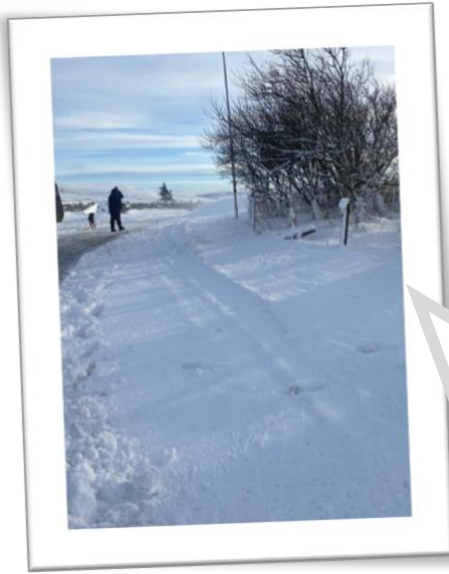




# Silver Class

HOME  
LEARNING

Week beginning: 25/01/21



*Message from Claire.....*

Hello Silver class,  
I hope you are all well. Did you enjoy the snow? I am really missing being in class with you all. Hopefully we can all be back in school soon.

Claire

Hello Silver class,

I hope you are well and happy.

You have been learning Scottish songs and listening to poetry in Scots language. On the 25<sup>th</sup> of January, we celebrate Burns Night. It is a time to remember the life and work of Robbie Burns, a famous Scottish poet. We dance to Scottish songs and listen to poems. Many of us will have haggis, neeps and tatties for our tea on Monday. You can learn more about [Burns Night on CBBC](#).

Listen to ['There Was a Wee Lassie Who Swallowed a Midgie' with Stephanie](#) and learn about animals that live in Scotland. There is even a monster.

Enjoy an [Assembly with Fischy Music](#). Fischy Music streams an assembly every Monday morning at 11am on their Youtube channel.

Can you find any 2D shapes at home? I know you like to dance to '[The Shape Song Swingalong](#)'. You may also like learning about [2D](#) and even [3D](#) shapes with these educational songs.

Remember to get some fresh air and exercise outdoors. You may want to take part in the [Big Garden Bird Watch](#) with RSPB.

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

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

Marta



# Silver Class



Week beginning: 25/01/21

Music	Art	P.E.
<p>Robert Burns wrote the words to 'Auld Lang Syne', a song we sing at Hogmanay. What is the favourite Scottish song in your family? Choose a Scottish song to listen or dance to.</p>	<p>This week's art activity is: <b>'Create Your Own Miniature Art Gallery with a Scottish theme to celebrate Robert Burn's birthday'. Find a shoebox, cardboard box, or empty container. Imagine this is a room in your own Art Gallery or Museum and create artwork that fills your gallery using items found around the house or outside.</b></p> <p>Hope you are all well stay safe Aileen</p> <p>Please find the latest home learning task by Mrs Mullen on <a href="#">the school website</a>.</p>	<p>Continue being active with exercises recommended by our school physiotherapist Sharon Forsyth. You may need some very gentle hand over hand support. Please find the instructions listed below.</p> <p>Remember to have some fun outdoors if you can.</p>



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.