



Silver Class



Week beginning: 18/01/21



Message from Nikki.....

Hello Silver class,
I hope you are well. I had been busy helping in the school hub last week. On Sunday, I went for a lovely walk in the Drum Estate.
Keep safe!
Nikki

Hello Silver class,

I hope you are well and happy.

We will be learning some Scottish words this week. I know you like action songs. You can find the lyrics of the [Scottish version of 'Head and Shoulders, Knees and Toes'](#) below. I have also included the names of some body parts in Scots language, a language spoken in Scotland. Do you and your family live in Scotland? Can you look for Scotland on a map?

If you enjoyed doing the actions to 'Heed, Shooders, Knaps and Taes' and like reading 'The Gruffalo', you may enjoy listening to the translation of Julia Donaldson's beloved story by James Robertson ['The Gruffalo in Scots'](#).

What Scottish meals or snack do you and your family like? [Scotch pancakes](#) are a favourite breakfast treat in my house. They are also very easy to make. Can you help to prepare your favourite snack, or set the table? Can you help to measure, add and mix the ingredients, or hand out the right number of forks or spoons?

Remember to take photographs to keep a memory of all the fun things you do.
You can add them to your learning journal.

Try to complete a few pages of your work booklets and keep using your Speech and Language resources.

I am looking forward to seeing you soon. Keep safe!

Marta

Music	Art	P.E.
<p>Try to learn a Scottish song.</p> <p>You were learning to sing the 'Three Crows' last week. Why don't you add some Signalong signs and sing together with Miss Bapty?</p> <p>Or try to learn a new Scottish song with Timmie:</p> <p>'Katie Bairdie'</p>	<p>You may want to create your own tartan design with a paper weaving technique similar to the art activity presented by Mrs Mullen.</p> <p>You can access the latest home learning ideas for art on the school website.</p>	<p>Get active with exercises carefully selected for Silver class by our school physiotherapist Sharon Forsyth. You may need some very gentle hand over hand support.</p> <p>Please find the instructions listed below.</p>

Heid, Shooders, Knaps and Taes

Sing to the tune of *Head, Shoulders, Knees and Toes*.



Heid, shooders, knaps and taes

Knaps and taes

Heid, shooders, knaps and taes

Knaps and taes

And een and lugs and mooth and claes

Heid, shooders, knaps and taes Knaps and taes





PHYSIOTOOLS

Personal exercise program

Ideas of class

Royal Hospital for Sick Children
 Royal Hospital for Sick Children
 Physiotherapy Department, 5 Rillbank Terrace, EH9 1LL, Edinburgh,
 United Kingdom

Provided by Sharon Forsyth
 Provided for Silver Class



Pass a bean bag from one hand to the other.

Using a bean bag is often easier than a ball.



This is about stretching the arms into the air. The arms don't have to cross if the young people are unable.

This can also be done sitting



Sit or stand.

Roll your shoulders in both directions.

Repeat 5 times.

You could even ask the young people to turn their head left and right but ask them to look at a friend or the window or door. The other option would be turn to sound ie jingle bell as some of the young people are quite auditory in their attention.



a) Stand with your feet slightly apart.
 Clasp your hands in front of your body.



b) Raise your clasped hands as far as you can above your head. Try to keep your elbows straight.

Hold this position for 5 seconds.

Slowly lower your arms.

The don't have to keep their arms clasped as they can just reach their arms above their head.

This can be done in sitting for the learners who are unable to stand unsupported.



a) Stand with your feet slightly apart and your arms by your sides.



b) Leading with your thumbs, lift your arms out to the sides as high as you can. Keep your elbows straight. Try to touch your arms to the sides of your head.

Hold this position for 5 seconds.

Slowly lower your arms back to your sides.

This does not matter if the elbows are kept straight but more about reaching their arms out to the side and towards their heads.

This can be done in sitting for the learners who are unable to stand unaided.



Sit in your chair and try an stamp your feet.

Pat your knees

Touch your head.

Trying to get their learners to add a part of the body.



- Play games involving reaching out in all directions: in front, on the floor, to the sides and behind.



Can practice doing a few sit to stands for the learners that are able to stand up with minimal support.