Cuiken Primary Home Learning Grid – HEALTH WEEK

Literacy –

Listening and Talking
Draw a picture or build a simple Lego building. Then sit with someone in your home, but make sure they can not see your drawing/ building. Your task is to then describe your drawing/ building whilst they also draw/ build. For example, draw a medium sized black circle in the centre of the page or take a pink brick with 6 bumps on the top and place onto of the yellow brick.

Then swap, this will help with your listening and talking skills.

Challenge: Describe without using name shapes.

Writing
Instruction writing
Watch the following funny clip;
https://www.youtube.com/watch?v=FN2RM-CHkuI this will hopefully help you understand why it is important to be clear and concise whilst writing instructions.
Please also refer to the bottom of the grid for further information on how to write instructions.

Task: To write clear and concise instructions on how to make a healthy sandwich.

LI: To use instructional language
Success Criteria:

1. Use a heading and subheadings?

2. Include an introduction sentence?

3. Include a list of what is needed?

4. Put the steps in chronological order?

Numeracy

Inverse Operations
What are inverse operations?

Inverse operations are opposite operations.

Addition is the inverse operation of subtraction and multiplication is the inverse of division.

15 – 6 = 9   6 + 9 = 15

12 ÷ 3 = 4   4 x 3 = 12

Mild
2 × 6 = 12   7 × 4 = 28
6 × ____ = 12   4 × ____ = 28
3 × 4 = 12   7 × 8 = 56
4 × ____ = 12   8 × 7 = ____
12 ÷ ____ = 2   ____ ÷ 4 = 7
12 ÷ 4 = ____   56 ÷ 8 = ____

Medium
12 ÷ 2 = ____   28 ÷ ____ = 4
12 ÷ 3 = ____   ____ ÷ 7 = 8
4 × 5 = 20   8 × 7 = 56
6 × 9 = 54   5 × 2 = 10
____ × 4 = 20   7 × 8 = ____
9 × 6 = ____   ____ × 5 = 10

Hot
____ ÷ 5 = 4   56 ÷ 7 = ____
54 ÷ 9 = ____   ____ ÷ 2 = 5
20 ÷ ____ = 5   ____ ÷ 8 = 7
54 ÷ 6 = ____   10 ÷ 5 = ____
9 × 5 = 45   8 × 5 = 40
8 × 8 = 64   7 × 2 = 14

Maths

Budgeting
Plan and budget to make a meal for everyone in your house, Grownups might even let you try it out! Use the internet to research which supermarket you would buy from.

Think about what you would make.
What ingredients would you need?
How much would this cost to buy?
How many people would it feed?
How much per person would this be?

Sumdog

Sumdog challenge, answer the 100 questions set to receive 100 coins.

Challenge: Can you complete a SumDog session without getting any questions wrong!

5.   Use imperative (bossy) verbs?

6.   Use bullet points or numbers to separate my steps?

7.   Use adverbs and conjunctions to show time? (before etc)

8.   Include a conclusion sentence?

Submit your finished piece of writing and I will be providing feedback.

Novel Study – Charlotte's Web

Read or have someone read to you chapters nine and ten of Charlotte's Web.

Answer the following guided reading questions, remember to answer is sentences.
1.   Can you describe a spider's leg in detail?
2.   Why do you think Wilbur is so determined to spin a web?
3.   What do we learn about spiders in this chapter?
4.   Is 'sedentary' a good word to describe Charlotte? Wilbur?
5.   What similarities and differences are there between charlotte and Wilbur?
6.   Do you think this story is set in the past, present or future?

Challenge: Powerful verbs
Search through both chapters and find example of powerful verbs and use them in sentences of your own.

Sizzling

$5 × 9 =$ ___   ___ $× 8 = 40$
$8 × 8 =$ ___ $2 ×$ ___ $= 14$
$45 ÷ 5 =$ ___ $40 ÷ 5 =$ ___
$64 ÷ 8 =$ ___   ___ $÷ 2 = 7$
$45 ÷ 9 =$ ___   ___ $÷ 8 = 5$
$64 ÷ 8 =$ ___   ___ $÷ 7 = 2$

Estimating and Checking Calculations

Use the strategies you have learnt in class to help you work out the following problems.

Mild:
1.   Round each number to the nearest 10. Then use the rounded numbers to give an estimated answer to each calculation.
a) $54+74=$ b) $33+64=$ c) $76+85=$
2.   Tara calculates $125+265=390$. She wants to check her calculation by calculating the inverse (Inverse operations are **opposite operations**. **Subtraction** is the inverse of **addition** and **division** is the inverse of **multiplication**). What is the inverse to Tara's calculation?
$265+390=$ $390-265=$ $390+125=$ $265-125=$
3.   Write the inverse of each calculation.
Example: 235+328= 563   answer: 563-328=236
a) $529-236=293$ b) $525-214=311$

Medium: All of the above, plus
1.   A gardener plants tulip and daffodil bulbs. Altogether, there are 486 bulbs. She plants 259 tulips bulbs. How many are daffodil bulbs?
2.   Joshua thinks of a number. He adds 56to the number. Joshua's answer is 412. What was Joshua's number?
3.   Estimate the answers to these calculations by rounding to the nearest 100.
a) $418+629=$ b) $907-798=$

Hot: All of the above, plus

1. Estimate the answers to these calculations by rounding to the nearest 1000.
   a) 6321-2976=   b) 6602-3532=
2. Bryn estimates the price of two pens as 50p and 80p by rounding to the nearest 10p. The actual cost of the pens is £1.35. What could (estimate) the price of each pen have been?
3. Estimate answers of these calculations by rounding to the nearest 1000.
a) 7286+9781=   b) 12084-6822=

Sizzling: All of the above, plus

1. Ari completes this calculation:
   6432+3826=9258
   Use an inverse calculation to check Ari's calculation. If it is wrong, correct the answer.
2. Dino adds a number and 732, then subtracts 218 and reaches an answer of 861. Write the number that Dino started with.

Challenge: Can you be a tiny teacher and teach a grown up at home strategies to help you work out an inverse calculation. Teach them the strategies, create a worksheet or a game and mark their work. How did they get on? Also get them to give you feedback, how did they think the lesson went?

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French

Miss Duncan's French Lesson
As it is health week, we are focussing on healthy eating for our French this week. Watch the slideshow and gather your new vocabulary in your jotters. Then, using bullet points, write out a set of ingredients for a smoothie in French (I speak about how you might do this in the slideshow). If you can, make your smoothie and send a photo of it next to your French list of ingredients to Twitter or Google Classroom! Have fun! Miss Duncan

https://docs.google.com/presentation/d/1bX3oA4S6wLET-sUk0lC2ZzdHX9213-ZL0Fc9cGz_czU/edit?usp=sharinghttps://docs.google.com/presentation/d/1bX3oA4S6wLET-sUk0lC2ZzdHX9213-ZL0Fc9cGz_czU/edit?usp=sharing

Ann Robertson's French Lesson
Join Ann Robertson for live French fun on Thursday at 11:30 on YouTube:
https://www.youtube.com/watch?v=HLmkMmTTvME

You can also find her on Twitter - @aroblingo

Mindfulness/Relaxation

Mrs Mckie's Lesson
When we decide we want to do something, things don't always work out the way we would want. Research your favourite person/sports person/musician/artist or someone else who you like. Find out about their journey to success, noting any setbacks they may have had and how they overcame them.

Chill Skills – Choose one of the following each day and take some time to learn to relax.

Squeeze and Relax
Take in a deep breath and as you breathe in, squeeze all the muscles in your body. Now, breathe out and relax all the muscles in your body. You can try this exercise going round the body and squeezing each limb separately. Squeeze your face into a tight ball and release, pull your shoulders up and release, pull your tummy in and release, squeeze your arms against your body and release, squeeze your legs together and release, squeeze your toes together and release. As you release, feel all the tension melting away.

Benefits: increases self-awareness and decreases anxiety and tension

Big Balloon
Close your eyes, be very still and imagine that you are holding a big balloon. It is very light. It feels very smooth. The balloon is in your favourite colour. Now hold the bottom of your balloon, and feel the balloon gently rising into the sky. Each time you breathe in and out, you gently glide further and further into the warm summer sky. The deeper your breath is, the further you can travel. Enjoy this feeling of weightlessness. Enjoy the feeling of being completely free. Your body feels weightless and free and your mind feels totally free.

Benefits: improves concentration, reduces stress and mental

Food Technology

Fry an egg
With grown up supervision, have a go at frying the perfect egg. This is trickier than you would imagine and definitely a life skill ☺

Eatwell Plate
The food we eat can be divided into five food groups. To keep healthy, we should follow a balanced diet. That means eating a variety of different types of food in the right proportions. The 'Eatwell Plate' below is divided into the five food groups. We should try to eat more of the two largest food groups and less of the food groups which have a smaller section on the plate.
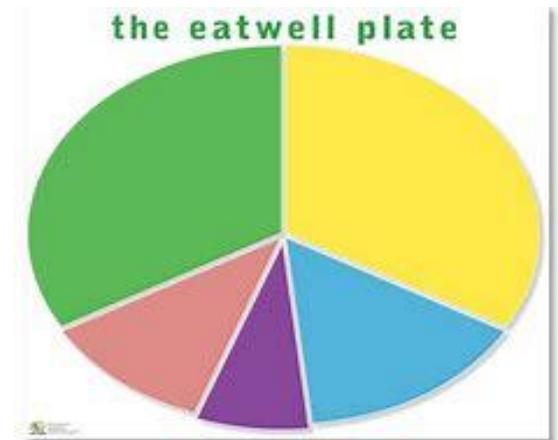
the eatwell plate

- Label each section of the Eatwell Plate with one of these labels, use the internet to help you. Draw the plate in your jotter, remember to draw it large so you can write in each section.

	tension	• bread, rice, potatoes, pasta and other starchy foods • fruit and vegetables • meat, fish, eggs, beans and other non-dairy sources of protein • milk and dairy foods • foods and drinks high in fat and/or sugar - Look at this list of foods. Write each one in the correct section of the Eatwell Plate. crisps cheddar cheese cous cous roast beef ciabatta peas cauliflower fromage frais cabbage nuts muesli mushroom haddock doughnut cheese spread wholemeal loaf chocolate

Cuiken Primary Home Learning Grid – HEALTH WEEK

Mental Health	Family Fitness Challenge	Expressive Arts

Mental Health

Positive Body Image

Appreciate all that your body can do. Keep a top-ten list of things you like about yourself. Remind yourself that "true beauty" is not simply skin-deep. Look at yourself as a whole person. Become a critical viewer of social and media messages. Do something nice for yourself. If you have an Instagram account or access to Tic-Tok follow someone who has a positive body image.

Be Yourself

Do something that you enjoy every day; dance, go for a walk, play with the football in the garden, read a book etc. I have been doing Joe Wick every day, I feel great after doing it! I also enjoy reading every day, I love that I can escape for that short period of time. Share what you have been doing on Google Classroom.

Family Fitness Challenge

Box Fitness
Hi P5/6, Lauren here! This week's task is for you to design your own game of hopscotch! This can be as long or as short as you like, you can put a task in each box, for example, complete 5 star jumps before moving on! This can be written out on paper or if you have chalk on the pavement! Remember and share your photos on twitter and I'll be looking out for them! Good luck! ☺

Joe Wicks
If you have access to YouTube, complete Joe Wicks PE lesson every day. (Live on YouTube 9:00-9:30).

Challenge: On Monday, count how many of the following you and your family can do in a minute; take turns to time each other. Then repeat again on Friday, have you improved?
1. Push ups
2. Sit ups
3. Squats
4. Burpess

I will be giving this a go too, and posting my results in our classroom.

Expressive Arts

Dance Your Heart Out
Create a playlist of all your favourite songs. Close the curtains and if you have access to YouTube put this disco ball on https://www.youtube.com/watch?v=zymRNmdzF2k and grab everyone you live with (if you can). Put your music on and dance, sings, giggle and let loose.

Exploring Patterns in Nature
This is an opportunity to explore the beautiful and amazing patterns in nature. Choose a leaf, flower pinecone, stick or stone whilst out on a walk and bring it home to examine. If you can't get outside, look online and find a picture. Then, take time to observe the patterns you see. What shapes and colours can you see? How are they organised? Why might these patterns exist? Then draw and recreate the patterns. What do the patterns make you think of? What others things in the world have you seen that are similar? Finally, have fun, and make your own picture with the same shapes and colours!
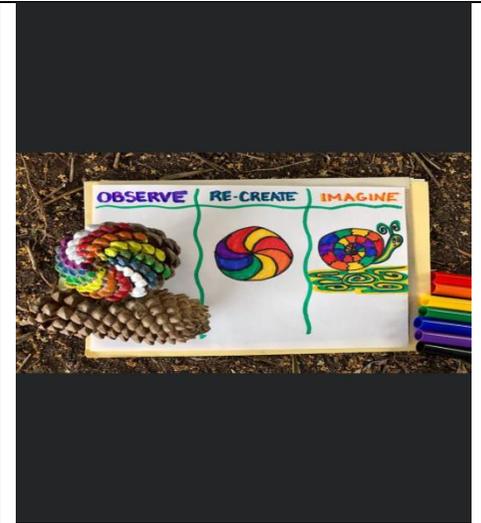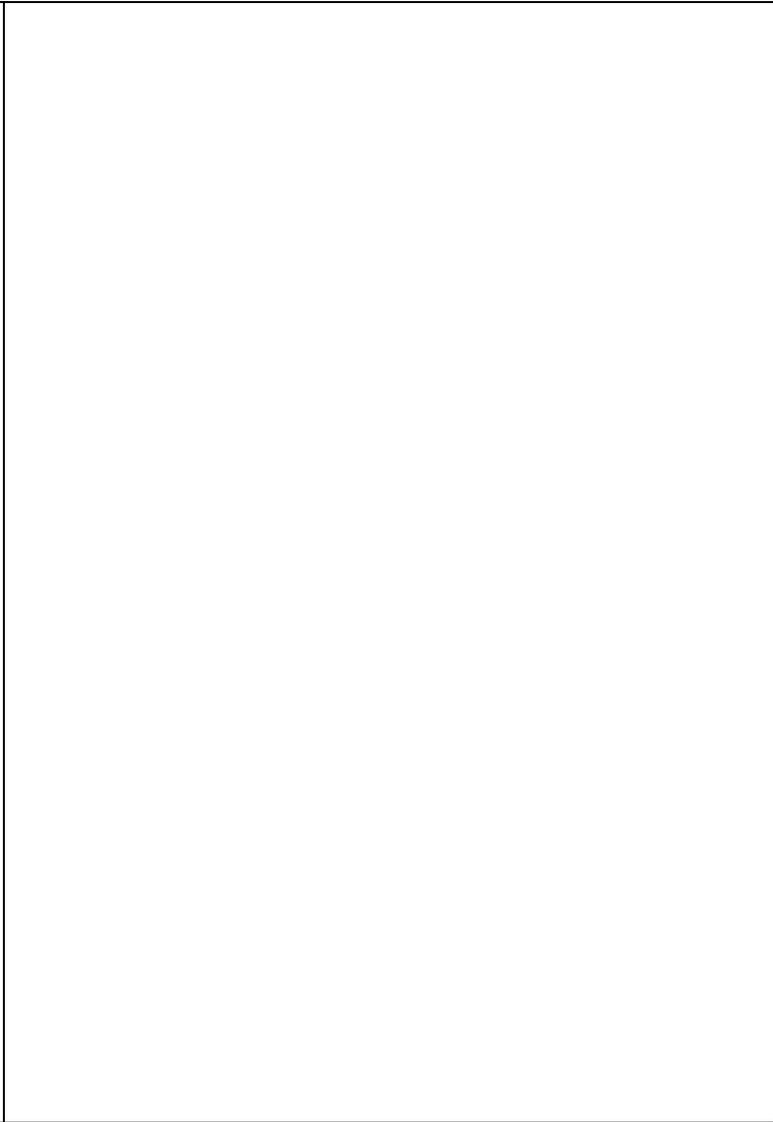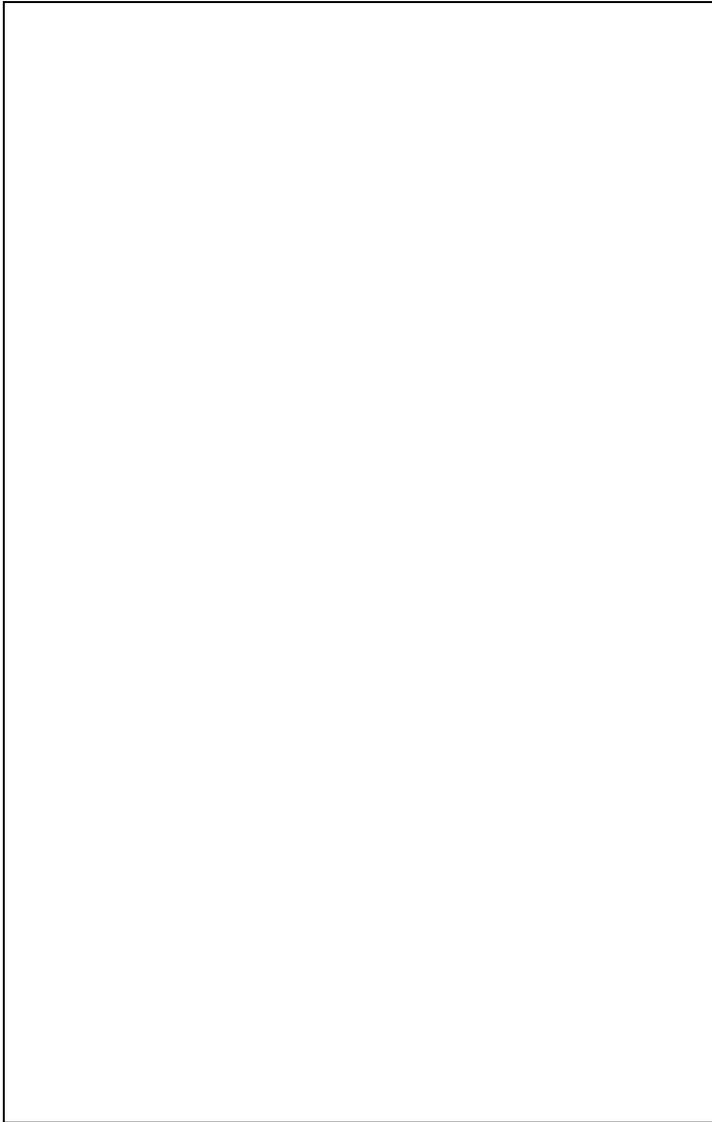
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Instructions

Instructions tell us how do to something

There are many different types of instructions.
Some examples include:

- recipes;
- directions;
- how to play a game;
- how to make or build something;
- how to repair something;
- or how to look after/care for something.

Features of Instruction Writing

<u>Regardless of their purpose, instructions share many of the same features:</u>

- An introduction to explain what the end result will be (what the instructions will help the reader to do). This will usually include questions to engage the reader.
- A list of things the reader will need, such as ingredients for a recipe, materials for a building project or equipment for a craft activity.
- An outline of the method needed to complete the task (usually in chronological order).

Features of Instruction Writing

- Pictures or diagrams can be used to provide clarification, e.g. a series of pictures or diagrams corresponding to each step of the method, a single picture or diagram of a tricky part of the process or an illustration of the final product.
- A conclusion to sum up the task and help the reader check that they have achieved the correct outcome.
- Layout devices will also be used to structure and organise the text. These may include headings and subheadings, underlining, bold or italic text, bullet points and numbers.