**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**  **Happy Music**  Create a playlist of your favourite feel-good music. Add more songs each day. Spend time dancing to this music, either alone or with someone in your home.  **Athletics**  Find a safe space with the help of an adult where you can try a standing long jump. Mark out your starting line and jump from it as far as you can. Mark where you landed. How far can you get? Challenge someone in your house to beat you. |
| **ICT/Technologies**  **Junk Instrument**  Use materials around your house to make your own musical instrument. This can be boxes, elastic bands, bottle tops, cans etc. Can you play a tune or a beat on it and upload it to Teams? | **Religious and Moral Education**  **Humanism**  Watch this video and learn from facts about Humanism <https://www.bbc.co.uk/bitesize/topics/znk647h/articles/zmqpkmn>  **Moral Rules**  If you had to write 5 rules that you feel people should live by what would they be? | **Cross Curricular**  **Fever!**  Scottish Opera have realised a new musical that they would like children to learn the songs from and join in with a virtual performance. Two songs have been released so far. Have a look here and join in with some of the activities: <https://www.scottishopera.org.uk/join-in/fever-online/> |
| **Social Skills (Helping at home)**  If you have a garden help with some weeding and watering this week.  Prepare your own breakfast. | **Art and Design**  **Seaside Creatures**  Draw a sea creature and use contrasting colours to make it stand out from the background. You could use collage and different textures as well as just colouring in. See the example below. | **Science**  Last week we looked at food chains. Try out this game to test your knowledge [**https://www.bbc.co.uk/bitesize/topics/zbnnb9q/articles/zsphrwx**](https://www.bbc.co.uk/bitesize/topics/zbnnb9q/articles/zsphrwx) |

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