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| Class: Primary 7 Room 23 Mrs Tyrrell  Tuesday 27th Sept – Thursday 29th Sept 2023 | |
| Health and Wellbeing | **Resilience Alphabet –** Create your own resilience alphabet, producing a word related to resilience for each letter of the alphabet.  **Stamina/Fitness –** try and time yourself running and walking like we do in PE when we work on our 5K. Remember to walk for a minute and a half and then run for 1 minutes. How many minutes can you run for? You could do this round the park or round your garden.  **Journal –** Keep a journal of each day’s activities at home to reflect on how your day has gone. Remember you can edit your journal with illustrations as well. |
| Literacy | **Watch Wonder the film**  **Media Study** – compare and contrast the book to the film  Write a paragraph to explain which you preferred – reading the book or watching the film – explain your answer  Choose your own favourite saying e.g. Choose Kind and illustrate it on a poster  Auggie’s favourite song is Space Oddity. Which is your favourite song and why?  **Sumdog** - Spelling Training |
| Numeracy | **Sumdog** - Scottish Maths Competition (starts at 8am Friday 22nd Sept until Thurs 28th Sept 8pm)  **Time** – create a timetable of your day’s activities  **Shape** – be a shape detective and go a shape walk – how many different everyday examples of cubes, cuboids, cylinders, cones, spheres, square-based pyramids, triangular prisms can you find?  **Multiplication Tables** – write out all times tables – which ones do you confidently know and which ones do you need to practise? Take a note of the ones you need to practise and do your own revision on them  **Sumdog** – Multiplication Challenge |