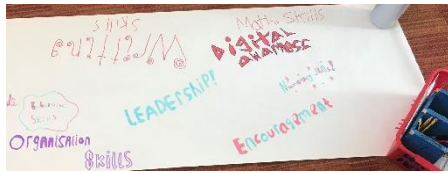
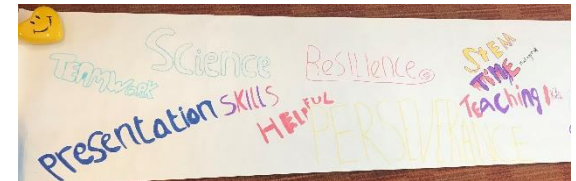


## P7H Learning Task Mat – 22/6/20 – 26/6/20




This is your last week of Primary 7. I cannot believe how quickly this year has gone. I have thoroughly enjoyed teaching you all this year and wish you all the best for the future. I am so proud of you all, as you have developed your skills and abilities, ready for High School.

Feel free to continue any tasks throughout the summer, I will alter the hand in times.



Remember there is **no expectation** to do so, but they are there if you ever want to return to them. Have a wonderful Summer and I will see you at some point next term for your P7 graduation. Take care, love Miss Humphreys. This week's tasks – select 3 tasks to carry out each day.

<p style="text-align: center;"><b><u>Reading</u></b></p> <p>*Select 3 books that you are going to read over the summer. Challenge yourself beyond your book level. Are any of you taking part in the Library Summer Challenge? *Share on Google Classroom what books you have read this year and recommend for others to read. Just list the ones you recommend, give a brief summary and provide your reasons why you recommend it. Share on mainstream. Remember to include the title and author.</p>	<p style="text-align: center;"><b><u>Writing</u></b></p> <p>Create a memory word cloud. It can be any shape you want. Pick and write key words that describes your year. Examples below grid.</p> <p>Words/phrases you need to include: your name, P7H, 2019-2020, Miss Humphreys.</p>	<p style="text-align: center;"><b><u>Listening and Talking</u></b></p> <p>Join us on Google Meet – we will have 2X 1hour sessions over the week, where we will be catching up and carrying out various games and activities (suggested by you). Your invites will be sent nearer the time, along with the outline of each session. I am aiming for one on Wednesday and Friday.</p>
<p style="text-align: center;"><b><u>Numeracy</u></b> – Topmarks Hit the Button Ultimate Competition</p> <p>Test your speed and accuracy in these rounds:</p> <ol style="list-style-type: none"> <li>1. Times Tables to 12 Hit the Question Mixed</li> <li>2. Division to 12 Hit the Question Mixed</li> <li>3. Halves to 1 d.p. (decimal point)</li> <li>4. Doubles – Multiples of 50</li> <li>5. Number Bonds – up to 500 Make 100, U+U+U.</li> </ol>	<p style="text-align: center;"><b><u>Numeracy &amp; Maths</u></b></p> <p>Mathletics tests and LIVE competition</p> <p>*Carry out any assigned tests – note these are end of unit tests. *LIVE competition – How many points can you earn in a week? Bronze – up to 250, Silver – 251-500, Gold -501-750, Platinum – over 751.</p>	<p style="text-align: center;"><b><u>Numeracy Problem Solving</u></b></p> <p>Sudoku (below grid), Magic Squares or Murder at the Movies Investigation (only available on Google classroom, as it is a booklet).</p>
<p style="text-align: center;"><b><u>PE Challenges</u></b></p> <ol style="list-style-type: none"> <li>1. CIRCUIT – 1 minute of each exercise and try and do the whole circuit 3 times. Squats Star jumps Sit ups Jog on the spot</li> </ol> 	<p style="text-align: center;"><b><u>H&amp;WB</u></b> – Mindful activities – resources for some of these are below the grid.</p> <ul style="list-style-type: none"> <li>*Mindful balance</li> <li>*Mindful senses activity</li> <li>*Mindful breathing activities</li> </ul>	<p style="text-align: center;"><b><u>Home-tasking Challenges</u></b> – Try one or more of these. Post your entries (photo or video) on the mainstream of Google classroom for others to view/comment.</p> <ul style="list-style-type: none"> <li>*Make the biggest bubble</li> <li>*Do the most amazing thing with one hand on your hip at all times</li> <li>*Demonstrate the most extreme housework</li> </ul>

<p>Plank</p> <p>2. Can you improve your co-ordination? Try these:</p> <ul style="list-style-type: none"> <li>*Pat your head and rub your stomach</li> <li>*Swing your left arm forward and your right arm backwards at the same time</li> <li>*Do you have a bat and a ball, a football, rolled up socks– try some keepie Uppies.</li> </ul>	<p>*Labyrinth – find out what a labyrinth is. How is this linked to Mindfulness? Research online for how to make your own labyrinth pattern.</p> <p>*Mandalas – info below grid. Create your own Mandala pattern on a stone, paper or on a plain T-shirt.</p>	<p>*Make a big and expressive face out of things from your house.</p> <p>*Make and show off your best invention.</p> <p>*Re-enact a momentous moment from history.</p> <p>*Become a superhero and demonstrate your superpowers.</p> <p>*Silently recreate an iconic movie moment.</p> <p>*Turn your kitchen into a sporting arena and create the most epic moment of sporting glory.</p> <p>*Create your own Summer Ice lolly. Info below grid.</p>
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## Sudoku 4 x 4 Puzzles

Each row and column contains all the digits 1 to 4.

4			3
3	1		
2			1
		2	

	1		2
2		1	4
1	4	2	
	2		

## Sudoku 6 x 6 Puzzles

Each row and column contains all the digits 1 to 6.

	2		3	6	
			5		2
1	5				4
2		3	1	5	6
4	3		6	1	
6	1		4	2	

	5			4	3
6				1	5
		6		3	
		3		6	
4	6	5	3		1
3			4	5	

## Magic Squares

Complete these magic squares.

Don't use the same number twice in a square and the numbers must add up to the same number in each row, column and diagonal line.

a)

8		9
	6	
3		4

b)

13	9	8
12		

c)

3		
10	5	
2		

d)

2	7	6
9		1
	3	

e)

	2	
	7	
4		5

f)

6		11
7		12



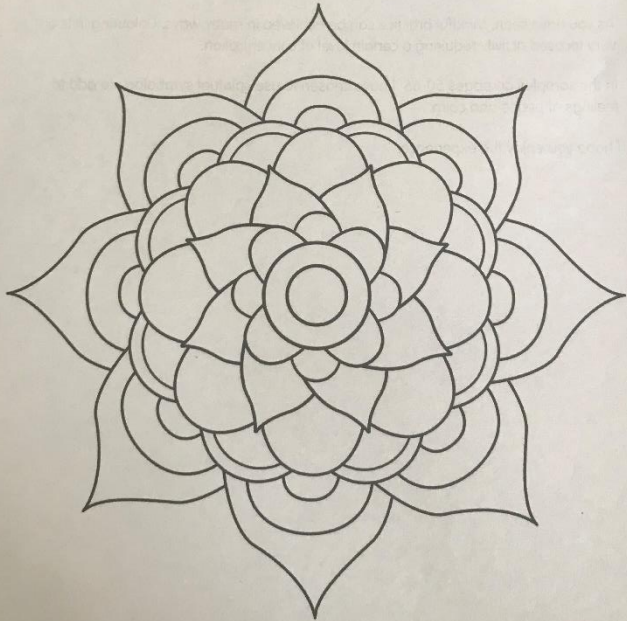
## Mandalas

### What is a 'mandala'?

The word 'mandala' is from the classical Indian language of Sanskrit. Loosely translated to mean 'circle', it represents wholeness and reminds us of our relation to the infinite.

It can describe both material and non-material realities. The mandala appears in all aspects of life from the heavens to the earth, from shapes in nature to communities of people.

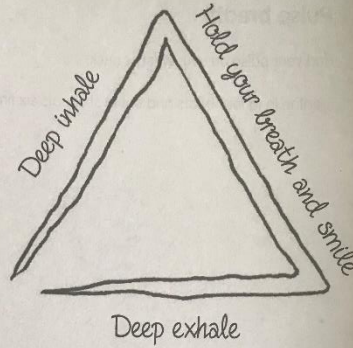
You can look online for information on how to draw a mandala and for Mother Earth mandalas.



## Triangle breath

Breathe in to the count of three and out to the count of three. Hold the breath out to the count of three three times.

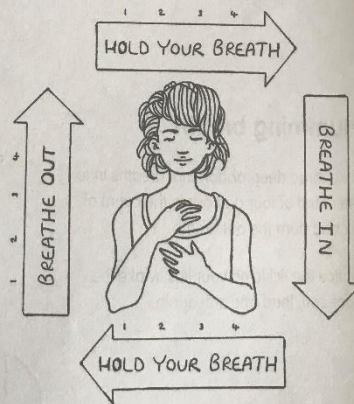
Now reverse the process, holding the breath in for the count of three three times.



## Square breath

Breathe in to the count of four. Hold to the count of four. Breathe out to the count of four. Hold the breath out to the count of four three times.

Now reverse the process, holding the breath in for the count of four three times.



# 10. Mindfulness-Visual

Sitting in a Mindful posture, rest your hands on your tummy.

Look around you and notice five things that you can see.

Notice which object in your environment your eye is most drawn to.

Rest a soft gaze (out of focus) on a spot directly in front of you and slightly up.

Rub your hands together and feel the warmth on your palms. Now interlink your fingers and rub your hands toward and away from you. Are your palms even hotter?

Place your warm palms over your eyes. Feel the warmth flowing into your eyes.

What can you see inside?

Is it dark? Is it colourful? Does it sparkle? How does it feel when your eyes are warm?

Think of five things you can imagine: a flower, a tree, a book, a television and a cat.

Open your eyes and smile at someone.

