=qeSSmNRBlgY</p> <p><u>Art:</u> Collect nature materials while out on a walk or from your garden and make a collage picture of something related to healthy living. This could be a healthy meal, someone doing exercise or relaxing, a healthy body, a skeleton... be Una unicorn and use your imagination to be creative. I look forward to seeing these on Twitter or shared in our Google Classroom!</p>



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Key Words for Poster

Key words:

healthy fruit salad vegetables water fit

exercise active food unhealthy sugar fat

body relax kindness happy family friends