

Abermawr Home Learning

Shwmae, Dosbarth Abermawr! I hope you had a lovely Christmas holiday and are excited to get back to school this week.

Here are some tasks to have a go at, at home today:

Task 1	<p>Stand at your front door and think about what you can see, hear and feel on a snow day.</p> <p>Draw a picture of the winter scene that you can see and write a paragraph (4-5 sentences) to describe the scene using adjectives and emotive language.</p>
Task 2	<p>Research and record in a method of your choice (write down, record yourself speaking, draw a poster) 3 facts about winter in Wales.</p>
Task 3	<p>Home workout circuit.</p> <p>Main exercises- complete 3-4 rounds with 1 minute rest in between each round:</p> <p>Jog on the spot for 1 minute.</p> <p>Do 20 star jumps.</p> <p>30 second wall sit (pretend your sitting on a seat with your back flat against the wall).</p>

	<p>Balance on 1 leg for 30 seconds then switch legs.</p> <p>Cool down stretches: Stand with your legs straight and reach up to the ceiling with both hands and hold for 10 seconds.</p> <p>Stand with your legs straight and try to touch your toes with both hands and hold for 10 seconds.</p> <p>Sit on the floor with one arm straight above your head and reach over to one side and hold for 10 seconds. Swap hands and reach to the other side and hold for 10 seconds.</p>
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