

Task 1

Topic – Polar lands



Partner activity: Take turns to describe an Arctic animal to someone in your household. They have to guess what animal you are describing. Think about what they look like, what they eat and any other interesting facts.

Maybe they could describe to you. Can you guess using all the facts you have learned about Arctic animals?

Challenge: Create a fact file about your favourite Arctic animal.

Task 2

Topic

First:

Using google maps to see how far away the Arctic is from your house.

Then:

Watch 'The girl who went to the North Pole' story book. (see link below)

Think about the differences between living in the Arctic and living in Glasgow and discuss this with someone at home.

- What do they wear in the Arctic and why?
- What type of transport would they use?
- What is the weather like?
- If you had a choice where would you rather live and why?

Challenge: write about something you would do at the weekend if you lived in the North Pole.

Task 3

Health and Wellbeing – Physical




Fit activity for kids what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

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| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

Find each letter in your first name and complete each activity that is alongside each letter.

Challenge : too easy? Try adding your middle name or surname too!

Task 4	Task 5	Online learning & websites
<p style="text-align: center;">Health & wellbeing</p> <p>Discussion: Talk to someone at home about what makes a good friend? What makes you want to be friends with someone?</p> <p>Activity: What skills and qualities make you a super star friend?</p> <p>Think about 5 reasons that makes you a good friend and put each one in the point of a star. You could add a picture of yourself in the middle.</p> <p>Challenge: write a letter to a friend telling them what makes them special</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Keep Active!</p> <p>Take part in an exercise opportunity online.</p> <p>Have you tried:- Cosmic Yoga, Go Noodle or Joe Wicks, on YouTube</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="text-align: center;">Have fun!</p>	<p>Google maps (Task 2) https://www.google.co.uk/maps/@57.7469948,-4.6873411,6z</p> <p>The girl who went to the North Pole (Task 2) https://www.youtube.com/watch?v=LYK8ERKpNM</p> <p>Cosmic yoga (Task 5) https://www.youtube.com/user/CosmicKidsYoga</p> <p>Joe wicks (Task 5) https://www.youtube.com/channel/UCAxW1XToiEJooTYIRfn6rYQ</p>