



Year 6/7

Scheme of Work

English

A non fiction unit of work that can either be assessed as a reading or writing task. Pupils will write an informal letter to a friend, inviting them to enter the Valleys Hundred with them.

Look at an example of an informal letter. See exemplar given.

Think> Pair> Share

Construct a success criteria list based on the discussion work.
Compare this with the web sites:

www.bbc.co.uk/schools/ks2bitesize/english/writing/letters/read1.shtml

www.primaryresources.co.uk/online/powerpoint/Informalletters.ppt

www.letterwritingguide.com/friendlyletter.htm

Add any further points to the success criteria.

Exemplar informal letter

27 Old Road,
Village Green,
Newtown,
Monmouthshire,
Np17 7RR.
14th March 2014

Dear John,

how are you? I hope you are keeping well and still playing lots of sport. Are you still really keen on playing tennis? I remember the fantastic games we used to have at the tennis club. That brings me to the point of my letter. I have always enjoyed playing tennis with you; you are a good player and keen to succeed. You are also good company and we have a great chat at the end of the game. As you know, tennis is a really good sport to play, it keeps your heart and lungs healthy and helps keep your body weight down. It can also help you stay mentally fit and happy.

The local tennis club are holding a tennis tournament in your area and I was wondering if you would like to play doubles with me. It will be great fun and really good exercise. It will also give us something to aim towards and help us try to improve our game.

Of course we will have to practise lots and it will take up our bank holiday weekend to take part. We will certainly feel tired after it but hopefully we will not have any injuries. We will have to make sure we are fit and ready for the challenge. This is a bigger event than either of us have ever taken part in before. Tennis requires skill, commitment and training. We will have to ensure we are ready for the tournament. We cannot let each other down.

Hope your family are well and I look forward to your reply.

Best wishes

David

Pupils now need to read information on the Long Distance Walkers Association, (LDWA), Hundred. Information from the following two sites can be viewed online or printed off.

Ken Falconer's article at

www.ldwa.org.uk/library/hundredssurvival/hundredssurvival.php

and the LDWA website:

www.ldwa.org.uk/hundreds/hundred.php

Abridged versions are included on the next page.

Annual 100 mile walk



The annual 100 mile event is the LDWA's flagship event. Held every year in a different part of the country, to coincide with the late May Bank Holiday, up to 500 people gather to walk 100 miles in 48 hours. In order to enter all these people will have completed a qualifying event beforehand. The first 100 mile event held was the Downsman 100 in 1973. Since then, with the exception of 2001 when foot and mouth closed the countryside, there has been an event every year.

Typically it takes about 3 years to organise a 100 mile event. This feat is undertaken by local groups with the help of supporters, friends and families who put in hours of unpaid time to make the event a success. Success it must be. Depending on the weather and conditions prevailing on the days of the event around 70% of the entrants complete the course. Some will run a large part of the route in say 26 hours, others will take up the full 48 hours to finish. All will have to go through at least one night and possibly two. Checkpoints dispensing tea, hearty food and much cheer (but no beds!) are run by volunteers from local groups and like minded organisations along the route. A cooked breakfast and a chance to soak feet and change clothes is provided at around the 60 mile point. All completing the distance within 48 hours receive a badge and a certificate and a fantastic feeling of satisfaction. Memories of the pain endured must be very short as many go on to repeat the performance in future years, obtaining their 10 Hundreds badge. There is even now a 20 Hundreds badge but there are even entrants who have completed over 30 100s and they are still competing!

A Survivor's Guide to Hundreds and Other Long Walks

Ken Falconer - from December 2002 Strider

As a veteran of some 20 Hundreds, I am often asked for advice on preparation and approach to walking long events, so here are a few ideas. I would be the first to admit that my approach is not particularly conventional, but then, walking a Hundred is a very personal thing - other walkers may well have different suggestions!

Training

The only real training for walking is walking. If you do 20-30 mile walks regularly during the year along with the odd 50, then you probably don't need anything special to prepare for a Hundred. However, I do recommend half an hour or so brisk walking each day - this makes an enormous difference to your general level of fitness and readiness to tackle longer walks. Don't forget to include a few hills - you use different muscles for steep ascents and descents.

Route familiarity

When you get the route description, plot the route as best you can on the maps (easier if plenty of grid references are given). Do spend time studying the map to get a 'feel' for the route - Where are the climbs? Where can you look forward to 'easy' sections where you can stride out? Where is route finding going to require particular care? Many Hundred entrants pre-walk the route or parts of it, particularly the night section. If you do so, don't forget that the route will look very different by night, and paths that are obvious in the daytime, particularly across grass, can become almost invisible by torchlight. Identify landmarks that are easily recognisable at any time.

Clothing

What you wear should be comfortable. A final decision can be left to the day, depending on the conditions and weather forecast, but carry enough for all conditions that might occur: weather can change rapidly, and a hot day can be followed by a freezing night.

Footwear

Crucial, of course. Use footwear which you have confidence in - it should be a comfortable fit with room to move the toes. Anything that feels even slightly tight when put on is too small - feet expand during a long walk. Trainers or boots? I've used both (not at the same time!). Boots keep the feet drier and thus reduce the chances of blisters or trench foot. With boots, a twisted ankle will be less likely, balance over rough ground is easier, you can stride across bog with confidence, and the stony tracks after 80 miles will feel far less painful! Trainers are lighter and will tire the legs less, and if you intend jogging much are the only option, though you'll get wet feet, at the very least from long grass at dawn and from the almost inevitable boggy ground. Whatever you choose should have been broken in on a long walk or two, but not so old that the soles are thin or heels worn down.

Equipment

The equipment listed on the event rules is the minimum any sensible walker would take on an overnight cross-country walk, so don't be tempted to skimp, for safety's sake, if not to avoid disqualification. I like a (waterproof!) map case so I can keep my hands free, with the route description showing on one side and the map on the other. I always carry a spare route description in my rucksack in case the working one gets

reduced to papier mache! A hand-held torch has the advantage that it casts longer shadows, making stones, etc, more visible, though many prefer a head-light which leaves the hands free. A smallish (25 litre) rucksack should suit most walkers - make sure that maps, spare clothing, etc are kept in waterproof bags - a large plastic bag to hold everything may be best. Pack your rucksack carefully, with things most likely to be needed most accessible and with soft items against the back. It will save time (particularly in the dark) if you know where things are packed.

Potential problems

Blisters

An obvious problem that most walkers are familiar with and have their own treatment for. Don't ignore early signs of soreness as early treatment (plasters or moleskin) to reduce friction can avoid more major problems later. If a blister has formed then, contrary to standard first aid advice, there is a strong case for popping the blister with a sterile needle - otherwise continued walking will enlarge the blister which will then burst and be much more painful. Hardened feet are less susceptible to blisters - regular walking hardens the feet, as can regular applications of surgical spirit in the days leading up to the event.

Trench foot

Feet can become very sore with a waxy white and deeply creviced skin, as a result of socks and footwear being waterlogged for many hours. A change of socks can provide relief, but the problem might be avoided by waterproof boots or treating the feet beforehand with Vaseline or some other water repellent grease.

Fatigue

Everyone feels tired at some point on a Hundred, particularly during the night, but walkers commonly remark on getting a second wind after a period of tiredness, suddenly feeling much better and able to go on. A rest or even a short sleep at a checkpoint can be very refreshing. Extreme tiredness can lead to hallucinations, particularly for those going into a second night; if you start to hallucinate at least make sure that you keep with other walkers.

Cold

Physical exhaustion and hunger combined with wet and windy weather are just the conditions that can lead to hypothermia, and anyone walking a Hundred should be aware of the potential danger. There have been several Hundreds where the days have been warm, but the temperature has fallen to near freezing at night. Carrying adequate and appropriate clothing is crucial; in particular windproof protection for the whole body, and clothing that retains its insulating properties when wet, such as wool or thermal fabrics. If you feel even slightly cold, particularly later on in the walk, put on extra warm clothing to reduce heat loss. When you stop at later checkpoints it is a good idea to put an extra layer on until you are walking again, otherwise you may start to shiver.

Remember

Completing the walk is much more important than a fast time. Many problems can be avoided by taking just a little longer, for example by eating adequately, tending minor injuries, and double-checking the route. Above all, enjoy the walk. The LDWA Hundreds are a marvellous experience. Without exception, they have followed fine routes in attractive surroundings. You meet like minded walkers on the way. The atmosphere is quite unique, and on finishing you will feel great, even if you cannot manage another step. Good luck!

From these sites and using the exemplar informal letter they have already read, pupils will need to identify five key facts they wish to include in their letter. For this you may wish to use the Fox Filter Tool.

Using the success criteria and their five facts pupils now plan and write the first draft of their letter

Peer or self assess using success criteria using two stars and a wish. Read other people's letters and include any good ideas into their first draft.

Write final draft of letter.

Geography

Pupils will be given map symbols from the route and be asked to give either a 4 fig or 6 fig grid reference for their location. Because of copyright we will not be able to reproduce relevant parts of the map but all pupils should have access in school to the OS map for their area.

- Ordnance Survey Explorer Newport & Pontypool Map - OS 152
- Ordnance Survey Explorer Brecon Beacons National Park (East) Map - OS 13

Tredegar

Walkers often want to find various places when they come down off the mountains and hit civilisation. All participants on the Hundred will have OS maps of the area. Help them find the nearest places when they reach the breakfast stop at Tredegar Comprehensive School. Give them a six figure grid reference for the following using the Ordnance Survey Explorer Brecon Beacons National Park (East) Map - OS 13

- Bus station
- Camping ground
- Pub
- Church with a tower
- Bunkhouse
- Leisure centre
- Public telephone
- Picnic site

Now find your house on the OS map and give a six figure grid reference for its location.

Teacher answers:

There are other locations but these are the nearest to Tredegar town centre:

- Bus station 144087
- Camping ground 127103
- Pub 132110
- Church with a tower 143096
- Bunkhouse 143086
- Leisure centre 144081
- Public telephone 157068
- Picnic site 156080

<http://www.ordnancesurvey.co.uk/oswebsite/education-and-research/teaching-resources/map-symbols.html>

Pontypool

- Walkers often want to find various places when they come down off the mountains and hit civilisation. All participants on the Hundred will have OS maps of the area. Help them find the nearest places to the start. Give them a six figure grid reference for the following using the Ordnance Survey Explorer Newport & Pontypool Map - OS 152
- Train station
 - Caravan site
 - Pub
 - Church with a tower
 - Museum
 - Leisure centre
 - Public telephone
 - Dry Ski Slope

Now find your house on the OS map and give a six figure grid reference for its location.

Teacher answers:

There are other locations but these are the nearest to

Pontypool town centre:

- Train station 300002
- Caravan site 273004
- Pub 280004
- Church with a tower 283007
- Museum 283010
- Leisure centre 287006
- Public telephone 269004
- Dry Ski Slope 289008

<http://www.ordnancesurvey.co.uk/oswebsite/education-and-research/teaching-resources/map-symbols.html>

History

Pupils will be asked to write a leaflet on their home town for the supporters of the Hundred to visit. They need to consider what they think people would find interesting and write a leaflet outlining the history of at least three places of interest.

Look at an example of a leaflet.

Think> Pair> Share

Construct a success criteria list based on the discussion work. Ask pupils to check the help sheet given and decide if there anything else they need to add to the list.

Pupils now need to research tourist attractions in their area.

Tredegar: www.tredegar.co.uk

They may wish to consider the Tredegar Riots, Bedwellty House, Aneurin Bevan, Iron Works, town clock.

Pontypool: www.pontypool.bravepages.com/

They may wish to consider Pontypool Park and gates, the workhouse, iron manufacturing, rugby, shell grotto, folly.

Pupils must choose at least three attractions to include in their leaflet.

Using the success criteria and their three attractions, pupils now plan and write the first draft of their leaflet. They must write at least fifty words on each attraction, outlining its historical interest.

Peer or self assess using success criteria using two stars and a wish. Read other people's leaflets and include any good ideas into their first draft.

Write final draft of leaflet.

What is the leaflet for? What is its purpose?

What is it advertising?

What kind of person is it aimed at?

When you look at the front cover, what is the first thing you notice?

Why is this effective?

Open the leaflet. There will be some illustrations and images. Look in detail at the pictures.

What are the pictures of?
How do they link to the audience?

How does this help (or hinder) the reading of the leaflet?

How is the text set out?
(paragraphs, text boxes, bullet points, bold, underlining etc)

Find some examples of fact and opinion in the leaflet.

Why is this effective?

Why is this effective?

Why is this effective?

The leaflet uses persuasive language. Find some examples of:

- Emotive language
- Alliteration
- Personal pronouns
- Rhetorical questions
- Hyperbole

Does the leaflet have any other features (any awards, quotes/recommendations, special offers, money off coupons)?

Overall, is the leaflet a success or not?

What are the strengths?

What are the weaknesses?

Welsh: Tredegar

Often a place name can help walkers check they are on the correct route and give them information about what to expect. Pupils will be given place names and be asked to translate them into English.

These web sites will help them or they could use a Welsh/English dictionary.

- www.ordnancesurvey.co.uk/oswebsite/freefun/didyouknow/placenames/welshglossary-a-b.html
- www.kc3.co.uk/~bicycle/sideways/welsh.html#place

Eg Cefn Golau - bright ridge

- Pencoedcae
- Ty Gwyn
- Tynewydd
- Penrhyn Farm
- Parc Brynbach
- Coed y Rhyd
- Manmoel
- Twyn yr Hyddod
- Troedrhiwgwair
- Cruglwyn

Welsh: Pontypool

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- www.kc3.co.uk/~bicycle/sideways/welsh.html#place

- Trosnant - over brook
- Twyn Gwyn
- Penyrheol
- Mynydd Twyn Glas
- Pontymoel
- Coedcae
- Ty Poeth
- Mynydd Llwyd
- Twyn Calch
- Pontnewynydd

Now they need to create a Welsh name for where they live and explain why they have chosen that name.