



# Spelling Shed

Stage: 3

List: 10

Adding suffixes beginning with vowels to words of more than one syllable. The consonant letter is not doubled if the syllable is unstressed

Stage: 3	Adding suffixes beginning with vowel letters to words of more than one syllable. The consonant letter is not doubled if the syllable is unstressed.
List: 10	

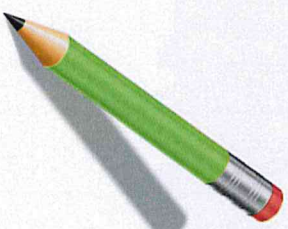
<b>Spellings</b>
gardening
gardened
limited
limiting
developing
developed
listening
listened
covered
covering

Introduction	When adding suffixes beginning with a vowel to words than one syllable, the consonant letter is often doubled if it is not doubled when the syllable is unstressed.
Main Teaching Activity	Use the power point slide and get the children to practise prefixes 'ing' and 'ed' to each of the root words using their boards.  Share their list of new words and discuss misconceptions.  Can anyone use any of the words in a sentence?
Independent Activity	Get children to write the word 'developing' across their mirror board. Set a 7 minute timer and see who can add as many spelling list words in to a scrabble web as possible.  You can use the example on the slide below if they need something to get started.  Feedback and if time, draw a scrabble web on the board

Add 'ing' and 'ed' to each of the words below

Spell

garden
limit
develop
listen
cover



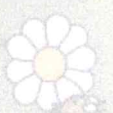
+ ing  
+ ed

gardening
gardened
limiting
limited
developing
developed
listening
listened
covering
covered

# developing

m i f i n g

a r develop e n e d



Answers:



developing

Spell

i

a

t

s

m

r

e

Covering

d

n

f

develop

Listening

n

d

n

e

gardening

Limited

Stage: 3

Adding suffixes beginning with vowel letters to words of more than one syllable. The consonant letter is not doubled if the syllable is unstressed.

List: 10

Name: \_\_\_\_\_

**Spell**

Spellings	1 <sup>st</sup> Attempt	2 <sup>nd</sup> Attempt	3 <sup>rd</sup> Attempt	4 <sup>th</sup> Attempt	5 <sup>th</sup> A
gardening					
gardener					
limited					
limiting					
developing					
developed					
listening					
listened					
covered					
covering					

Stage: 3	Adding suffixes beginning with vowel letters to words of more than one syllable. The consonant letter is not doubled in these words.
List: 10	
Name: _____	

<b>Spellings</b>
gardening
gardener
limited
limiting
developing
developed
listening
listened
covered
covering

Can you select 8 of your spellings to write into sentence

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

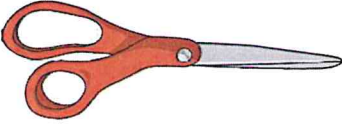
\_\_\_\_\_

\_\_\_\_\_

# French Days of the Week

Look at the table below which explains what the days of the week are called in French, how to say them and what the literal translation of the French word is. Practise saying the French words out loud and see if you can find a rhythm to say them.

English	French	Phonetic Pronunciation	What does the word mean?
Monday	lundi	luhndee	Moon day
Tuesday	mardi	mahrdee	Mars day
Wednesday	mercredi	maircruhdee	Mercury day
Thursday	jeudi	juhdee	Jupiter day
Friday	vendredi	vahnndruhdee	Venus day
Saturday	samedi	sahmdee	Sabbath day
Sunday	dimanche	deemahsh	Day of the Lord



dimanche

vendredi

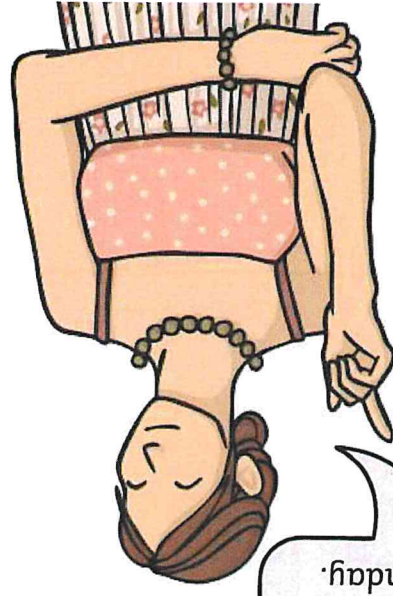
mercredi

lundi

samedi

jeudi

mardi



Be careful, in French, days of the week do not start with a capital letter and the week starts with Monday.

# French Days of the Week

When you have practised sorting the words, stick them down on this template and draw something that you might usually do on that day. You can keep and display your chart so you can use the French instead of English every day.

French	English	What I might do on this day

Aujourd'hui, c'est...  
(Today is...)

dimanche  
samedi  
vendredi  
jeudi  
lundi  
mardi  
mercredi

h g s e r y n y r y d i  
a r a i h k x e r x y v  
i b m s k c f u j e i n  
v j e m v g n w j i y y  
b b d t d e t a a g v f  
l i i d m h n k m e b l  
u y a p a i y d g i i c  
u c y p r k d z r x d k  
d f i e d x x u t e x w  
i x u x i r y x e y d f  
y z f m y m e i v j d i  
s m e r c r e d i s s c

# Les jours de la semaine



What do you know about Shrove Tuesday?

## Starter Activity



The eldest unmarried daughter of the family would toss the first pancake. It was thought that if she tossed it and it landed back in the pan, she would be married that year, but if it didn't turn over when tossed or she dropped it, she would stay single.

In the past, pancakes were cooked over a fire, which families and friends would gather around, eager to enjoy the food.

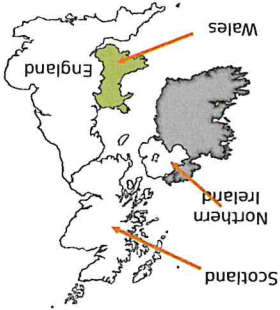
## Northern Ireland

- To learn about why people celebrate Shrove Tuesday.
- Understand some of the different ways in which Shrove Tuesday has been celebrated in each of the four countries of the United Kingdom.

## Success Criteria

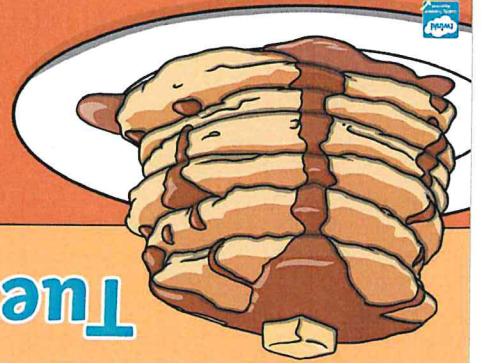
- How is Shrove Tuesday celebrated around the British Isles?

## Aim



What are the four countries of the United Kingdom?

## Shrove Tuesday around the



# Shrove Tuesday

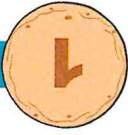
## A Few Facts

- Shrove Tuesday is also known as Pancake Day.
- It is the last day before Lent begins.
- Lent is the Christian period leading up to Easter, when people often give up something.

In the past people were not allowed to eat foods such as eggs, so to use them before Lent began, people would mix them with other rich foods such as milk, flour and butter to make pancakes.



## When is Shrove Tuesday?




**A** The day before Christmas day.

**B** It is the last day before Lent begins.

**C** The first day of the year.

**D** The last day of the year.

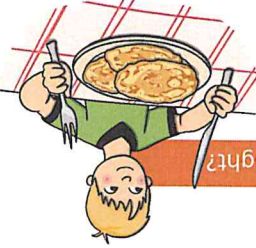
## England



One of the most famous pancake races takes place in Olney in Buckinghamshire, England.

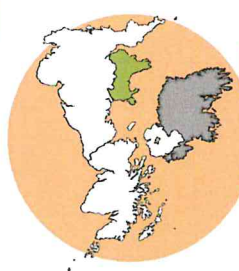
According to tradition, in 1445 a woman living in Olney heard the church bell while she was making pancakes and, not wanting to be late for the service, ran to the church in her apron, still holding her frying pan! Today, women who live in Olney take part in the race, wearing an apron and a hat or scarf and of course carrying a pan containing a pancake. They must flip their pancakes three times during the race. The first person to cross the finish line at the church and receive a kiss from the vergier wins the race!

## Quiz Time!



How many can you get right?


## Wales



On the evening before Shrove Tuesday, in some parts of Wales tin cans were kicked up and down the streets.

It is thought this was to remember the task of putting away all the pots, pans and utensils used to make the tastier food that was not allowed to be eaten during the period of Lent. Crempggs, also known as froes, are thicker than the traditional English-style pancakes often eaten on Pancake Day. Traditionally, they were cooked on a cast-iron bake stone, griddle or 'planc'.

## Pancake Races



Across the United Kingdom, pancake races have often been part of the celebrations.

People run (often dressed in costumes or fancy dress) whilst tossing a cooked pancake in a frying pan at the same time.

The first person to cross the finish line is the winner.

## Scotland




Scottish pancakes are much smaller and thicker than traditional ones.

In some parts of Scotland they are called "drop scone" or "dropped scone".

4 What were Welsh crempogs traditionally cooked on?

A tray

B saucepan

C cast-iron bake stone, griddle or 'planc'.

D shelf

3 In some parts of Scotland, what are Scotch pancakes also known as?

A fairy cakes

B drop scones

C biscuits

D flapjacks

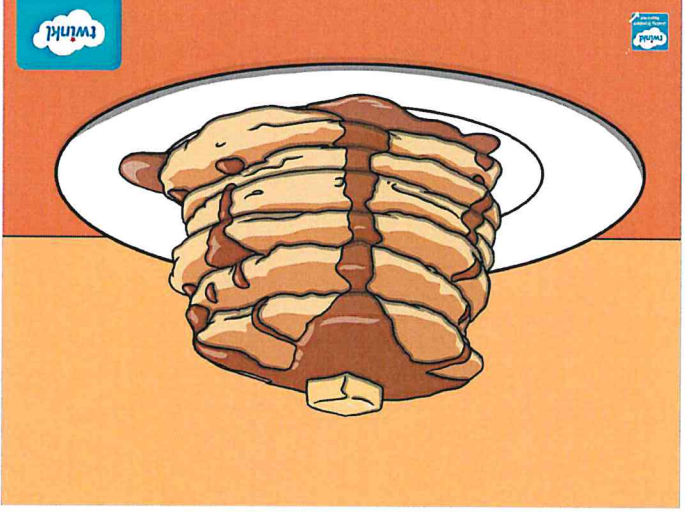
2 How many countries are in the United Kingdom?

A 2

B 6

C 1

D 4



5 During a traditional pancake race what would contestants usually do?

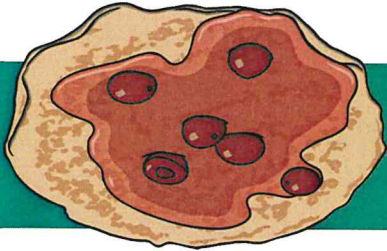
A run whilst tossing in a pan

B stand still

C eat all of the pancakes

D cook pancakes

# Pancake Recipe



## Ingredients

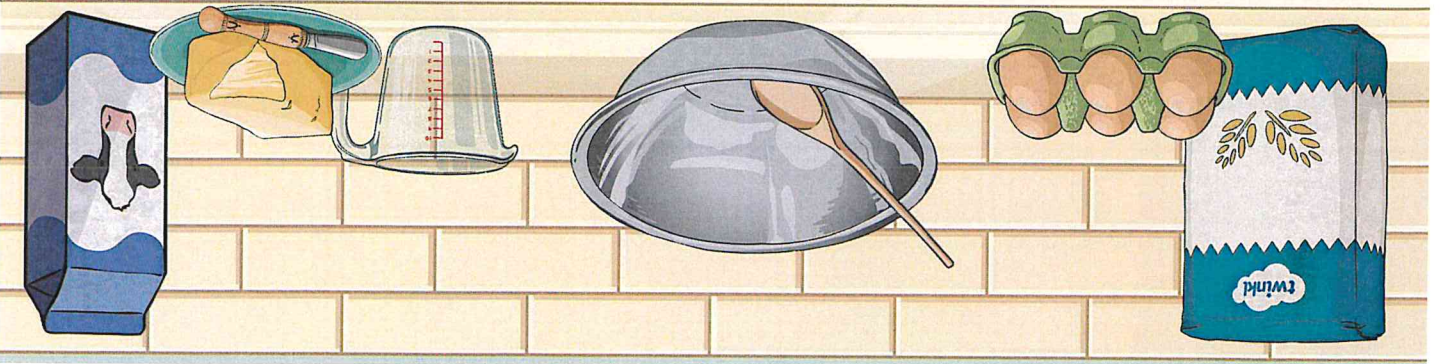
- 100g plain flour
- 300ml milk
- 2 eggs
- 1tbsp caster sugar
- Lemon juice

## Equipment

- Sifter
- Large mixing bowl
- Kitchen scales
- Measuring jug
- Measuring spoons
- Wooden spoon
- Frypan
- Spatula
- Stove

## Method

1. Sift the flour into the mixing bowl.
2. Crack the eggs into the bowl.
3. Pour the milk into the bowl.
4. Stir vigorously until smooth.
5. Pour a spoonful of the mixture into a hot frypan (you may want to use oil).
6. Turn the pancake when the bubbles begin to pop.
7. Serve sprinkled with lemon juice and sugar.



## Preparation and Safety

### Time

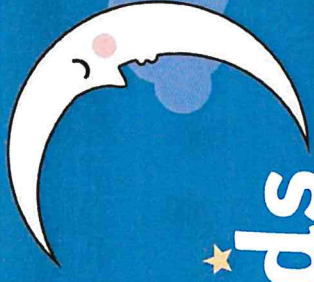
Can be adapted to any setting or time frame.

### Preparation

Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

### Safety

Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. Hold each pose for at least two breaths and always change sides when instructed to. Keep breathing, move slowly into the pose, never overstretch and if any pain is felt stop immediately.



# Yoga Cards

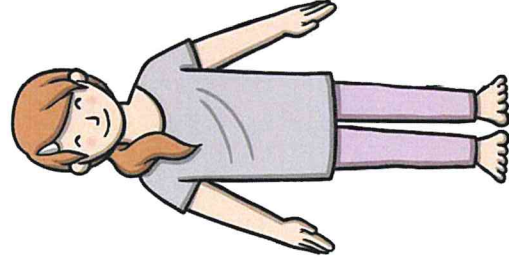
to promote relaxation and sleep



## Mountain Pose - Tadasana

**Benefits** Improves posture, strengthens core, muscles and legs.

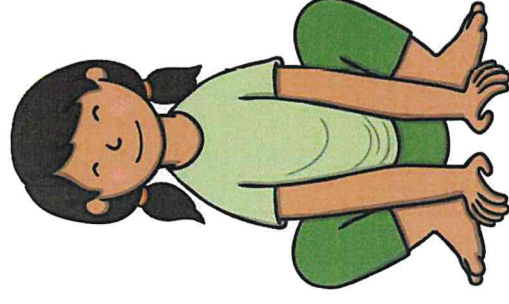
- 1** Stand tall with your weight balanced evenly on your feet.
- 2** Firm your thigh muscles and pull in your tummy.
- 3** Press your shoulders back and hold your arms out straight, a little way from your body.
- 4** Breathe deeply and hold as long as needed (at least two long breaths).



## Frog Pose - Bhekasana

**Benefits** Tones legs; increases hamstring flexibility.

- 1** Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- 2** Look up and inhale.
- 3** As you exhale, straighten your legs and lower your head toward your knees.
- 4** Return to squatting position, then repeat.



## Butterfly Pose

Calms the body and mind, helps relieve stress, headaches and fatigue.



- 1 Begin by sitting with soles of feet together.
- 2 Touch fingers to the side of your head like antennae.
- 3 Gently bounce your knees to flap your butterfly wings.
- 4 Exhale, and slowly lower your hands back to your lap.

## Cat Cow Pose - Marjaryasana Bitilasana

Benefits  
Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
- 2 Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
- 3 Exhale, round your back towards the ceiling and look at your belly.
- 4 Repeat.

## Child's Pose - Balasana

Benefits  
Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.

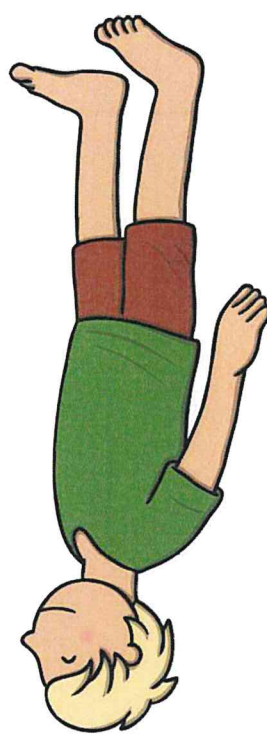


- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.

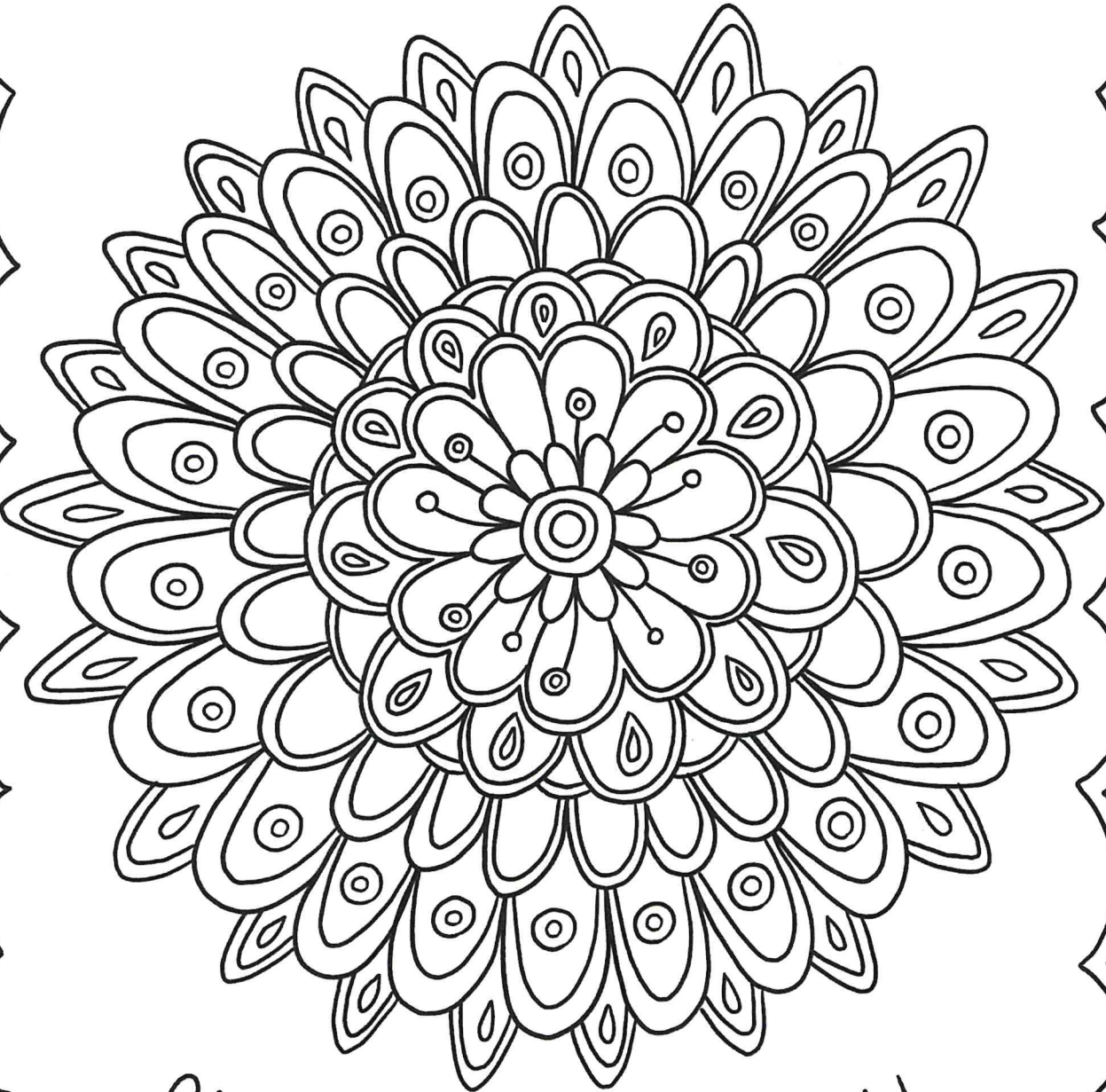
## Corpse Pose - Savasana

Benefits  
Calms the body and mind; helps relieve stress, headaches and fatigue.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.



\_\_\_\_\_ name:



MINDFULNESS COLOURING