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| **Health & Wellbeing**  ·          Resilience-Research an individual who has overcome significant challenges to achieve their goal.  ·         In class, we have been looking at the Olympics and Paralympic games. Create a PowerPoint about the history of the Olympic or Paralympic Games. You may wish to include information about the range of sports, famous Olympians etc... (If you can’t access PowerPoint, create a leaflet). | **Life skills**  ·          Play a board game with a member of your family.  ·          Follow a recipe to cook a meal/ bake something for your family to enjoy.  ·          Housework- There are lots of things that you can do to help around the house. Whether it’s simply tidying your room or perhaps learning a new skill such as changing bedding, ironing etc…  ·          Teach an Adult- teach an adult/sibling at home a skill or hobby that you have.  ·          The world around you- Engage with newspapers or the news. Try using the Newsround website to help keep you up to date with what is going on in the world. Discuss what you have heard/read with those in your house. | **Science**  Watch the interactive videos and test your science skills with the following interactive games:  c<https://www.primaryschoolscience.co.uk/Light-Lab/light-interactive-1.html>  c<https://studyjams.scholastic.com/studyjams/jams/science/energy-light-sound/sound.htm> |
| **Technology**  **Coding:** Microsoft has great guided tutorials to improve your coding skills.  Mild: <https://arcade.makecode.com/--skillmap#beginner>  Spicy: <https://arcade.makecode.com/--skillmap#sc>  Hot: <https://arcade.makecode.com/--skillmap#zoo>  ·          Further develop your research skills.  Pick a topic of your choice to research and create a PowerPoint about the topic. Do not copy and paste information, rather extract key information and create bullet pointed slides.  ·          Start thinking about and researching your future career. Use the link below to research jobs and the path you would need to take to get into a particular job.  *https://www.myworldofwork.co.uk/my-career-options* | **P7  Home Learning Activities**  **Learning  Across  The Curriculum**  *St Andrew’s RC  Primary  School*  *Share your learning on Glow & Twitter*  *@StAndrewsTweets* | **RME-**  Research one or more of the ancient Scottish abbeys and the lives of the monks who lived there.  You can record your findings as a slideshow, poster or mind map.  Think about how they lived their daily lives, and how it differs now. |
| **Expressive Arts**  ·          **Art**- Research an artist from the list below and find out a bit about them and their work. Can you have a go at creating similar art work to theirs?  *Charles Rennie Mackintosh, Andy Warhol, Pablo Picasso*  ·          **Art**-Still life Drawing, Paint or draw still life objects considering shape, line and tone.  ·          **Music**- With Mr Paterson you have previously looked at song lyrics and structures. Try using an instrumental version of your favourite song and create your own lyrics.  ·          **Drama**-Create a short scripted drama  ·          **Drama-** *Exploring* Mime. Can you Mime out a range of activities and see if your family can guess what you are doing?  · | **PE**  ·          In PE we have been focusing on learning a new dance.. Get outdoors and practise these skills. Try teaching an adult or sibling the moves and the skills specific to the dance. Focus on coordination and balance.  ·          We have also been looking to improve our fitness. Use the sequencing cards provided to create a short fitness routine. Record the number of repetitions you can manage in a minute and try to improve each day you participate.  ·          Participate in physical activity each day. Search Joe Wicks kids on you tube and you will find lots of fitness videos to follow. | **Social Studies**  ·          Research the local area that you live. Can you find 3 similarities and 3 differences between where you live now and what it was like in the past? Try looking online at photographs of your area and speaking with your relatives.  ·          Covid has adversely impacted Scottish Tourism. Think about some of the features of Scotland that people like to visit. For example Arthurs Seat, Loch Lomond, Edinburgh Castle, The Highlands, Edinburgh Fringe Festival etc.. Research some of the top tourist sights in Scotland and create a brochure to advertise Scotland and encourage people to visit Scotland again.  · |

**PE- Fitness**

SIT UPS

1.             Knees must be bent with feet and back flat on floor

2.            Place hands on thighs

3.            Sit up so shoulders leave mat and hands slide up to knees

4.            Lower shoulders back to mat

TRUNK CURLS

1.             Lie on back

2.            Hands crossed across chest and feet in air

3.            Back must be flat on mat

4.            Curl shoulders towards feet and relax

PRESS UPS

1.       Lie flat on front with feet in air, knees on mat

2.    Place hands on mat shoulder width apart

3.    Keep looking at the mat and body rigid

4.    Push body away from mat and lower to ground

LATERAL RAISES

1.             Lie on one side supporting yourself with your hands

2.            Tuck the closest leg to the ground behind

3.            Keep the other leg straight

4.            Gently raise and lower the straight leg

SHUTTLE RUNS

1.             Start at the cone and run to the first line and back

2.            Then run to the next line and back

3.            Finally run to the furthest away line and back to the start

4.            Repeat

HOP SCOTCH

1.             Hop on the right foot to the line

2.            Hop back on the left foot

3.            Perform double footed jumps back

4.            Repeat

***\*Be Creative and Add in Your Own Stations\****