



## Ysgol Gynradd Coedffranc Primary School

Headteacher: Mr. G. Jones  
Deputy Head: Mrs. C. Roderick

*Giving our children the roots to grow and the wings to fly*

### Week Beginning 18.05.2020

**Next week is National Mental Health and Wellbeing week. Therefore, throughout the week our afternoon activities will be promoting positive wellbeing. Please take time to complete these with your children and discuss their options and opinions whilst undertaking the activities.**

Literacy Focus  
-  
Instructional Writing

We are aiming to have a bit of fun with our writing tasks this week. All of the children have studied instructional writing at some point this year, therefore they are able to undertake these activities independently. The teachers will choose some of the instructions sent in and follow them exactly as they are written, these often can have some hilarious results. Please let your child write them in their own words! Remember to tell them to include warnings and tips.

Numeracy Focus  
-  
Shape

We are yet to cover shape this year as we always normally cover it in the summer term. Therefore, your children may need a little bit of support in undertaking these tasks. Mr Astley will be posting the links to the answers of each page on Friday, so please save your children's work and mark it with them on Friday. (We are saving them until Friday as some children complete these tasks independently all week.)



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	Monday	Tuesday	Wednesday	Thursday	Friday
Literacy	<p>*Bit of a fun task*</p> <p>Take some time with your child today and discuss instructions. Instructions can come in many forms including directions.</p> <p>Take your child out to an open space and blindfold them. Give them some instructions to follow such as 'walk forward 5 steps' or 'jump 3 times.' Swap over and let them give you instructions.</p> <p>The action word in each instruction (walk/jump) are called imperative verbs or bossy words.</p> <p>Try to list all of the imperative verbs you've both used.</p>	<p>So this weeks' task is to write instructions for your teachers to make a perfect healthy plate balanced sandwich task.</p> <p>Have a look at the information on an Healthy balanced diet <a href="#">here</a>.</p> <p>Using this information start to think about what sandwich you would like to make. *Remember this has to be a healthy sandwich so use information you saw on Bitesize.*</p> <p>Draw a picture of the sandwich you're going to make, clearly labelling your sandwich, ensuring a balanced diet.</p>	<p>Have a go at making your sandwich, taking photos of each step which will help you when writing your instructions</p> <p>Think about the imperative verbs that you're going to use and any warnings that you will include in your writing.</p> <p>Instructional writing also requires diagrams. What diagrams will you use?</p> <p>What equipment will you need?</p> <p>Plan your writing, ready for tomorrow.</p>	<p>Write your instructions today.</p> <p>Remember to follow this format:</p> <p>Title Introduction / Question Equipment Numbered Instructions Images with Captions Warnings Concluding Sentence</p> <p>Underline your imperative verbs when you have finished writing your instructions.</p>	<p>Can you type up your instructions and send them over to your teacher (including images and warnings etc.)</p> <p>Your teacher will choose a random sample of instructions to follow. Let's hope your instructions are correct or this could go horribly wrong!</p>
Numeracy	<a href="#">Group 1</a>	<a href="#">Group 1</a>	<a href="#">Group 1a</a> <a href="#">Group 1b</a>	<a href="#">Group 1a</a> <a href="#">Group 1b</a>	<a href="#">Group 1a</a> <a href="#">Group 1b</a>
	<a href="#">Group 2a</a> <a href="#">Group 2b</a>	<a href="#">Group 2a</a> <a href="#">Group 2b</a>	<a href="#">Group 2a</a> <a href="#">Group 2b</a>	<a href="#">Group 2a</a> <a href="#">Group 2b</a>	<a href="#">Group 2a</a> <a href="#">Group 2b</a>
	<a href="#">Group 3</a> <a href="#">Group 3b</a>	<a href="#">Group 3</a> <a href="#">Group 3b</a>	<a href="#">Group 3</a> <a href="#">Group 3b</a>	<a href="#">Group 3</a> <a href="#">Group 3b</a>	<a href="#">Group 3</a> <a href="#">Group 3b</a>
	<a href="#">Group 4a</a> <a href="#">Group 4b</a>	<a href="#">Group 4a</a> <a href="#">Group 4b</a>	<a href="#">Group 4a</a> <a href="#">Group 4b</a>	<a href="#">Group 4a</a> <a href="#">Group 4b</a>	<a href="#">Group 4a</a> <a href="#">Group 4b</a>



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<p>Creative Tasks</p>	<p>Today you're going to watch a few childhood stories.</p> <p><a href="#">3 Little Pigs</a></p> <p><a href="#">Little Red Riding Hood</a></p> <p><a href="#">Goldilocks</a></p> <p>We would like you to use your empathy skills to write your own version of one of the stories from the viewpoint of a different character.</p> <p>You could write from the viewpoint of the wolf in 3 little pigs or in little red riding hood or from the viewpoint of one of the bears in Goldilocks.</p> <p>How would this change the story?</p> <p>Please send them in to</p>	<p>Today we would like you to create personalised mood boards.</p> <p>Draw a picture of yourself on a piece of paper and write around it what makes you happy. This can include toys, friends, family etc.</p> <p>Next, draw another picture of yourself and write what makes you sad, angry or anxious. This can be quite tough but we promise at the end of this activity you will know how to deal with these problems.</p> <p>After you have completed writing what makes you sad, angry or anxious, using a different colour write how you can make yourself feel better in these situations.</p> <p>See some WAGOLLS here:</p> <p><a href="#">1</a> <a href="#">2</a> <a href="#">3</a></p>	<p>Today we would like you to create your own SUPERHERO.</p> <p>If you had the powers to create your own superhero, what special powers would you give them.</p> <p>Try to think about what's happening in the world at the moment, what would you like the change?</p> <p>What would you like to change on a personal level? Maybe in school, at home or even just in Skewen.</p> <p>Draw a picture of your Superhero and write a short description of the superpowers they possess.</p> <p>Remember, as it's positive mental health week, make sure your superhero makes the world a better place for everyone.</p>	<p>It's time for some exercise, exercise is brilliant for our mental and physical wellbeing.</p> <p>Staying inside can be so boring, so it's time to have a little bit of fun.</p> <p>Using your garden or a little outside space near your home, can you set up your own obstacle course or circuit training course.</p> <p>Try to incorporate these skills into your training...</p> <p><u>Obstacle</u> Crawling Jumping Climbing</p> <p><u>Circuit Training</u> Star Jumps Sit Ups Burpees Press Ups</p> <p>Ask someone to record you or take pictures of your workout.</p>	<p>Releasing tension and frustration is a wonderful way to improve your wellbeing. Mr Astley likes to play his drums when he is frustrated and anxious and we would like you to too.</p> <p>Using pots, pans, containers, bins or anything that resembles a drum in your house, we would like you to create your own drumkit.</p> <p>We would then like you to record yourself drumming along to your favourite song.</p> <p>Parents, we know this will be loud but we promise releasing the tension and anxiety in the body will help your child deal with this difficult time.</p> <p>See an example <a href="#">here</a>.</p> <p>Send your videos in to your teachers.</p> <p>Mr C Astley (+ Mr Elias' class) <a href="mailto:astleyc@hwbcymru.net">astleyc@hwbcymru.net</a></p>
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	your teacher.			You could even try Joe Wicks workout here - <a href="#">Jo Wicks YouTube</a>	Mrs Evans – <a href="mailto:evansj1204@hwbcymru.net">evansj1204@hwbcymru.net</a> Mrs Robinson – <a href="mailto:robinsone9@hwbcymru.net">robinsone9@hwbcymru.net</a> Mrs Gabriel – <a href="mailto:jonesr1287@hwbcymru.net">jonesr1287@hwbcymru.net</a>
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