Pupil C

This collection includes:

A) a leaflet
B) an information text
C) a narrative
D) a newspaper report
E) a set of instructions
F) a story opening

Key stage 2

Pupil C – Piece A: a leaflet

Context: pupils explored persuasive leaflets related to health and well-being as part of their Personal, Social and Health Education studies. They then chose a focus area and researched, planned and wrote their own leaflets. Pupil C chose to write about the impact of exercise.

Sports and exercise

Prepare to have your mind blown !
According to research, exercise is one of the most important factors in keeping healthy. If you want to live a longer and happier life, you should aim to exercise for 30 minutes at day or more . With loads of different sports to try and hundreds of exercise videos online to follow, there's no excuse to be lazy ! Doctors recommend 30 minutes of exercise a day for a healthy lifestyle.

What are the long term benefits ?



Few people know that the physical values in doing exercise are clear - stronger bones and lower blood pressure , larger lung capacity . However, keeping active can reduce the risk of getting a disease (such as a stroke or having a heart attack). Regularly doing a sport can improve memory . It's strange but true that exercise actually gives more energy and promotes sleep. 90% of people who try a new sport end up loving after only 2 weeks. Studies by the university of Harvard have shown that exercise can promise a longer life.

Experts say that exercise also has huge benefits for mental health and wellbeing. People who exercise every day are able to cope with anxiety , stress and other emotions better (like sadness or anger). Everyone knows that having confidence makes you feel good. Well playing sports gives you confidence ! Just imagine how amazing you'd feel scoring the winning goal or finishing a marathon ! Even better you could make new friends with the same interests , so why are you putting it off ? Get out there and try a new sport today at your local gym!

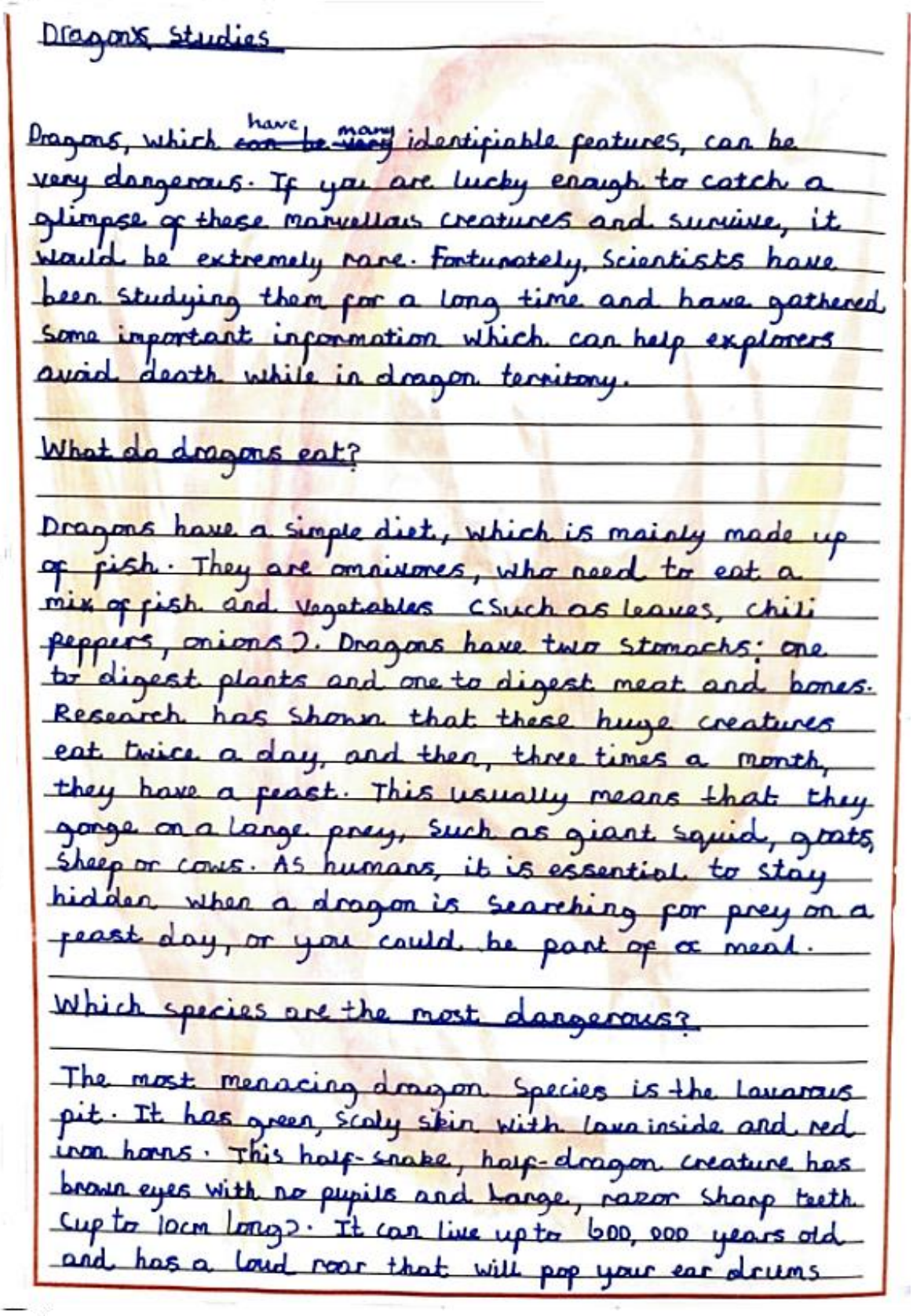
What types of exercise are helpful?

There is a sport to suit every age and abillty. Have you tried swimming? It's good for building muscle tone and lung capacity. If you prefer something like yoga, dancing or gymnastics then go for it! Push-ups help with upper body strength, just like sit-ups. Some people love to do boxing, tennis or badminton—these will help your speed and resilience. Finally, any weight-bearing exercise is good for your bones and joints and muscles too. This includes running, walking or basketball. Which sport will you try?

Key stage 2

Pupil C – Piece B: an information text

Context: after watching a video about Komodo Dragons, pupils invented their own dragon and wrote a report on their imaginary beast.



Dragons Studies

Dragons, which ~~can be very~~ have many identifiable features, can be very dangerous. If you are lucky enough to catch a glimpse of these marvellous creatures and survive, it would be extremely rare. Fortunately, scientists have been studying them for a long time and have gathered some important information which can help explorers avoid death while in dragon territory.

What do dragons eat?

Dragons have a simple diet, which is mainly made up of fish. They are omnivores, who need to eat a mix of fish and vegetables (such as leaves, chili peppers, onions). Dragons have two stomachs: one to digest plants and one to digest meat and bones. Research has shown that these huge creatures eat twice a day, and then, three times a month, they have a feast. This usually means that they gorge on a large prey, such as giant squid, goats, sheep or cows. As humans, it is essential to stay hidden when a dragon is searching for prey on a feast day, or you could be part of a meal.

Which species are the most dangerous?

The most menacing dragon species is the Lavarous pit. It has green, scaly skin with lava inside and red iron horns. This half-snake, half-dragon creature has brown eyes with no pupils and large, razor sharp teeth (up to 10cm long). It can live up to 600,000 years old and has a loud roar that will pop your ear drums

(even from 60 miles away). The survival chance for humans who come into contact with a lavarous pit is only 2.5% because it can kill very easily. It is known to strangle its prey until all the oxygen in its lungs are gone.

Another dangerous species is the chinese Dundra. They have been around for 7,000 years and have developed a taste for human flesh. These huge beasts have long, enormous wings and sharp chicken-like claws. To kill their prey, they shoot very toxic venom like a cobra. If it feels in danger, a chinese dundra will burst out all its anger out and start hypnotising an enemy with its dark, blue eyes.

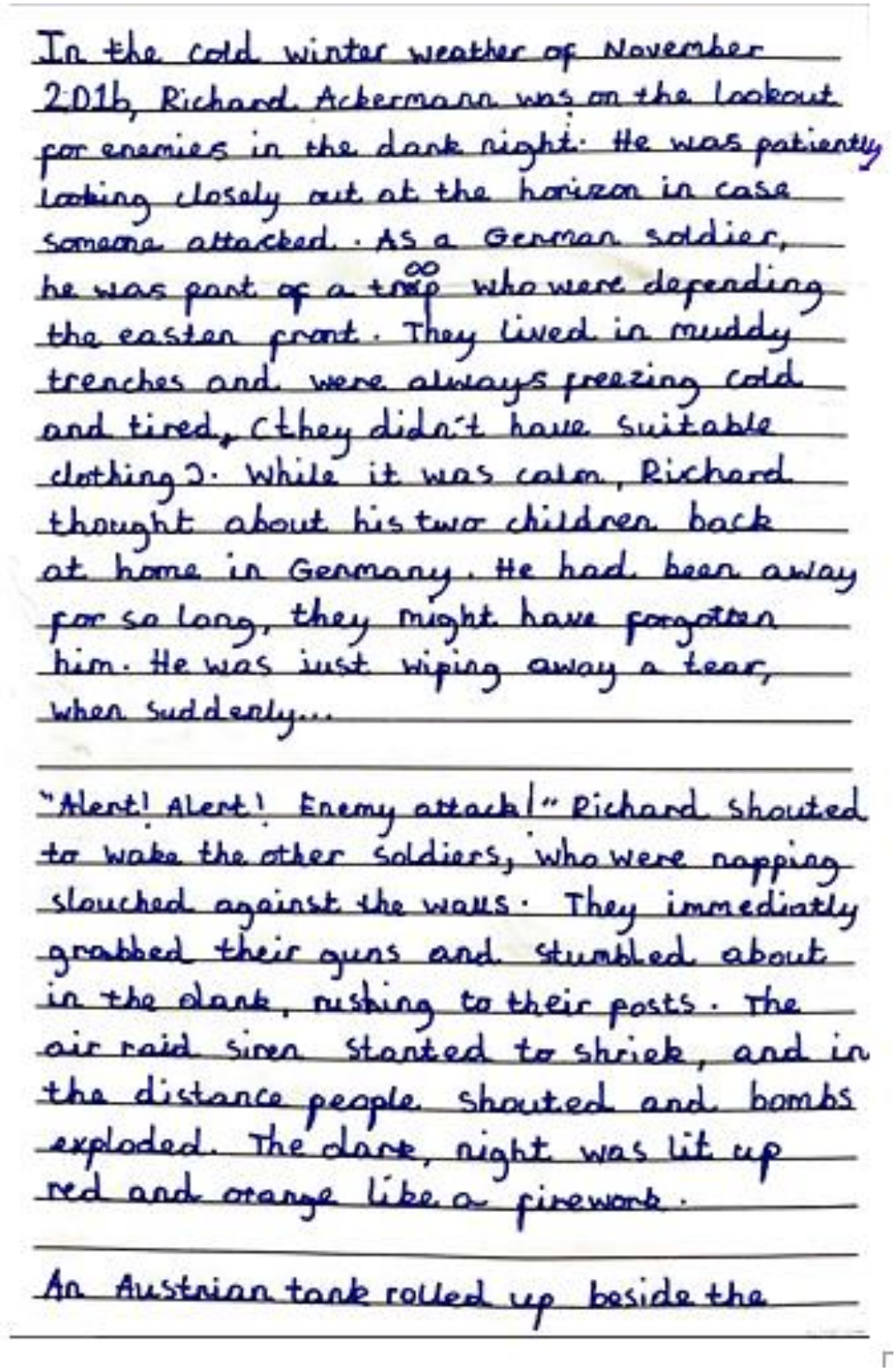
Which environments do dragons thrive?

Over the years, dragons in northern continents have found it difficult to survive and now there are very few in Asia (in Thailand, Malaysia and China); there are many hundreds. They live in dark caves near rocky mountains, often in family groups (of up to 10 dragons). Some also live in north Africa in the Sahara desert; when they inhale the hot desert air, they are able to breathe out fire. Since they have the ability to breathe out fire, they must drink a litre of water regularly, to stay cool. Therefore, those in the deserts usually fly hundreds of miles each day to find a river or other water source; this makes them difficult to track and trace because they are always moving.

Key stage 2

Pupil C – Piece C: a narrative

Context: after reading ‘Prince Caspian’ by C.S. Lewis and exploring battles through history, pupils were asked to write their own World War 1 battle story. Historical information and key vocabulary were shared before drafting.



In the cold winter weather of November 2016, Richard Ackermann was on the lookout for enemies in the dark night. He was patiently looking closely out at the horizon in case someone attacked. As a German soldier, he was part of a troop who were defending the easten front. They lived in muddy trenches and were always freezing cold and tired, (they didn't have suitable clothing). While it was calm, Richard thought about his two children back at home in Germany. He had been away for so long, they might have forgotten him. He was just wiping away a tear, when suddenly...

"Alert! Alert! Enemy attack!" Richard shouted to wake the other soldiers, who were napping slouched against the walls. They immediatly grabbed their guns and stumbled about in the dark, rushing to their posts. The air raid siren started to shriek, and in the distance people shouted and bombs exploded. The dark night was lit up red and orange like a firework.

An Austrian tank rolled up beside the

trench and two soldiers and a sergeant climbed out. The Germans raised their guns; they couldn't be sure if the Austrians were on their side or not.

"Don't mess with us," the Austrian sergeant called out. "There's soviets on the way and we're here to sort out your disastrous front line." The Germans stepped forward threateningly, however Richard just watched silently.

He didn't know what to think. They'd lost so many, so many ~~So on~~ no man's land between the trenches and they really did need reinforcements. But Austrians? Were the Nazis really that desperate?

The muscular, stern sergeant, who was called Hans Androschin, ordered his tank to fire out the Russian forces. It boomed and roared; it made the ground shake with every explosion.

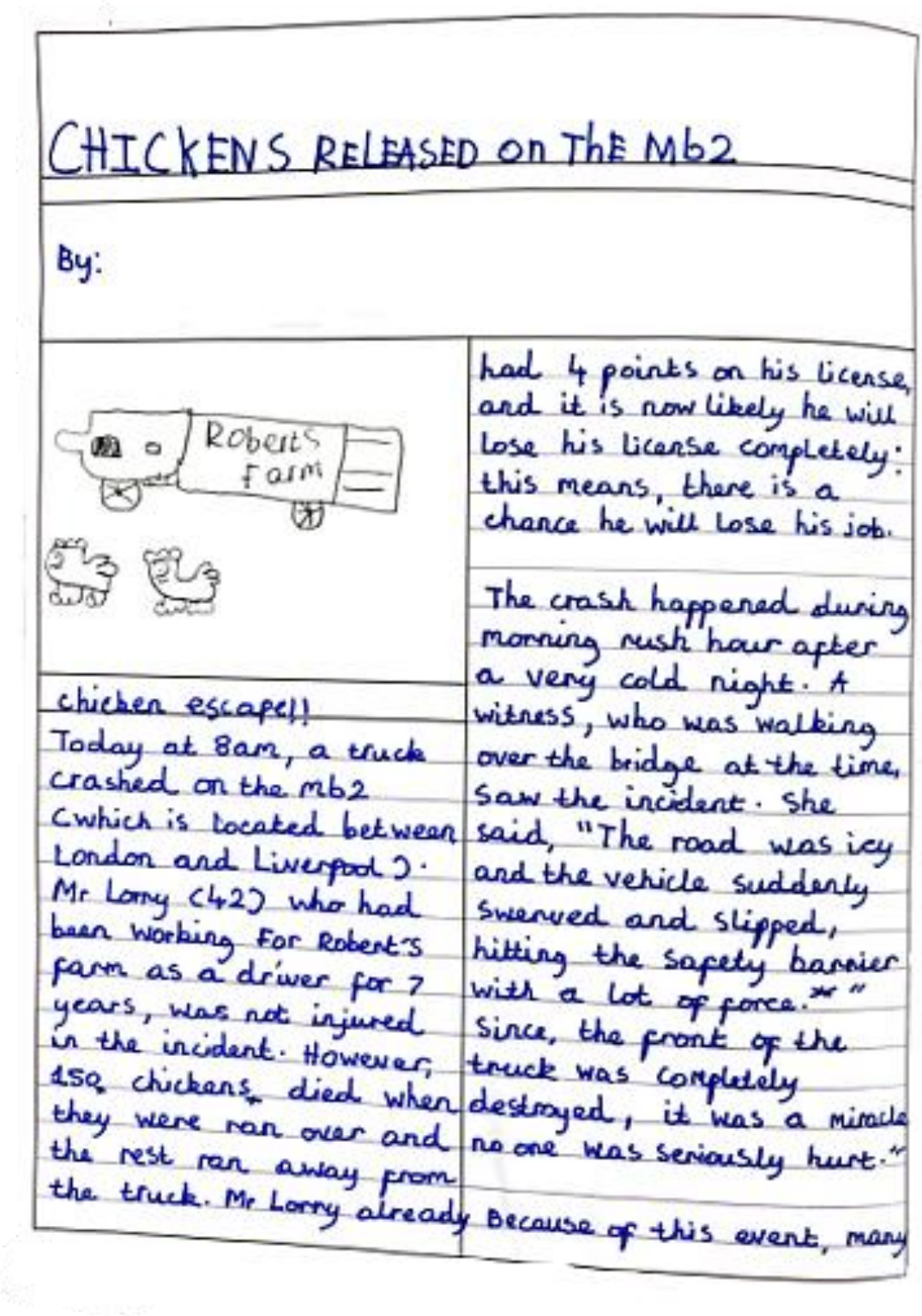
Suddenly, the trench erupted in noise and confusion. Soldiers were running everywhere: grabbing their weapons, shouting in a radios, shooting their guns over the top. Richard realised that an enemy plane had dropped a bomb close to them. Too close. With his ears ringing, he stood frozen to the spot. His heart pounded. His knees trembled. Was this the end?

"Move man, get your gas mask on!" The sergeant shouted. "Do what I say, or I have the authority to shoot you!" His command broke through. Richard's followed orders and prepared himself- he would need all his courage to survive the next few hours.

Key stage 2

Pupil C – Piece D: a newspaper report

Context: pupils examined newspaper reports and discussed the formal tone and vocabulary typically used by journalists. They then independently imagined an event to report on.



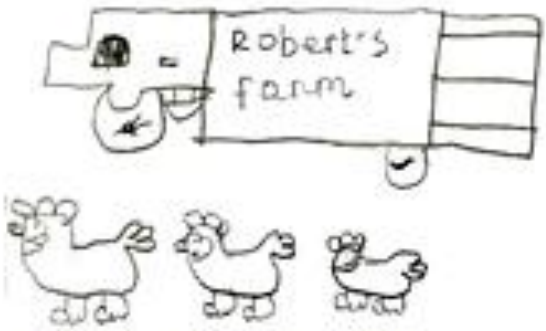
CHICKENS RELEASED ON THE M62

By:

chicken escape!!
Today at 8am, a truck crashed on the m62 (which is located between London and Liverpool). Mr Lorry (42) who had been working for Robert's farm as a driver for 7 years, was not injured in the incident. However, 150 chickens died when they were ran over and the rest ran away from the truck. Mr Lorry already had 4 points on his license, and it is now likely he will lose his license completely. this means, there is a chance he will lose his job.

The crash happened during morning rush hour after a very cold night. A witness, who was walking over the bridge at the time, saw the incident. She said, "The road was icy and the vehicle suddenly swerved and slipped, hitting the safety barrier with a lot of force." Since, the front of the truck was completely destroyed, it was a miracle no one was seriously hurt."

Because of this event, many



chickens on motorway

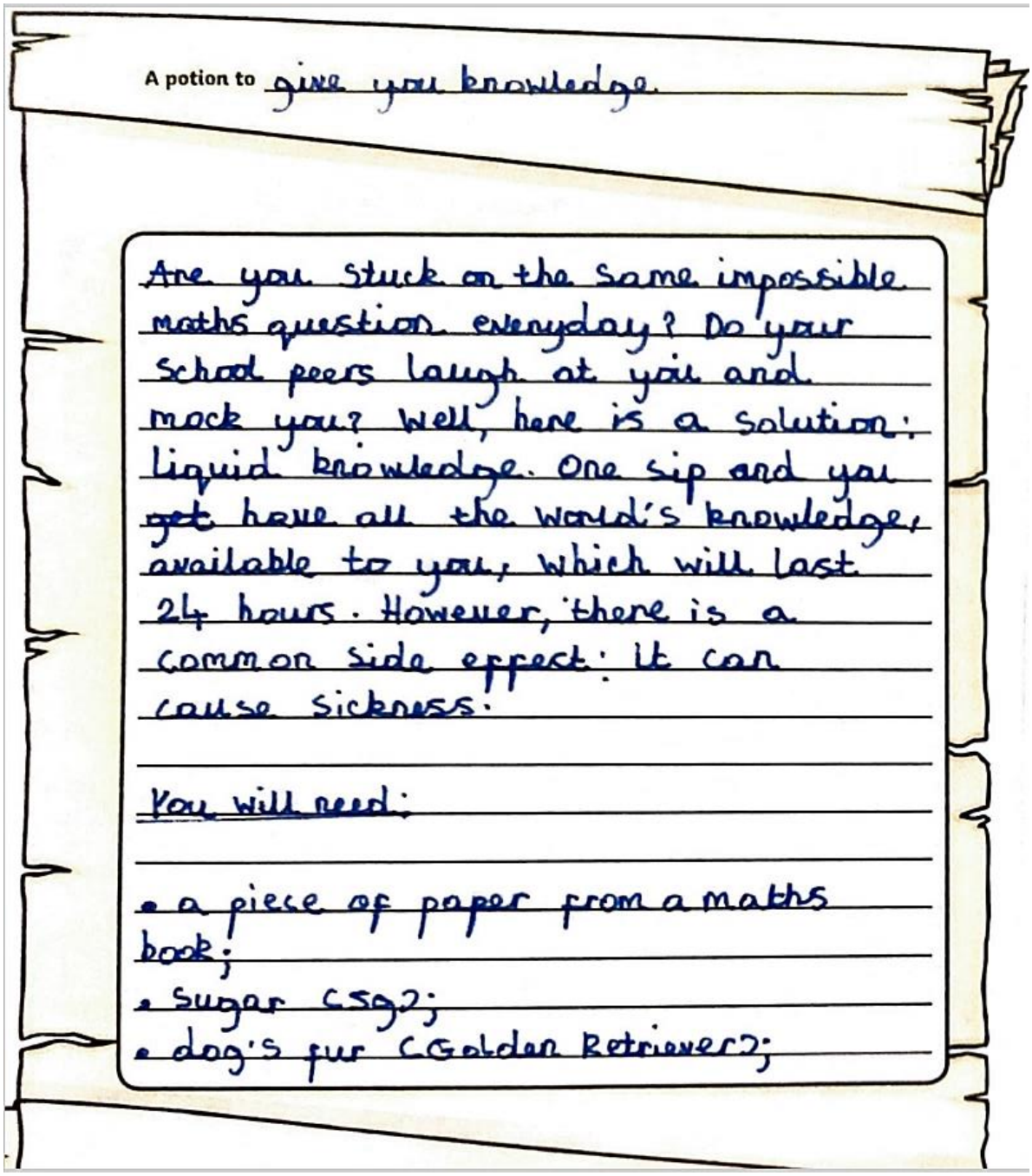
people were late for work as there were long queues of traffic behind the loose chickens. A lawyer reported that his ~~boss~~ boss gave him a warning for being late. The farm that the chickens were heading to had spent a lot of money on them but now they are owed money. The company who sent the chickens are refusing to pay up as they say it is not ~~there~~ their fault.

The mayor of Manchester is now involved in the situation. "It has come to my ~~situation~~ attention that a large number of poultry are running free on a main road." He's ordered the police to collect the chickens and re-open the motorway. Mr Lorry's insurance will hopefully pay for the chicken; if they do not then the farm will produce fewer eggs and will employ less people.

Key stage 2

Pupil C – Piece E: a set of instructions

Context: pupils explored a procedural text, ‘How to mummify a pharaoh’, and practised giving and following instructions. They each invented their own magic potion which could instil superpowers. Pupil C invented ‘liquid knowledge’ and wrote instructions describing how to make it.



A potion to give you knowledge.

Are you stuck on the same impossible maths question everyday? Do your school peers laugh at you and mock you? Well, here is a solution: liquid knowledge. One sip and you get have all the world's knowledge, available to you, which will last 24 hours. However, there is a common side effect: it can cause sickness.

You will need:

- a piece of paper from a maths book;
- sugar (5g);
- dog's fur (Golden Retriever);

A potion to Liquid Knowledge

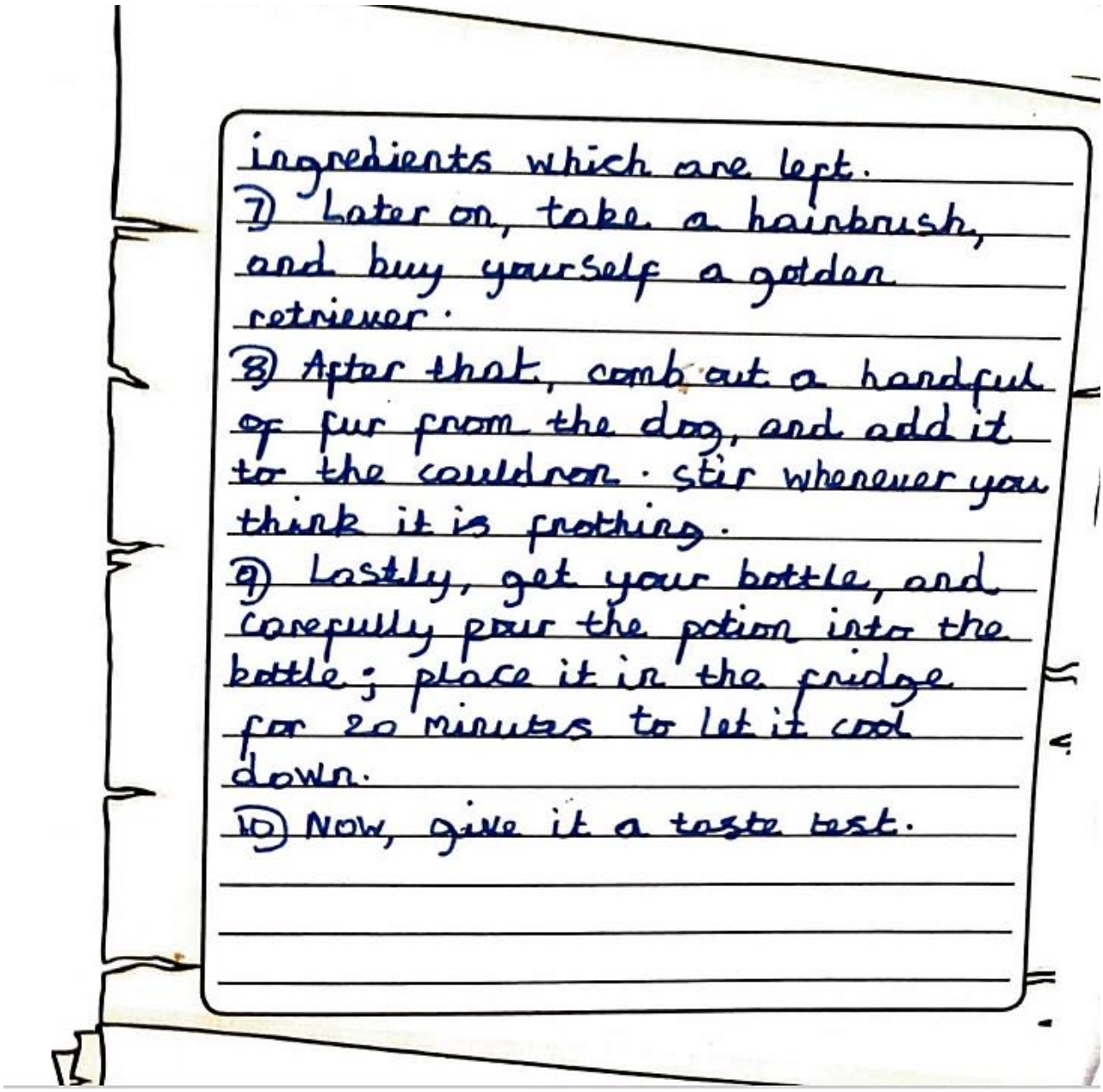
- a pencil;
- a black pen;
- Einstein's hair (that is remaining?)
- one mouldy egg.
- 10g toenails
- one flamingo beak
- part of a human brain.

Equipment:

- a cold bowl
- Wooden spoon
- microwave
- oven
- container
- knife
- bottle

method

1. At first, wash your hands with some fresh green acid;
2. Then, gather all your ingredients on the kitchen counter.
3) After that, speedily get the equipment ready.
4) Next, add the maths paper into the ancient cauldron.
5) Carefully, add some cold water that is -315°F to create a smoke effect. (It is recommended that you do not touch it with bare hands; wear some gloves for safety.)
6) Now, add the rest of your



ingredients which are left.
7) Later on, take a hairbrush, and buy yourself a golden retriever.
8) After that, comb out a handful of fur from the dog, and add it to the cauldron. Stir whenever you think it is frothing.
9) Lastly, get your bottle, and carefully pour the potion into the bottle; place it in the fridge for 20 minutes to let it cool down.
10) Now, give it a taste test.

Key stage 2

Pupil C – Piece F: a story opening

Context: after reading ‘Haunters’ by Thomas Taylor, pupils explored how writers build suspense and then drafted their own short suspense narratives.



The air was black all around me. I wasn't sure if I was visible or not. Also it felt like I was going to faint. I was having a panic attack. It felt like someone was watching me through the window. I jumped out of bed and squinted through the glass but I couldn't see anyone. What time was it? I fumbled for my phone next to the bedside cabinet. It was barely six in the morning... everyone would be fast asleep.

Stretching and rubbing my eyes, I got back into bed and tried to go back to sleep. It didn't work. Therefore, I decided to use ~~for~~ my energy to go for a jog around the block, even though it was still dark.

Outside, the wind swished the tree branches and the gate was creaking. I looked around but there was no cars or people, except for an old man wearing a warm woolly coat. He was walking a Yorkshire Terrier further down the street. perhaps he was the person I had felt was watching the house?

Suspicious, I crossed the street. I looked back and saw that he had also crossed over. Then I sped up my running and tried to get away. However, every time I looked back, he was a bit closer, rather than farther away! My heart was pounding - and not just from the sprinting. A shiver crept down my spine like a spider on a web. I didn't understand who the stranger was or why he was following me.

Leaping over my neighbour's fence, I fled home and scrambled to find my keys. The man was at the end of the driveway. He was staring at me with red eyes, his lips moving as if he were warning me.

"Mum!" I yelled, petrified, whilst I slammed the door

and locked it from the inside.

I pounded up the stairs and screamed again. "Mum! Someone was following me! He's outside the house now."

"Don't worry angel, it must've been a dream," She replied sleepily.

"No, he was really there! Come look!" I pulled her over to the window."

"Told you it was just a nightmare, go back to bed," Mum patted me on the back.

I couldn't understand why she didn't believe me but he was nowhere to be seen so I guess the panic was over. For now...