

P1 – w/c 18/1/21

Big Question: What makes Scotland unique? Link to introduction video: <https://vimeo.com/498845484>

Your teacher will be available during the following times for a 'live' discussion on Facebook: Mon – Thurs 10am to 10.30am and 2.30pm to 3pm; Friday 10am to 10.30am

You can share work you have done with your teacher during our 'live' discussions, by posting a picture on our class Facebook page or by emailing the school.

Phonics

This week our sounds are:

d and e

Have a go at joining in with the songs and doing the actions in these videos:

d-

<https://www.youtube.com/watch?v=xNDgRMBRxC0>

e-

<https://www.youtube.com/watch?v=BazKbNEmkPo>

Geraldine the Giraffe can show you some words which begin with these sounds:

d-

<https://www.youtube.com/watch?v=65b3vEfSkZ4>

e-

<https://www.youtube.com/watch?v=rWYKmM-PqJY>

Can you find any objects in your house which begin with **d** or **e**?

There is a selection of activities below to help you practice your new sounds – choose 2 to try this week.

Common Words

This week our common words are:

did as he

We would like you to try to read these words and to find them in books you have at home.

There is a selection of activities below to help you practice your words – try to do 2 of them this week.



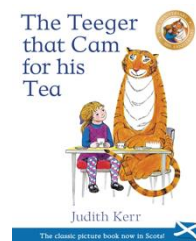
Reading

This week's story is another one that you might be familiar with – The Tiger who Came to Tea.

We'd like you to listen to the story being read in Scots. Some of the words will sound the same and some will be different.

<https://www.youtube.com/watch?v=PoLasHK-jHE>

As you listen to the story can you try to work out the Scots words for the food and drink in the story – sandwiches; shortbread; potatoes; apple juice; water. Ask an adult to help you find out the names of some other food and drink in Scots.



Writing

Letter formation:

To help you form this week's sounds correctly, watch your teachers' video on Facebook then have a go!



Now that we have learned 10 sounds, we would like you to try using those sounds to make words. Watch your teachers' video on Facebook explaining how to do this. Here is a list of words you could try to make:

sat	tin	pat	pin
tap	pen	mat	rat
men	ten	dip	pit
tip	red	tar	ram



Health and Wellbeing

We are learning about what to do if we get a bit stuck in our journey through life. The link below will take you to an introduction from Mr Bewsey about this:

<https://vimeo.com/498993960/7a851e3b9a>

In the video Skipper tells us that how we feel can affect how we deal with things. Big things often need someone else's help to solve and can last longer. Little things can usually be sorted by ourselves and are forgotten about quickly.

Talk to an adult about the scenarios below and decide whether they are a 'big thing' or a 'little thing' and how you would deal with them.

- You fall and your knee is bleeding
- You don't agree with someone
- There is danger nearby
- There is an emergency
- You lose at a game
- Your friend is hurt
- You don't get a sweetie after tea
- You don't like what someone says

Edenside Learners



In school, 'Charlie and Emily' help us to be the best we can be. This term their message is **"I keep trying, I don't give up"**.

Here is a story about Peter - a little boy who wants to be able to whistle. He keeps trying until he can do it!

<https://www.youtube.com/watch?v=umbWnSOi0iQ>



Challenge: Ask an adult to time you for 30 seconds while you do as many star jumps as you can. How many did you do? REPEAT and see if you can do more star jumps the next time – challenge yourself! It might take a few turns before you can manage to do more but I believe you can do it – keep trying, don't give up!

PE 1 Animal Walks

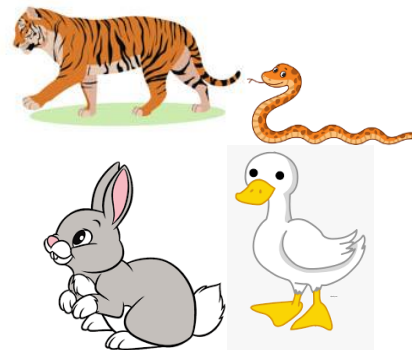
Moving in the way animals do is a very good way to strengthen your core and improve gross motor skills, balance and agility.

Look at the last page of this grid for instructions about the tiger crawl, the snake slither, the duck walk, and the rabbit jump. Have a go at travelling in these different ways.

Can you challenge someone at home to race in any of these positions?

Which animal did you like doing the most?

Which animal did you find the hardest? Who was the fastest in your household?



PE 2 Mr Stobie's Challenge

The focus for this week's PE from Mr Stobie is hand-eye coordination.

Click below to find the activity: www.edensidelearners.wordpress.com

Follow the link for 'Nursery and P1 – week 2'

You will need space and a soft toy for this task!



Singing

In the 1870s Robert Coultart, a mill worker in Galashiels, made aniseed-flavoured toffee in his house, and sold it around all the fairs and markets in the Borders. He played his whistle and made up this song to call the children to buy his sweets.

Join in with the chorus as you listen to the song:

<https://www.scotssangsfurschools.com/coulter-s-candy>

This is a statue of Robert Coultart which is in Galashiels. When we're allowed to travel again you might like to try to find him!



Scottish Flag



This flag is the flag of Scotland. The cross on the flag is called the St. Andrew's cross. The flag itself is called the saltire. It is the oldest National Flag in the world.

Can you design a flag for Edenside? Use any materials you have at home – pens, paint, paper, crayons etc... to create your flag then post a picture of it on our class Facebook page. You could even use natural materials from outside such as twigs, stones, leaves etc...



Funky Fingers



When someone sees a thistle they usually think of Scotland - that's because the thistle is the national flower of Scotland.

We would like you to practice your cutting skills by making your own thistle using the outline of your hands!



Draw around your hands on any paper you have in the house – colour them in purple if you can. Carefully, cut along the lines. You will have two hands which will go at the top of your thistle. You will then need a green circle (paper plate or cut out a paper circle). Use a glue stick or sticky tape to attach the hands to the back of the green circle (as in the picture above).

Outdoors – Salt and Ice Experiment

It is not unusual to see ice outside at this time of year. When it gets very cold the water outside freezes – puddles, icicles, bird baths, etc.

If there is ice outside when you are completing this challenge that will do perfectly. If not – don't worry – try to make your own by filling a plastic container with water and putting it in the freezer overnight.

Once you have ice (naturally occurring or your homemade block) take it outside with some table salt. Have a go at pouring a little bit of salt onto the ice. Talk to someone in your house about the following questions:

What do you notice?

What happens if you rub the salt into the ice?

What happens if you add more salt?

What is happening to the ice that has no salt on it?



Phonics/common word activities:

form the letter/word in trays filled with sand/rice/salt/flour/shaving foam



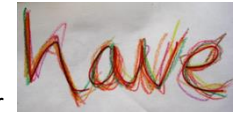
make the letter/word from play-doh



make the letter/word using pebbles/stones/twigs



rainbow write your common words by writing each letter in a different colour



paint the letter/word using water or paint



find objects around the house that begin with the sound



play hopscotch and write your sounds or words in the boxes instead of numbers



write the letter/word using chalk



ANIMAL WALKS

TIGER CRAWL

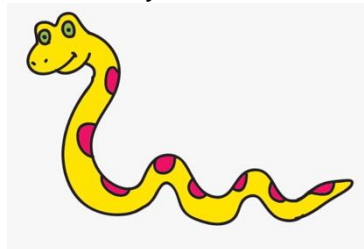
Move around on your hands and knees, keeping your body as low to the ground as possible.



Keep your head up as you move

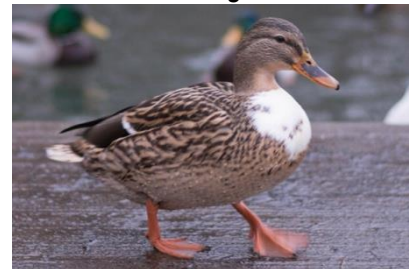
SNAKE SLITHER

Lie on your tummy and move forward, keeping your body touching the floor.
Like an army crawl!



DUCK WALK

Squat down and walk around in that position!
Hold your arms out straight or bend them to make 'wings'!

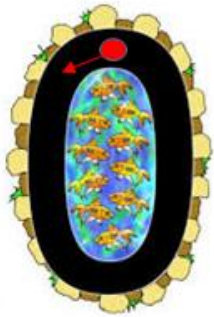


RABBIT JUMP



Crouch down on hands and feet. Jump forward, reaching with your hands in front of you.

Hands touch the ground first, then your feet.



Start at the top, nice and slow. All the way round and there you go!



Top to toe and there you go!



Hands round to knees then straight across please.



Over one hand, over the next. Stop and think, which choice is best!



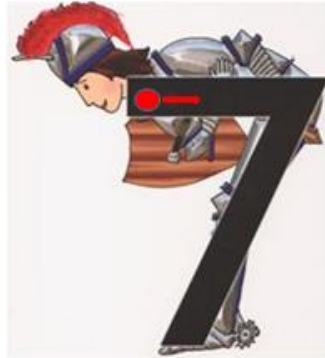
Down, across, oar in the water.



Down her back, round you go, arms out straight, don't be slow.



Slide down his tail, curl under his nose. Nearly there so strike a pose!



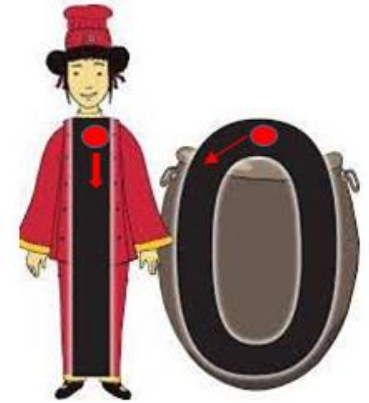
Across his back, then down to his feet, Take your time and keep it neat!



All the way round, don't you stop, not until you're back to the top.



Round her head and back to the start. Down her back, she's so smart!



Draw a one and then a zero, Tia Ten is everyone's hero!

Chocolate Chip Cookies (makes 20)

Ingredients

- 225g (1 cup) caster sugar
- 300g (2 cups) plain flour (sifted)
- 200g (1 cup) of butter melted
- 1tsp vanilla extract
- 1tsp of baking powder
- A pinch of salt
- 1 egg
- 100g-200g chocolate or chocolate chips

Method

Add the sugar and melted butter in a bowl and mix together – a wooden spoon is fine, no need for a whisk.

Sift the flour, baking powder, vanilla and salt together and add to the sugar and butter mixture. Add the chocolate chips at this stage if you're making chocolate chip cookies.

Mix together using your hand. Once you get a dough texture, add the egg and knead using your hand again.

Grease a baking tray. Take some of the dough, roll into ball then flatten a little. Keep them on the small side as they spread out during baking. Also, don't keep biscuits close to each other otherwise they will get stuck together.

Place in the oven and bake at 160C, gas 3 for 10-20 mins. The bigger the cookies, the longer they'll take to cook. They're ready when the edges are a bit golden.