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

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| **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. |