

Suggested Daily Schedule

We came across this creative sample schedule that may help your family if you are currently self-isolating. Feel free to adapt to suit you and your family's needs.

Time	Suggested Activities	
Before 09:00	Wake up	Eat breakfast, make your bed, get dressed, put PJs in washing
09:00 – 10:00	Morning walk	Family walk or yoga if it's raining
10:00 – 11:00	Academic time	Use this time to learn something new. You may use the activities suggested in our learning packs
11:00 – 12:00	Creative time	Legos, magnetics, drawing, crafting, playing music, cook or bake etc
12:00	Lunch	
12:30	Chore time	A – wipe all kitchen tables & chairs B – wipe all door handles, light switches & desktops C – wipe both bathrooms, sinks & toilets
13:00 – 14:30	Quiet time	Reading, puzzles, nap
14:30 – 16:00	Academic time	Use this time to learn something new. You may use the activities suggested in our learning packs
16:00 – 17:00	P.E.	Bikes, walk the dog, play outside or use some of the activities in our learning pack.
17:00 – 18:00	Dinner	
18:00 – 20:00	Free TV time	
20:00 – 21:00	Preparation for bed	Shower, bedtime reading etc.
21:00	Bedtime	

P.E.

Here are some fun PE activities that you can complete within your home. Also, there are lots of great activities on Go Noodle. You can register for free by following this link <https://www.gonoodle.com/>

P5 – 7

Physical Education Bingo

 Be active for at least 60mins every day!

B	I	N	G	O
 40 Jumping Jacks	 40 High Knees	 40 Toe Touches	 40 Butt Kicks	 20 Squats
 40seconds Plank	 20 Mountain Climbers	 20 High Jumps	 2 minute Dancing	 20 Shoulder taps
 10 Burpees	 10 Knee Push ups	<i>1 Good Deed</i>	 15 Sit ups	 2 minute Meditation
 2 minute Jump rope	 20 seconds Crab Walk	 20 Star Jumps	 20 Lunges	 20 seconds Bear Walk
 20 High Kicks	 30s each side Tree pose	 30 seconds V-sit Hold	 1 minute Wall Sit	 1 minute Running on spot

 Go Dragons!

Reading

Novels

Choose a novel to read (there are some free books you can access on kindle if you need.) Each day read a chapter or the book and in a Reading Log answer the following questions:

1. What is the chapter title?
2. What happened in the chapter?
3. What was your favorite part of the chapter?
4. How did this chapter make you feel? (happy, sad, excited, nervous, scared..) Why?
5. Choose 5 words from the book and write out the dictionary definition.
6. What do you think the author is wanting the reader to learn from this chapter?
7. Read the next chapter title...in one sentence what do you think will happen next.

Newspaper articles

Read a newspaper article (you can access on CBBC Newsround or ask an adult to help you find others) answer the following questions.

1. What is the title of the article?
2. What date was the article written and who by?
3. What are the main points about the article?
4. What did you agree with or disagree with in the article?
5. How has the article impacted your way of thinking?

Biographies

Biographies give us information about people's lives. Choose a famous person and research their lives online and then create a PowerPoint about what you have read.

Questions you may ask about the person:

Who are they? When were they born? When did they die? Where are they from? What did they do? Why are they famous? How are they known to the world? What impact did they have on our lives? Etc.

History Reading

There are many amazing stories in history that we can learn a lot from. Read and research an event in History and create a A4 poster all about what you have learnt.

Examples of events in history:

The Vikings, The declaration of Arbroath, The union of the crowns, Glencoe Massacre, Scottish Parliament reconvened etc. (you may wish to find another event in history)

Writing:

Imaginative writing

Choose one of the following openings for a story and let your imagination lead you as you write. Start with a plan (either a written mind map, or speak to someone about what you are thinking. Then put your pen to paper!

REMEMEBER VCOP!

Openings:

- Once upon a time in the land of 'Never Forget' lived...
- It was a lovely moonlit night...
- Trudging through the muddy swamp I had a plan...
- I'm an old man stuck on a desert island where my powers are useless...
- Her head was cover in debris as he tried to...
- I was on the swing in the park then suddenly...

Poetry

This year we have looked at a variety of poetry writing. Choose an idea of a topic from below, do some research about the subject then create either an acrostic poem (Put a word down the side and each line of the poem starts with the letter) or a couplet poem (every two lines rhyme)

Topic ideas: A sport, A time in Scottish history, A country, A shape or An animal

Journaling

Each day of the week write:

The day in full. eg. Monday 23rd March 2020

The time you are writing at. Eg. 11:30am

How you are feeling today and why?

Something that you have done today that you want to remember.

Spelling:

Alphabet word challenge.

Find a word 3, 4, 5, and 6 letter word for each letter in the alphabet.

Pick your number of letters then look for each letter. (If you don't know the meanings of the words, look them up in the dictionary to widen your vocabulary.)

Weekly words

Practice the spelling of each of these words. Know their meanings, write them in sentence, play hangman using them, Write them in the colours of the rainbow. Then when you are ready ask an adult to test you!

Week 1	Week 2
Performance, Surprise, Bizarre, Dilemma, Imagine, Baptism, Bible, Biblical, Buddhist, Buddhism, Burial	Road, Rode, Rowed, Route, Root, We will, We shall, We'll, Forecast, Foreground, Forehead, Forecourt.

SPELLING

Use the following active spelling grid to help learn your spelling words.

Learning Style	Spelling Activities based on Bloom's Taxonomy Six Thinking Levels					
	I KNOW ☺	I UNDERSTAND ☺☺	I APPLY ☺☺☺	I ANALYZE ☺☺☺☺	I CREATE ☺☺☺☺☺	I EVALUATE ☺☺☺☺☺☺
Verbal When I read, speak & write I learn	Handwrite your spelling words in 3 different fonts	Choose 5 spelling words and use each in a different sentence	Create an acrostic poem for one of your spelling words.	Create a word search and swap it with a friend.	Use a dictionary to find the meanings of 6 challenging words.	Write 4 dictation sentences using your spelling words.
Mathematical I am logical and work well with numbers	Write your spelling words in order from least letters to most letters.	Use scrabble tiles to work out the sum of each of your words.	Play spelling dollars to work out the value of your words. Vowels = \$1 2 syllables = \$2 3 syllables = \$3	Group your words based on number of letters they have. Then by consonants. Compare	Place your spelling words into groups. Explain how you grouped them.	Put your words onto a scale from easiest to spell – hardest to spell. Why did you order them that way?
Visual/Spatial Art, Geometry and Visual imagery are important to me	Create a crossword from your words.	Select 5 words and draw a picture for each one.	Put your words into Toxedo or Wordle	Rainbow Words - spell words using different colored markers or crayons for each letter.	Create a cartoon of at least 4 boxes. Write a caption under each image including a list word.	Create an abstract artwork using only your spelling words.
Kinaesthetic I am hands on and enjoy physical activity	Play celebrity heads with a partner. Give them clues to work out the word.	Play Google Spell Up	Ball toss back and forth in pairs spelling each other's words	hop on one foot as you spell words, this is a great exercise in balance.	Write a conversation between two people using ten of your spelling words.	Choose any activity from the grid and complete it. Explain why it helped you.
Musical Music and rhythm make sense to me	Record yourself singing your words	Clap out and record the syllables in each of your spelling words.	Create a tongue twister using your words.	Rap your words - S to the P to the E to the Double L, spells SPELL.	Write a song using your spelling words.	Create a hand clapping chant with a partner and spelling words. Show the teacher.
Interpersonal I work well in groups	As a group organize your words into categories	Mystery Letters - in pairs write words with missing letters. Child must figure out which letters are missing.	Choose 5 words and explain to a partner why you chose them.	Partner spell: Take it in turns to spell each other's word letter by letter.	Create a new group spelling activity to help others learn their words.	Write a spelling word and then write at least two words made from the same letters. Example: slide side lie lid led etc
Intrapersonal I work well on my own	List the words that you find hard and easy and why?	Complete a look, say, cover, write, check for homework.	Choose 5 words that you have trouble with. Write them out 5 times each.	Create a word ladder using all of your spelling words.	Organise your words in reverse alphabetical order. Z - A.	Use your spelling words to write a story. Underline your words in red.

CREATIVE TIME

Here are some great challenges that you could try during your creative time.

30 Day LEGO Challenge							
Follow the instructions for each day. The only rule is to have fun and use your imagination!				Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.	
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.	
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.	
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile		What was your favorite day?	

Maths

Practise your tables, play a maths game and choose one other thing to work on each day. Watch the video link for each one and then have a go yourself! You can also log into your Sumdog account and play games on there.

<p>Times Tables Spend at least 15 minutes a day practising your times tables https://trockstars.com/ https://www.topmarks.co.uk/maths-games/hit-the-button https://www.timestables.co.uk/</p>	<p>Column Subtraction Make your own hundreds, tens and ones counters by drawing on counters you have at home or make some out of paper/card. Practice column subtraction with your hundreds, tens and ones, then have a go at drawing them out and then practising with just the numbers. Why don't you use a dice to generate your numbers and make some column subtraction questions of your own! Link to video for column subtraction of 2 3-digit numbers: https://www.youtube.com/watch?v=sTILCPp6q2c&list=PLWIJ2KbiNEyq1iZ36fRe-xTJ4NNZsmYz9&index=10</p>
<p>Maths Games Choose a maths game to play each day. Have a go at inventing your own maths game. https://matr.org/blog/fun-maths-games-activities-for-kids/ Link to maths games videos: https://www.youtube.com/watch?v=foj6ujoT_HU&list=PLWIJ2KbiNEyoBDc5yLJ4PaiaY3o5E5xCB</p>	<p>Grid method and column method multiplication Multiply a 3-digit number by a 1-digit number by making your own place value counters to help you. You can either draw on counters or make your own out of card/paper. Once you have done this with counters, have a go by drawing them out. Link to video: https://www.youtube.com/watch?v=QrKqvhV-j_Q&list=PLWIJ2KbiNEyq1iZ36fRe-xTJ4NNZsmYz9&index=13</p>
<p>Column Addition Make your own hundreds, tens and ones counters by drawing on counters you have at home or make some out of paper/card. Practice column addition with your hundreds, tens and ones, then have a go at drawing them out. Once you have done this, practise column addition using just the numbers. Why don't you use a dice to generate your numbers and make some column addition questions of your own! Link to video for column addition of 2 3-digit numbers: https://www.youtube.com/watch?v=PRAOFuuaaVU&list=PLWIJ2KbiNEyq1iZ36fRe-xTJ4NNZsmYz9&index=9</p>	<p>Division (grouping and sharing and bus stop method) Get some something you can use to share (counters/raisins/grapes etc....) Practise dividing by sharing and dividing by grouping. Link to video: https://youtu.be/bdglIPNNhuI Divide a 3 digit number by a 1-digit number by making your own place value counters to help you. You can either draw on counters or make your own out of card/paper. Once you have had a go with counters, try it by just drawing out the counters. Then have a go practising with just the numbers. Link to video for dividing a 3-digit number by a 1-digit number: https://www.youtube.com/watch?v=D7PelKmv-jI&list=PLWIJ2KbiNEyq1iZ36fRe-xTJ4NNZsmYz9&index=14</p>

<p>Equivalent fractions</p> <p>Print out your own fraction strips/fraction circles from the internet. Use these to find fractions which are equivalent to each other e.g. $\frac{2}{6} = \frac{1}{3}$</p> <p>Link to video on equivalent fractions: https://www.youtube.com/watch?v=LUJ49WdgRyM&list=PLWIJ2KbiNEypS0zxt54Wez5X4gnQ-xxvu&index</p>	<p>Telling the time in analogue and digital</p> <p>Try converting different times from analogue to digital and from digital to analogue. Link to video on analogue to digital time: https://www.youtube.com/watch?v=72MmggC_ZtA&list=PLWIJ2KbiNEypQx6oZDAuyI55g_ShOQRNx&index</p>
<p>Fractions of amounts</p> <p>Use raisins, sweets, grapes etc.... and draw out bar models to help you find fractions of amounts. Once you have had a go with practical resources, draw them out as a picture to help you. Once you are confident with this, draw out the bar model but just record the numbers in it.</p> <p>Link to video showing the bar model for fractions of amounts: https://www.youtube.com/watch?v=qh53TJoMV3o&list=PLWIJ2KbiNEypS0zxt54Wez5X4gnQ-xxvu&index</p>	<p>Multiplying and dividing by 10 and 100</p> <p>Make your own place value grid and place value slider and try multiplying different numbers by 10 and 100. Can you work out what happens when you have decimal numbers?</p> <p>Link to video on multiplying by 10 and 100: https://www.youtube.com/watch?v=7Y0zSnhiShc&list=UUob4tkfOSXy6yav9Y54SKIQ&index</p> <p>Link to video on dividing by 10 and 100: https://www.youtube.com/watch?v=PPMnbH2M0io&list=UUob4tkfOSXy6yav9Y54SKIQ&index</p>
<p>Adding and subtracting fractions</p> <p>Use lego or print fraction circles off the internet to help you to practise adding and subtracting fractions with the same denominator.</p> <p>Link to video showing adding fractions with the same denominator: https://www.youtube.com/watch?v=s768ZakRX4k&list=PLWIJ2KbiNEypS0zxt54Wez5X4gnQ-xxvu&index</p> <p>Link to video showing subtracting fractions with the same denominator: https://www.youtube.com/watch?v=iUfsGb5KLWs&list=PLWIJ2KbiNEypS0zxt54Wez5X4gnQ-xxvu&index</p>	<p>Right, acute and obtuse angles</p> <p>Make your own angle eater/right angle tester and go round your house/garden looking for right, acute and obtuse angles.</p> <p>Link to video showing investigation of right, acute and obtuse angles: https://www.youtube.com/watch?v=S_p0STXaf9s&list=PLWIJ2KbiNEyrTqPf1uBkSPri4zSMmL09L</p>
<p>Telling the time in analogue</p> <p>Practise telling the time in analogue. You can choose to practice reading the time to 5 minutes: https://www.youtube.com/watch?v=QJkYONqIYQM</p> <p>Finally have a go at reading the time to the nearest minute: https://www.youtube.com/watch?v=ohgPNOjOcf4</p>	<p>Coordinates</p> <p>Draw out your own grid and work out the coordinates of different items you place on your grid.</p> <p>Link to video on coordinates: https://www.youtube.com/watch?v=LheIupt9SXM&list=PLWIJ2KbiNEypHzK91u0hgALvZdLINYiVw</p>

