Headings and Sub-Headings
Aim

- I know what headings and sub-headings are for.

Success Criteria

- I can explain what headings and sub-headings are for.
- I can use headings to make information easier to find.
- I can find headings and sub-headings in my own books.
- I can write using my own headings and sub-headings.
Introductory Activity
Sub-Headings

What are headings? **Headings** are used to show what a page will tell us about.

What are sub-headings? **Sub-headings** are used to show what a paragraph will tell us about.

The **heading** is the main title of a text.

A **sub-heading** is a heading for a paragraph or a group of paragraphs in a text.
## Sub-Headings

They are helpful because they help the reader to find the information they need, quickly.

They do not need to be read from beginning to end.

They can be read when skimming or scanning a text.

Headings and sub-headings are usually capitalised.
Independent Focused Activity
Sub-Headings

Match the sub-headings to the correct paragraph using the Sub-Headings Activity Sheet.

Sub-Headings

I know what headings and sub-headings are for.

With your partner, match the sub-headings to the correct paragraphs.

- Extreme sports are sports that seem extremely dangerous. Sometimes they are called action sports or adventure sports. There are lots of different types of extreme sports. These are mostly practiced by young people, never played in schools and often do not need a team. Examples include BMX riding, on-snow skiing, mountain biking, skydiving and rock climbing.

- This is a form of diving that used to be called "breath hold diving". It relies on divers being able to hold their breath underwater rather than using breathing equipment. Competitors try to hold their breath for great distances, times and depths in order to win a competition. Although it is considered a sport, today, in the past it was developed for harvesting food, sponges and such like items from beneath the water.

- This was developed as transport down the icy parts of a North American river. Now, in teams, athletes push their canoe across ice and row in freezing water.

- This is sport that uses slats loaded with springs. Athletes run and jump whilst wearing the slats to show displays of during jumping or movements that look dangerous. Powerlookers need to put very high pressure on their slats to jump to enormous heights. The sport is named after its inventor, Alexander Böck, from Germany.

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Answers…

**Extreme Sports**
Extreme sports are sports that seem especially dangerous. Sometimes they are called action sports or adventure sports. There are lots of different types of extreme sports. These are mostly practised by young people, never played in schools and often do not need a team. Examples include BMX riding, extreme ironing, mountain biking, skydiving and rock climbing.

**Free Diving**
This is a form of diving that used to be called ‘breath hold diving’. It relies on divers being able to hold their breath underwater, rather than using breathing equipment. Competitors try to hold their breath for great distances, times and depths in order to win a competition. Although it is considered a sport today, in the past it was developed for harvesting food, sponges and sunken items from below the waters.
**Sub-Headings**

**Answers…**

**Ice Canoeing**
This was developed as transport down the icy parts of a North American river. Now, in teams, athletes push their canoe across ice and row in freezing waters.

**Powerbocking**
This is a sport that uses stilts loaded with springs. Athletes run and jump whilst wearing the stilts, to show displays of daring jumping or movements that look like dances. Powerbockers need to put very little pressure on their stilts to jump to enormous heights. The sport is named after its inventor, Alexander Böck, from Germany.
All about... Hedgehogs

Hedgehogs are a largely nocturnal species, as they are unlikely to come out during the day. In the daytime, they spend a considerable amount of time sleeping in nooks, grounds, or under bushes.

Fascinating Facts
The hedgehog got its name because it roots through hedges searching for food (hedgehog), while grazing like a pig (hog); this is why it’s called a hedgehog!

- They have about 5,000 spines. Each spine lasts about a year before it drops out and a replacement grows.

Where Do They Live?
Hedgehogs can be found in almost all areas of the UK, except some of the Scottish islands. They tend to be scarce in wetland areas, greater fens, and the highlands, where food and nesting sites are harder to find. Hedgehogs prefer moist habitats and live either on the ground or under the ground. They make habitats in farmlands, gardens, or even in parks. They live in nests under hedges or in ground-dwelling insects and other invertebrates are in large quantity.

Favourite Foods
The hedgehog has a reputation as being the ‘gardener’s friend’ as it loves eating so many pests. Some of their favourite foods are small creatures such as insects, worms, centipedes, snails, mice, frogs and snakes.

Staying Safe
Hedgehogs have sharp spikes on their back, and when they are scared they curl up into a ball. Hedgehogs often roll up into a tight ball to protect themselves. As they feel threatened, they make their muscles active, which causes their spines to straighten. It is the only mammal native to Britain that has spines.

These sub-headings help the reader to find the information quickly.
Assessment
Headings and Sub-Headings

Use all of the information you have learnt and practised about headings and sub-headings.

Application Activity

I know what headings and subheadings are for:

Read these paragraph opens and suggest a sub-heading for each one.

The first one has been done for you.

Example

Whales live in deep oceans because...

Heading - Ocean Creatures

1. The famous British singer, Adele, explained that...

Heading:

2. Forces can be found south of the UK...

Heading:

3. Years ago, in the 1950s, Judith explained that...

Heading:

Work on your own to complete the Application Activity Sheet.
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