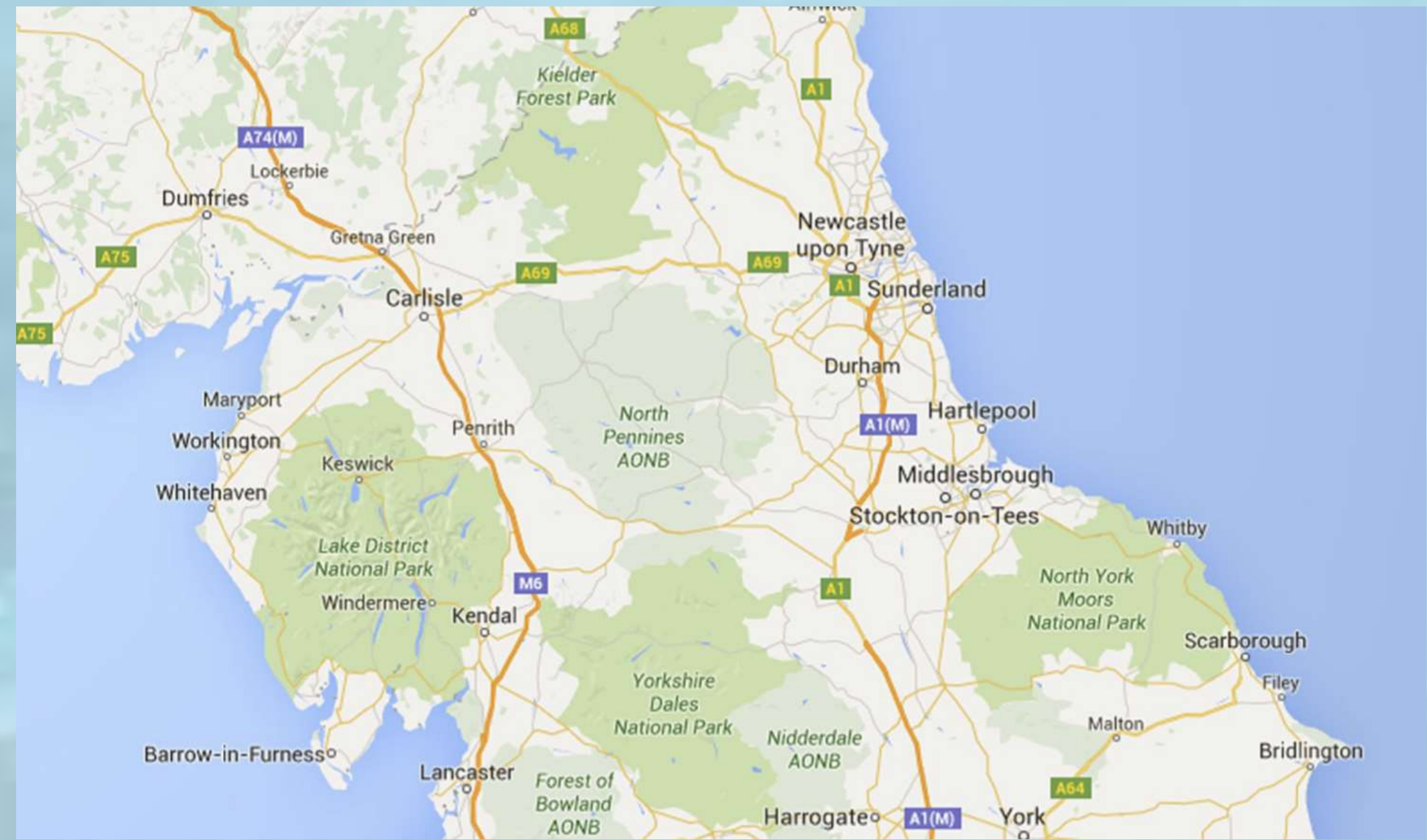


# Year 4 Summer 2

## Whitby Home Learning Project

This half term our topic would have been “Whitby.”

This project is for you to complete at home to learn more about this fantastic local place, which has an interesting history!



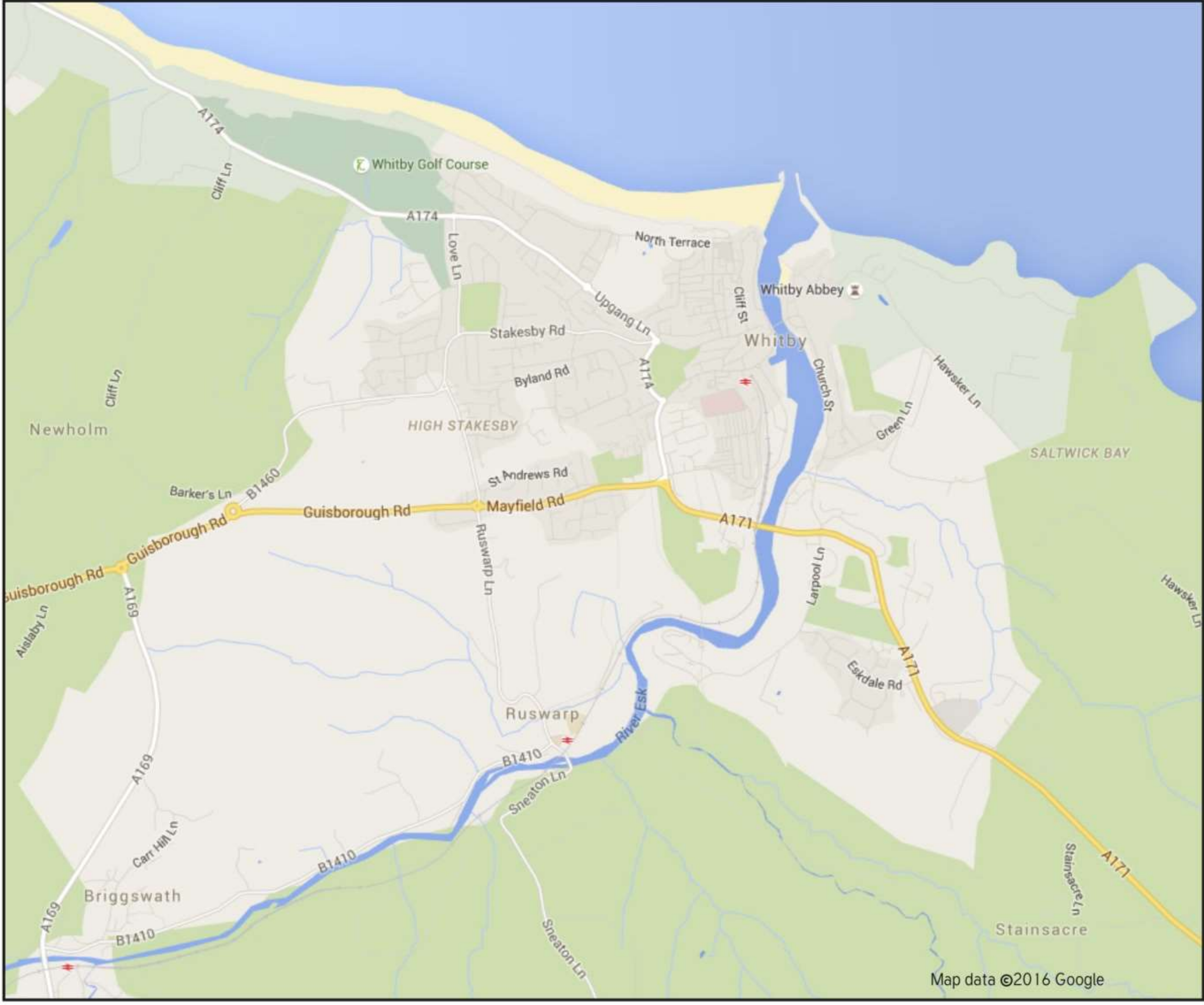
### Task 1

Can you find Whitby on a map?  
Try searching for it on Google Maps!  
What do you notice about where it is?  
What is there nearby?



Which features can you spot on the map?

Railway Station	Yes / No
Airport	Yes / No
River	Yes / No
Beach	Yes / No
Park	Yes / No
Mountain	Yes / No
Theatre	Yes / No
Sports Arena	Yes / No



Draw label lines to the following features.

Park

River

Main road

Railway station

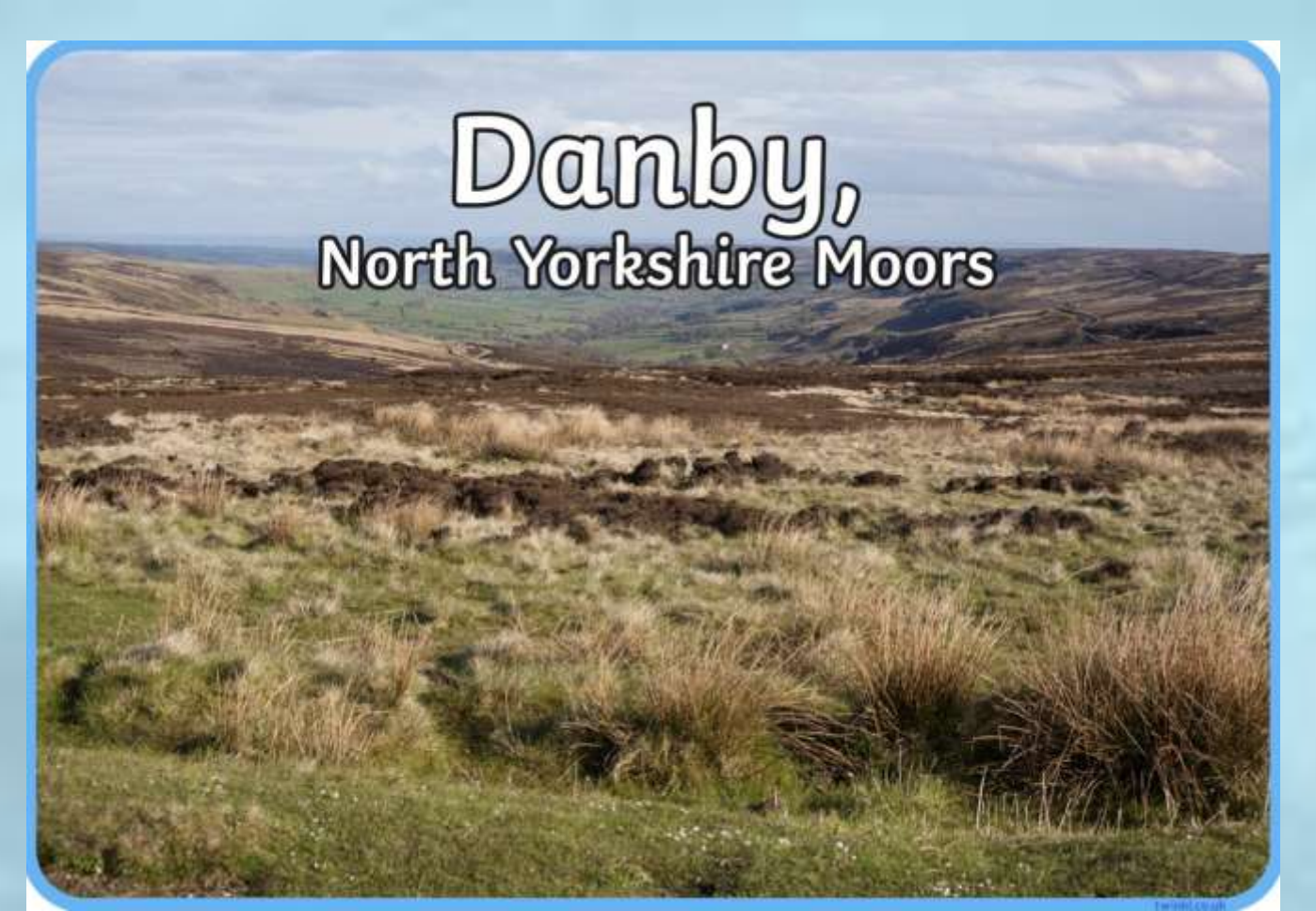
harbour



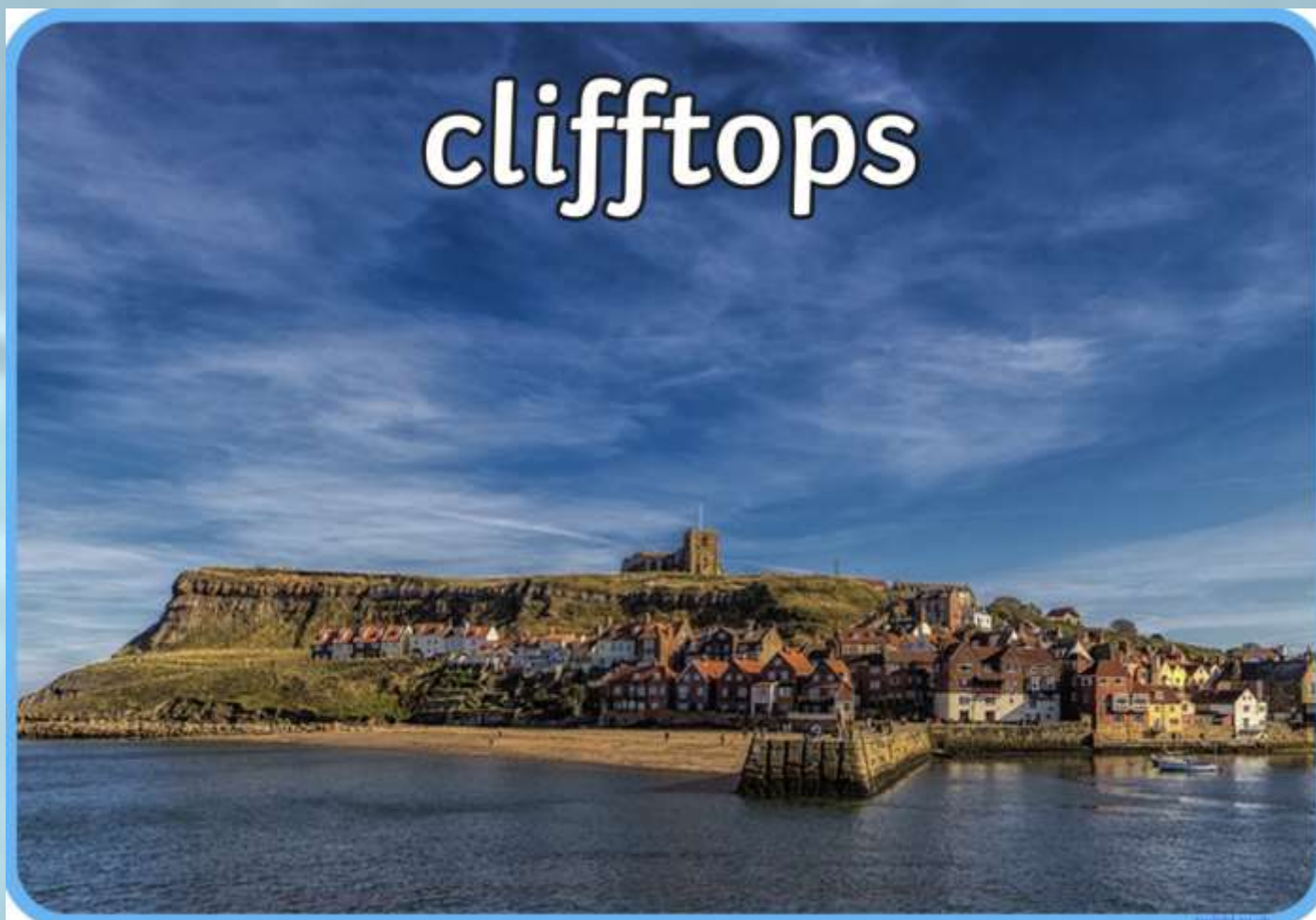
fishing boats



Danby,  
North Yorkshire Moors



clifftops



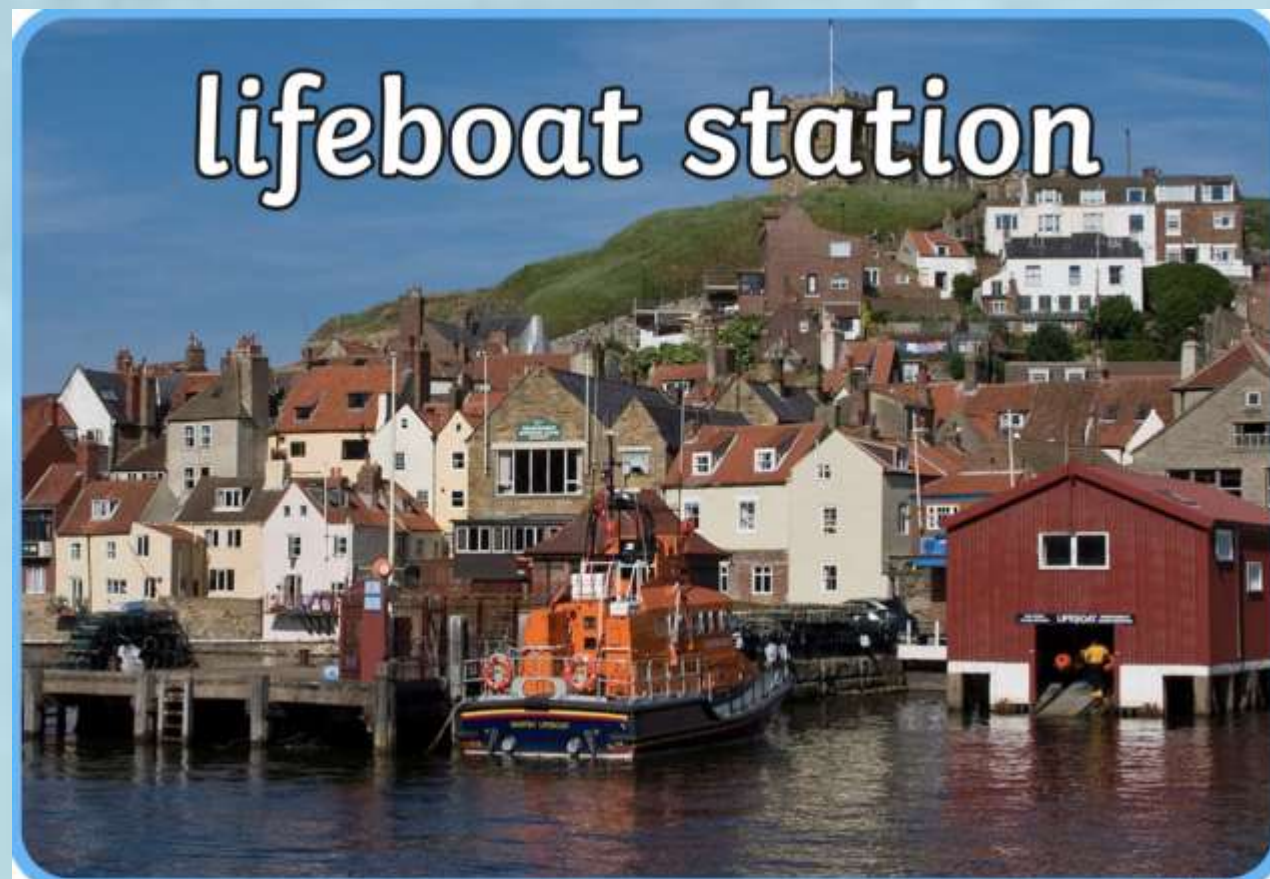
beach huts



beach



lifeboat station



swing bridge



River Esk



You can find lots of different geographical features around Whitby. The town has a river, is next to the sea and surrounded by moorland! The town has a train station, lots of roads and bridges.

Choose one of the pictures of the Whitby landscape and try to find out more about it. Write a postcard to a friend using the template to tell them all about Whitby!

POSTCARD

Place Stamp Here

.....

.....

.....

.....



199 steps

There are 199 steps up to Whitby Abbey from the town centre! Can you imagine what it is like to climb that many steps? How do you think you would feel when you reach the top?

Complete an investigation to show how that much exercise will affect your heart rate! See the next slide for details.

Write a diary entry to describe what it is like to walk up so many steps! Try to include how your body feels as you get higher (legs in particular!). Are you sweating? How is your breathing? Are there other people? Do you need to stop and rest? Try writing it straight after your science experiment!

Why do you think there are so many steps?

# Heart Rate Experiment

You will need:

- a step or stairs
- A watch or timer
- Paper & pen to record results
- A drink!

What to do:

1. Start by recording your heart rate. Find your pulse on your wrist and write down your resting pulse.
2. Then, complete 199 steps! Try to do it without taking breaks of more than 2 or 3 minutes and remember to drink water! If you don't have 199 steps, go up and down your stairs enough times until you have counted to 199!
3. Then, take your pulse again straight away and write down your result.
4. Wait 30 minutes and take your pulse again.
5. Record your results in the table and think about the questions!

## Self check: take your own pulse



Find your pulse



Count your heartbeat  
for 30 seconds



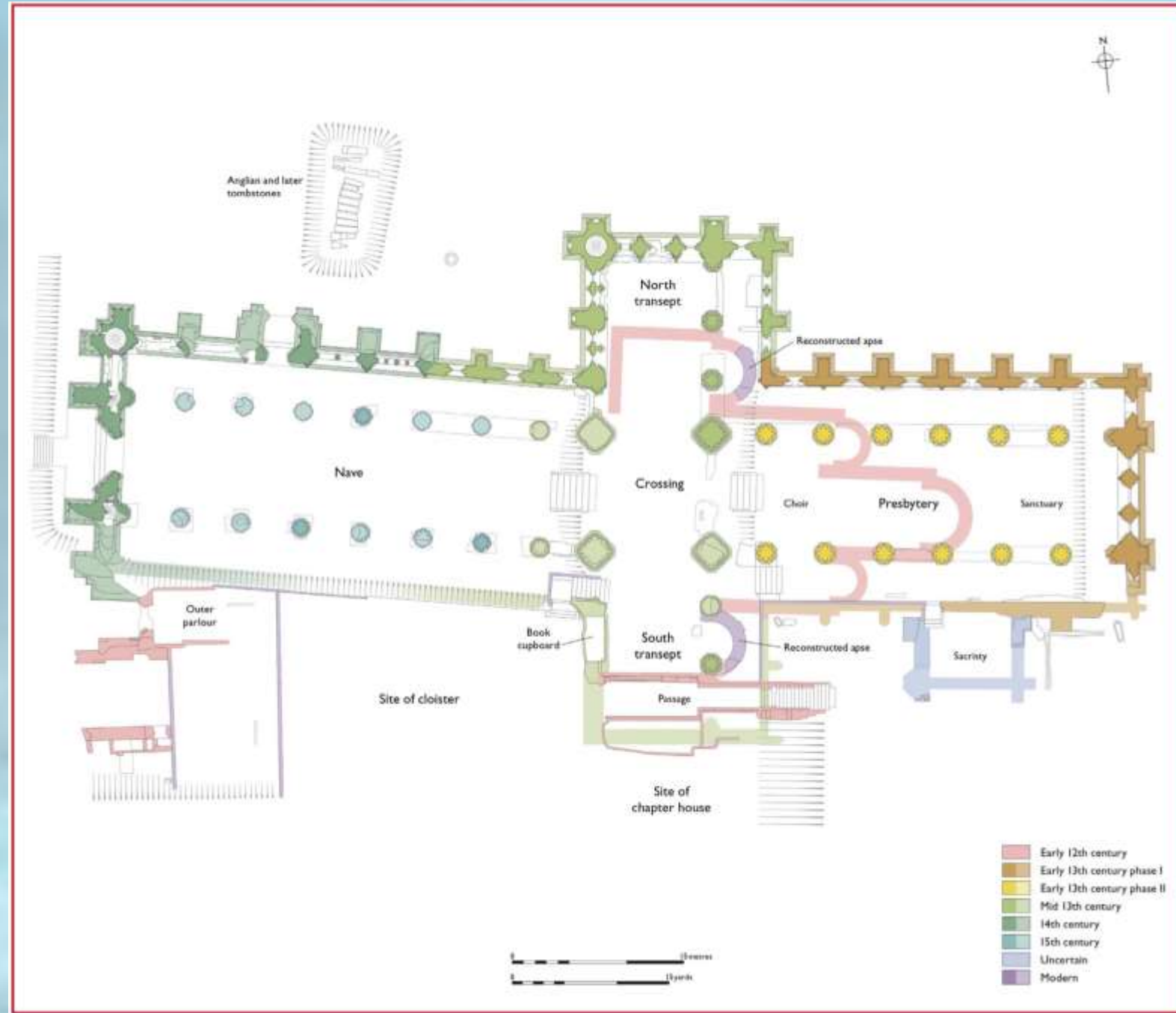
Double it

Resting heart rate (beats per minute)	
Heart rate after 199 steps (beats per minute)	
Heart rate 30 minutes after steps (beats per minute)	

- How did your heart rate change?  
- Why do you think this happened?  
Research why our heart beats faster during exercise!

# Whitby Abbey

Whitby Abbey stands above the town. It has a rich and interesting history! Read the information and then try some of the activities on the next slide.



## A CHANGING LANDSCAPE

Two hundred million years ago the North Yorkshire coast was under water, deep beneath a warm tropical sea. The remains of **prehistoric** sea creatures, including large, underwater **reptiles**, became **fossilised** in the seabed. The sea levels changed over millions of years and the seabed became dry land. **Erosion** along this new coastline turned the dry land into the cliffs we see today. The cliffs are still eroding and reveal fossils every year.



The Whitby headland has been shaped by millions of years of tidal movement and coastal erosion. © Graeme Peacock

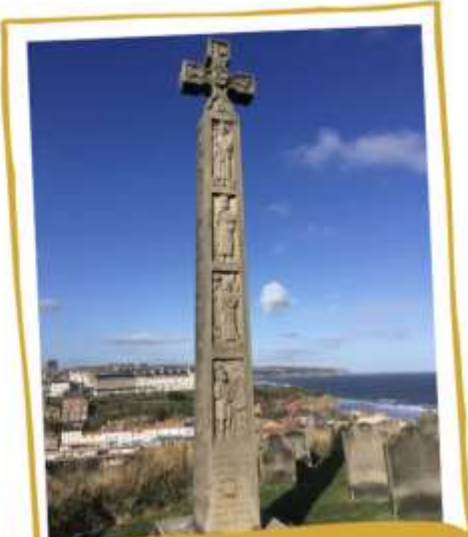
During the Iron Age (800 BC–AD 43) houses were simple round huts, made from wood and daub, with thatched roofs. The natural materials used to make these homes rotted long ago. **Archaeologists** look for holes in the ground where the timber posts used to be. Post-holes from Iron Age houses have been found on the headland, providing the earliest evidence of people living there.

No traces of Roman buildings have been found but some of their possessions have been dug up, including pottery vessels, coins and a brooch.

## CAEDMON: THE POET WHO DIDN'T KNOW IT

When Hild was abbess at Whitby, Caedmon's job was to look after cattle. According to Bede, Caedmon couldn't play music and didn't know how to read or write, until one night, a man visited him in a dream and asked him to sing of the Creation. Caedmon immediately started singing and when he woke up he could remember the whole song. He was taken to Abbess Hild, who recognised that his newfound abilities were a gift from God. Caedmon, the first named poet in the English language, was known for being able to turn any Bible story into a beautiful poem.

Explore Caedmon's story further online: [www.english-heritage.org.uk/visit/places/whitby-abbey/history-and-stories/caedmon-poetry](http://www.english-heritage.org.uk/visit/places/whitby-abbey/history-and-stories/caedmon-poetry)



The Caedmon Memorial Cross in St Mary's churchyard, Whitby, erected in 1898. Caedmon's figure is at the bottom, beneath Hild, and his poem is carved into the stone.

## ABBESS HILD: A REMARKABLE WOMAN

As the abbess of Whitby, Hild led one of the most important religious centres in the Anglo-Saxon world. Hild was the great-niece of the Northumbrian king, Edwin. She and her sister were raised in Edwin's royal court after their father was murdered. At this time Christianity was spreading across the country and Hild was converted, along with the rest of Northumbria.

Most of what we know about Hild comes from Bede, the 8th-century historian. Bede describes how, when Hild was a child, her mother dreamt of a necklace that 'seemed to shine forth with such a blaze of light that it filled all Britain with the glory of its brilliance'. Bede said the necklace represented Hild's life of religious service. Kings and commoners alike came to Whitby to receive Hild's wisdom and advice.

Find out more about Hild:

[www.english-heritage.org.uk/visit/places/whitby-abbey/history-and-stories/st-hild](http://www.english-heritage.org.uk/visit/places/whitby-abbey/history-and-stories/st-hild)



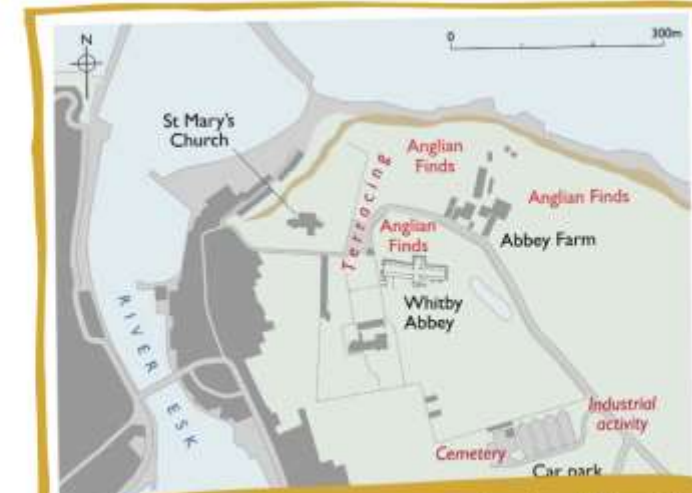
A stained glass window at Christ Church Cathedral, Oxford, depicting St Hild. She is shown as a princess, with a crown and sceptre. © Matthew Power

## ANGLO-SAXON BELIEFS, BATTLES AND BUILDINGS

When the Romans left Britain, Anglo-Saxon people from northern Europe settled in England and the country split into seven warring kingdoms: Northumbria, Mercia, Anglia, Wessex, Essex, Sussex and Kent.

From the 6th century, Anglo-Saxon **pagans** started to convert to the **Christian** faith, including the king of Northumbria in AD 627. Some people accepted Christianity and some fought against it. In AD 655 Oswiu, a Christian ruler from Northumbria, went into battle against a pagan army led by Penda, king of Mercia. The pagans were defeated, Oswiu became king of Northumbria, and Christianity became the main religion in Britain.

Oswiu had made a promise that, if he won the battle, he would found 12 churches and give his baby daughter up to be a nun for the rest of her life. After his victory, Oswiu took his daughter to the **abbey** in Hartlepool, run by a well-respected **abbess**, called Hild. Two years later, in AD 657, Abbess Hild founded a new **monastery** for nuns (women) and monks (men) at Whitby, with King Oswiu's support.



A modern plan of the Whitby headland. The red writing shows the approximate locations of Anglian features, found during excavations.

## WAR AND PEACE AT WHITBY

For hundreds of years, Whitby's exposed coastal position has made it an easy target for the enemy. On 14 December 1914, at the start of the **First World War**, four German warships appeared a mile and a half off the Whitby coast. They fired on the town, damaging the buildings on the headland, including the beautiful **west front** of the abbey. In 1920, the Office of Works (later English Heritage) began to look after the abbey ruins.

Raiders from the sea have had a dramatic impact on Whitby at various stages in its long history. These threats have passed and Whitby now welcomes thousands of visitors drawn by the sea, the pretty harbour and the dramatic abbey ruins. English Heritage continues to care for Whitby Abbey, protecting it against the ongoing impact of the wind and rain, so that people can enjoy it for centuries to come.



A photo taken in 1914 showing the final collapse of the west front of the abbey after the German shelling.



## WHY BUILD HERE?



Sort the eight cards into the pros and cons table. Put one card in each box.

WHITBY ABBEY IS...	THIS IS GOOD BECAUSE...	THIS IS BAD BECAUSE...
... above a busy harbour with international trading links.		
... high up on a cliff, overlooking the sea.		
... a symbol of the Christian faith, which can be seen from miles around.		
... exposed to the sea, wind and rain.		

I think it was a good/bad idea to build an abbey here because: .....

It can be used to keep an eye on enemies trying to attack by boat.

Harbour towns are vulnerable to Viking raids.

It will help to strengthen Christianity, which was still a fairly new religion.

There are no streams or springs on the headland because it's too high up.

Rainwater can be collected as a source of fresh water.

It is a target for people who aren't Christian and want to seize the wealth of the monasteries.

Money made from harbour trade can be used to build and maintain the abbey.

Erosion means bits of the cliff will fall into the sea as the years go by.

## 1 DESCRIBE THE ABBEY

### GET INSPIRED

**Underline** four adjectives (describing words):

'Jennet's eyes scanned up beyond the houses to where the high plain of cliff reached out to the sea. She gasped and stared for there, surmounting everything, was a ragged crown of grey stone. The building was in ruins but that did not diminish its power... It was a worshipful thing.'

From *The Whitby Witches* by Robin Jarvis



### HAVE A GO

**Look** at the abbey ruins. **Write** five adjectives to describe it.

## 3 USE YOUR SENSES

### GET INSPIRED

Similes and metaphors are used to paint a picture for the reader. **Underline** one simile and one metaphor:

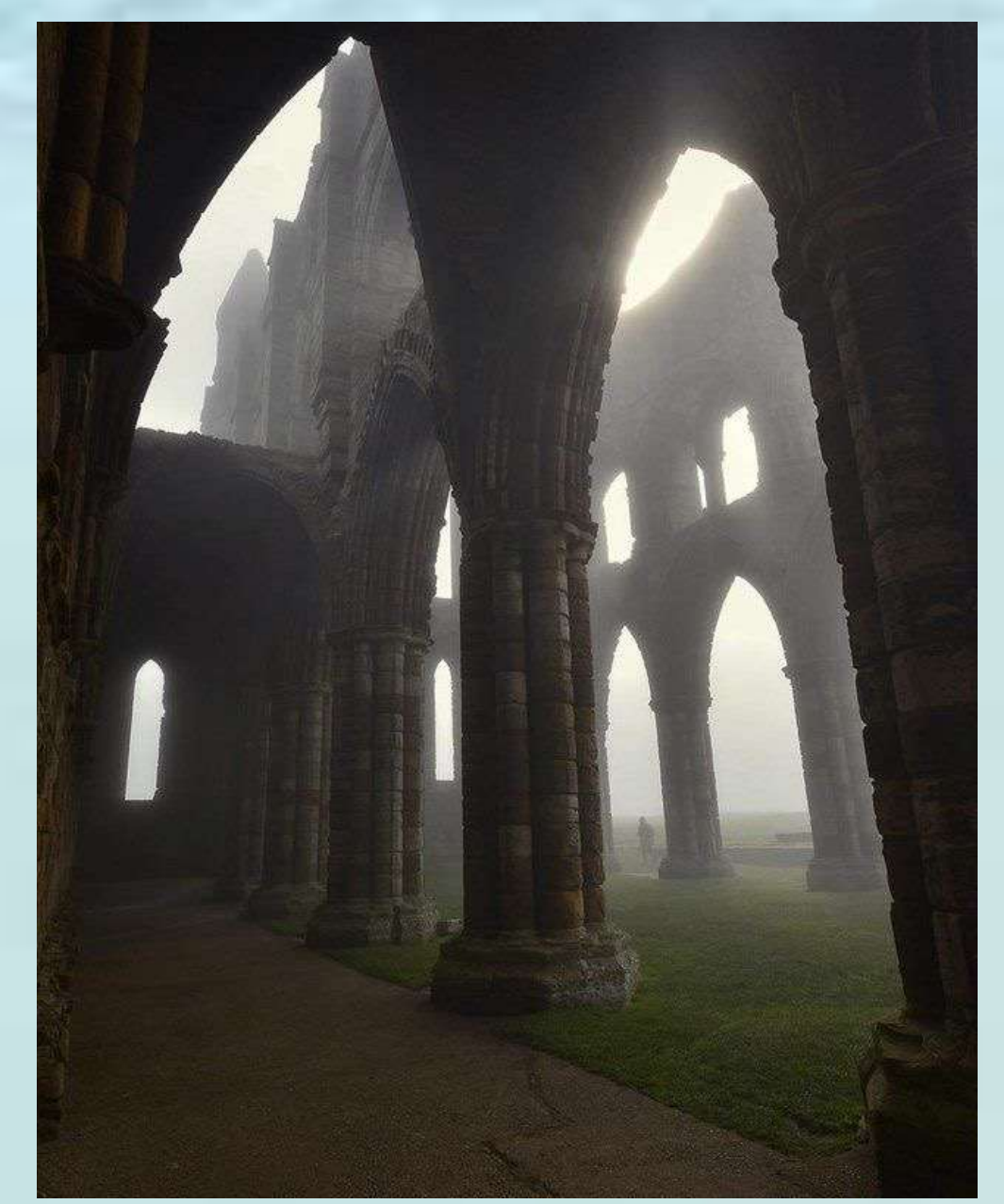
'The sea is tumbling in over the shallows and the sandy flats with a roar... The horizon is lost in a grey mist. All is vastness; the clouds are piled up like giant rocks, and there is a "brool" over the sea that sounds like some presage of doom.'

From *Dracula* by Bram Stoker



### HAVE A GO

**Look** out over the sea and beach. **Write** down some similes and metaphors to describe what you can see, hear, smell, taste and feel.



# Seascapes

British artist Len Tabner lives down the coast from Whitby and creates beautiful paintings of this part of the coast. Look at some of his paintings below, then create your own seascape using an image from a past holiday or the internet.

Can you use different brush strokes and colours to make it seem like the sea is moving?



# Multi sensory descriptions

When writing, authors use the five senses to make their stories come alive. They tell the reader what they can see, hear, taste, smell and feel, which helps them to imagine what it is like in the setting of the story.

Watch the video of the North Sea. Use the planning sheet to write down what you see and hear. Then, try to imagine what it would smell and taste like (the salty air!). What does it feel like out at sea? Is the air dry or wet?

Then, use your ideas and write two or three paragraphs to describe the sea using all five senses. Don't forget to include lots of adjectives and maybe some fronted adverbials too!

[https://youtu.be/pUT86a\\_x7Y8](https://youtu.be/pUT86a_x7Y8)

[https://www.bbc.co.uk/bitesize/  
clips/z2vpyrd](https://www.bbc.co.uk/bitesize/clips/z2vpyrd)



What can you see?

What can you hear?

What can you smell?

What can you taste?

What can you feel?

Fronted adverbials &  
prepositions

# Descriptive Settings: Beaches, Sea and Waves

## What Can I Describe?

cliffs  
coast  
crest  
current  
docks  
driftwood  
fishermen  
horizon  
marina  
marine life  
rock pools  
sailors  
sandbar  
sand  
seabed  
seabirds  
shells  
shoreline  
tide  
vessels  
water

## How Can I Describe It?

boundless  
calm  
choppy  
crashing  
endless  
glassy  
golden  
heavy  
isolated  
mighty  
pebbly  
remote  
rocky  
secluded  
shallow  
tidal  
tropical  
turbulent  
uncharted  
undulating  
vast

## What Can It Do?

anchor  
break  
crash  
curve  
drift  
flourish  
flow  
haul  
overlook  
plunge  
rage  
ride  
rise  
roll  
sail  
slope  
stretch  
stroll  
surge  
sweep  
wash

## Examples of Effective Phrases

...sunlight glinted from the wave's crest...

...glistening on the horizon...

Stormy, tumultuous waters raged...

...miniscule grains of golden sand...

Tropical waters stretched as far as the eye could see...

...boats floating atop the glassy water...

