

Dunbar Primary School ARCH Fortnight 15th - 26th June 2020 Early Level

For the final two weeks of term, we are providing a variety of activities linked to our school values, which are:

Ambition, Resilience, Community, Happiness (ARCH)

A is for AMBITION

Ambition means really wanting to do or achieve something.

R is for RESILIENCE

Resilience means being able to bounce back - not giving up if something is difficult, coping when something doesn't go the way you want it to, talking about how you are feeling and giving things your best shot.

C is for COMMUNITY

A Community is a group of people living or working together in the same area; we are all part of the community of Dunbar Primary School - we help each other and we solve problems together.

H is for HAPPINESS

Happiness is a feeling connected to lots of things - when we do well in our learning, when we play with our friends, when we have our favourite dinner, when we are content.

We have colour coded the activities to help you:

Try on your own Grown up/older sibling help required Suitable for the whole family

AMBITION

Discuss with someone what you want to be when you are grown up. You could draw a picture and write a sentence.

What do you want to get better at in school?

Create a little thought bubble with



your ideas...

The snail and the whale is a story about an ambitious snail. What made him ambitious? Can you listen and find rhyming words?

<https://www.youtube.com/watch?v=x887mPO9X9c>

Here is a Let's Move dance about the snail and the whale. Can you listen and join in?

<https://www.bbc.co.uk/programmes/p0440f1f>

This is an art portrait with a snail on a lolly pop stick so it can move. Ask your teacher if you aren't sure!



Out of Lockdown jar
Find a jar in your house (you can decorate it) and write down on small pieces of paper things you are excited to do after lockdown.



Dancing is one of our favourite things in P1.

Can you try a new kind of dancing? It is called Zumba! It can be tricky but it is great exercise. Be ambitious and see if you can complete it all!

<https://www.youtube.com/watch?v=ymigWt5TOV8>

"World Ocean Day" took place last week. It is important to look after our oceans and not litter or pollute them with plastic. Can you be ambitious and see if you can follow instructions to make this origami fish. Decorate it when you are done!

https://www.youtube.com/watch?v=ipsFC_GM9oc

RESILIENCE

Here is a story about a very resilient spider! Can you draw a picture to match? Or retell the story? go on a spider web hunt!

<https://www.youtube.com/watch?v=UasetwSy-PO>

Another rhyme about a spider is "Incy Wincy". Can you practice this and then share a video with you teacher or phone a friend to tell them!

<https://www.youtube.com/watch?v=6fwkxtp4bw>

Can you try something new today. Don't give up if it gets tricky!



Fitness

Choose one of the activities and see how many you can do in 30 seconds. Can you beat this score?

Bunny hops

Star jumps

press ups

high knees

Can you think of anything else?

Can you do everything yourself today (as much as is safe to do so). Get dressed and help make snacks and meals.

Idea: Can you make a healthy sandwich and include some colours from the rainbow. Let us see!



Eric Carle: The Tiny Seed

We have been learning about living and growing. Listen to this story about a tiny seed that doesn't give up! Can you draw/ paint some flowers or take photographs of some on your walk!

[The Tiny Seed by Eric Carle](#)

Fischy Music assembly

Have you watched this before? There are lots of great songs about resilience and our emotions. Alexa will also play you some. Have a listen (or watch) and enjoy!



Friendship

We are all missing our friends. It has been hard for you all but you have shown your resilience and done so well.

Create a paper chain of you and your friends.

[3 Ways to Make a Paper People Chain](#)

COMMUNITY

On your daily walk, can you pick up any litter that you see? Wear gloves or make a litter picker using two sticks to help!



Can you 'reach out' to a neighbour and do something kind to help them?



Can you remember we learned about "people who help us"

Draw some of the people that help you and write 'thank you'



A "lets move" linked to people who help us. There are 2 of these if you enjoy them! :)

School Radio -
Dance: Key Stage 1 -
Let's Move, People
who help us, 1. Just
one day

Can you find 5 of your nearest post boxes using the outdoor orienteering challenge? Show us a picture!



When out walking can you find some numbers? Discuss what numbers come before and after.



Writing lesson
What do you want to be when you grow up? How will it help or provide a service for people in our community. Can you draw a picture and write a sentence (just like in our Foundations of Writing, remember to add detail).

We are so lucky in our community to have the beach! Last year Dunbar hosted the world championship stone stacking contest.

Head to the beach (or anywhere) and collect different stones and have a go!



Remember to dismantle your creation before you go and take a picture to show us!

HAPPINESS

Make your favourite thing to eat!



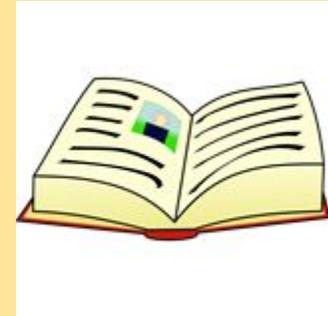
Draw a picture of something that makes you happy



Do something to make someone else happy



Read your favourite book to someone.



Listen to your favourite music and dance (We'd love to see if you can do a video!!)



Go on a walk to your favourite place in Dunbar.



Do a Cosmic Kids Yoga - pick your favorite one to do!



Being grateful is such an important part of being happy. Can you think of something/someone you are grateful for and draw this in a picture.

