



READING

Guided Reading

Read the ebook 'Sport is Fun' on the Oxford Owl website.
Answer the quiz question at the end of the book.

Class Book

Miss Williams will read a book to you on Seesaw and will set some questions/tasks for you to complete and post on Seesaw.

Reading About This Topic

If you're interested in this topic, then take a look at the list of recommended info texts, stories and activity books [attached].

WRITING

SPaG Mystery

Take a look at the 'SPaG Mystery' booklet (emailed and on Seesaw).
Can you crack the codes and use the clues to solve the sports day mystery?



Writing

- Write some instructions for the family relay race or obstacle course you've created.
- Organise your writing using headings, sentence starters and numbered bullet points.
- Make a list of equipment.

Editing

- Go through your instructions and highlight verbs (actions).
- Add an adverb or adverbial phrase to your verbs to explain how you would like each action done (e.g. quickly, carefully, secondly...).



MATHS

Maths Mystery

Take a look at the 'Maths Mystery' booklet (emailed and on Seesaw).
Can you crack the codes and use the clues to solve the sports day mystery?

Measuring

- Measure how far you can throw or jump.
- Measure the time it takes for you to run the length of your garden.
- Measure several attempts and compare your results, by how much have you improved?
- Set a target, can you reach it?

Sports Day Results

- How could you keep a record of your Sports Day and science results?
- Can you draw tables or make one on Excel, Word or PowerPoint?



EXPECTATIONS

Daily activities (approx. ½ hour): 1x Maths 1x Reading 1x Writing / Spelling

Maths

Maths Tasks
Times Tables

- SumDog (online)
- TT Rockstars (online)
- nrich maths (online)
- CPG homework book
- Home-pack sheets
- Times tables booklet
- <https://www.bbc.co.uk/bitesize/topics/zd2f7nb/articles/zn2y7nb>

Reading

Reading Tasks
Free Reading

- Guided Reading
- Class book video on Seesaw
- Texts about this topic (below)
- Your own choice of texts
- Oxford Owl (online)
- <https://shop.scholastic.co.uk/homelearning>

Writing / Spelling

Writing Tasks
Spellings

- Spelling Frame (online)
- Spellzone (online)
- Spelling Shed (online)
- Vocabulary Ninja (online)
- Home-pack sheets
- Word searches & crosswords
- 'Banagrams' & 'Articulate'
- <https://www.bbc.co.uk/bitesize/topics/zkbkf4j/articles/zbm8scw>

Bitesize Daily lessons and challenges: <https://www.bbc.co.uk/bitesize/dailylessons>

Twinkl teaching resources and activities: <https://www.twinkl.co.uk/>

VIRTUAL SPORTS DAY

Take part in our virtual sports day to earn points for your house team. You can choose the events you would like to do and post your results on Seesaw as photos, videos or messages. Enjoy!

Athletics

- **Discus:** How far can you throw a frisbee or a ball?
- **Long jump:** How far can you jump with 2 feet together? Measure from the start to the back of heels.
- **Relay race:** Can you come up with a creative family relay race with different hurdles and challenges?
- **Long distance:** How far can you jog or cycle in one go?

Ball Games

- **Bat and ball:** How many times can you hit a ball up in the air using a bat in 30 secs?
- **Ball bounces:** How many times can you bounce a ball in one minute?
- **Target (boules):** Who can throw or roll a ball closest to a target spot on the floor?
- **Keepie-uppie:** How many times can you kick a ball into the air in 30 seconds?
- **Challenge:** Can you do some free-style tricks with a ball?

Balance and Coordination

- **Egg and spoon race:** Can you make your way through an obstacle course without your egg falling off your spoon?
- **Balance challenge:** How many different balances can you do in a minute?
- **Handstand statues:** Can you hold a handstand for up to 30 seconds safely?
- **Skipping:** How many different freestyle skipping tricks can you perform in a minute?



Science
'The Human Body'

SUPER STRETCHES

Can you locate and name the different muscles on your body, particularly on your legs and arms?
Can you think of a position that will stretch each muscle?

Here are some ideas: <https://www.bbcchildreninneed.co.uk/resources/ks2-twinkl-move-pe-ks2-stretches-cards/>



WONDERFUL WARM-UPS

Can you come up with a sequence of exercises that will raise your heart rate?

Here are some ideas: <https://www.youtube.com/watch?v=d3LPrhl0v-w>

Test how effective each exercise is:

Find your pulse on your wrist or on the squidy bit of your neck behind your ear. Count how many times you feel a pulse in 20 seconds. Do one of your exercises for 40 seconds. Then count how many times you feel a pulse in 20 seconds again. How much has your pulse risen? Can you record your results on a table?

Wait for your breathing and heartrate to slow back down and test your next exercise.

SPORTS DAY PICNIC

DT

Can you prepare food that will enhance your performance?

Health tips:

Water keeps you hydrated.
Carbohydrates give you lots of energy. Protein helps your muscles grow. Dairy makes your bones strong. Small sugary snacks/drinks give you a quick burst of energy.

OLYMPIC STADIUMS

Geography

Can you use Google Earth to take a closer look at Olympic parks and stadiums around the world?

Can you locate some of the Olympic stadiums on a world map?

Can you find out some key facts about one of the cities/countries with an Olympic stadium?

EGGCELLENT SPORTS

Art

Can you decorate a hardboiled egg using a sports theme?

Post a photo on Seesaw to enter it into our design competition.

Ideas:

sport superstars, balls, equipment, team shirts, the Olympics, sportswear, team flags/logos, pitches, ...

Draw with markers, ink or paint.

KEEPING ACTIVE

[Try at least two of the following this week. Get your family involved too!]

Joe Wicks

Daily workouts on YouTube

Real PE

(password emailed to parents)

BBC Supermovers

Choose 2-3 different videos

Active Norfolk

Visit their website for ideas

Cosmic Kids Yoga

Available on YouTube

Get Outside

Go for a walk or cycle

READING

Books About This Topic

If you're interested in this topic, here is a range of stories, information texts and activity books all about sports (available on Amazon).

Information Texts

Sports Illustrated Kids magazine
Weird but True Sports (National Geographic)
My Encyclopaedia of Very Important Sport: For little athletes & fans who want to know everything
Women in Sport: Fifty Fearless Athletes Who Played to Win
Learning STEM from Baseball: How Does a Curveball Curve? And Other Amazing Answers for Kids!
Young Gifted and Black
Sportopedia: Explore more than 50 sports from around the world
Messi: A Boy Who Became A Star
Aly Raisman: Gold-Medal Gymnast (Sports Illustrated Kids Stars of Sports)
Children's Book of Sport (DK)
National Geographic Kids Chapters: Rock Stars!
Play Basketball Like a Pro: Key Skills and Tips (Sports Illustrated for Kids)
Judy Richter's Riding for Kids
Karate for Kids
Mountain Biking for Kids: Mindset Development Guide
Freshwater Fishing for Kids (Into the Great Outdoors)

Story Books

Cool! (by Michael Morpurgo)
Billy the Kid (by Michael Morpurgo)
Let's Dance (by David Bowie)
My Book of Gymnastics (DK)
Goodnight Football (Sports Illustrated Kids Bedtime Books)
Football School Star Players: 50 Inspiring Stories of True Football Heroes
Beastly Basketball (Sports Illustrated Kids Graphic Novels)
The Secret of the Ballet Book
Unbelievable Football: The Most Incredible True Football Stories You Never
The Football Boy Wonder: The Charlie Fry Series

Activities

The Football Jokes and Quiz Book for Kids: An Awesome Fun Book For Football Mad Kids
Different Forms of Dance (A Coloring Book)
Cricket Puzzles for Kids
Sports Sticker Activity Book
Gymnastics Coloring Mandala For Kids
The Fantastic Football Activity Book for Kids
Football Word Search for Kids: Premier League 2019 - 20
Football Colouring Book for Kids
I Love Wrestling Masks Coloring Book
Cool Runnings [DVD]
The Karate Kid [DVD]