P5a Home Learning Monday Ist March 2021 Health and Wellbeing: Monday Movement with Joe Wicks live on his YouTube channel 9.00am - 9.20am. Enjoy! Follow the link: https://www.youtube.com/channel/UCAxWIXTOiEJoOTYIRfn6rYQ **JOE** WICKS THE BODY COACH WORKOUT "More Children, More Active, More Often" John Kynaston Follow the monthly fitness calendar! T jj **Microsoft Teams** Please join our class Teams Meeting 9.30 - 10.00 for our class wellbeing check-in

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Literacy: Ll:	l am learning	to <mark>spell</mark> comn	ron words.
Brain Boxes	<u>Genius Gems</u>	Super Stars	Master Minds
enjoy	object	watch	change
elements	bread	far	off
soldiers	rule	Indians	play
indicate	among	really	spell
except	noun	almost	air
expect	power	let	away
flat	cannot	above	animals
seven	able	girl	house
interesting	six	sometimes	point
sense	size	mountains	page

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Spelling: Write words 3 times as you do in your jotters – SACAWAC (Say and Cover and Write and Check!).

Spelling Strategy: *Silly Sentences*

Write silly sentences using each of your spelling words! S Can you include an adverb and a connective?

For example:

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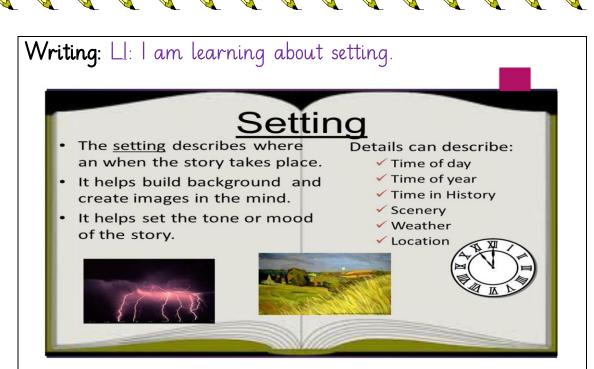
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My blue dog usually <u>wears</u> a blue and pink dress when he takes a cold bath because he thinks he is a Peppa Pig.

Please underline your spelling words, colour your adverbs purple and colour your connectives blue!



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Please listen to my direct teaching point on Seesaw and then complete the following work:

Starter:

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We have been learning about 'wow' words to describe settings. What 'wow' adjectives can you think of to describe this setting? Think:_where the image is, your five senses, weather and colours.



Now compare your adjectives to the word bank words and check if you have any of the wow adjectives to describe this setting! (We want to make our writing really interesting!). All A

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Today, we are going to describe a setting using our 5 senses! Please complete the senses grid on Seesaw One worksheet has openers for each sense and the other does not. Please include the features we have been learning to write an interesting description of this setting on your senses grid:

*Openers

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- *Adjectives
- *Adverbs

Openers, Adjectives and Adverbs word mats are on Seesaw! Please write in full, punctuated sentences!

Mild	Spicy	Hot				
For each sense, please include at least:	For each sense, please include at least:	For each sense, please include at least:				
l wow adjectives	2 wow adjectives	5 wow adjectives				
l adverb	2 adverbs	3 adverbs				
Sentence Openers are already there!	2 sentence openers	3 sentence openers				

Numeracy:

Top Marks Daily 10 to practise your 6, 7 and 8 times tables. Follow this link: <u>https://www.topmarks.co.uk/maths-games/daily10</u>

Hit the Button.

Follow this link: https://www.topmarks.co.uk/maths-games/hitthe-button All a

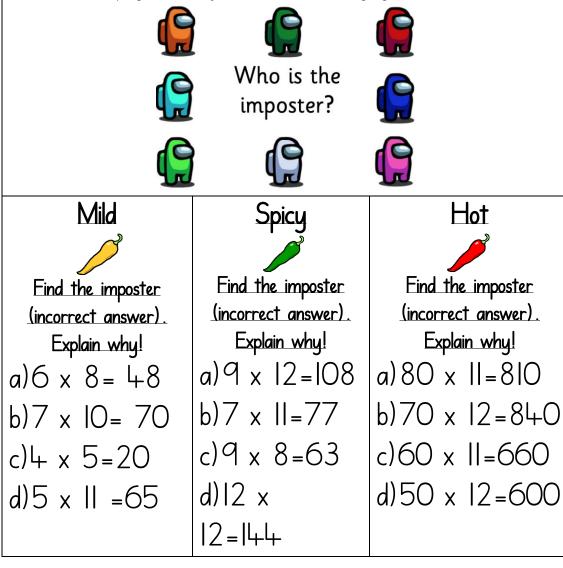
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Seller Selection

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Sumdog — I will open the houses today before 3pm 3.

Choose Mild, Spicy or Hot questions - or challenge yourself to all below.



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HWB/Expressive Arts: Dance with Glasgow's Active Schools Dance Co-ordinators.



<u>Scan the QR code to:</u> Stretch and Warm Up:



Dance:

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Seller -

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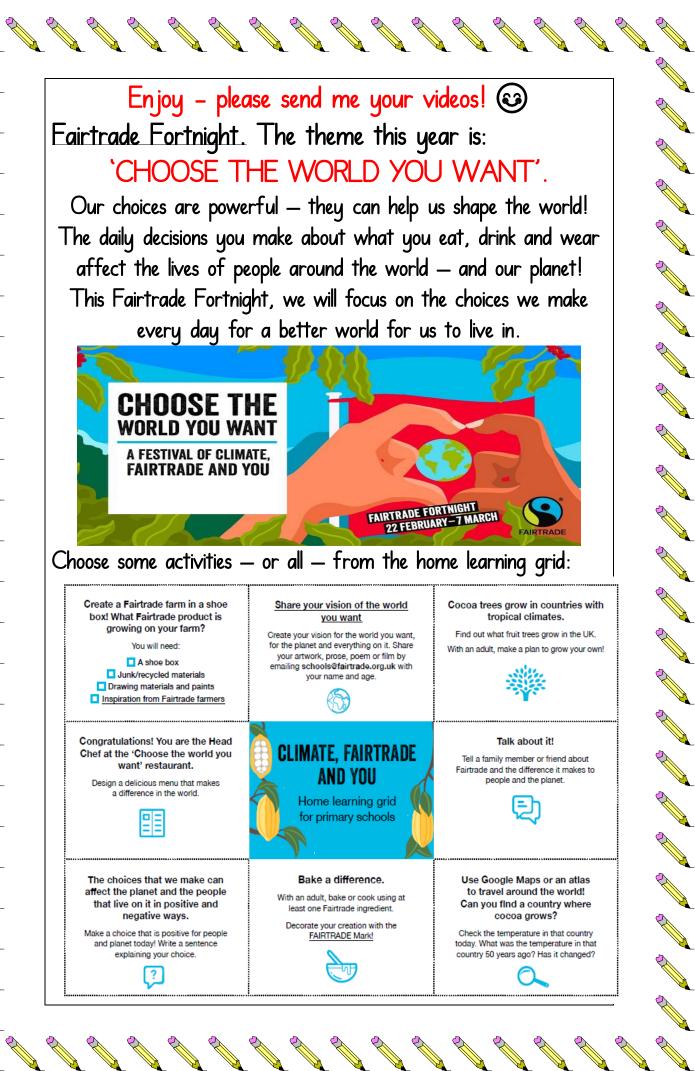


Or follow these links: Stretch and Warm Up: https://www.youtube.com/watch?v=WrCdKbEDxqQ

Dance:

https://www.youtube.com/watch?v=ppPu37RQtuk





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Please upload your work to Seesaw! Mindfulness Mondays: Take part in each activity below:

Mindfulness 5 - 4 - 3 - 2 - 1

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Think about: 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste

Deep Breaths

Lie down and place your hand on your belly. Close your eyes and take 10 deep breaths. Notice your hand moving up and down as you breathe. Do you feel relaxed?

Gratitude Break

Take a moment to think about what you are grateful for in life:

- People you are grateful for
- Places you are grateful for
- Things you are grateful for

Calming Music

Search for calming music on Youtube. For example, it could be ocean waves. When you've found one you like, get into a comfy position, close your eyes, clear your mind, listen to the sounds and relax.

