

P2/1 and P2 Home Learning Grid - Week 12

Literacy

Story Time from Home will continue this week but the last story will be on Friday.

<https://blogs.glowscotland.org.uk/wl/lpsblog/?s=story+time+from+home>

Please continue to use the Oxford Owls website to choose and read books.

<https://home.oxfordowl.co.uk/>

Phonics – you can practise the sounds we have learned on this website. No login needed.

<http://www.letters-and-sounds.com/phase-2-games.html>

Numeracy

Please continue to practise number and maths activities using Numbots, Sumdog and Heinemann Active Maths.

STEM Challenges

Choose a challenge. Remember to draw a plan of your design and make a list of what you will use.

Water Slide



Make a water slide for a marble or bead to slide down.

Rules

There must be a way of getting up the slide.

It must have a pool at the bottom of the slide.

Only one marble or bead to come down at a time.

Mini Golf



Make a mini course for playing during the **holidays**.

Rules

It must have only one hole.

It must have a flag at the hole.

It must have at least two obstacles.

Umbrella



DESIGN AN UMBRELLA stem challenge

Make a mini umbrella.






Rules

Pour on one small cup of water to test.

Can you find a waterproof material to use?

P2/1 and P2 Health & Wellbeing Fitness Activity Grid

Please make sure you are being careful when completing any of these activities and that you are supervised by an adult.

<p style="text-align: center;">SMOOTHIE MAKER</p> <p>Can you make up your own smoothie and share with your family as a healthy start to the day? What ingredients will you put in?</p> 	<p style="text-align: center;">STAMINA</p> <p>Can you cycle, walk, jog, run or scoot for; 15 minutes without stopping?</p>  <p>How far did you go? Who completed it with you?</p>	<p style="text-align: center;">ASSAULT COURSE</p> <p>Can you design your own assault course?</p>  <p>What different things will you include? How long did it take you to complete? Who else can you get to complete it?</p>	<p style="text-align: center;">VIDEO MAKER</p> <p>Can you create your own;</p> <p style="text-align: center;">Just Dance Joe Wicks Cosmic Kids</p> <p>What actions will you put in?</p>
<p style="text-align: center;">DANCE</p> <p>Can you play a game of musical statues with others in your house? Who stayed still the best?</p> 	<p style="text-align: center;">MINDFULNESS</p> <p>Complete a Cosmic Kids yoga session, here's some to choose from; FROZEN: https://youtu.be/xlg052EKMtk TROLLS: https://youtu.be/U9Q6FKF12Qs TWILIGHT THE UNICORN OF DREAMS: https://youtu.be/RLOOOjGAM1s</p>	<p style="text-align: center;">BE THE TEACHER</p> <p>What is your skill? Can you teach someone in your family/house your skill?</p> <p>For example; a sporting skill, karate, dance move, Yoga pose</p>	<p style="text-align: center;">NATURE WALK</p> <p>Can you take a walk with your family and play eye spy?</p> <p>How many different things did you spy along the way? How many animals? Plants? Water ways?</p>
<p style="text-align: center;">SPELLING FITNESS CHALLENGE</p> <p style="text-align: center;">Spell your full name and complete the challenges;</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>A – 10 Jumping Jacks</p> <p>B – 30 Second plank</p> <p>C – Crab walk 5 metres</p> <p>D – 10 press ups</p> <p>E – 10 sit ups</p> <p>F – 5 Cartwheels/egg rolls</p> <p>G – Headstand/Balance</p> <p>H – 4 rolls of your choice (be careful)</p> <p>I – 10 Toe touches</p> <p>J – 5 tuck jumps</p> <p>K – 5 press ups</p> <p>L – 3 spins</p> <p>M – 10 leg kicks</p> </div> <div style="width: 45%;"> <p>N – 4 Lunges</p> <p>O – 3 Burpees</p> <p>P – 10 second Rocket jumps</p> <p>Q – Run on the spot 1 min</p> <p>R – 7 Jumping Jacks</p> <p>S – 4 leg kicks</p> <p>T – 5 sit ups</p> <p>U – 15 second plank</p> <p>V – 3 cartwheels/egg rolls</p> <p>W – Arabesque/Starship balance</p> <p>X – 2 rolls of your choice (be careful)</p> <p>Y – 5 lunges</p> <p>Z – 8 Jumping Jacks</p> </div> </div>			<p style="text-align: center;">DAILY CHALLENGES</p> <p>Go to the Daily PE Challenges on Twitter @WLPENetwork</p> <p>How many challenges can you do? What did you score?</p> <p>Can you challenge someone in your house to complete them too?</p> 

Please make sure you share with us what you are doing!

Here are some more links you might like to try if you're not too tired out by now!

Joe Wicks Daily PE Workout

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTI>

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Just Dance

https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg

Kidz Bop

<https://www.youtube.com/user/KidzBopKids/videos>

Oti Mabuse & Marius Lepure Online Dance Class

<https://www.youtube.com/user/mosetsanagape/videos>

Zumba Kids on Go Noodle

<https://app.gonoodle.com/channels/zumba-kids>

Mindfulness on Go Noodle

<https://app.gonoodle.com/channels/flow>

Super Movers

<https://www.bbc.co.uk/teach/supermovers>

Jumpstart Jonny

<https://www.jumpstartjonny.co.uk/home>

This plan has been amended from one created by staff at Simpson Primary School in Bathgate. We would like to acknowledge and thank them for this!

