

Sports Week

We will really miss Sports Day this year, but we hope you have some sporting fun with your families. Here are some ideas to get all areas of your brain and body into some sports.

PE

- At school, we use the Real PE programme which gives every child 'the physical literacy, emotional and thinking skills to achieve in PE, Sport and life'. It is an online programme you can access fully at home, to play and learn together as a family. You can pick and choose from the activities to suit your age and stage. For each skill, game and activity, all rules and instructions are explained. It keeps things simple, it is user friendly, and most importantly, it's inclusive.

To login, visit: home.jasmineactive.com
 Parent email: parent@jennettspa-1.com
 Password: jennettspa

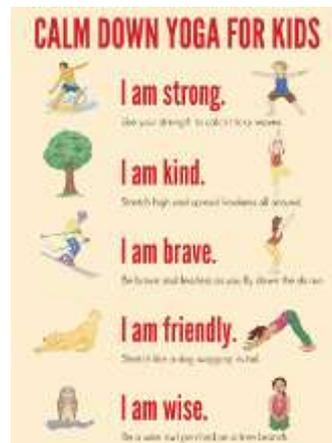


-Try a Disney or Pixar themed 10 minute game: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Each game introduces you to the film and has a short video guide with children instructing you on what to do.

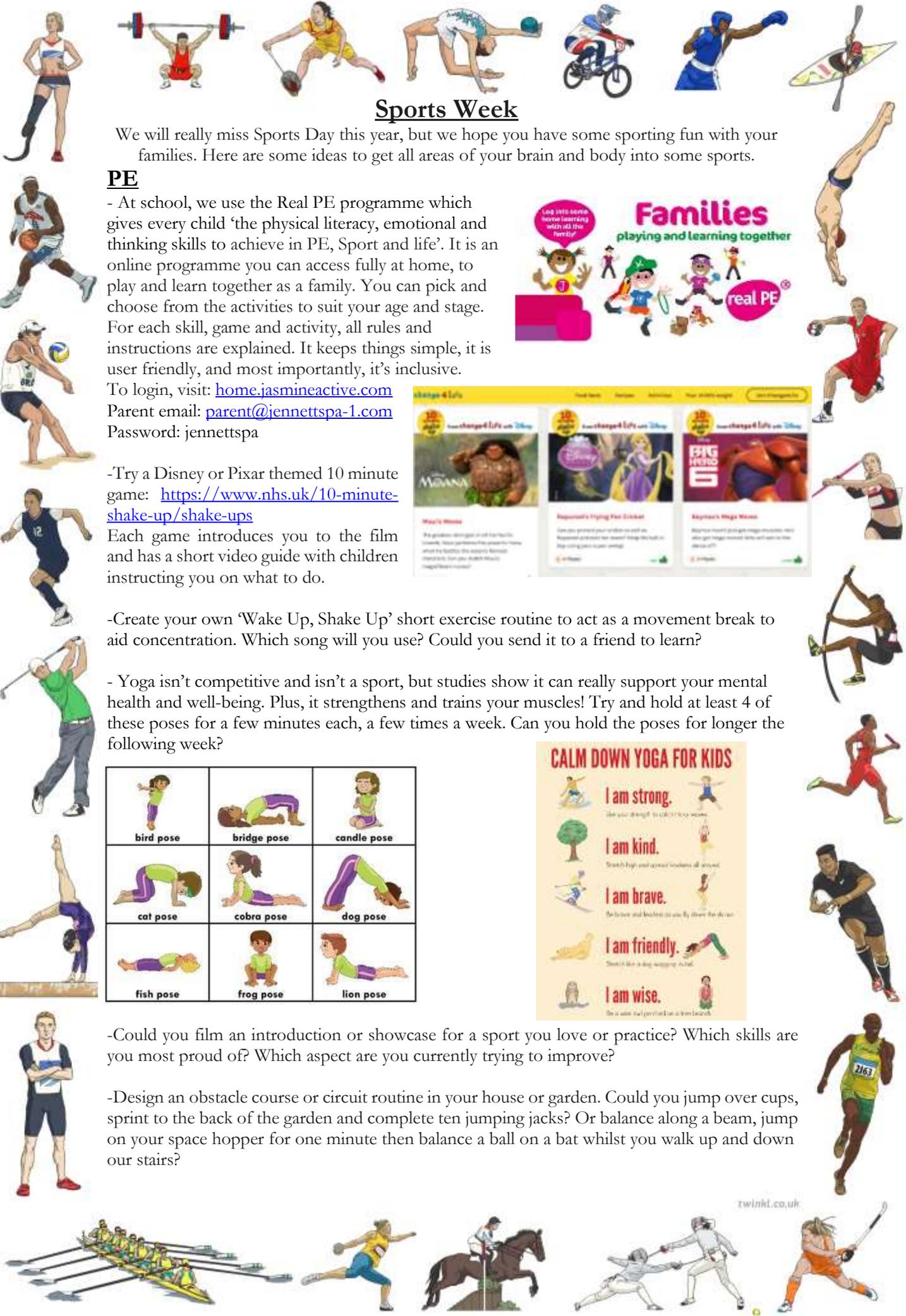
-Create your own 'Wake Up, Shake Up' short exercise routine to act as a movement break to aid concentration. Which song will you use? Could you send it to a friend to learn?

- Yoga isn't competitive and isn't a sport, but studies show it can really support your mental health and well-being. Plus, it strengthens and trains your muscles! Try and hold at least 4 of these poses for a few minutes each, a few times a week. Can you hold the poses for longer the following week?



-Could you film an introduction or showcase for a sport you love or practice? Which skills are you most proud of? Which aspect are you currently trying to improve?

-Design an obstacle course or circuit routine in your house or garden. Could you jump over cups, sprint to the back of the garden and complete ten jumping jacks? Or balance along a beam, jump on your space hopper for one minute then balance a ball on a bat whilst you walk up and down our stairs?



Art and DT



- You could explore 3D mazes using paper and card on a paper plate. Can you control the marble to go the route you have designed? This is trickier than it seems!

-Can you create your own football stadium using the inside of a cereal box? Use straws to blow the football into your opponent's goal! Could you make your own footballers with leg holes and 'kick' the ball with your fingers?



-Look at the art of Andy Warhol. Choose an item of sports equipment to draw. Split your page into 4 parts and create a piece of art in the style of Warhol.



-Design a football, netball, rugby or volleyball kit.

-Design a football to use at the 2022 World Cup in Qatar. How can you represent the countries involved?

-Explore printing a basketball. Draw around a plate to create your circle and then think about what you have that can be printed in orange paint and then washed. Could you print using bubble wrap, a fork, cotton reels, Lego, dice, pen lids, a comb...?



-Make a sculpture that conveys movement - you could use tin foil, card, newspaper, etc.

-Print toilet roll innards to create Olympic ring art.

-Create your own gold, silver and bronze medals and hold your own Olympics!

-Could you make your own basketball or netball hoops? You'll need a card, paper cup, straws and an egg box for the base. Can you throw your litter in it? I wonder from how far?





-Create a lung model.

By building a lung model, you learn about respiration and how your lungs work. By blowing into the straw, the balloons will inflate, then deflate, similar to how our lungs work.

What you need:

- o 1l Plastic bottle
- o Straw
- o Rubber band
- o Scissors
- o 2 balloons
- o Play dough



What you do:

1. Carefully, cut your bottle to about half the size.
2. Tie a knot in one end of one balloon and cut off the fat end.
3. Stretch the balloon around the bottom of your plastic bottle.
4. Put a straw in the neck of the other balloon and secure tightly with the elastic band but not so much that you crush the straw. The air must flow through, so test it with a little blow through the straw to see if the balloon inflates.
5. Put the straw and the balloon into the neck of the bottle and secure with the play dough to make a seal around the bottle – make sure that again, you don't crush the straw.
6. Hold the bottle and pull the knot of the balloon at the bottom. What happens? You should find that the balloon inside the bottle inflates, and as you let go the balloon deflates.

As the knotted balloon is pulled, it creates more space inside the bottle. Air then comes down the straw and fills the balloon with some air to fill the space! When you let go of the knot, the space no longer exists, so the air from the balloon is expelled making it deflate. Inside the lungs are a network of tubes which allow air to pass through. Air is warmed, moistened and filtered as it travels through the mouth and nasal passages. It then passes through the network of tubes, eventually reaching tiny sacs called alveoli which are where gas exchange occurs.

Air is taken in through the mouth and nose, passes down the windpipe and into our lungs. The diaphragm at the bottom of our chest moves down to create more space. As we breathe out the diaphragm raises again. The knotted balloon represents the diaphragm and the balloon inside the container, the lung.

-Create a lollipop skateboard.

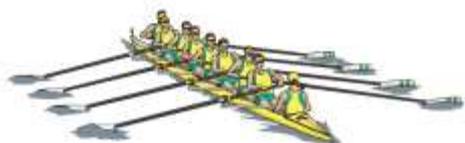
What you need:

- o Lolly sticks
- o Markers or paint (optional)
- o Toothpicks
- o Glue
- o At least 4 beads



What you do:

1. Cut a lolly stick in half and glue the two pieces side by side to achieve the shape and width of a mini skateboard.
2. Decorate the skateboard however you choose.
3. Turn the skateboard upside down and add two globs of glue where you want to place the axles (toothpicks). Press the toothpicks into the glue crosswise.



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4. While you're waiting for the glue to dry, find four beads you'd like to use as wheels. Thread the beads onto the ends of the axles (toothpicks) for wheels.
 5. Flip the skateboards over and it is ready to roll! These mini skateboards are a great way to build strength and fine motor skills in your hands.

-Create a model of the hand. This activity only highlights how incredible human bodies are!

What you need:

- o Cardboard – to trace and make the hand base
- o Pen – to trace your hands and fingers
- o String, wool or twine – to allow fingers to bend and to act as tendons
- o Scissors
- o Paper straw – to allow the twine to pass through and imagine straws as bones
- o Glue gun or PVA glue

What you do:

1. Draw around a hand (with your fingers spread out) and forearm and carefully cut it out. Use a ruler and bend places on the finger-like we bend our fingers. There are three lines in each finger and bending is complete in the portion where the fingers and the palm are connected. Fingers also bend fully at the middle line bend thoroughly except for thumb finger. The topmost line in the finger bends partially. Make sure you check this action so give a perfect movement to your articulated fingers.

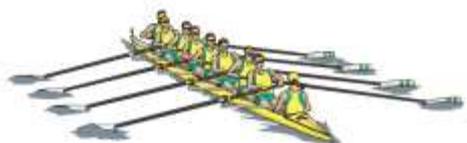
2. Cut the paper straw into small pieces to make fingers with bones as well as tendons. Cut them small and place them in between each bend you just made. Stick these with a glue gun or PVA glue (leave these to fully set and dry). Remember the string will pass through this straw and make the movement of the fingers possible - so place straw pieces in equal distance.

The straw will act as bones for fingers and the string acts as the tendons.

3. Cut the strings into lengths (give yourself far more than you think you need). Thread the string through the straws. Ensure the string has lots of excess length, to allow it to move.

4. Now move your hand!

- Every finger has three bones whereas the thumb has only two. We call these bones, phalanges. That is why there are two lines in the thumb and three for other fingers to separate each small bone. We have straws to show them externally.
- These phalanges will connect to the five bones present in the main portion of the hand. Those are named the metacarpals. (You can find 8 bones in the wrist which are called carpals, that's an extension activity to our craft!)
- The forearm contains the muscle which actually moves the thumb and the fingers.
- Long flexor tendons are the ones that extend from the forearm muscle and passes through the wrist as well as the palm to the thumb and fingers.
- Tendon sheath is the place where the tendons slide and this passes through a snug tunnel. This is attached to the small bones of the thumb and other fingers. The tendons are held in place with the help of these sheaths. Contraction of forearm muscles will pull the tendons and thus the bones are moved.





- The hand contains the veins and the arteries where the blood flows from and to the fingertips. The nerves present will let the feelings happen when you touch something with the fingers and hands. Indeed hands make a vital part of our body. These nerves are represented by the string that forms the fibrous tendons.



Geography

-The Tour de France is a cycling race that has taken place most years since 1903. The race takes at least 20 days and covers around 3200km. Can you use Google maps to plot some of the stages of the race? Can you then use some destinations e.g. Jennett's park school to your house or to Reading to act as a comparison? How far do you travel on a cycle ride – how long does it take? Can you improve on your time?



-Japan was due to host the summer Olympics in 2020 (postponed to 2021). What would it be like to be a child of the same age growing up in Japan? Find out what it is like to live in Japan. Would it change your experience or remain the same if you lived in a city or in the countryside? How would it compare and contrast to if you lived in another Olympic host city or country? Use this list to find out where the Olympics have been previously hosted: <https://www.worldatlas.com/articles/cities-that-have-hosted-the-olympics.html> Consider: the climate, the food, what sort of home you might live in, what language you might speak and how big the country is.



- Find out about the origin and history of the Olympics. Draw (or find) a map of the world and add in all of the places that have hosted the summer and winter Olympics.



Cooking

Vegan Energy Balls

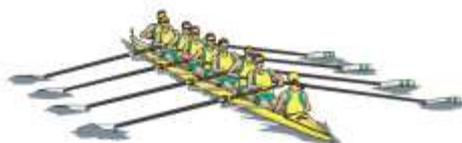
Ingredients

- 4 dates, pitted
- 50g cashew nuts
- ½ tsp vanilla extract
- 50g ground oats or protein powder
- 75g crunchy peanut butter
- 1 tbsp coconut oil
- 2 tbsp ground almonds, plus extra as required
- chia seeds, desiccated coconut or raw cacao powder, for coating



Method

1. Put the dates, cashew nuts, vanilla extract, ground oats, peanut butter, coconut oil and ground almonds into a blender. Or crush in a sealed sandwich bag with a rolling pin. The mixture needs to be dry enough to hold together, but moist enough to roll into balls. If it's too wet, add more ground almonds.
2. Grease and line a tray or dish with baking paper.
3. Divide the mixture into 12 portions. Roll into balls in the palms of your hands, then roll each ball in your coating of choice and set it on the prepared tray.
4. Transfer to the fridge and leave to set for about 2 hours.



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Mini Thai Salmon Fishcakes with Minty Yoghurt Dip

Ingredients (serves 4)

- 500g boneless, skinless salmon fillets
- 4 x 5ml Thai red curry paste
- 3cm size piece fresh root ginger
- 10g fresh coriander
- 10g fresh mint
- 150 ml natural yogurt
- ½ lime



Method

For the dip: Wash the mint and chop with scissors into a bowl and mix in the yogurt. Squeeze the juice from the lime (catch the seeds) and add to the mint and yogurt mix.

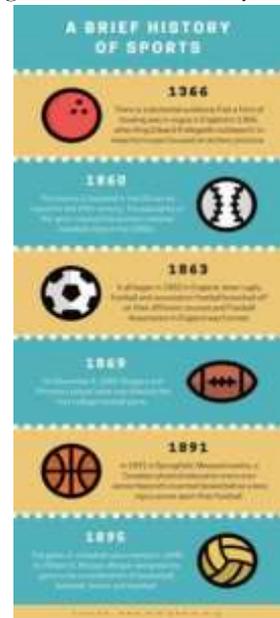
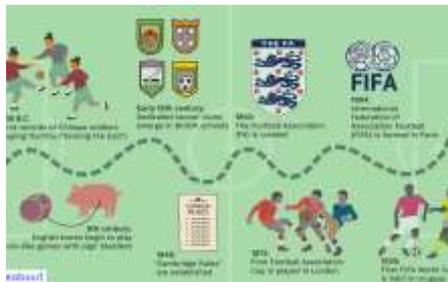
For the fishcakes:

1. Wash the coriander and chop with scissors into a bowl.
2. Peel the ginger using a teaspoon, then grate it.
3. With an adult, cut the salmon into small cubes.
4. Place the salmon into a food processor with the Thai red curry paste, ginger and chopped coriander. Pulse until combined and not completely smooth.
5. Divide the mixture into 8 even sized balls.
6. Using slightly damp hands, shape each ball into a disk.
7. With an adult, place in the frying pan on a medium heat. You could also grill or barbeque them. (Put them in the frying pan in a clockwise order from 12 o'clock, so you remember which to turn first etc)
8. Dry fry the fishcakes for 3-4 minutes or until golden brown then turn over using a fish slice and cook for a further 3-4 minutes.
9. Serve on a plate with the minty yoghurt dip. You could serve with a vegetable noodle stir fry.



History

-Many countries claim to have invented football. Research the different ball games from the ancient past and decide which one you think is the most like modern football. Could the origins of the game be British, Greek, Chinese or a mix of different cultures?

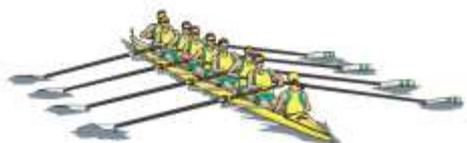


<https://spartacus-educational.com/Fhistory.htm>

<https://ancient-rome.info/ancient-roman-ball-games/>

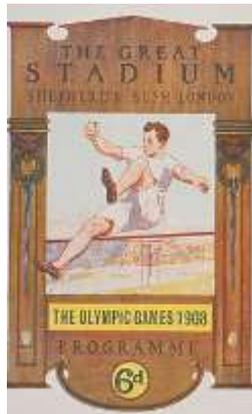
-Think of, say, ten sports. Research when each were invented and plot these on a timeline. Were you surprised by which was the oldest or newest sport?

-Create a timeline of your favourite sport, or even your favourite team or individual. What do you think are the key dates, matches, turning points or events? This is a personal history and so if you deem it important, it is.





-The Olympics were held in London in 1908, 1948 and 2012. Compare these results from the track events. What could account for the decrease in time? Consider clothing, track surface, technology and training opportunities linked to sponsorship. Was every child likely to be exposed to trying different athletic skills, to see if they had a skill or passion to take further? Would every child worldwide have had those opportunities in 1948, 2012 or even today? Can you research the 2016 results – did they increase again? (Take a look at the Olympic Records website). Do all events see this increase in skill or do some events show a marked improvement rather than a series of steady results? What do you deduce from the data?



| 1908 | 1948 |
|----------------------|----------------------|
| 100 metres 10.8 secs | 100 metres 10.3 secs |
| 200 metres 22.6 secs | 200 metres 21.1 secs |
| 400 metres 50.0 secs | 400 metres 46.2 secs |
| 800 metres 112 secs | 800 metres 109 secs |
| 1500 metres 240 secs | 1500 metres 229 secs |



English

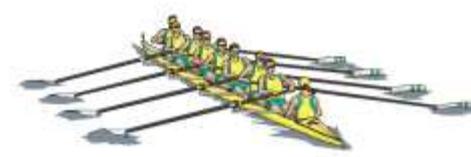
-What is *sport*? Does it have to be physical? Is it skilful? Does it need to be competitive? Write a definition of what sport means to you.

-Think of your favourite sport and write the rules and instructions for it, explaining everything that your reader would need to know, to be able to play it successfully.

-Choose a sport that you like and write a fact file about it. Try to find out as much as you can about it. Which country was it invented in? When? Who plays it? Is it a team sport or for individuals? What equipment do you need? Could you turn these facts into a "Top Trumps" style game to play with your family? Decide on three or more categories that you will need to assign a score for. You could also create Top Trumps for teams or individuals within the same sport, carefully considering their strengths and weaknesses.

-Make up a sport or game - write instructions telling everyone how to play it. Do you need a specifically-sized pitch, stadium or swimming pool? Do you need equipment-balls, rackets, bats, bases, goals etc? Is it for individuals or a team game – does everyone have the same role?

-Write a biography of your favourite sports person or a person in sport who has inspired you.





-If you watch a sports game on television or online, write a match report. Don't forget to use the past tense, think of a catchy title, an introduction that explains what the report is about, main paragraphs that are detailed and informative and a summary that brings together all your main points.



-Finger football! Can you fill a tray with shaving foam, sand, flour, or uncooked rice and practice your red tricky sight words? Could you practice your spellings?



SOCCER SENSORY WRITING TRAY!
learn letters & spelling



-Can you invent an outdoor red tricky sight word game? Could you write some on the pavement outside your house in chalk – you could leave a hopscotch challenge? Or do your friends have to jump across a drawn-on river with lily-pad stepping stones and say the word they land on? Could you write the words on card and blue-tack them to your fence – if you manage to throw a ball on one you have to

SIGHT WORD GAMES



shout it out. Or how about if you wrote the words on water balloons...or used the hose to spray the 'fiery' numbers, reading and shouting out the word every time?



Maths

-Take your pulse (ask an adult to show you how, if you're not sure). Do 3 minutes of exercise. Take your pulse again. Make a note of it, has it changed? Repeat this ten times. Make a graph to show how your pulse changes. Does different exercise create the same increase? Do jumping jacks make more of an increase than walking?

Self check: take your own pulse



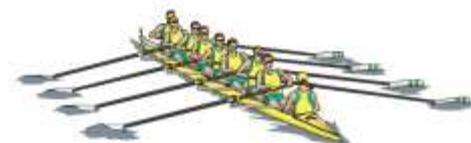
-Can you begin a multi-tasking challenge? Could you bounce a ball on a tennis racket whilst reciting your three times table, without dropping the ball? Could you recite your doubles to ten whilst hopping on alternate legs? Can you recite square numbers while doing the plank?



-Number fitness bowling – fill some numbered bottles with water. Roll a ball along (you may need to adjust how much water is in the bottles by how easy or hard you find it to knock down the bottles) and explore. You could have to mentally add the numbers together- how quick can you calculate? Do you need to subtract the final number? Do you need to record the order of the bottles falling so that you can create fractions that need simplifying? Or are you using the bottles to help learn the value of the digits?



-Can you use maths to describe a sport? For example: This sport is a game of two halves- of 45 minutes, each player is an eleventh of the team, the pitch is split into 2 halves =football.



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-How many maths questions can you think about each sport? For example: How long would a quarter of a Rugby match be? Or a fifth of a Football match?



-Can you create a repeating pattern using sports equipment at home? E.g. bat, ball, shuttlecock, bat,ball, shuttlecock. Could you create an obstacle course that uses repeating patterns?

- Have a look at some flags, ready for the postponed Olympics. Pick a small collection and then investigate the flags themselves. What shapes can you see in your flag? Can you describe their angles? Can you estimate them? Can you measure them? Does the flag have any lines of reflective symmetry? Does it have rotational symmetry? Does it matter which way up you hang it? Can you find any parallel or perpendicular lines?



-Can you watch some clips of various sports and estimate the angles and rotations involved? Have a look at discuss, shotput, javellin as a starting point. Can you pause your clip when watching some gymnastics or diving – athletes are able to create amazing angles with their bodies!



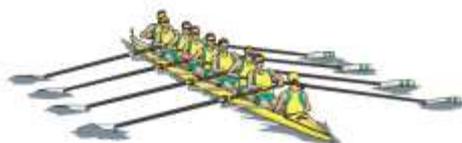
-Why not develop your skills in data analysis and be critical! Here are the top 8 medal winners from the 2012 London Olympics. How are the nations ordered? Are there nations that have the same numbers of gold medals? Of silver medals? Of bronze medals? Are they next to each other in the table? Why do you think this is so? Do you think the system for ordering the nations is fair? Why/not? Think creatively about scoring systems such as 3 points for a gold, 2 for a silver and 1 for a bronze, and investigate the impact this would have on the order.

| Position | Nation | Gold | Silver | Bronze | Total |
|----------|---------------|------|--------|--------|-------|
| 1 | United States | 46 | 29 | 29 | 104 |
| 2 | China | 38 | 27 | 23 | 88 |
| 3 | Great Britain | 29 | 17 | 19 | 65 |
| 4 | Russian Fed. | 24 | 26 | 32 | 85 |
| 5 | South Korea | 13 | 8 | 7 | 28 |
| 6 | Germany | 11 | 19 | 14 | 44 |
| 7 | France | 11 | 11 | 12 | 34 |
| 8 | Italy | 8 | 9 | 11 | 28 |



-Some Olympic word problems:

- 10 countries take part in the swimming event. Each country is given 4 free tickets to every event. There are 9 events in total, how many tickets will each team be given? How many tickets in total are needed for all the countries?
- Each rowing final needs 3 medals, one gold, one silver and one bronze. There are 7 rowing finals, how many medals are needed in total?
- In a hockey game there are 2 teams of 11 players. Each player needs a shirt. How many shirts are needed for 6 matches?
- It takes 30 seconds to swim the length of the Olympic pool. How long would it take to swim 8 lengths?
- An archer shoots 3 arrows for every round in the competition. There are 12 rounds, how many arrows will she shoot in total?



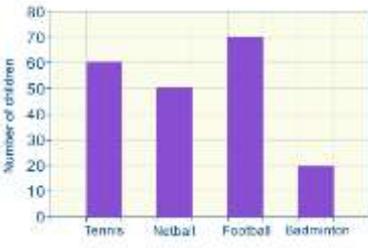
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-Try some Sport's Day word problems:

1. We have 20 spoons ready for the egg and spoon race. We only have 10 eggs (Oh no!) How many more eggs does Miss Red need to buy?
2. Mr White started all the races. There were 10 running races, 10 skipping races, 5 egg and spoon races and 4 bucket races. How many races did Mr White start altogether?
3. Miss Peach's class made 10 flags and Miss Plum's class made 15 flags. How many flags were made altogether?
4. There were 50 flags altogether, but 10 got wet. How many flags were ok on sports day?

A bar chart showing school children's favourite sports



5. 100 chairs were used at sports day. Only 60 were put away at the end of sports day by the grown-ups. How many were left on the field?

-Ask your friends and family what their favourite sport is and create a bar chart.

Science

-What effect does physical sport have on our bodies?

What happens to your body when you exercise? Think about muscles - How do they work? We all know exercise is good for our muscles, but what foods help keep our muscles strong? Research and make a list.



-Keep a food diary. What do you notice? Is there anything you could try and add more of into your diet? Was there anything that you eat a lot of?

-Create an exercise timetable for over the summer holiday. Research some new forms of sport and exercise – what would you like to try? (The NHS website has a great list to start: <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>)

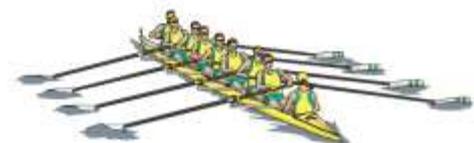
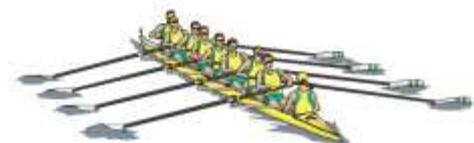
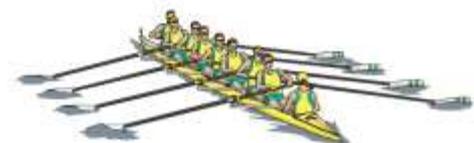
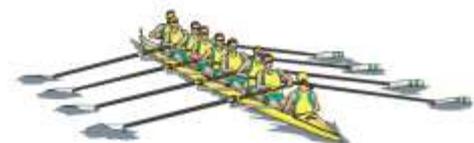
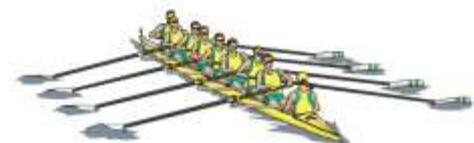
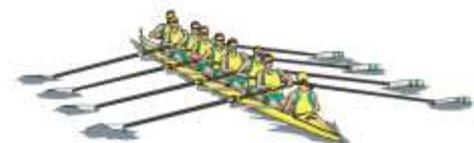
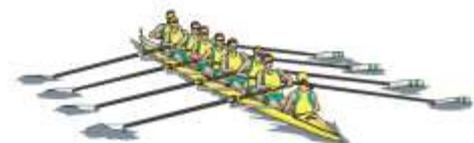
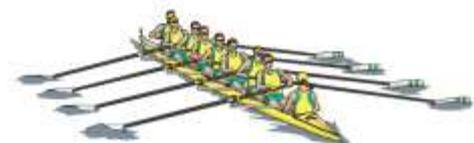
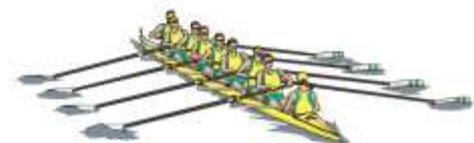
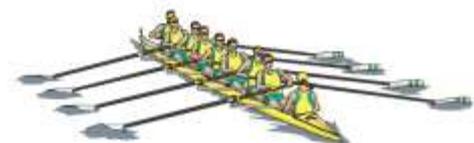
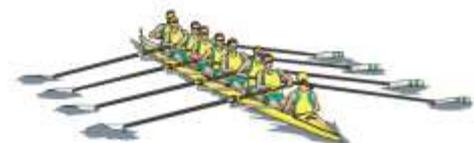
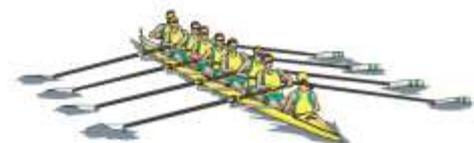
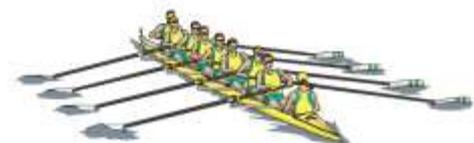
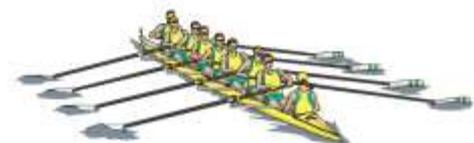
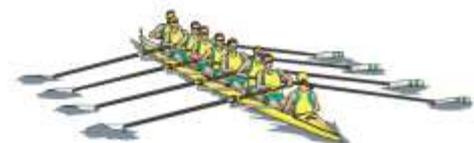
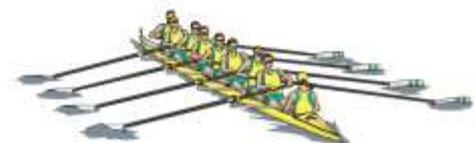
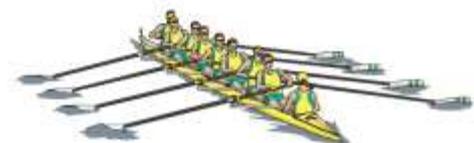
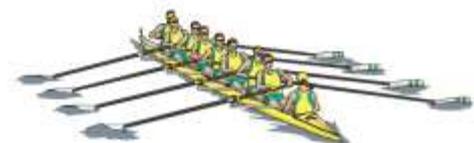
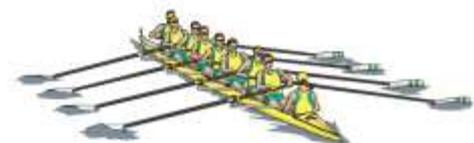
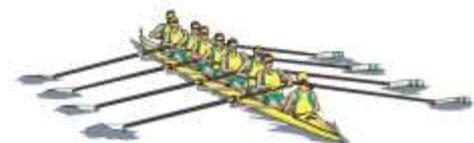
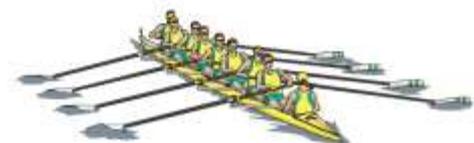
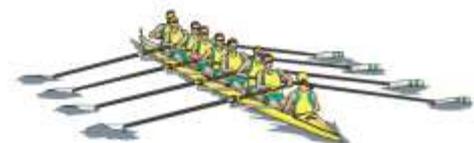
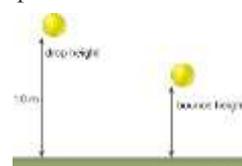
The NHS says: children aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.

-Investigate your bounciest ball!

Conduct an investigation – collect all the different spherically shaped toys in your house. From wooden beads, ball pit balls, sponge balls or cherries or tangerines. Next, remember to make sure you are carrying out a fair test – that every time you drop a ball (in exactly the same way each time) it will fall (and bounce) on the same surface. Keep a large ruler, touching the floor surface

from the zero, so can measure how high a ball bounces. The variable, what we are changing, is the ball. If you have lots of things to investigate, then you might like to drop all the balls one at a time, putting them into piles of 'very bouncy' and 'not very bouncy' and then using the ruler to find out exactly how bouncy (or not) a ball is. Can you record your learning in a table? What do you notice about the materials of the most or least bouncy balls? What do you notice about how heavy





or light a ball is? Or how hollow or solid the ball feels or looks? Key Stage 2 children might like to investigate the bounce height of a tennis ball. Drop the tennis ball and measure each subsequent bounce of the ball. What do you notice?

-Make your own bouncy ball!

What you need:

- o 2 tablespoons (15g) of corn flour
- o 30 ml water
- o 1 drop of food colouring (for a mixed 'Jupiter' effect make up several individual batches and mix into one ball at the end)
- o Plastic mixing bowl, teaspoon and microwave

What you do:

1. Put the corn flour into a plastic, microwavable container and mix well with the water.
2. Pop in a tiny drop of food colouring (if not, the ball will be white)
3. Ask an adult to put it into the microwave for 30seconds, do not touch it or the ball for at least 2 minutes.
4. Carefully test how hot the mixture is before rolling it between your palms to create a ball shape. Smooth away any lumps or cracks as these will cause your bouncing to go off-course!
5. Leave for 24 hours to dry out, checking it is hard to the touch.
6. Bounce away!



-Design and Test a Parachute

Learn about air resistance while making an awesome parachute! Design one that can fall slowly to the ground before putting it to the test, making modifications as you go.

What you need:

- o A plastic bag or light material
- o Scissors
- o String
- o A small object to act as the weight, a little action figure would be perfect



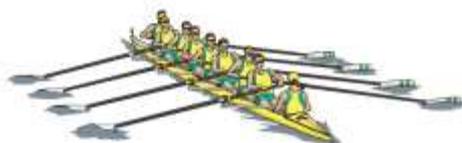
What you do:

1. Cut out a large square from your plastic bag or material.
2. Trim the edges so it looks like an octagon (an eight sided shape).
3. Cut a small hole near the edge of each side.
4. Attach 8 pieces of string of the same length to each of the holes.
5. Tie the pieces of string to the object you are using as a weight.
6. Use a chair or find a high spot to drop your parachute and test how well it worked, remember that you want it to drop as slow as possible.

What's happening?

Hopefully your parachute will descend slowly to the ground, giving your weight a comfortable landing. When you release the parachute, the weight pulls down on the strings and opens up a large surface area of material that uses air resistance to slow it down. The larger the surface area the more air resistance and the slower the parachute will drop.

Cutting a small hole in the middle of the parachute will allow air to slowly pass through it, rather than spilling out over one side, this should help the parachute fall straighter.





Modern Foreign Languages

- Find out the names of sports in another language. You could make an illustrated poster of them. If you were to play internationally, what top words and phrases would you need to know?



-Learn to count to 10 in different languages so you can practice keepie-uppies or hopping on one leg, whilst counting in another language!

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-Good sportsmanship - what makes a good sportsperson, beside their natural talent? How should we behave when playing or competing with others? Why do professionals shake hands with their opponents – are they not rivals? Are they not passionate about their sport and want to win? Could you create a poster about what 'sportsmanship' means to you?



-Proverbs 24:17-18

'Do not rejoice when your enemy falls, and let not your heart be glad when he stumbles, lest the Lord see it and be displeased, and turn away his anger from him.'

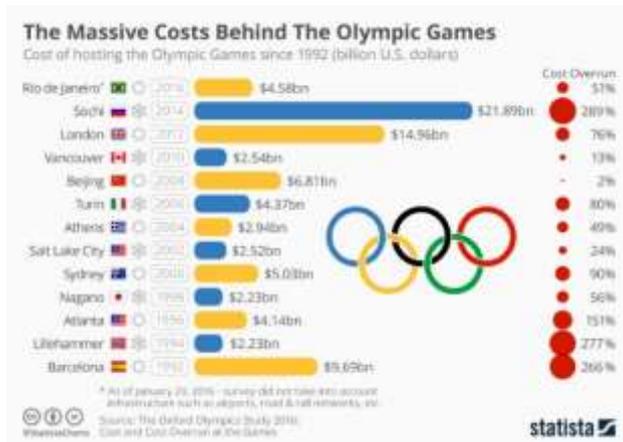
Philippians 2:3

'Do nothing from rivalry or conceit, but in humility count others more significant than yourselves.'

What do these Bible quotes tell you about how God wants Christians to treat each other when playing sports together? Note down your ideas.



-The Olympics bring thousands and thousands of visitors, create jobs, a legacy of improved sporting facilities and buildings to house the athletes and improvements to the transport system. However, hosting an Olympics games is an expensive business – see the chart.

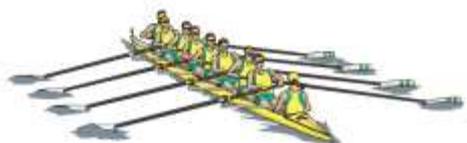


Imagine Bracknell is proposing to host the next Olympics.

Can you think carefully from two different perspectives? Write a speech why hosting the Olympics should be welcomed and a speech why Bracknell should not host the next Olympics



-Imagine you are an athlete that has worked hard at their sport for years. Imagine you are representing your country at the Olympics as the ceremony starts – how are you feeling? The opening ceremonies are available online to view.



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