

## C4 Cliath Ionnsachaidh 11.01.21

Slàinte agus Sunnd - Tapachd   Health and Wellbeing - Resilience	Slàinte agus Sunnd - P.E   Health and Wellbeing - P.E	Ionnsachadh thar a' Churraicealam   IDL   Interdisciplinary Learning
<p style="text-align: center;"><b><u>Talk things over</u></b></p> <p style="text-align: center;"><b>LI: We are learning to recognise our worries, deal with them and ask for help.</b></p> <p>At times we all feel worry. Worries are thoughts that go round and round in our head about things that happened in the past or will happen in the future.</p> <p style="text-align: center;"><b><u>Read:</u></b></p> <p>In this video you will find an interesting book about a girl and her bag of worries. <a href="https://youtu.be/8QwEOSBjOt8">https://youtu.be/8QwEOSBjOt8</a></p> <p>It is important that we learn to recognise our worries.</p> <p style="text-align: center;"><b><u>Think:</u></b></p> <p style="text-align: center;">Do you have any worries? What do you do when you feel worried? Who do you talk to when you are feeling worried?</p>	<p style="text-align: center;"><b><u>Gymnastics</u></b></p> <p style="text-align: center;"><b>LI: We are learning about the different shapes we make with our body in Gymnastics.</b></p> <p style="text-align: center;"><b><u>Watch:</u></b></p> <p>Take a look at this video and try these shapes yourself. <a href="#">Basic gymnastics shapes</a></p> <p style="text-align: center;"><b><u>Discover:</u></b></p> <p>Did you know that there are lots of different types of Gymnastics? Can you name any?</p> <p>One of these types is Artistic. Artistic Gymnastics is different for boys and girls. Girls do 4 different types of apparatus and boys do 6 apparatus. Artistic Gymnastics is the most common.</p> <p>Here are two videos; one of a woman doing a floor routine and one of a man. Can you name 2 similarities and 2 differences between the routines? <a href="#">Amy Tinkler - GOLD- Floor - 2018 British Gymnastics Championships - WAG Senior All-Around</a></p>	<p style="text-align: center;"><b><u>Religions of the world</u></b></p> <p style="text-align: center;"><b>LI: We are learning about Islam.</b></p> <p style="text-align: center;"><b><u>Watch:</u></b></p> <p>Take a look at this video about Islamic stories. <a href="https://www.bbc.co.uk/bitesize/clips/z9tqb82">https://www.bbc.co.uk/bitesize/clips/z9tqb82</a></p> <p style="text-align: center;"><b><u>Discover:</u></b></p> <p>Head outside and look at all the living things you can see.</p> <p>Could you help one of them in some way, for example:</p> <ul style="list-style-type: none"> <li>• Leaving water outside</li> <li>• Make a bug hotel</li> <li>• Feeding our pets</li> </ul> <p>Remember humans are living things too!</p>

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Ealain   Art	Ceòl   Music	Rudeigin Gàidhlig   Something Gàidhlig
<p>See art by Miss Burrows</p> 	<p><b>Think:</b></p> <p>Think about your favourite song. How does it make you feel?</p> <p>Can you create a dance to show this emotion?</p>	<p><b>Watch:</b></p> <p>Have a look at this video about questioning with an deach. <a href="https://youtu.be/wEhLSd5-Zzo">https://youtu.be/wEhLSd5-Zzo</a></p> <p><b>Practice:</b></p> <p>Can you think of three questions that start with an deach?</p> <p>Try teaching someone in your house to answer them correctly.</p> <p><b>Remember:</b> An deach thu dhan bhùth? Chaidh (yes, I went) or cha deach (no, I did not go).</p>
Rudeigin Spòrsail   Something fun!	Rudeigin a-muigh   Something outside	Cuidich anns an taigh   Help at home
<p><b>Create:</b></p> <p>Create a board or card game to play with your family.</p> <p>For example: A game with questions about your favourite film.</p>	<p>Head outside with a pencil and paper.</p> <p>Pick a tree and sketch the outline. Are there leaves left on the tree? Add colour when you return home.</p>  <p><small>shutterstock.com · 1434821249</small></p>	<ul style="list-style-type: none"> <li>• Help to prepare your favourite snack or meal.</li> <li>• Tidy your room.</li> <li>• Keep your workstation clean and organised.</li> </ul>