

English Challenges Week 4th May.



Task: Write an explanation text about improving your fitness.

We all know how important keeping fit and healthy is. Exercise is even more important now that we are all at home. We have the opportunity to increase the amount of exercise that we do and perhaps even try a new sport or activity (using all of the free video clips that are out). Do you know why it's important to exercise? How can we improve our fitness?

Here is some **key vocabulary** that you may want to include in your work.

heart	water	fitness	pumps
diet	blood	lungs	nutrition
blood vessels	carbon dioxide	stretching	smoking
drugs	exercise	sleep	lifestyle
lifestyle	water	nutrients	oxygen
heartbeat	healthy		balanced

- Group together the key vocabulary that go together.
Can you think of a sub-heading that they can go under?
(just like we did for our Fantastic Melton Brochures)
- Using the list of Key Vocabulary, write a definition or piece of information about each one – this doesn't need to be in full sentences as it's just part of our plan.

What do we need before we start writing about lots of detail? That's right we need an introduction. What will this information tell us about?

- Have a go at writing an introduction giving the reader an idea about what your piece of writing is going to be about. Can you include a rhetorical question?
- Have a go at writing paragraphs giving guidance on how to improve your fitness.

Struggling for ideas? You may want to use some of these questions to help you – you could even use them as sub-headings.

Why is exercise important?

How can I stay healthy?

How can I improve my fitness?

How does our body work?

What are the positive effects of exercise?

I'm stuck inside. Can I still stay healthy?



Task: Write an email to reassure Mr Chameleon.

Oh No! Mr Chameleon heard we were looking at the environment and animals last week and he is *not* happy. He's sent us an email with details about what is going wrong and how some of our actions are harming the environment.

- Read through the email and answer the questions.
 - Highlight some key points that he is making.
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- Reply to his email detailing what we, as amazing Ab Kettleby children, are going to do to help. Think about both the:
 - ❖ Small everyday things that we can do to help (energy efficient lights, switching lights off, heating, recycling etc)
 - ❖ The large things – what is this pipe he was talking about? Can we use alternative resources? (solar, share transport, cycle etc)

Chameleon's email is currently down so if you want to reply via email please send them to admin@abkettleby.org

Task: Add in Parenthesis

Parenthesis is a word or phrase inserted as an **explanation** or **afterthought** marked off using either:

brackets

()

dashes

- -

commas

, ,

- Have a go at the 'Parenthesis Recap & Challenges' PDF.
- Can you improve 2 of your sentences that you have written by including some parenthesis?

Spellings

• Group A – rule 29	Group B – rule 26	Group C – rule 41
one won sun son to too two be bee blue blew	Calendar breath breathe build busy business caught centre century certain	adorable adorably considerable considerably changeable comfortable enjoyable horrible horribly incredible incredibly