Primary 7

The following work is to be completed during the school closure due to Coronavirus.

If the school is to be closed for more than a week, please follow on with the next exercise in each of the booklets.

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|  | **Numeracy**  **(30-45mins)** | **Literacy**  **(30-45mins)** | **World Around Us Project**  **(30mins-1 hour)** | **Exercise**  **(20 mins)** |
| **Monday** | Mental Maths Exercise | Grammar and Comprehension | Space project | 20 mins circuit |
| **Tuesday** | Maths workbook | Spelling exercises | Space project | 20 mins circuit |
| **Wednesday** | Key facts | Grammar and Literacy | Space project | 20 mins circuit |
| **Thursday** | Mental maths exercise | Write a story on a theme of their choice | Space project | 20 mins circuit |
| **Friday** | Multiplication speed tests | Write a book review | Space project | 20 mins circuit |

I would ask you to visit the following websites for further resources.

[www.topmarks.com](http://www.topmarks.com)

[www.mathsaids.com](http://www.mathsaids.com)

[www.primaryresources.com](http://www.primaryresources.com)

[www.twinkl.com](http://www.twinkl.com)

Also if you are a member of libraries NI you can download free books to your tablet, instructions are on libraries NI website.

Children can continue to use AR and complete tests online.

**TIPS:**

* **Stick to timetable as much as you can- just like school. You need structure to your day.**
* **Try to work in a quiet place or room where you can concentrate.**
* **Use this time to read about things that really interest you.**
* **Spend as much time as you want on your research project and enjoy it.**
* **Exercise daily- this can be done in a room or outside in fresh air.**
* **Eat well and stay hydrated.**
* **Get as much sunlight and fresh air as you can.**
* **Wash your hands regularly.**

Space Project

Primary Seven will be completing an independent study during the school closure.

Each child will be researching and completing a project on the topic of space.

The children can complete the project on a computer or an Ipad/tablet (You can complete it on paper if you do not have access to an electronic device.)

This is a World Around Us project and therefore must incorporate elements of Geography, History and Science.

This will be a great opportunity for the children to experience working independently and also plan/ manage their time effectively- skills which will be of great importance to them next year.

The following areas must be included in project:

* **Stars**
* **Planets**
* **Galaxies**
* **History of space** (Neil Armstrong moon landing, astronauts etc)
* **Build your own rocket** using materials around your house.

1. Complete a planning page- describe the steps you will take to build your rocket, the materials you will use and draw a diagram of your rocket.
2. Draw and colour in/paint an image of your rocket
3. Build your rocket

**Example of an Exercise circuit**

**30 seconds work- 30 seconds rest. Then move to next exercise. Repeat twice – so 20 exercises= 20 mins total.**

1. Tuck Jumps (Jump on the spot and lift knees to chest)

30 seconds rest

2. Plank

30 seconds rest

3. Star Jumps

30 seconds rest

4. Side plank (left)

30 seconds rest

5. Jump and claps( Jump as high as you can and clap your hands at the top)

30 seconds rest

6.Side plank (right)

30 seconds rest

7. Hop on spot (left foot- hop as high as you can)

30 seconds rest

8. Squats

30 seconds rest

9. Hop on spot (right foot- hop as high as you can)

30 seconds rest

10. Sprint on spot (as fast as you can)

30 seconds rest

Repeat steps 1-10.

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| **Task**  **What is your task?** | **Imagine**  **What ideas could you use for your design?** | **Method**  **Write out a step by step method** |
| **Create**  **What materials are you going to use?** | **Improve**  **What improvements could you make to your design?** | **Sketch**  **Draw a picture of your final piece** |