



Cuiken Primary Home Learning Grid - HEALTH WEEK



Literacy -

1. **Writing task** You will no doubt have heard of Captain Tom Moore and his efforts which raised over £30 million for NHS charities before his 100th birthday and on Wednesday of last week it was announced that he is to receive a Knighthood from the Queen. Have a look here to remind yourself -

<https://www.youtube.com/watch?v=n0tRq9j6xmM> Today's task is to write a newspaper article about Captain Tom's achievement. You should have a headline, a picture, and caption, a quote (using speech marks) and write in columns. There is a template on Google classroom and you could do it there. Remember your first paragraph should contain the who, what, why, when, where, and how. Your second paragraph should go into much more detail about his achievement and perhaps how it was done under difficult circumstances, that he played part in World War II etc.

2. **Read** Chapters 14-20 of Holes, our Class Novel and answer five of the following questions in a sentence -

- * We meet the Warden and it is surprising. Describe the warden.
- * Stanley finds out the real reason they are digging. What is it?
- * What does Zero ask Stanley to help him with?
- * He asks Stanley to help with two things but changes it to one why? (This is really sad!)
- * What made the warden's jar of nail polish special and what did the warden do to Stanley after applying it to her

Numeracy

1. **All groups** -. Lets look at dividing numbers by numbers by 10 and a 100 and even 1000. Have a look here first -

<https://www.bbc.co.uk/bitesize/topics/z36tyrd/articles/z2fkwxs>

When you divide by 1 the answer stays the same. $9 \div 1 = 9$

When you divide by 10, move all the digits one place to the right, $210 \div 10 = 21$

When you divide by 100, move all the digits two places to the right. $2100 \div 100 = 21$

When you divide by 1000, move all the digits three places to the right. $21000 \div 1000 = 21$

When we move the numbers we are moving their place values and as we are dividing the answers are smaller numbers. So when we divide by ten, a ten would become a one, a hundred would become a ten and a one would become a tenth meaning you would need to put in a decimal point. Dividing by 100 we move things 2 place values and by 1000, 3 place values.

Do number one.

1. Divide these numbers by 10:

Maths

We have looked at perimeter and area already. Remember to find perimeter we simply add up the lengths of all the sides. To find area we multiply the length X breadth of the sides. You must also remember that the answer will be metres/centimetres squared. . Do numbers 1 and 2 only from the sheet below. It is also available on Google Classroom for you to read there.



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finger nails?

- * How did the warden punish Mr Sir after he brought Stanley over about the sunflower seeds?
- * Stanley owns up to stealing the sunflower seeds but who actually took them?

Spell Each spelling group should use the words below and Rainbow Write (each letter of the word in a different colour if you can) three times then write a sentence for each word using the correct punctuation. Remember to use cursive handwriting. All spelling words are underlined.

Giraffes - _the sound ee spelt 'ei''

You will notice that the following words the ei is after a soft c.

receive, ceiling, conceit, deceive, seize, conceive
however these don't seize, protein, caffeine c

Tigers - _ words that have the s sound spelt sc - scant, science, scene, scissors, ascend, descend, fascinate, muscle

Lions- words with ou in them

out, shout, south, mouth, amount, count, trousers, noun, found and sound

3300, 2100, 3400, 5000, 200, 900, 1000, 750, 80, 140, 640, 3.1, 1.2

If you want to challenge yourself try those below as well. Good luck!

b. Divide the same numbers by 100

c Divide the same numbers by 1000.

2. Put one lot of numbers in order from the smallest to the biggest -

spicy

0.5, .0.2, 0.09, 0.1, 0.5 9.67, 9.77. 9.66, 9.43, 7.34, 7.43, 973, 3.79

hot

94, 35, 76, 43, 34, 54, 28, 92, 29, 39, 40, 53

sizzling

344565, 345465, 543,656, 443656, 434556, 443565, 254,665, 554322, 434265, 394355,

For a challenge try them all!



Zoo Designer



You have been hired to design a new zoo for Edinburgh. The existing zoo is old and cannot keep up with the people who come to visit. You must design it using your maths knowledge of perimeter and time. Here is what you need to include:

- Create enclosures for the zoo animals at the zoo:
 - Elephants - a rectangular enclosure 10cm X 5cm
 - Lions - a rectangular enclosure 9cm X 6cm
 - Giraffes - a square enclosure 8cm X 8cm
 - Tigers - a square enclosure 8cm X 8cm
 - Gorillas - a triangle enclosure 10cm X 10cm X 10 cm
- Work out the total perimeter of all your enclosures
- Work out the area for each of your enclosures.
- Create your own enclosures with a total perimeter of:
 - Hippopotamus - 40cm
 - Butterflies - 20cm
 - Seals - 32cm
 - Koalas - 24cm

Don't forget:

- Show your working out
- Label all the enclosures
- Write in centimetres
- Make your timetable so it is easy for people to read and understand

After you have created your design, you must then create a timetable for visitors to see all of your animals. The zoo is open from 9:00am to 5:30pm. You must have every enclosure open for at least 1 hour a day. You don't want to have too much cross over with enclosure openings because then your visitors won't be able to see all of the animals. Think about the most popular animals and keep their enclosures open for longer than 1 hour to keep your visitors happy. You also have to consider how far the enclosures are away from each other as it might take some time to get from one enclosure to the next.

Once you have finished, you can spend some time making sure you have included pathways, green spaces, a restaurant/gift store and car park.

Challenge – What would the answers were in Km – what do you notice about your answers?



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French

1. Have a look at a French lesson on colours here - <https://www.youtube.com/watch?v=PvnuExepmNA>
2. 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-ZLOFc9cGz_czU/edit?usp=sharing
https://docs.google.com/presentation/d/1bX3oA4S6wLET-sUK0lC2ZzdHX9213-ZLOFc9cGz_czU/edit?usp=sharing

Mindfulness/Relaxation

1. 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. For instance Lionel Messi was told he would always be too small for sport and yet he is one of the most successful footballers in the world and Walt Disney was bankrupt (had no money) at the age of 22 yet created Mickey Mouse and co. and went on to win 21 Oscars.

2. Deep breathing helps us relax and is good for our health. Did you know that we usually only use around 70% of our lung capacity? To improve this and our health try using this deep breathing exercise using a stuffed animal to help.

Lie down on your back and put a stuffed animal on your belly. Breathe in and move the stuffed animal up, then breathe out and bring the stuffed animal back down.

Food Technology

1. Your challenge is to visit Google Classroom and have a look at the PowerPoint there. Using the information on there about a balanced diet, treat an adult to a meal that you have planned and prepared. If you don't have access to Google Classroom a balanced diet should include protein (fish, meat, pulses etc) and vegetables (carrots, broccoli, peas etc) and carbohydrate (potatoes, pasta or rice). Get an adult to supervise and make sure you are safe. My favourite is spaghetti bolognaise. Spaghetti is the carbohydrate, beef mince is the protein and I always use carrots, celery and onion in mine to ensure I get the vegetables in. Here is my recipe but feel free to make your own thing but make sure it is a healthy plate!
2 medium onions, peeled and



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	<p>This will help use your lungs as much as possible and take deep breaths. Another alternative is to use a weighted stuffed animal.</p>	<p>chopped 1tbsp olive oil 1 garlic clove, peeled and crushed 500g lean minced beef 2 carrots, peeled and chopped finely 2 celery stalks, chopped finely 1tsp dried oregano or mixed herbs 400g can of chopped tomatoes 300ml hot beef stock 1tbsp tomato ketchup or purée 1tbsp Worcestershire sauce salt and ground black pepper 350g spaghetti freshly grated Parmesan, to sprinkle. Remember to share your success in the kitchen on Cuiken Twitter. 2. All chefs pay close attention to the presentation of their food. Ensure that as well as it smelling and tasting good, it looks good on the plate too. You could ask for some constructive criticism like on Mastershef.</p>
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		<p>Maybe you could offer yours too on another night, when someone else has cooked. Remember to be kind as you are helping the other person improve.</p>
<p style="text-align: center;">Mental Health</p> <p>1. We all have worries and problems and they often don't feel quite as big or worrying once you share it with someone. Draw a worry that you have and talk about your picture with someone at home. Once you have talked about it you can scrunch it up and put it in the bin.</p> <p>2. Return the favour to the person who you listened to you. You listen to their worry and scrunch theirs up after. You will feel better having helped someone else too.</p>	<p style="text-align: center;">Family Fitness Challenge</p> <p>1. Sports day should have been this week. Your challenge is to plan a family 'sports day'. It could include things such as throw the welly, carry water from one place to another, jumping the furthest or highest- it is up to you. Pick four of five activities that you could do inside or out. Write a list of equipment you will need, create a medal for the winner and make sure you plan some healthy snacks.</p> <p>2. Run the sports day, your job is to coach the others by explaining the activities and encouraging all the members of your family to take part (Think back to Box Fitness) and take part yourself. Remember to record all the participants' achievements.</p>	<p style="text-align: center;">Expressive Arts</p> <p>1. Last week we had a look at Peter and the Wolf. In the story the flute played the part of the bird, the oboe played the duck, the clarinet played the cat and the bassoon played grandfather. These are all part of the orchestra known as the 'woodwind section'. They are not all made of wood but all need 'wind' or need to be blown to make a noise. I can tell you the oboe takes a lot of puff! Your job is to research the woodwind section of the orchestra and find out what else the oboe and bassoon have in common. (It is something to do with what is blown into).</p> <p>2. Have you got the puff it</p>



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		<p>takes to play a woodwind instrument? (You will get a chance to do this at high school) Try this challenge to find out.</p> <p>https://www.youtube.com/watch?v=PvnuExepmNA See if you can beat the challenger!</p>
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