



St Catherine's Primary School

Home Learning



Class P6 Teacher Miss Stewart and Ms Hewitt

We have created a list of online and offline activities for you to complete at home. Try to stay active for at least 30 minutes per day. Online activities - Go Noodle (easily found on Youtube) <https://www.youtube.com/user/GoNoodleGames>

Cosmic Yoga - <https://www.youtube.com/user/CosmicKidsYoga> Youtube fitness links - <https://www.youtube.com/playlist?list=PLOd6e-UwlLo1RnCPCx3VzyS8OUgCkJIjN> Harry Potter HIIT - <https://www.youtube.com/watch?v=fu-ZCwMrvKc&list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLJIDa&index=18>



Health and Wellbeing

Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. Complete this 3 times.	Write a list of examples of how you can keep in touch with friends and family during lockdown.	Draw some examples of what younger children need help with that you don't need help with anymore.	Plays follow the leader. Take turns being the leader and direct family members to match every move. Ideas – hop, skip, crawl.
Create and complete your own fitness circuits. This can include sit ups, jumping jacks, push ups, plank holds, wall sit and frog jumps.	Draw a picture of you and your friends taking part in an activity you enjoy doing. Write a paragraph describing who your friends are and what you are doing.	Prepare a healthy lunch using items in your house, for someone at home. Tell them the ingredients included and the method used.	Make an obstacle course throughout your house. Challenge your family members to complete this the fastest.
Write a list of ideas on how to be a good friend. How could you teach this to someone else?	Name the different food groups. Can you find 2 items in your kitchen that fit in these food groups?	Make a board game For your family members. Have fun and play the game.	Ask a family member to teach you their favourite game. Try to play this at home.