

Primary 4/5 Curricular Grid-27.4.20

HWB	P.E	RME	Art	Music
<p>Design a poster explaining social distancing and the rules to follow during Lockdown.</p> <p>What is social distancing? Why do we social distance? How can we do this?</p>	<p>Create a fitness circuit with 6 stations. Each station will have a different exercise and last at least 60 seconds. Write your circuit down and share with the class to try!</p> <p>Does your heart rate change before and after exercise? Why is this?</p>	<p>Create a poster or PowerPoint on Diwali!</p> <p>What is Diwali? Who celebrates this and when? How is it celebrated?</p> 	<p>Design and draw your own Rainbow inspired artwork!</p> <p>Think about what media you want to use such as pencils, chalk or paints. What are the differences between these?</p> 	<p>Using body percussion such as tapping, stomping and clapping, can you create your own piece of music? Create your own rhythm, melody and lyrics! Write your music out by drawing symbols to show each move! If you want, record it and share with the class!</p>
PE	Drama	STEM	Languages	STEM
<p>Keep a diary of your daily exercise! Perhaps you go for a daily walk or run outside or join Joe Wicks for PE on YouTube! Keep a note of this and how you feel before and after exercise!</p>	<p>Give a go at re-enacting your favourite fairy-tale or story! Think about how the characters would talk and move! Remember facial expressions and volume!</p> 	<p>Have a look around your house. Make a list or draw the things in your house that use electricity! Are there any alternatives to these that don't use electricity? Write them down and explain the differences!</p>	<p>On your daily walk or in your house, list all the colours you can see!</p> <p>Have a go at saying the colours you find in French! Can you write them down?</p>	<p>Help an adult make lunch or tea! Remember to wash any vegetables and take extra care when using any knives or other utensils! Do you need to measure any ingredients? How can you do this?</p>

<p align="center"><b>Digital Literacy</b></p> <p>Create a poster or PowerPoint explaining how we can be safe on the internet!</p> <p>What are some Do's and Don'ts when on the computer and the internet? How can we stay safe?</p>	<p align="center"><b>Digital Literacy</b></p> <p>Log into your <i>GLOW</i> account and email a friend telling them about your day! Give a go at sharing your work by attaching a document!</p> 	<p align="center"><b>HWB Mindfulness</b></p> <p>Lie on your back outside and close your eyes so you can use all your senses except for sight. Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.</p>	<p align="center"><b>Art and Design</b></p> <p>Design and create your own bird feeder using your recycling!</p> <p>Draw your design first and then see it come to life in your creation!</p>	<p align="center"><b>STEM</b></p> <p>Try to create your own smoothie! Think about the different flavours and fruits you would like to use!</p> <p>Write down your recipe to share with others!</p>
<p align="center"><b>HWB</b></p> <p>Design and draw a logo that represents you! Logos are symbols use to represent a company or brand! Give a go at designing one that represents you! You could use the letters of your name or your favourite colours!</p>	<p align="center"><b>RME</b></p> <p>Research a religion of your choice to create a PowerPoint or poster!</p> <p>What is the religion? Are there any holidays or celebrations? When do they happen?</p>	<p align="center"><b>Languages</b></p> <p>Write a postcard in another language. Say hello, what your name is, how old you are, something that you like. Ask them a question and say goodbye. Maybe you can send it to a friend.</p>	<p align="center"><b>PE</b></p> 	<p align="center"><b>HWB</b></p> <p>Create a quiz all about you for someone to complete!</p> <p>You can write it down or type it up!</p> 