**Llythrennedd/Literacy:**
- Positives from lockdown.
- Read articles on other people’s lockdown experiences
- Write a paragraph to reflect on your lockdown experiences and thoughts.
- Spelling and vocabulary activities.
- Grammar and punctuation pack.
- Comprehension - The Conquest of Everest
- Read the biography of Sir Edmund Hillary, the explorer and mountaineer:
  [https://www.ducksters.com/biography/explorers/edmund_hillary.htm](https://www.ducksters.com/biography/explorers/edmund_hillary.htm)

**Mathemateg a Rhyfedd/Mathematics and Numeracy:**
- Rapid reasoning.
- Translating shapes and pentominoes
- Level 3 - 6 Big Maths Clic Tests
- Reflecting shapes
- Use mental strategies to divide by 5, 20, 6, 4 and 8.
- Rapid Reasoning Week 2

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<td>[Image](776x539 to 821x572)</td>
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**Iechyd a Lles/Health and Wellbeing:**
- Can you help to protect the environment in your daily lives?
  Get involved in the Cardiff Youth Council 30 Day Environment Challenge - a checklist of simple every day actions to take to make a difference to our climate:
  [https://cardiffyouthcouncil.com/2020/05/25/environment-30-day-challenge/](https://cardiffyouthcouncil.com/2020/05/25/environment-30-day-challenge/)
- Join in with imoves for Funky Pilates:
  [https://imoves.com/home-learning/1270](https://imoves.com/home-learning/1270)
- Join imoves to learn the Charleston dance moves:
  [https://imoves.com/home-learning/1101](https://imoves.com/home-learning/1101)
- In school we will be doing circle time, mindfulness and discussing feelings and positive aspects of the Lockdown.

**Gwyddoniaeth a Thechnoleg/Science and Technology:**
- This link will take you to the Code Club resource collection. If you are confident using Scratch why don’t you move on to Python?
- Changing materials experiments - reversible and irreversible changes. Watch the Science clips and do the quizzes that follow:
  [https://www.bbc.co.uk/bitesize/topics/zcvv4wx/articles/z9brcwx](https://www.bbc.co.uk/bitesize/topics/zcvv4wx/articles/z9brcwx)
  [https://www.bbc.co.uk/bitesize/topics/zcvv4wx/articles/zw7tv9q](https://www.bbc.co.uk/bitesize/topics/zcvv4wx/articles/zw7tv9q)

**Celfyddydau Mynegiannol/Expressive Arts:**
- Lockdown memories, experiences.
- Design a poster / cover for your lockdown reflection activities.
- Create a poster about ‘Hope’.

**Dyniaethau/Humanities:**
- Follow Edmund Hillary on his trek up Mount Everest (by clicking the links to each part of the journey):
  [http://teacher.scholastic.com/activities/hillary/climb/climb01.htm](http://teacher.scholastic.com/activities/hillary/climb/climb01.htm)
- You can also see a visual of the journey they would have taken here Mount Everest Base Camp to Summit in 3D:
  [https://www.youtube.com/watch?v=UTxpNiA_Ujc](https://www.youtube.com/watch?v=UTxpNiA_Ujc)