



05/09/2022

Hello everyone, it was lovely to see you all back on Friday. I hope you have had a lovely relaxing summer break and are ready for a fantastic year in Dosbarth Ceirios. This term our topics main focus will be health and well-being. We will be exploring how we can lead a healthy lifestyle and focusing on the heart.

As always, if you are working from home, try to follow the plan as best as you can and remember to upload photographs of your work to Seesaw so that it can be marked and we can feedback. Any extra sheets or information you may need will be included in a link in [blue](#). Any problems, feel free to comment on Seesaw or jamesl562@hwbcymru.net

### Monday

1	<b>WALT: Know how we can live a healthy lifestyle</b>	<b>Activity:</b> This term we will be looking at how we can keep ourselves healthy. What makes us healthy? Discuss as a class what we can do to live a healthy lifestyle. After discussion children to draw a full body picture of themselves, you can use the template if needed and around parts of the body describe what we can do to keep happy and healthy e.g. around the head you could write, brush teeth twice daily, wash my face, get the right amount of sleep. Can you think of any questions? E.g. How can I keep my heart healthy? How many hours of sleep do I need? Once finished discuss what you have added and with your <b>green for growth</b> pens add any you may have missed out.	<b>ACL.1</b>
2	<b>WALT: Recognise place value of numbers to 10000</b>	<b>Activity:</b> We will be starting the term looking at place value. What does place value mean? What does it tell us? How does it help us? Ask children to write 14 532 on their board and explain how many ten thousands, thousands etc are in the number. What can you say about this number? What is 10 more? What is 10 less? Using your whiteboards generate a 5 digit number, pass to your friend and ask them to talk about your chosen number.	<b>ACL.6</b>
3	<b>WALT: Be physically active</b>	<b>Activity: Children to take part in a PE session with Mr Ellis.</b>	<b>HCI.5</b>

### Tuesday

1	<b>WALT: Write a letter to the teacher ( cold write)</b>	<b>Activity:</b> Children to write a letter to Miss James, In the letter you could write about your interests, family, and anything else you think is important for Miss James to know. Discuss some ideas as a class and make notes to help. As this is a cold write, like last year, no input from the teacher can be given. Remember to take care with your presentation and punctuation	<b>ACL.4</b>
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2	<b>WALT: Compare and order numbers to 10000</b>	<b>Activity:</b> Recap work from yesterday on place value. Depending on your confidence complete one of the task below. <u>Bronze:</u> <u>Silver:</u> <u>Gold:</u> Miss James to write on the board 22 435, 1233, 19 224 and ask children to order from smallest to largest. Children to generate 5-digit numbers, compare and order, focusing on the place value of each digit. Explain how place value helps you when ordering and comparing numbers.	<b>ACL.6</b>
3	<b>WALT: Ask and answer questions</b>	<b>Activity:</b> Use the <a href="#">Welsh Placemat</a> to ask and answer questions and to assess areas you will confident in and areas you would like to improve on.	<b>ACL.4</b>

Wednesday			
1 & 2	<b>WALT: To study the elements of art</b>	<b>Activity:</b> Look at and discuss the “I am unique” presentation <a href="#">I am unique presentation</a> What does the word unique mean? Look at and discuss why we are unique/what makes us unique – hair/eye colour, siblings, interests, strengths/weaknesses, fingerprints etc. Play last man standing – ask pupils to sit down if the question applies to them. E.g “Sit down if you have black hair. Sit down if you have a brother” etc. keep asking questions until only one person is left standing. <b>Activity 1:</b> Create a profile of yourself using a fingerprint template <ul style="list-style-type: none"> <li>• Use coloured pens and write facts about yourself on the template (template found in presentation above). Ideas on what you can write are also in the presentation</li> <li>• Use an ink pad and create your unique finger and thumb print. Look carefully at the prints. Do they have whorls, loops or arches? label your prints.</li> </ul> <b>Activity 2:</b> Create a colour wheel within the iris of a large eye drawing. <ul style="list-style-type: none"> <li>• Discuss the colour wheel – what are the primary/secondary colours? How do you make the secondary colours? Name the cold/hot colours.</li> <li>• Discuss the parts on an eye – pupil, iris, sclera (white part), eyelids, eyelashes. What is the purpose of each? (presentation above).</li> </ul>	<b>ACL.4</b>



		<ul style="list-style-type: none"> <li>Follow the Youtube link to show how to create the colour wheel eye. <a href="#">Eye of colour Colour wheels! - YouTube</a></li> <li>Use watercolours to mix and paint the colour wheel.</li> <li>Outline the eye with a black pen</li> </ul>	
3	<b>WALT: Understand the workings of the heart</b>	<p><b>Activity:</b> Draw on previous learning of healthy foods and the different food groups. Complete the <a href="#">healthy quiz</a> as a class.</p> <p>What do you know about the heart? Look at the <a href="#">power point</a>. Children to have a go at measuring their pulse, record your results in a <a href="#">table</a>. Jump on the spot for 30 seconds and record your results again straight after. Why has your pulse changed? Link your answer to what you know about the heart. Children can also try the marshmallow experiment to watch their pulse. Place a tooth pick into a marshmallow and place on your wrist. This is an easy experiment to see the rhythm of your pulse.</p>	<b>HIC.3</b>

<b>Thursday</b>			
1	<b>WALT: Discuss a story</b>	<p><b>Activity:</b> What is the heart? Have a giant heart-shaped template on the floor and ask the children to fill it with all the words they can think of which relate to the heart- these, can be related to the abstract or the scientific meaning of the heart. Ask some of the children to explain why they chose that particular word and what image the word 'heart' conjures up in their minds.</p> <p>Children to then watch <a href="https://www.youtube.com/watch?v=LTI1ymrrytK">https://www.youtube.com/watch?v=LTI1ymrrytK</a></p> <p>Don't read the title before watching!</p> <p>In pairs children are to summarise the story and feedback. Ask the children to come up with a suitable title for the story-why did they choose it?</p> <p>On a post-it note-children write down one question or something which puzzles them about the story. Stick these on the board.</p> <p>Group discussion to try and answer these.</p> <p>Return to main question: "What is the heart?"</p> <p>Children to answer the following in their English Books: 'For Oliver Jeffers, the heart is.....' They should stick in an image of The Heart and the Bottle and write their answers around this.</p>	<b>EIC.1</b>
2	<b>WALT: Recognise place value of</b>	<p><b>Activity:</b> Children to play <a href="#">place value battles</a>.</p>	<b>ACL.6</b>



	<b>numbers to 10000</b>		
3	<b>WALT:</b> <a href="#">Understand the workings of the heart.</a>	<b>Activity:</b> Look at the diagrams of the human heart. Miss James to explain how it is divided into four chambers and how blood is pumped around the body. Listen to heartbeat at <a href="http://www.smm.org/heart/heart/steth.htm">http://www.smm.org/heart/heart/steth.htm</a> - children to use stethoscope to listen to their own heartbeat Depending on your level of confidence, have a go at the worksheets below <b>Bronze:</b> <b>Silver:</b> <b>Gold:-</b> Explain in your own words how blood is pumped around the body	<b>ECC.1</b>

<b>Friday</b>			
1	<b>WALT: Write an explanation text -Cold write</b>	<b>Activity:</b> Our first genre focus will be an explanation text. Today children are to complete a cold write explanation text on how to be healthy. Think of all the different things you can do to live a healthy lifestyle. As this is a cold write this will be completed independently.	<b>ACL.4</b>
2	<b>WALT: Recognise place value of numbers to 10000</b>	<b>Activity:</b> Recap our work from this week on place value. Play <a href="#">place value board game</a> Play <a href="#">Place value charts</a>	<b>ACL.6</b>
3	<b>WALT: Explore thoughts and feelings</b>	<b>Activity:</b> Today we will be taking part in our first Jigsaw session. The focus will be 'Being me in my world'	<b>EIC.6</b>

<b>Additional Tasks</b>	
<b>9.00- 9.10 – Registers, children settle, practise handwriting in books.</b> <b>9.10-9.30 – Daily mile on the front yard</b> <b>9.30-10.30- Session 1- Maths</b> <b>10.30- 10.45- Break – see timetable</b> <b>10.45- 11.15- Guided reading – see group list and timetable on board.</b> <b>11.15- 12.20 – Session 2-Literacy</b> <b>12.20- 1.20-Lunch – children to be taken and collected from zone (timetable on board)</b> <b>1.20-1.30- Mindfulness</b> <b>1.30-1.50- Boost – Read and discuss a book</b> <b>1.50-3.00- Session 3 -Topic</b> <b>3.00- 3.20- Class story/ Newsround</b> <b>3.25 – Home time</b>	



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