

Big Question: Why do people play sports?

This week we want to develop your knowledge, understanding and skills across a variety of different sports and get you thinking about the benefits of sport and how you can keep active. Some of our activities in this week's grid are set within the context of The Olympic / Paralympics games.

Olympic Values

The Olympics and Paralympics are about much more than winning!

Just like Edenside has the values of "Learning, Laughter and Love" - the Olympics and Paralympics have strong values. They are shown [here](#) in this short video from London 2012.



These values are important, not just to Olympians, and we are therefore often encouraged to think about them when we are reading. We have already explored some of these themes in novels we have read this year. Using a book that you are reading or have read recently, give examples of how 3 or 4 of these values are portrayed, either as themes or character traits. Remember to include evidence in your own words and also use quotes from the text.

**Remember that you should be reading for at least 20minutes each day. If you are looking for new material to read then take a look [here](#).

Sports and the Brain

[How sports benefits your body and your brain](#)

There are lots of different reasons why people play sports. The video above lists a lot of the benefits that we get when involved in sports, and especially with other people - we can't do these sports just now, but we can be reminded of why we do them and look forward to getting involved when we can.

Imagine that you are trying to persuade an adult at home to let you take up a new sport, or to persuade a friend to take up a sport that you are already involved in. Prepare a short persuasive talk, trying to include as many benefits as you can. (There will be some that were not mentioned in the video).

We looked at persuasive writing in school – the same techniques can be applied when talking.

You may want to think about:

- Persuasive language
- Using a rhetorical question
- The Power of Three
- Exaggeration

Perhaps you could film your talk and make a short video. You never know – it could be used by your local sports team or club as an advertisement!

Sport of your Choice

Research a sport of your choice.

You might want to use some subheadings:

- History
- Famous people
- World participation (all countries? European?)
- Interesting facts

Can you use your notes to create an information report about your sport?

Remember to use your core targets!



Olympic Sports Challenge

Did you know that at the first Olympic Games in 1896, there were 9 sports contested? Since that time many more have been added (and removed too). In 2012 there were 26 sports contested and in 2016 there were 28.

33 sports are scheduled for the Olympic Games in Tokyo, Japan.

Can you unscramble the anagrams (attached at the end of this document) to reveal the 33 sports?

e.g. 1) TSUQACIA = AQUATICS

Unscramble as many as you can then perhaps return to this task for another shot later in the week. Check your work against this week's answer sheet.

Five of these sports are new additions. Read more about them in the following article:

[Tokyo 2020](#)

Adding Fractions

Use the BBC Bitesize website to learn how to add fractions with the same denominators

<https://www.bbc.co.uk/bitesize/articles/zmhr92p>

Try the follow up activities and check your answers.

Remember; bar models like they show you in the examples are a great way to visualise the problems.

More information of this is available in *White Rose Maths, week 5, Lesson 2*

<https://whiterosemaths.com/homelearning/year-5/>

Wimbledon Statistics

Use the information below to create a bar chart of prize money in each year. Remember to have an even scale and titles on both axis as well as the chart title.

Year	Prize Money (thousand pounds)
1984	100
1986	140
1990	230
1993	305
1995	365
1998	435
2003	575
2009	850
2015	1880

The price of tickets and attendance for the first day of the competition in 2017 are as follows;

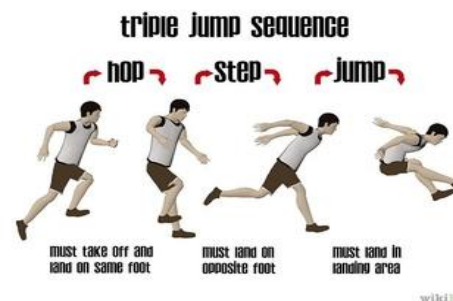
Court	Price	Attendance
Centre	£60	14, 979
No. 1	£47	11, 432
No. 2	£42	4000
No. 3	£42	2000

How much money was made from ticket sales on each court? (You may use a calculator if needed)
How much money was made from all ticket sales of courts added together?

Olympics - Triple Jump

Read through the information attached at the bottom of the grid on Triple Jump and then have a go at the following questions:

- How much further is the male World record jump than the Olympic record? Write your answer in cm.
- How much further is the female world record jump than the Olympic record? Write your answer in cm.
- How many years ago were the world records set?
- How many years ago were each of the Olympic records set?
- How much shorter is each of the 4 record breaking jumps than Kelso Swimming Pool?
- Can you write down each of the 4 distances jumped in 3 different ways? (Remember 1m = 100cm, 1cm = 10mm Can your knowledge of multiplying by 10, 100 and 1000 help you?)



Medal Muddle

Thirteen nations competed in a sports tournament. Unfortunately, we do not have the final medal table, but we have the following pieces of information:

- Turkey and Mexico both finished above Italy and New Zealand.
- Portugal finished above Venezuela, Mexico, Spain and Romania.
- Romania finished below Algeria, Greece, Spain and Serbia.
- Serbia finished above Turkey and Portugal, both of whom finished below Algeria and Russia.
- Russia finished above France and Algeria.
- Algeria finished below France but above Serbia and Spain.
- Italy finished below Greece and Venezuela, but above New Zealand.
- Venezuela finished above New Zealand but below Greece.
- Greece finished below Turkey, who finished below France.
- Portugal finished below Greece and France.
- France finished above Serbia, who finished above Mexico.
- Venezuela finished below Mexico, and New Zealand finished above Spain.

Can you recreate the medal table from this information?

Hints: you may want to write the names of the countries on pieces of paper and cut them out so that you can physically manipulate them. You could arrange the list of countries randomly and read through the clues adjusting the order as you go. Alternatively, you could begin by figuring out which teams **couldn't** have come first.

Technology in Sport

In many sports, technology has allowed for accuracy and fairness when making decisions. Examples of this are the use of Video Assistant Referee (VAR) in football, Hawk Eye in Tennis and Television Match Official (TMO) in rugby.

Watch this short video about technology in sport.

<https://www.youtube.com/watch?v=≡dqDZftgB2lw>

Think about the questions in the video. How has technology changed sport?

To explore this further choose to either;

1. Research an aspect of technology in sports. This could be part of training, scoring or any other aspect of sports.
2. Design a new piece of technology to further support sport. What problem does it solve? What sports could it be used in? How does it work?

Outdoors

Set up an outdoor sport challenge for yourself or a family member.

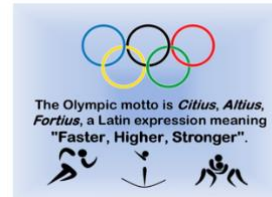
It could be how many different jumps can they do on the trampoline? Or how many keepy uppies can they do with a ball? Or how far can they jump in a standing long jump?

Score yourself, or someone else. Will you give extra points for creativity, perseverance or effort? Or are the points for performance only?

Award you or your family a 1st, 2nd and a 3rd.

You could make some awards, trophies or certificates.

HWB



Choose a well-being quote that you like from below, or google your own.

Make a picture of your quote, colouring it in.

Think about the message the words are trying to give you.



French Sports

Here is a list of sports in both French and English. Can you match the French word to its English translation?

French	English
Le patinage	Tennis
L'equitation	Swimming
Le cyclisme	Ice Skating
La natation	Horse Riding
La voile	Cycling
L'escrime	Fencing
Le tennis	Sailing

Can you make a few sentences about sports you do and do not like?

I like = j'aime

I do not like = Je n'aime pas

Exploring Sports

This week, look out for supporting videos which will be shared on the school Facebook page and on our YouTube channel.

Try and set up and have a go at the 'Monday- Highland games' related sports video.

There are two events:

- 1) Highland dance
- 2) Wellie Wang or Welly boot throwing.

Additional material to support the activities:

[Highland Sword Dance](#)

Watch this [video](#) and have a competition in a park or garden yourself (try and get better) or against others. Put a line down to throw from- get a Wellie and throw it (try different ways). How far can you throw it? Can you measure in steps how far it's gone? If it's a hot day- try filling it with water and then throwing it!!

Later in the week, look out for Wednesday's video focussed on the Olympic and Paralympic games. There are guides attached at the bottom of the document to help you to try the demonstrated activities.

Keeping Active – Beep Test

The Beep Test, or 20m shuttle run test, is a running test where athletes must run from one line to another before a timed beep. You must continue running back and forth, each time reaching the line before the next beep. As the test continues, the time between beeps gets shorter. Once you can no longer run, the test is over and the number of laps is recorded. This test can be used to record your cardiovascular endurance, an important component of overall physical fitness.

If you can, measure out a length of approximately 20 metres and then try the beep test. Keep going until you hear the beep sound whilst you're still running. The Beep test should give out a number- remember how well you did.

[Beep Test audio](#)

Making a plan

Most sports people try to keep to regular planned sessions of training and measure their performance (how well they can do something over time). So, find a place locally or a garden where you can safely run around and set a distance- it could be a short sprint, or it could be a longer race - you choose. Perhaps, you might get in touch with other friends and decide to run at the same place in Kelso (just at different times) then you can compare how you are getting on. Make a training plan to work on over the next 2-3 weeks. At the end of your training, try the Beep Test again. Has your physical fitness improved?

Sporty Sounds

The band STOMP are famous for creating music, rhythms and dances using household equipment such as pots, pans, brushes and dustbins.

They also use their bodies to add extra beats to their music.

In this video, the troupe use basketballs to create music.

<https://www.youtube.com/watch?v=ik8jIcJ8juc>

Can you use sports equipment to create a rhythm? Maybe you could get other members of your household involved to add more depth of sound.

Feel free to record your music and post on your class Facebook Page.



Whole School Virtual Sports Day 2020

Friday 12th June 2020 @ 1.30pm
(or otherwise choose a time that suits you)



Everything you need to know is attached at the end of the document!

'Let the Games begin'

Enjoy the event, don't forget to send in some evidence to collect House Points and most importantly remember the picnic!

Olympic Sports Challenge

Unscramble the anagrams to reveal Olympic sports.

- | | |
|--------------------------|-------------------|
| 1. TSUQACIA | 29. |
| RKTAC and IFLED | |
| 2. YHREAC | 30. |
| OITRAHNTL | |
| 3. DMABTINNO | 31. VEOYLLLLBA |
| 4. BBSEALLA and TBLLFAOS | 32. NLGITIWEFHITG |
| 5. SKBALALBTE | 33. |
| GNSRWETLI | |
| 6. XONIGB | |
| 7. OEANC / YAKAK | |
| 8. LIYCNCG | |
| 9. QUSRTIANEE | |
| 10. GFECNNI | |
| 11. FLABLTOO | |
| 12. FLGO | |
| 13. MYGSITANCS | |
| 14. ANDALLBH | |
| 15. KEYOCH | |
| 16. DJUO | |
| 17. RATAEK | |
| 18. DOERNM PENATHTONL | |
| 19. WIGORN | |
| 20. BGURY 7S | |
| 21. IAINSLG | |
| 22. TOSOIHGN | |
| 23. NOSABKTADERIG | |
| 24. PORST CLBINGMI | |
| 25. FIURSGN | |
| 26. SNAETTBLENI | |
| 27. ONWTEAKOD | |
| 28. ETINSN | |

Olympics – Triple Jump

The current male and female world record holders are Jonathan Edwards (British), with a jump of 18.29 m (60 ft 0 in), and Inessa Kravets of Ukraine, with a jump of 15.50 m (50 ft 10 in). Both records were set during 1995 World Championships in Gothenburg.

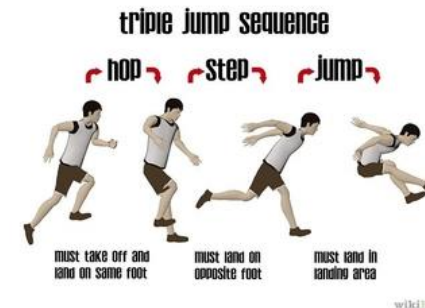
The Olympic records for the event are 18.09 m (59 ft 4 in) for men, set by Kenny Harrison in 1996, and 15.39 m (50 ft 5 3/4 in) for women, set by Françoise Mbango Etone in 2008.

Kelso swimming pool is 25m long so that's a very long way to jump!!

Why not have a go for yourself!

The triple Jump consists of

1. Hop – one foot to the same foot.
2. Skip – that landing foot to the other foot.
3. Jump – that foot to a two footed finish.



No extra sneaky little steps in between, no switching feet in the middle, three simple moves.

You can fall forward but if you fall backwards the body part closest to the take off board is the point measured.

Have a go at the jumps individually, then the hop and skip together, the skip and the jump together and then all three.

How far can you jump? What can you do to improve your distance? Use your arms, push hard with your legs, make good use of springing off your feet, grow!

Enjoy practising the combination.

Paralympics

Nineteen-year-old skier Menna Fitzpatrick from Macclesfield became the first British snow sports athlete to win a World Cup title in Aspen, Colorado in 2016. Menna has been visually impaired since she was born. She has five per cent vision in her right eye and is completely blind in her left.

Menna became Britain's most successful Winter Paralympian as she claimed slalom gold, super combined silver, giant slalom silver and super-G bronze in the PyeongChang 2018 Winter Paralympic Games.

Menna began skiing at five years old when her parents took her on a ski holiday to France. Now she skies with her guide Jennifer Kehoe.

Jennifer skies in front of Menna in a bright orange jacket when they're on the field and they communicate with each another using Bluetooth headsets inside their helmets.

Have you ever skied? Can you imagine travelling at speed down a slope but unable to see what is in front of you. How brave is that?

Menna must have complete trust in Jennifer to guide her down the slope safely and they will both have worked so hard to find a way of communicating that works effectively.

We can't take you to a ski slope but you can have a go at both leading and following in a blindfold activity to see how well you would do. Follow the instructions on the activity sheet or make up your own blindfold activity. Make sure you have someone to look out for you and to make sure you don't bump into anything that will hurt. You can use a tie, long sock or scarf as the blindfold but DON'T cheat! It will spoil it for you and your partner.

Blindfold Trust

Activity: Undertake an accompanied blindfold walk with a partner.

It might be a good idea to try directing your partner in a straight line first.

Set up an assault course in your garden or house. You can use brooms, garden sticks, chairs, soft toys as cones, climbing frame equipment etc. Try to have movement up, down, left and right.

Two people, one wearing a blindfold and definitely unable to see! Work out a plan for how you are going to communicate – Can you hold hands? Can you use verbal instructions only?

Maybe the blindfolded person has to retrieve an object (sweet, fruit) at the end.

This is a co-operative game and not a race. Take care.

Virtual Sports Day!

Welcome to your Edenside Virtual Sports Day 2020!

To take place on Friday 12th June at 1.30pm or otherwise choose a time that suits you.

<p>What you need to do:</p> <p>Here's what you need to do...</p> <ol style="list-style-type: none">1. Design your order of events - which races do you want to include and in what order do you want to have them?2. Write a list of all the equipment you are going to need.3. Have a start and finish line. You can start at one place and have a finish line OR run around something and back to the start.4. You can just make it FUN or make it COMPETITIVE. You might want to time each other or get someone to time you.5. Think about what you are going to wear. HOUSE COLOURS ARE A MUST! (Floors, Hendersyde, Roxburgh, Springwood)6. Send in evidence of taking part, a photograph on your Facebook page, an email to your class teacher, or tell the teacher who calls you all about YOUR Sports Day.7. Have a go at all these events or chose the ones which work best for you.	<p>Races</p> <ul style="list-style-type: none">• Running race - easy, run from start to the finish!• Egg and spoon (with a spoon and potato or boiled egg).• Obstacle race - you could time each other to see who is the fastest if you want.• Potato pick up race (3 potatoes or pairs of socks and a bucket or hoop or similar). Place bucket and potatoes in a line about 2m apart from each other. Start beside the bucket, run and put the first potato in the bucket and repeat for the other potatoes. First to get all potatoes in the bucket and to the finish is the winner or take it in turns and time.• Sack race - old pillowcase, black bin liner, old and empty compost bag or animal feed bag etc.• Balance toilet roll on the head race - no hands here please!• Ball between the knees race (use a ball, toilet roll, large potato). Jump or run from the start to the finish.• Wheelbarrow race (2 people needed) - one person is the wheelbarrow; other person holds legs.• Three-legged race (2 people needed, use a tie or a dressing gown chord) - team work needed here!• Piggyback race (2 people needed)• Create your own race (run a bit further e.g. round the block, have a relay race, skipping race, run backwards race....)	<p>For Nursery or P1 or everyone!</p> <ul style="list-style-type: none">• Aeroplane race - arms out like an aeroplane, run as fast as you can to the finish• Teddy bear race - (cuddly toy needed) - give your toy a piggyback all the way from the start to the finish• Spider crawl race - on your HANDS and FEET ONLY get to the finish <p>Throwing</p> <p>Choose a suitable object to throw which isn't going to do any damage!</p> <p>A pair of socks, a potato, a tennis ball, a soft toy - all depends how much space you have. Have three attempts, use a marker to measure where your throw first lands and move it forward if you beat your throw.</p> <p>Standing Long Jump</p> <p>Make a line to jump from, start with your toes touching the line, jump two feet together and don't forget to use your arms. Mark where your heels land, again two feet together. You can fall forwards but not backwards. Have a few goes and measure your best attempt.</p> <p>Adult Race</p> <p>Sports Day wouldn't be the same without the adult race. Hopefully your adult will take part in all the events but if not, you could choose one which best suits them!</p>
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