

Hello to Cara, Chanel, Eilidh, Isabella, Isla, Katie and Sabby! We hope that you are all well and enjoying your time at home and managing to do some activities. Remember to email, if you can, and let us know what you have been doing. Thank you for the video and photographs. It was great to see what you have been doing!

Forth Class Team

The following are suggestions for all learners so will need to be adapted or ignored as appropriate.

- Our word of the week is **leisure** - practise saying it and try to write or spell it, if you can
- Use a dictionary/online dictionary and look up **leisure** (or ask Siri!)
- Continue with your diary
- Practise saying, writing/typing your full name, age and address
- Find words that rhyme with cat, dog, sun. Can you draw pictures?
- Make a short video
- Listen to stories read to you or on YouTube
- Find a picture on the internet and copy it.
- Send me an email
- Play I-Spy with colours
- Use a tray of sand or flour and make patterns, letters or numbers
- Play I Spy, practising initial letter sounds
- Find objects/words that begin with different letters
- Find letters or words on packaging/packets
- Follow or give each other instructions to follow
- Play yes/no games
- Give me (an object), give e.g. the cup to Mum
- Make a daily timetable
- Play board games
- Recognise dice patterns
- Count in 2s and 10s

- Look for numbers in the house and on your walk. Can you say the number after/before these numbers?
- Practise adding on 1 and 2, using concrete materials and counting on
- Practise taking away 1 and 2, using concrete materials and counting back
- Make amounts of money, using coins and notes
- Work out change
- Practise colours - find as many items as you can e.g. red things, blue things

Life Skills

- Make breakfast for everyone - make a menu, take orders, set the table, clear away and wash up afterwards
- Hang up the washing
- Put your dirty clothes in the laundry basket
- Help to load and unload the washing machine

Please feel free to email me.

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Forth PE Tasks

1. Try a short fitness circuit. Choose 5 exercises (sit ups, star jumps, sit to stand with a chair). Do each exercise for 30 seconds and rest for 30 seconds. If this is easy, try and do the whole circuit a few times.

2. Try some gymnastic balances (try googling "simple gymnastic balances) such as planks, balancing on one foot etc. Try to hold the balances for 3 seconds.

Amy Martin

Forth

Music

Visit school website for videos of songs.

<https://braidburnedinburgh.com/home-learning-resources/subject-specialists/music-ideas-and-videos/>

Try - Keep on dancing and Katie Bairdie.

Video of Hey Jude. Isabella and Isla could continue to learn this as we had started to learn it in our Tuesday group. Listen to the track on YouTube too.

HE

Toast Recipe on website.

Many pupils can do this independently. You could add your favourite topping or experiment and try something new! Try repeating this throughout the week to build on skills.

Art

Art activities for this coming week are how to make a collage flower picture (easy-intermediate) and how to make paper flowers in a pot (intermediate and challenging).

Please see website for details

Aileen Mullen