

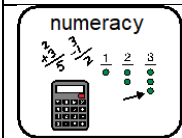


Cosmic Kids Yoga - Sonic the Hedgehog

[https://www.youtube.com/watch?v=QM8NjfCfOg0&list=PL8snGkhBF7nhEquR7wXbzIXjFrlXsze\\_H&index=16](https://www.youtube.com/watch?v=QM8NjfCfOg0&list=PL8snGkhBF7nhEquR7wXbzIXjFrlXsze_H&index=16)



Phew! That was hard work. Have a drink and get ready for maths.



This month the whole school is focussing on **counting forwards and backwards**

Targets we want to meet in P1

- Count forwards from 0 to 20
- Count backwards from 10 to 0
- Count 3 numbers forwards from any number to 20 (e.g count on from 15 = 16,17,18)
- Count backwards from any number to 10 (e.g. count back from 7 = 6,5,4)

Challenge yourself if you can! Count from any number to 100!

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|--|--|
| <p><b>Active</b></p> <ul style="list-style-type: none"> <li>• Count forwards/ backwards while walking up/down steps</li> <li>• Counting down to start a race or marble run</li> <li>• Using big movements like taking jumps or hops, count forwards and backwards</li> <li>• Getting ready to go somewhere count up and see how long it takes to put on their coat/shoes (or count down to make them go faster!)</li> <li>• Counting objects in your house e.g. shoes</li> </ul> | <p><b>Inside games</b></p> <ul style="list-style-type: none"> <li>• Create your own a <a href="#">Dot to dot puzzle</a></li> <li>• Play Snakes and ladders</li> <li>• Say the next number e.g. Parent "6, 7, 8.. ?" Child "9"</li> <li>• Play number tennis, counting alternate numbers forwards e.g. parent "1", child "2", parent "3", child "4". Try stopping and starting at different points or counting backwards</li> </ul> |
| <p><b>Songs</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Count forwards to 20</a></li> <li>• <a href="#">Count backwards from 20</a></li> <li>• <a href="#">Count on from any number to 20</a></li> <li>• <a href="#">Count to 100!</a></li> </ul>   | <p><b>Games</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Online dot-to-dot game</a></li> <li>• <a href="#">Ladybird counting, matching and ordering</a></li> <li>• <a href="#">Caterpillar sequencing game</a></li> <li>• <a href="#">One more than/less than game</a></li> <li>• <a href="#">Counting on game</a></li> </ul>  |

**Measurement continued...**

I have allocated some games on [educationcity.com](http://educationcity.com)

What items do you have in your kitchen that measure?

Would you use the same thing to measure milk and flour?

If you do any baking this week, have a think about why we measure.



Refuel! Now would be a good time to have a snack and a drink

ERIC



[The Stranded Orca by Cari Meister](#) **Note:** When watching stories on YouTube, you can mute the video and read the words yourself 😊

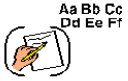
Do you know what to do if you were walking on the beach and found a stranded or injured sea animal? You call the Scottish SPCA Animal Helpline on 03000 999 999

[Learn how to be #WildlifeWise](#)

[Try some interactive games here](#)

Alternatively, choose your own book to read at home.

English and literacy



### Task 1: Phonics

Watch Miss Copeland write words that end with **sh** - **bash**, **fish**, **hush**, **posh**. **Bash** can mean party or hit e.g. I had a big birthday **bash**, or it is not nice to **bash** your sister.

<https://youtu.be/4zdcAKXa7UQ>

Can you have a go at writing these at home? Using the whiteboard that came in your Bookbug bags would save paper and makes it easy to wipe away any mistakes 😊

**Challenge:** Try using the words in a sentence. Remember your capital letters, finger spaces and full stops. Draw a picture to match your sentence.

**Revise:** Re-watch yesterday's lesson for the **sh** sound

[https://www.youtube.com/watch\\_popup?v=TCOXgJ2Vag4](https://www.youtube.com/watch_popup?v=TCOXgJ2Vag4)

Spanish



Today we are going to learn how to say good morning and good night

[Click here to follow Miss Copeland's Lesson](#) on Sway.

If you find the audio links aren't working, [try this link](#).

Please be patient with the audio links - it may need a minute or so to load...

Feel free to feedback about using this format (Microsoft SWAY)

**Task:** Draw a daytime picture and a night-time picture.

Label one ☀ **Buenos días** and the other 🌙 **Buenas noches**

Lunch and play



What a busy morning! Time to refresh our brains and bodies.



## Building Resilience

Watch the introduction here <https://youtu.be/Qmb-pPsG7d0>

**Learning Intention:** I know it is important to celebrate my own and others achievement.

**Success Criteria:** I can share my own achievement with others.

You can choose to do 1, 2 or all 3 of the activities below.

You are amazing!

Think of something you did or achieved in 2020.

Design and make a certificate for yourself.

Remember to write on it what you did.

Use paper and pencils or you can try a certificate creator online.

Try <https://certificatemagic.com/>

2020 was a year where we had to adapt to many new things and learn new ways of doing things.

Can you list 4 things that you learned how to do in 2020?

How many new words did you learn?

We have all adapted to many things and should be very proud of ourselves for coping with the many changes.

Look back on 2020. People achieved great things in a very difficult year.

There were lots of Heroes this year.

Can you find out about someone or a group of people who achieved great things and write or draw a short description of what they did.

It may be someone raising money for charity, getting food or help to people who need it, somebody who worked to help others, inventing or making something to support doctors and nurses, medicines or vaccines created.

It may be something you have heard of from the news or it may be someone you know.