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| Class: Primary 5/6/7/ Room Mrs Russell and Miss Gray Tuesday 27th Sept – Thursday 29th Sept 2023 |
| Health and Wellbeing | **Stamina/Fitness – T**ry to make an exercise circuit in the house.Try doing 10 of the following -* Star jumps.
* Sit ups.
* Knee ups.
* Press ups.

Keep a note of your time and see if you can improve it.**Relaxation** – Find some nice relaxing music and practise your deep breathing techniques.**Positive thoughts – N**ote down in your jotter 5 nice things you have said or done each day.  |
| Literacy | **Rhyming words –** Read one of your favourite books find as many words as you can that rhyme. Words like **cat** and **hat.** **Book cover**- Use your imagination to think of a story you like and create a new cover for the book. **Talking and Listening -**Watch an episode of Newsround and discuss some of the topics with an adult. Write about the topics in your jotter.**Creative writin**g – Make up your own comic strip story with a new Superhero. |
| Numeracy | **Times tables – Pr**actise the 2-, 5- and 10-times tables write them in your jotter and copy the tables out again. **Number Value –** In class last week we looked at the value of different numbers, please go to the number value worksheet and complete the questions. **Estimate** – We have looked at estimating the number of objects in a in an area. Look at the worksheet on estimating and see if you can guess the correct answer. **Shape** – See how many 3-D shapes you can find inside and outside the house. Draw some of the shapes in your jotter and name them. **Sumdog – I**f you have access to a Tablet, PC or phone go onto Sumdog and practise your addition and subtraction.  |