

# YSGOL GYNRADD BLAENGWRACH PRIMARY SCHOOL



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School Admin: Mrs Karen Thomas

Dear Parent / Carer

## Miss Gully - Year 4 / Year 5 - week commencing 8<sup>th</sup> February 2021

I hope you have all had a good weekend. Thank you for all the wonderful work that is being shared. This is our last week before half term so please continue the hard work, I look forward to receiving it. Here are the tasks for the week commencing 08/02/21.

Thank you to those who have responded to my Flipgrid videos, I will be continuing to use Flipgrid this week. These videos can only be seen by myself and Mrs Sharp, there is also an option when recording to just record the audio with a voice clip. Please see instructions for how to access on last week's plan. You can also use this link <https://flipgrid.com/missgully>

**Maths:** Practise your multiplication tables on TT Rockstars.

Maths Facts – continue with learning these important maths facts.

You can also use J2e Blast (KS2 Arithmetic) to practise your mental maths. (Log on to Hwb then go to the menu (the waffle) and select Just2easy. From the J2Launch window, select J2blast then choose the yellow KS2 games for learning arithmetic).

**This week's Maths tasks will allow you to practise the skills of column addition and column subtraction that we have looked at the last two weeks. Please look back at the previous videos for help with the methods if needed. I have also created a new video for the filling in the missing numbers task.**

Addition Video - <https://photos.app.goo.gl/u2iewcZ7pYJ7yKfY7>

Subtraction Video - <https://photos.app.goo.gl/q1xiCTmBgLfnVhSu8>

### Task 1. Mixed subtraction and addition

Complete the addition and subtraction sums using the column method. Make sure to read the sign carefully.

### Task 2. Missing number

Using your knowledge of addition and subtraction using the column method. Have a go at filling in the missing numbers. I haven't done a video of how to do this as I would like to see how you get on from what you have learnt the last 2 weeks. Please don't worry if you find it tricky and email me for help if you need it.

**Task 3. Mixed problem solving**

Solve the problems, you might need to add or subtract to make sure you read the question carefully. Underline all the important information to help you.

**English:**

**Task 1. To understand and use similes**

Complete the activity using the simile word bank to help you.

**Task 2. To create similes**

Create 2 similes for each folktale character:

- The red dragon
- The white dragon
- Gelert
- Prince Llewellyn
- The wolf (from Beddgelert)

**Spelling: Year 4 – Set 18 – practise your spelling words.**

- Complete the spelling activity

**Year 5 – Set 18 – practise your spelling words.**

- Complete the spelling activity

**Reading:** Please respond to my Flipgrid Video for reading this week by reading a couple of pages from your reading book.

**Science: Our new topic is 'Energy, Light, and Sound'.**

- Sort the electrical inventions into the order that they were invented (from oldest to newest, like on a timeline).
- Research an electrical invention and note down the information you find (who invented it? When was it invented? Interesting facts.).

**Topic: 'Celebrating Culture'**

This Friday is Chinese New Year.

- Complete the comprehension to find out more about Chinese New Year. You can listen to me read the comprehension text on Flipgrid.

Enjoy as many of the Chinese New Year activities as you like. I'd love to see pictures of your work! You could also share videos of what you have done on Flipgrid if you like. I have put some instructions for the activities in the resources but if you don't have all the things you need that the instructions tell you, be creative and try using other things. Use these ideas as a guide.

- Chinese cooking (with an adult) – dragon cookies, rice cakes or you can find your own recipe.
- Make a lantern.
- Zodiac animal research – Find out about the zodiac animals and the Great Race. What animal year were your family members born in?

<https://www.bbc.co.uk/bitesize/articles/zd9nd6f>

<https://www.topmarks.co.uk/ChineseNewYear/ZodiacStory.aspx>

- Lucky fish art.
- Find out about the legend of the Nian.

- Chinese code writing - find out the Chinese alphabet and write a message in Chinese.
- Make a fortune teller.
- Watch the traditional Lion and Dragon dances on the links below.  
Lion Dance - <https://photos.app.goo.gl/nMYhDhE9YX4Pa8p3A>  
Dragon Dance - <https://photos.app.goo.gl/U1PhqAZuQ7e6wh2E9>
- Create artwork of the zodiac animals.



#### PE:

- PE with Joe is live on youtube at 9am to help you keep fit, so join in if you can. An adult must access youtube.
- Swansea City Football Club need some help with the footballers Nutrition plan. Have a watch of the video following the link below. You might need to copy it into the web browser.

<https://youtu.be/IvfCS0ZPkcl>

Now have a go at the activity booklet.

I am looking forward to seeing all your wonderful work again this week, may I ask that you put a title and date on each piece of work so that I know what you have done. Please continue to complete your work on Office 365 on Hwb and share it with me as well as having a go at responding to my Flipgrid Videos.

You can also find your tasks outlined on Just2easy. If you log on to Hwb then go to the menu (the waffle) and select Just2easy. From the J2Launch window and select shared files. If you know how to complete your work on J2e and save it in your pupil file then you can do this (email me to let me know you have done it) however please still use Office 365 to complete your work and share it with me.

Please email me with any queries you have and I'll be happy to help.

Stay safe,

Miss Gully – [GullyE12@hwbcymru.net](mailto:GullyE12@hwbcymru.net)

#### Other useful links to support learning:

<https://www.twinkl.co.uk/resources/adnoddau-cymraeg-welsh-resources/parents-rhieni-wales-cymru/english-medium-parents-rhieni-wales-cymru> (you can create a FREE account)

#### BBC Bitesize:

<https://www.bbc.co.uk/bitesize/primary>

#### Primary Resources:

<http://www.primaryresources.co.uk/>

#### Woodlands Primary School:

<http://www.primaryhomeworkhelp.co.uk/>

#### Hwb:

<https://hwb.gov.wales/>

#### TT Rockstars (times tables practice)

<https://ttrackstars.com/home>

#### Jolly Phonics:

<https://www.jollylearning.co.uk/school-closure-support-for-parents/>

## Maths Tasks

### Task 1 – Column addition AND column subtraction.

Make sure to read the sum carefully and remember the rules on carrying and borrowing.

1.  $24 + 25 =$

2.  $63 - 32 =$

3.  $52 + 39 =$

4.  $81 - 36 =$

5.  $73 + 19 =$

6.  $90 - 57 =$

7.  $31 + 78 =$

8.  $68 - 40 =$

9.  $119 + 60 =$

10.  $175 - 29 =$

11.  $150 - 75 =$

12.  $109 - 49 =$

13.  $158 + 73 =$

14.  $328 + 194 =$

15.  $505 - 176 =$

16.  $460 + 279 =$

17.  $300 - 123 =$

18.  $67 + 790 =$

19.  $71 + 58 =$

20.  $876 - 155 =$

### Optional Challenge

1.  $378 - 165 =$

2.  $564 + 67 =$

3.  $289 + 231 =$

4.  $540 - 274 =$

5.  $1000 - 432 =$

6.  $876 + 349 =$

7.  $1036 + 278 =$

8.  $2873 - 92 =$

9.  $4673 + 749 =$

10.  $7008 - 5429 =$

## Task 2 - Missing numbers

Fill in the missing numbers. Take care reading the sum to see if its + or -.

1.  $\underline{\quad} + 23 = 97$

2.  $34 + \underline{\quad} = 57$

3.  $\underline{\quad} - 54 = 23$

4.  $86 - \underline{\quad} = 51$

5.  $\underline{\quad} - 51 = 38$

6.  $46 + \underline{\quad} = 96$

7. 

1	2	5
<input type="text"/>	3	<input type="text"/>
1	<input type="text"/>	7

8. 

1	6	<input type="text"/>
1	<input type="text"/>	3
2 1		

9. 

4	2	5
<input type="text"/>	7	<input type="text"/>
5	<input type="text"/>	7

10. 

<input type="text"/>	6	<input type="text"/>
3	<input type="text"/>	1
4	0	1

### Optional Challenge

Remember the rules of carrying and borrowing when working out these missing numbers.

$$\begin{array}{r} \phantom{0} \phantom{0} \phantom{0} \\ + \phantom{0} \phantom{0} \phantom{0} \\ \hline \phantom{0} \phantom{0} \phantom{0} \end{array}$$

$$\begin{array}{r} 7 \phantom{0} 2 \\ + 2 \phantom{0} \phantom{0} \\ \hline \phantom{0} 8 \phantom{0} \end{array}$$

$$\begin{array}{r} 2 \phantom{0} 3 \\ + 5 \phantom{0} 7 \\ \hline \phantom{0} 9 \phantom{0} \end{array}$$

$$\begin{array}{r} \phantom{0} 2 \phantom{0} \\ + 3 \phantom{0} 8 \\ \hline 7 \phantom{0} 4 \end{array}$$

$$\begin{array}{r} 6 \phantom{0} 6 \\ + 3 \phantom{0} \phantom{0} \\ \hline \phantom{0} 0 \phantom{0} \end{array}$$

$$\begin{array}{r} 5 \phantom{0} 1 \\ + \phantom{0} 2 \phantom{0} \\ \hline 8 \phantom{0} 9 \end{array}$$

$$\begin{array}{r} 8 \phantom{0} 1 \\ - \phantom{0} 2 \phantom{0} \\ \hline 4 \phantom{0} \phantom{0} \end{array}$$

$$\begin{array}{r} 4 \phantom{0} 0 \\ - \phantom{0} 3 \phantom{0} \\ \hline 1 \phantom{0} \phantom{0} \end{array}$$

$$\begin{array}{r} 7 \phantom{0} \phantom{0} \\ - 3 \phantom{0} 1 \\ \hline \phantom{0} 5 \phantom{0} \end{array}$$

$$\begin{array}{r} 6 \phantom{0} 9 \\ - 3 \phantom{0} 2 \\ \hline 2 \phantom{0} \phantom{0} \end{array}$$

$$\begin{array}{r} \phantom{0} 5 \phantom{0} \\ - 4 \phantom{0} \phantom{0} \\ \hline 2 \phantom{0} 2 \end{array}$$

$$\begin{array}{r} 8 \phantom{0} 0 \\ - \phantom{0} 3 \phantom{0} \\ \hline 3 \phantom{0} 9 \end{array}$$

### **Task 3 - Problem Solving**

**Remember:**

**READ** the question.

**NOTE** down the important information.

**Decide** what **CALCULATION** to do (+ or -)

**Check** it makes sense and **ANSWER** the question.

1. There are 45 cars parked on level 1 and 27 cars parked on level 2. How many cars altogether?
2. There are 63 cars parked on level 1 and 57 on level 2. How many more cars are parked on level 1 than level 2?
3. In the high jump Jo jumped 94cm and Li jumped 78cm. What is the difference between the heights they jumped?
4. Casper jumped 87cm in the high jump and Chloe jumped 28cm higher than Casper. How high did Chloe jump?
5. Mr Jones is 37kg heavier than Mrs Jones. Mrs Jones weighs 62kg. How heavy is Mr Jones?
6. It takes 108 minutes from start to finish for a washing machine clothes wash. Sam pressed 'start' 19 minutes ago. How many minutes until its finished?
7. A builder mixes 156kg of sand together with 18kg of cement and 24kg of stones. How heavy is the mix?
8. One morning a lorry driver drove 144km. After lunch he drove 78km further than he had in the morning. How far did he drive that day?

### **Optional Challenge**

1. The height of the mountain Ben Lawers is 1214m. Ben Nevis is 130m taller. What is the height of Ben Nevis?
2. On Monday, 459 people clicked on a website to buy tickets for a concert. On Tuesday the number of people who clicked on it was 117 more than Monday. How many people clicked on the website on Tuesday?
3. In Africa, Mount Auasberge is 2485m high. In Wales, the height of mount Snowdon is 1400m less than this. How high is Snowdon?
4. The Globe theatre was built in 1599. Shakespeare was born 35 years earlier. What year was he born?
5. Charles Dickens wrote Oliver Twist in 1838. 160 Years later, JK Rowling's book Harry Potter and the Chamber of Secrets was published. What year was that?
6. A website had 701 hits during the year 2019. During 2020 it has 146 less hits. How many hits did it have in 2020?
7. Create your own word problem for  $157 + 29 =$
8. Create your own word problem for  $960 - 127 =$

## English Tasks

### Task 1 – To understand and use similes

A simile is a way of describing something by comparing it to something else using 'like' or 'as'.

The boy ran **as fast as** lightening.






She sings **like** an angel.

It is important to think carefully when comparing as it needs to make sense.

The boy ran as fast as a slug doesn't make sense because slugs aren't quick!

Finish the sentences.

1. The car is as fast as...
2. The desert is as hot as...
3. The baby was as quiet as ...
4. The train whizzed by like ...
5. The water was as cold as ...
6. The girl swan smoothly like ...
7. The man was as tall as...
8. The coins shone bright like...
9. Her eyes sparkled like...
10. The pain was sharp like...
11. Now create 8 of your own sentences using the simile bank to help you.

	as big as...		as clean as...		as easy as...		as boring as...	
	as cold as...		as hot as...		as fresh as...		as hard as...	
	as soft as...		as dry as...		as hungry as...		as nice as...	
	as clear as...		as long as...		as slow as...		as fast as...	
	as straight as...		as tall as...		as small as...		as sweet as...	
	as wise as...		as white as...		as black as...		as blue as...	
	as silent as...		as loud as...		eat like a...		race like a...	
	swim like a...		work like a...		behave like a...		sleep like a...	
			cry like a...		smell like a...			



## Spelling words

### Year 4 Set 18

#### Using the prefix 'a'

way

away

ground

aground

sleep

asleep

wake

awake

glow

aglow

live

alive

long

along

woke

awoke

## Spelling Activity

### Year 4 Set 18

Using the prefix 'a'.

Using 'a' as a prefix can slightly alter the meaning of a word.

For example, board can become aboard, sleep can become asleep.

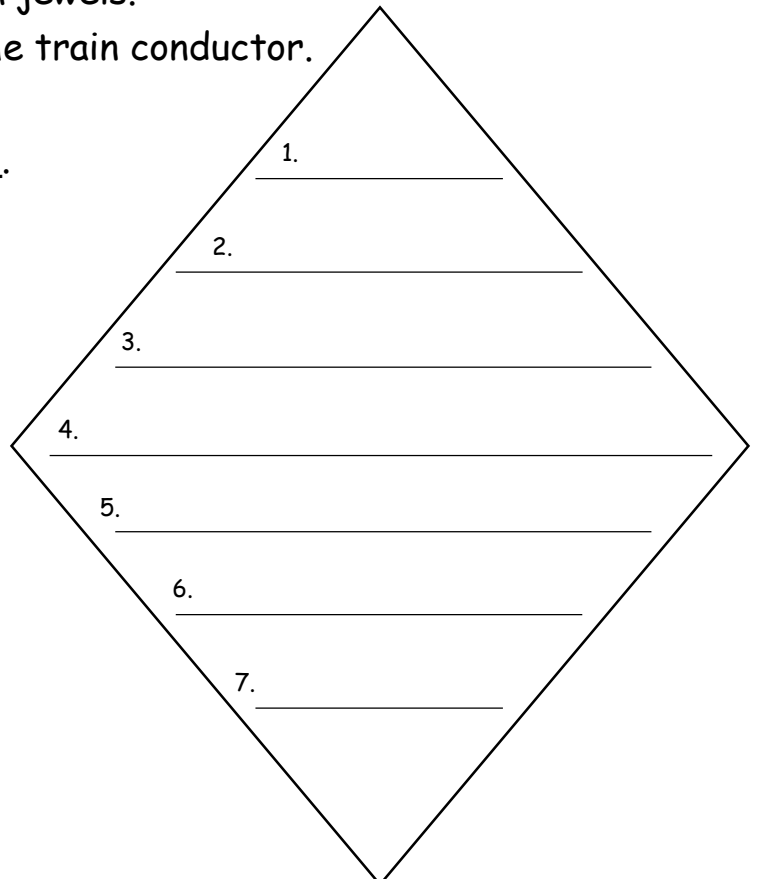


Follow the clues to solve the diamond puzzle. Use the words in the box to help you.

1. Ship a\_\_\_\_\_ the sailor shouted.
2. One more = a\_\_\_\_\_.
3. She was a\_\_\_\_\_ with jewels.
4. All a\_\_\_\_\_ shouted the train conductor.
5. Not awake = a\_\_\_\_\_.
6. Not sleeping = a\_\_\_\_\_.
7. Go a\_\_\_\_\_.

#### WORD BANK

awake      another  
aboard      asleep      ahoy  
away      aglitter



Write 5 interesting sentences using your spelling words.

### Spelling words

#### Year 5 Set 18

#### 'ear' and 'our'

earth

heart

fearsome

hearth

beard

smear

search

yearn

four

neighbour

flour

colour

hour

mourn

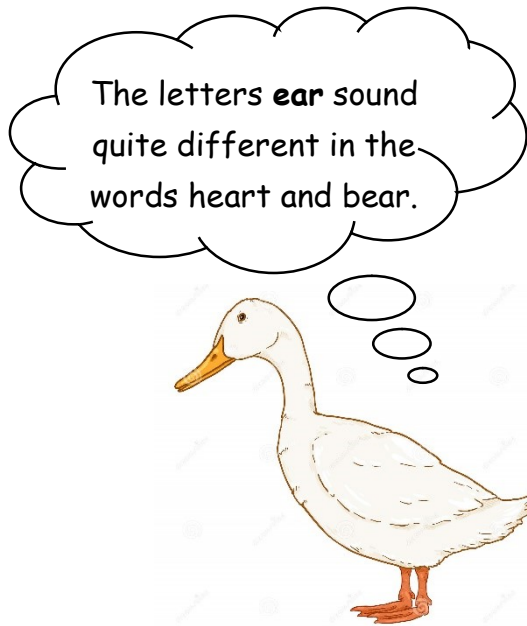
tour

honourable

## Spelling Activity

### Year 5 Set 15

Letter strings 'ear' and 'our'.



All the following words should have either 'ear' or 'our' in them.

Put in the correct set of letters to make each word complete.

Every word must be a different one.

f        

s   m        

b            d

        t   h

f   l        

c   o   l        

h   o   n            a   b   l   e

h            t   h

n   e   i   g   h   b        

f            s   o   m   e

h        

t        

f        

t        

h        

s            c   h

y            n

h            t

m            n

Choose a word from above for each of the following clues.

1. One plus three ->
2. To grieve ->
3. Facial hair ->
4. Red, green or yellow ->
5. Pumps blood around the body-
6. In front of the fire ->
7. Sixty minutes ->
8. Lives next door ->
9. To hunt ->
10. Use this in cooking ->

## **Science Tasks**

The modern world runs on electricity. Without it, life for millions of people around the world would be very different. The [discovery and harnessing of electricity](#) were some of the most important developments in human history.

Electricity, being a natural phenomenon, [was discovered rather than invented](#) by the work of many great minds throughout history. Early work was conducted in ancient Greece and Rome on electric fish by philosophers like Pliny the Elder.

But it wouldn't be until the 1600s and 1700s that it was studied scientifically. The first person to coin the term "electricity" was a British scientist called William Gilbert

In fact, the very word electricity is derived from Gilbert's new Latin word *electricus* meaning "of amber" or "like amber". But some of the most important work was conducted by [Benjamin Franklin in the 18th Century](#).

Further work by Volta, Faraday, Ohm, and much more great scientists furthered our understanding of the phenomena and enabled us to harness and use it today.

### **1. Put the electrical inventions below in order of when they were invented (from earliest to latest like a timeline).**

Light bulb - 1878	Electric car late 1880s
The first electric railway - 1883	The television - 1927
Internet - 1991	The telephone - 1876
MP3 Players late 1990s	Electric battery - 1790
The first radio -1895	The first electric Telegraph - 1839
Digital camera 1975	A telegraph cable - 1851

The first radio message across the channel - 1899

### **2. Now choose 1 electrical invention from the list above (or one of your own) to research.**

- Who invented it?
- When was it invented?
- When was the inventor born?
- What were they famous for?
- Any other interesting facts you can find.

# Chinese New Year

## What is Chinese New Year?

Chinese New Year is celebrated every year by millions of Chinese people. In addition, it has now become a very popular event for people of all cultures and races. Many communities flock to their local Chinatown to witness the joyful festivities and it is the longest and most important holiday for a lot of Asian countries, such as China, Taiwan, Singapore and Malaysia.

Chinese New Year doesn't happen on the same day as the Western New Year's Day. This is because it is worked out according to the first day of the Chinese Lunar calendar, which means the year is determined by the movements of the sun and moon. The celebration falls between 21<sup>st</sup> January and the 19<sup>th</sup> February. In 2021, Chinese New Year falls on Friday 12th February.

## Celebrations

There are certain traditions that are very likely to occur at a Chinese New Year celebration. Here are just a few:

**Red Envelopes:** The colour red is very lucky to the Chinese as it symbolises fortune, good luck and joy. People give each other money in small, decorated red envelopes. It is usually older people who give them to the young in amounts of even numbers. The Chinese think that even numbers are luckier than odd numbers. But, the even number 4 is also thought of as bad luck.

**Firecrackers:** Firecrackers are traditionally made of lots of red paper rolls strung together. When lit, they explode very quickly, one after the other, and create loud popping noises as well as a cloud of red paper shards in the air. However, they are quite dangerous and have been banned in a lot of countries, except for some rural villages in China.

**Lion and Dragon Dances:** These dances are often performed by skilled acrobats under the lion and dragon costumes. Like lions and dragons, these costumes are enormous, and lots of people can fit underneath them. The dance is accompanied by loud music consisting of drums and cymbals to chase away the evil spirits and bad luck. The dragon dance is often the highlight of a parade in a Chinatown and people flock to see the magnificent show!

**Spring Cleaning and Debt:** It is believed that spring cleaning your home will sweep away the bad fortune of the old year and any debts should be settled before the new one ready for a fresh start to the new year.

**Food and Families:** Food is quite symbolic at this time of year. Chicken and prawns represent happiness whilst noodles represent long life. Dumplings are also eaten. Like Christmas, friends and family all gather together to eat and enjoy each other's company.



## Legends

It is said that Chinese New Year started in ancient times, when the Chinese people were hounded by a mythical beast called the 'Nian'. The Nian would visit every New Year day to gobble up all their livestock, crops and even people!

Scared and tormented, the villagers left food outside their houses for the Nian, in the hope that it would leave them be once it had been fed.

One day, the villagers noticed that the Nian was afraid of nothing but a small child wearing the colour red. From that day on, red lanterns, firecrackers and scrolls were used to frighten the Nian away and it never came back!

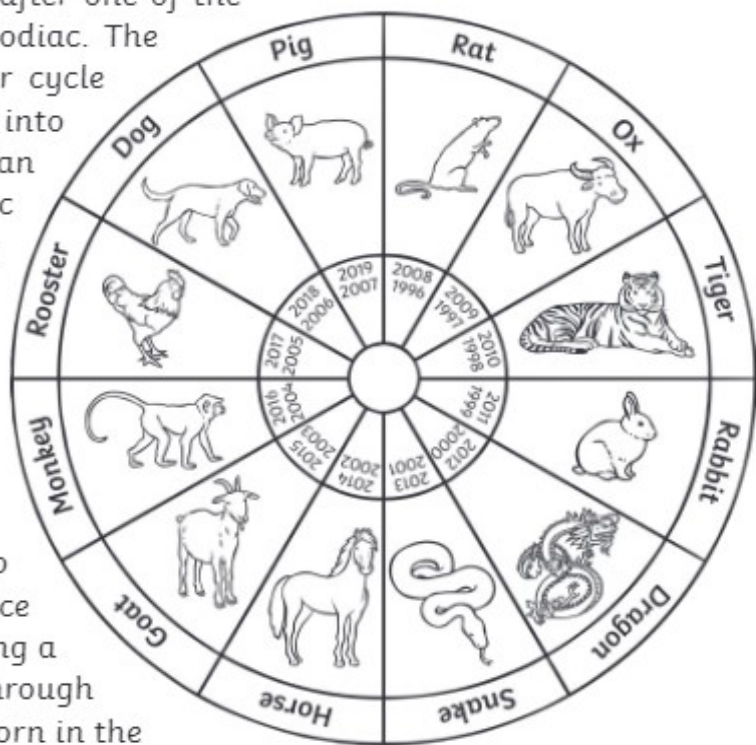
Each Chinese year is named after one of the 12 animals on the Chinese Zodiac. The zodiac is a repeating 12-year cycle and is shown as a wheel, split into 12 sections, each containing an animal. The Chinese Zodiac and its 12 animals all link to certain years of the Lunar calendar. Last year (2020) was the year of the rat, 2021 is the year of the ox and 2022 will be the year of the tiger.

These animals all came to be ranked by a legendary race they all took part in by crossing a river. The rat won the race through trickery and people who are born in the year of the rat are said to be very cunning.

From first to last, the animals finished in this order: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig.

## Your Celebrations

It is very likely that your local community will be holding some sort of celebration for Chinese New Year. Have you ever watched a dragon dance? If not, do you think you will this year?



## Chinese New Year comprehension questions

1. Which dates does the Chinese New Year fall between?
2. Why is Chinese New Year not on the same day every year?
3. Why is red a significant colour in Chinese culture?
4. Why is money given in even amounts?
5. Why do you think lions and dragons are used for the dance in the parade rather than animals such as rabbits, cats and dogs?
6. Explain the legend of how the Chinese New Year began.
7. According to the Chinese Zodiac, 2021 is the year of the ...?
8. What personality trait are people who are born in the year of the rat said to have?
9. Using the illustration of the Chinese zodiac, what animal was the year you were born?
10. Which part of Chinese New Year would you most like to experience? Why?

## Chinese New Year activity ideas

### Chinese New Year Sticky Rice Cakes

#### Ingredients

200g glutinous rice flour  
150g light brown sugar  
100ml hot water  
100ml room-temperature water

#### Equipment

Whisk  
Large mixing bowl  
Bowl for steaming  
Saucepan  
Spoon

#### Method

1. Whisk together the brown sugar and the hot water in a large bowl. Whisk until the sugar dissolves.
2. Whisk in the room-temperature water.
3. Slowly mix in the rice flour until you get a smooth batter.
4. Grease your bowl (or line it with greaseproof paper) and pour in the batter.
5. Steam the mixture over a pan of hot water for about 30 minutes.
6. The mixture will be ready when it is no longer runny.
7. Remove the bowl from the saucepan. Allow the mixture to cool.
8. Turn the rice cake out onto a plate and slice it into individual portions.
9. You can store the rice cakes at room temperature for 3 days or in the fridge for about a week.



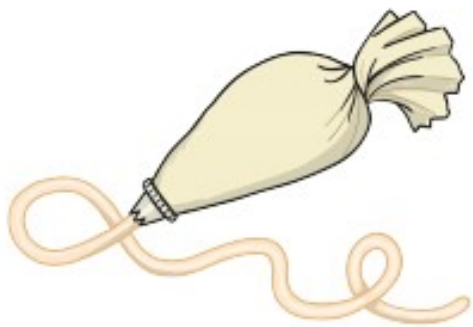
# Dragon Cookies

## Ingredients

150g soft butter/spread  
150g icing sugar  
2 egg yolks and 1 egg white  
30g milk powder  
60g plain flour  
Half tsp vanilla essence  
350g cornflour

## Equipment

Mixing bowl  
Wooden spoon or silicon spatula  
Piping bag with large star shaped nozzle  
Baking tray



## Method

1. Set the oven to 160°C.
2. Put the butter, icing sugar and eggs in a large mixing bowl and mix using either a wooden spoon or the spatula.
3. Mix until you have a creamy, smooth batter. Avoid overmixing, as this will put too much air into the mixture.
4. Add the vanilla essence, milk powder and plain flour, then mix until everything is well combined.
5. Put  $\frac{3}{4}$  of the cornflour in the bowl and mix together with the other ingredients. Add the rest of the cornflour, a bit at a time, until you have a solid, tough cookie dough consistency. The stiffer the consistency the better.
6. Using a spoonful of dough at a time, create dragon shapes with your piping bag and a star shaped nozzle. Form an S shape with the dough and slightly lift the end for the face.
7. Bake the dragons in the oven on a baking tray for a few minutes and then check that the dragons have kept their shape. If they haven't, add some more cornflour to the rest of the mixture to make the consistency stiffer.
8. Once you have the right consistency, you can make more dragons. These will need to bake in the oven for about 12 minutes.
9. The dragons are ready when they start to turn a little bit golden around the edges.
10. Enjoy!

# Lucky Fish

## Supplies

- Fish template
- A4 coloured card
- PVA glue
- Coloured tissue paper
- Scissors



- 1 Print the fish template out onto coloured card. Using scissors, carefully cut around the outline of the fish. Also cut the inside section of the fish out; you may need an adult to help with this.



- 4 Spread glue onto the outer edge of the fish template. Then place strips of the tissue paper going vertically over the cut out middle of the fish. Rub them down gently so that they attach to the template.



- 2 Cut long, thin strips of tissue paper in different colours. Place them in a pile, one on top of the other, then fold the pile back and forth, making them into a concertina.



- 5 Continue to build up layers of tissue paper, ensuring that each one overlaps. Once the fish template is completely covered, leave to dry.

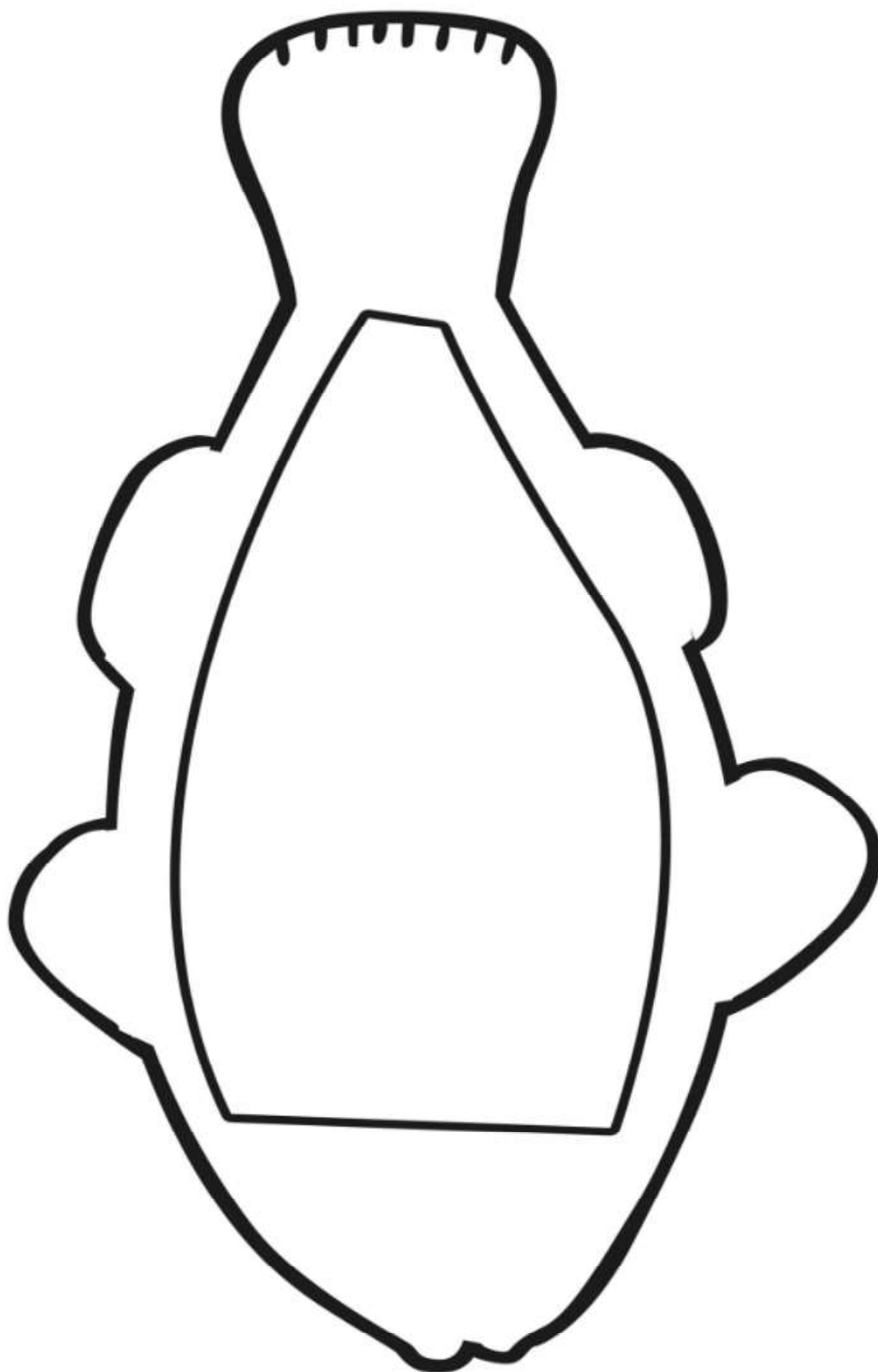


- 3 Cut a semicircle out of the top and bottom of your folded tissue paper. Now you can open the strips out again ready to decorate your fish.



- 6 Once dry, carefully cut around the outer edge of the fish. This should leave you with a fish shape with some beautiful coloured scales in the middle!

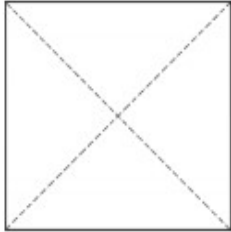
# Lucky Fish Template



# Chinese New Year Fortune Teller

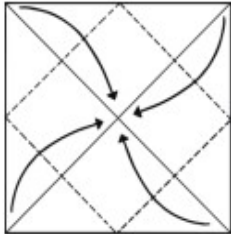
## Instructions

1



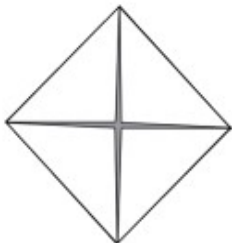
With pictures face down, fold on both diagonal lines. Unfold.

2



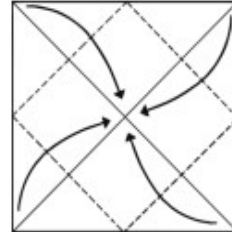
Fold all four corners to the centre.

3



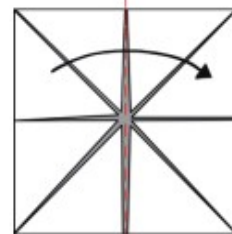
Turn paper over.

4



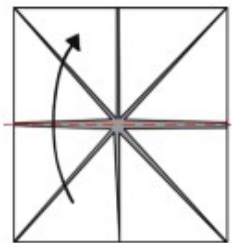
Once again, fold all corners to the centre.

5



Fold paper in half and unfold.

6



Fold in half from top to bottom. Do not unfold.

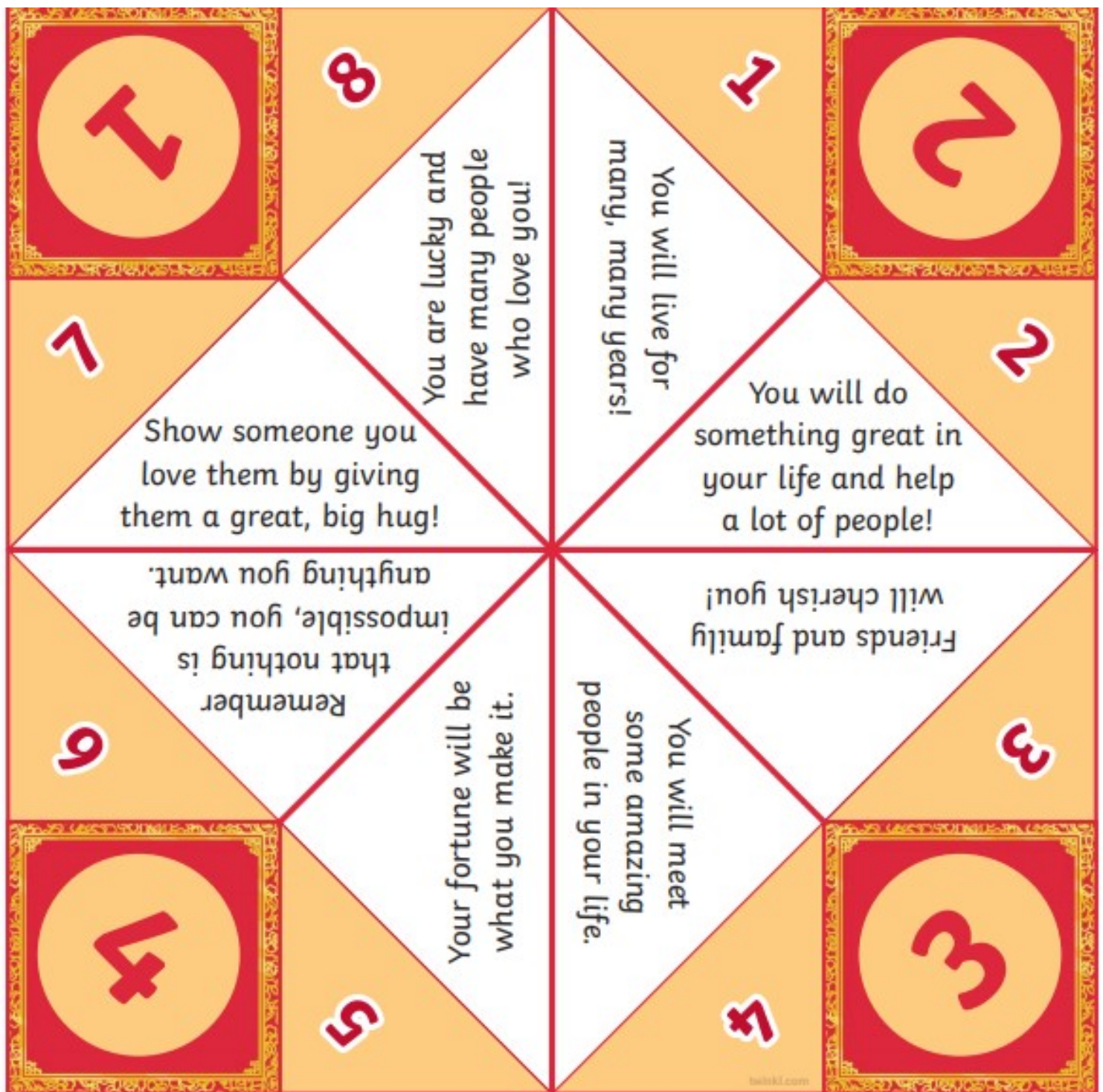
7



Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play.



Fortune Teller template, or you can make your own!



# Paper Lantern

## You will need:

Lantern Template

Red paper (optional)

Red and gold paint/coloured pens

Scissors

Glue

Sticky tape

Stapler



## Instructions

1. Print the Lantern Template onto plain or red paper, as desired.
2. Cut off one end of the paper and set aside to make the handle.
3. Decorate the sheet using coloured pens or paint (red and gold are the traditional Chinese New Year colours).
4. Fold the paper in half lengthwise along the dashed line.
5. Cut along the marked lines on the sheet Do not cut to the edge of the paper.
6. Unfold the paper.
7. Curve the paper round to form a cylinder shape.
8. Tape the two ends of the paper together to create your lantern.
9. Staple the handle to the top of the lantern.

Lantern Template is on the next page.

[illegible]

## Swansea City Football Booklet

# A FOOTBALLER'S NUTRITION PLAN

**Footballers work hard on their fitness levels and improving their skills but a massive part of being an athlete is managing your nutrition and maintaining a balanced diet. A better balanced diet can have benefits for your health, how you look and how you feel.**

**Watch the video and read the footballer's nutrition plan.**

**What food groups does the footballer's diet provide?**

**What are the benefits to a footballer, of the foods mentioned in the video?**

**Did you notice anything that wasn't in the footballer's diet?**

**A balanced diet has many benefits, but what effects can a poor diet have on someone?**



# MY FOOD DIARY

Can you make a list of the foods and drinks you have in a regular day?

<b>Breakfast</b>	
<b>Morning Snack</b>	
<b>Lunch</b>	
<b>Afternoon snack</b>	
<b>Evening meal</b>	
<b>Evening snack</b>	

Are there times of the day/week where you will eat more or less healthy?

What are some top tips to eat well?

Can you draw some foods into the lunch box below and create a healthy packed lunch?

