




'Jupiter' Learning Grid – Week 12
W/b 8th June 'Why do people play sports?'

<p>Can you lie down on your stomach, arms stretched out on the ground above your head and lift your fingers off the ground one at a time. This will support your stomach muscles and increase fine motor skills.</p>	<p>Can you make a poster for the Olympic Games including the five colours? Make hand prints or draw around your hands and colour them in.</p>	<p>Click on the link to listen to the story, 'Hetty's Ballet School' read by Ben Shephard and written by Alexandra Richards.</p>	<p>Take turns of rolling a dice with a family member. If you land on a number 5, do 5 squats. Choose a variety of exercises and whatever number you land on is the amount of exercises you do.</p>
<p>Ask a family member to be your partner and find a ball. How many times can you throw and catch the ball to each other? You could make a chart and write the number you get each time.</p>	<p>In sport, some balls that are used are all different shapes and sizes. For example, football, tennis and rugby. Can you name some of these shapes? What size are they?</p> 	<p>In an outdoor space, write down some numbers on the ground with chalk. You could do numbers 1-5, 1-10 or 1-20 or beyond. Can you skip, jump or hop over these numbers, calling them out loud as you go.</p> 	<p>Take part in your own family Sports Day outdoors. You could try an egg and spoon race, relay races and three legged races. You could use old pillow cases and have a sack race! You could even create some certificates and have an awards ceremony at the end.</p>
<p>Draw some sportswear on some paper e.g. shorts, vest, football top or training shoes. Can you cut around them and make your own design?</p> 	<p>Can you make two pompoms by cutting an old magazine or newspaper into long strips? Gather them together and tape at one end. Can you be creative and make up your own cheerleading song then dance with your pompoms.</p>	<p>Grab some bowls or cups and place them around a room or outdoors. Use balls or scrunched up paper and see if you can throw these into the bowls to play, 'Slam Dunk'. Make it trickier by placing the bowls further away.</p>	<p>Click on the following link to take part in 'Tumble Tots' at 10am. https://youtu.be/Tt1AmF01WEM</p>
<p>Watch this clip about the Highland Games. Can you make up mini games in your garden or outdoor area? You could make a Scotland flag, too!</p>	<p>Taking part in sports is really good for your health. It helps make your heart stronger. Can you count your heart beat when you are relaxing, and then count it after doing some exercise? What is the difference?</p>	<p>Can you play balloon volleyball? Use string or a rope for the balloon to go over. Can you play against family members or siblings to push the balloon over the rope?</p>	<p>Click on the link and watch the video about 'Larry Lion' and how our muscles work when we exercise. https://www.youtube.com/watch?v=Z5VMThf0sM4</p>