**Stage: P4 Teachers: Mrs Aitken, Mrs Miele, Mrs Walker and Mrs Whitlee**

|  |  |  |
| --- | --- | --- |
| **Literacy**Complete the Reading and Spelling challenges on Sumdog.Visit <https://www.oxfordowl.co.uk/> Log in and find a book to read on My Bookshelf.**Please complete Core Literacy on the P4 Core Literacy page.** | **Numeracy and Maths**Complete the maths challenges set for you on Sumdog. **Please complete Core Numeracy on the P4 Core Numeracy page.**  | **Health and Wellbeing****Nutrition**Look at food labels in your house that have a traffic light code. Work out which ones have the highest salt levels **Zumba**Complete a Zumba workout <https://www.youtube.com/watch?v=ymigWt5TOV8> |
| **ICT/Technologies**Find out about how to make a good app here <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/zxgq7ty>.Can you design your own app that you think would be useful? What features would it have and what would the icon be? | **Religious and Moral Education**Research what a religious artefact is. Draw 2 from the Christian faith and 2 from another world religion of your choice and below each drawing record the objects use.  | **Cross Curricular****Fever!**Have a look at the 4th part of the opera that has been released and have a go at some of the activities. <https://www.scottishopera.org.uk/join-in/fever-online/>**French**Can you draw and name 5 vegetables and 5 fruits in French? |
| **Social Skills (Helping at home)**Help to gather dirty dishes and laundry from around your house this week. Give your room a really good tidy up! | **Art and Design**Design your own tartan using no more than 4 colours.  | **Science**Research the life cycle of a frog. Draw a diagram showing the life cycle and label each stage. |