

## ART / DT:

Rec - Can you use materials and resources in your home to create medals for sport activities with your family?

Y1+2- Can you design a poster all about teamwork?

This could be linked to your family and how you all have to work together as a team.

Y3+4 - Draw a detailed sketch of someone winning a race. Think about how you can show their emotions.

Y5+6 - Design your own game for next year's Olympics. Draw the game using as much detail as possible

## WRITING:

Rec - Can you write letters or words on paper or plastic cups and use a ball to hit them? Shout out the words or letters you hit!

Y1+2 - Design a gold medal and present it to somebody deserving within your house. Why have you chosen this person? Write a few sentences and include the word 'and', 'because' and 'if'.

Y3+4 - 1) Using the picture on the back in the red box, write your own Underwater Olympics story.  
2) Design your own sport. Write out the rules of play, the equipment needed and a scoring system. Why not try it out?

Y5+6 - 1) Write detailed rules for a new game for next year's Olympics. You will also need to explain how the game is played, what you need to play it and how many players there might be.  
2) Imagine that you win a Gold medal at the Olympic Games. Write a detailed recount of your win.

## GEOGRAPHY:

Rec - Explore your immediate environment. This could be your street, a walk or the beach. Gather some objects and talk about things you see.

Y1+2 - We often eat fruit to stay healthy, but do you know where your fruit comes from? Have a look at the additional sheet or just research your favourite fruit (does it have a label on it?)

Y3+4 - Look at the countries hosting the Olympics. Can you locate which continent they are in?

Y5+6 - 1) Write a fact file about one of the countries which takes part in the Paralympic Games.

2) Choose your favourite Premier League football team. Work out which countries their players are from? What makes them a good team?

## Week 10 - Sports

**This week is National School Sports Week.**

### Conversation starters:

- \* What is sport?
- \* Ask a family member what their favourite sports are?
- \* Has anyone taken part in sport competitions?
- \* What team sports can you think of?
- \* How have Paralympians overcome challenges for their country?
- \* How can we get rid of racism in sports?
- \* How would you make sports accessible to all people?

## MATHS:

Rec - Using different size tubs/containers and tape, can you fill them with water to the line? Try to look at and compare the different capacities (amount of water they hold).

Y1+2 - Place an object on the ground and use positional language such as forward, backwards, up, down, left and right to direct your child to the object. You could switch roles and get your child to give you the directions. If you wanted to make it harder, you could use a blindfold but be extra careful!

Y3+4 - Set up a times table relay race to encourage children to practise all their tables.

Y5+6 -1) Now and Then activity on additional sheet.  
2) How quickly can you write down multiplication table facts? Can you improve your time while getting all the answers correct?

## SCIENCE:

Rec - Gather some different foods. Can you sort them into healthy and unhealthy foods? How can these foods help our bodies?

Y1+2 - We use our bodies in different ways when we play any sport. Can you label your body parts. You could draw a picture or if possible take a photo and label it.

Y3+4 - Investigate the length of different parts of your body. Do they link? Is your foot the same length as your forearm? Is your arm span the same as your height?

Y5+6 - Y5+6 - Beat It! Measure your resting heart rate by counting how many beats in a minute. Then carry out an exercise e.g. running, skipping, star jumps etc. for 3 minutes. Carry out a recovery activity e.g. walking or sitting and see how long it takes your heart rate to go back to normal. Repeat this with different recovery exercises to see which is the most effective at getting your heart rate back to normal the quickest. Can you create a way of showing your results?

## Sport - PE:

Rec - Using the how to travel spinner, explore creating different movements.

Can you complete our daily yoga routine?

Y1+2 - What can your body do? Have a go at some of the ideas on the NHS website for activities to complete indoors.  
<https://www.nhs.uk/change4life/activities/indoor-activities>

Y3 + 4 - Take a look at some sports activities you could do and see if you can improve your time.

Y5 + 6 - 1) Invent a new game to play using a ball.  
2) Time yourself doing a sport activity you like. How can you improve your time?