

Health and Wellbeing

\* Circuit Training Activities. Create your own circuit training routine using information cards attached.

\* Create a poster or discuss growth mindset with adults at home - positive attitude

\* Try out Cosmic Yoga online. https://www.youtube.com/user/CosmicKidsYoga

\*Carry out a kind deed every day.

Science/Topic

\* Watch BBC Newsround & discuss the topical issues - <https://www.bbc.co.uk/newsround/news/watch_newsround>

\* Try some easy science experiments using household items.

<https://sciencebob.com/category/experiments/>

\* Test your world geography knowledge using these many easy games, including some fun with flags. Scroll down and challenge yourself to as many games as you can. Can you achieve 100% for a game?

 <https://online.seterra.com/en/fl/2007>

\* Personal research project – choose any country you have an interest in and create a fact-file or a PowerPoint or information leaflet about this country. Include geographical features, currency, famous landmarks, famous people and other interesting facts.

Science/Topic

\* Watch BBC Newsround & discuss the topical issues - <https://www.bbc.co.uk/newsround/news/watch_newsround>

\* Explore the Scottish Parliament website. Look specifically at ‘How the Parliament works’. <https://www.parliament.scot/visitandlearn/how-the-parliament-works.aspx>

\* Test your knowledge of the Scottish Parliament using the games and quiz. <https://www.parliament.scot/visitandlearn/education.aspx>

<https://www.parliament.scot/visitandlearn/102710.aspx>

\* Improve your map work skills by trying some of the activities on the Ordnance Survey website. Challenge yourself to learn about glaciation or river landscapes. <https://www.ordnancesurvey.co.uk/mapzone>

 Health and Wellbeing

 \* Cosmic Yoga online. <https://www.youtube.com/user/CosmicKidsYoga>

\* Think of the job you would like to do in future – what skills/qualities do you need? Make a list of your own skills/qualities.

\*Practise some of the relaxing breathing techniques used during massage classes.

\*Carry out a kind deed every day.

 Literacy

\* Metalinguistics – using the same 10 spelling words as last week, explore & record the dictionary definitions using the online dictionary, <https://www.collinsdictionary.com/dictionary/english>

\* Select the main character from your personal reading book. Find evidence in the text that reveals the nature of the character. You are looking for descriptions of the character’s appearance; speech they use; actions they use; effects on others.

\* Spelling – use the following link to consolidate your learning on homophones, words that sound the same but have different spelling and meanings. <https://www.learninggamesforkids.com/vocabulary-games/homophones-games.html>

\* Practise your keyboard skills and develop your speed-typing using DoorwayOnline. <https://www.doorwayonline.org.uk/typing/>

Maths

 \* Sumdog – continue with your personal login.

***\* Top marks*** is a great resource for all areas of numeracy/maths – reinforce areas learned already

\*Glow log in – Log onto Easimaths and continue to do a few sessions daily.

\* <https://www.studdyladder.co.uk>

Complete the activities set for your group dated week beginning 30/2/20.

Literacy

\* Read your personal reading book together and summarise the main points of the chapters read.

\* Check out these stories - age appropriate <http://www.magickeys.com/books/>

\* Create an imaginative story, write one together. Think of all we have learned and use a range of features – WOW words etc.

\* Reading Comprehension Online <https://www.ereadingworksheets.com/e-reading-worksheets/online-reading-tests/>

\* Spelling – create your own list of 10 personal spelling words, using tricky vocabulary from your personal reading book. Practise using our classroom strategies eg Words-in-Words; Find-the-Phoneme; Syllable-Search; Where’s-the-Catch?

Week 2

Week 1

Maths

\* Sumdog – continue

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 \* <https://www.studdyladder.co.uk>

Complete the activities set for your group dated week beginning 23/2/20.

**Bankhead Primary School – Room 10 P7**

Here are a range of activities you could do at home. Work through them with your parents.