


<p>Literacy 1</p> <p><b><u>My Favourite Sportsperson Biography</u></b></p> <p>A biography is an account of someone's life written by somebody else.</p> <p>At the end of this document you will find a biography sheet for you to fill in with information about your favourite sportsperson.</p> <p>You can complete your biography about your favourite footballer, dancer, tennis player, Olympic athlete etc.</p> <p>Before you fill in your biography you will have to do some research to learn the key information. Remember to use google junior to find your information.</p> <p>Please do share your finished biographies with us.</p>	<p>Literacy 2</p> <p><b><u>Olympic Sports Spelling</u></b></p> <p>This summer the Olympic games should have been in Tokyo. These are the names of 10 different events. Test yourself or ask someone to test you on your spelling of these sporting events.</p> <ol style="list-style-type: none"><li>1. cycling</li><li>2. diving</li><li>3. archery</li><li>4. fencing</li><li>5. hockey</li><li>6. karate</li><li>7. swimming</li><li>8. triathlon</li><li>9. volleyball</li><li>10. wrestling</li></ol> <p>For more challenge try some of the trickier sport names, the list of sports can be found on the <a href="#">Tokyo 2020 Olympics</a> website.</p>	<p>Literacy 3</p> <p><b><u>Commas, commas and commas</u></b></p> <p>Watch this BBC Bitesize video about <a href="#">commas in a list</a>.</p>  <p>For each of the different sport groups can you write a list of five different things.</p> <p>For example: ball games. At school my favourite ball games are football, hockey, basketball, netball and tennis. <b>Remember to use and instead of the comma to show something is the last item on the list.</b></p> <p>Check your sentences for: capital letters, full stop, finger spaces, commas and neat writing.</p> <ol style="list-style-type: none"><li>1. Running</li><li>2. Throwing</li><li>3. Jumping</li><li>4. Team sports</li><li>5. Swimming</li></ol>	<p>Literacy 4</p> <p><b><u>Wellie Throwing</u></b></p> <p>First watch this <a href="#">'Wellie Wang'</a> video.</p> <p>Write an explanation text explaining how this activity works.</p> <p>Watch the video again but now make notes about what the different stages are. You can pause the video so you have enough time to make notes.</p> <p>Use this plan to write your explanation text:</p> <ul style="list-style-type: none"><li>• Title</li><li>• Introduction paragraph (what is welly throwing?)</li><li>• A paragraph explaining the different steps of the activity (remember to follow the correct sequence).</li><li>• A paragraph on how you can vary this activity.</li><li>• A final comment about what you have explained.</li></ul> <p>Tip: use your knowledge of how to use commas in a list from the last task.</p>
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Numeracy 1

**Score Sheet Addition**

During sports day at school you are given points for the position you finish during a sporting event.

With someone or the whole family in your household hold your own pentathlon (contest featuring 5 events) with sporting events of your choice.

Ideas - most times climbing the stairs in 1 minute, fastest 3 laps of the garden time, furthest standing jump, furthest single kick of a football, highest jump on the trampoline etc.

These are the points for each position

Position	Points
1 <sup>st</sup>	10
2 <sup>nd</sup>	6
3 <sup>rd</sup>	2
Participation	1

Write each person's points down after each event. Once you've completed all the events in your pentathlon add each individual's points from each of the events together to work out their final score. Who is going to be the winner in your household?

Numeracy 2

**400m Running Track**

The standard size of a running track is 400m at sporting events. Work out how many **full laps** runners have to complete when they participate in these events. Some questions will have an answer of x full laps + 100m/200m/300m. (Remember it might be easier to use your number facts knowledge  $4000 \div 400$  is the same as  $40 \div 4$ )

1. 400m
2. 800m
3. 3000m
4. 5000m
5. 10000m
6. 1500m

**\*\*Challenge Questions\*\***

What fraction of the track would they have to run for these events?

7. 200m
8. 100m

**Relay Race**

In the relay race there is a team of 4 and each athlete runs 100m (4 x 100m relay) passing a baton to complete one 400m circuit of the track. However, if there was no limit of the number athletes in a relay team, how many different sized teams can you find to compete in a 400m race? All athletes must run the same distance and each distance must be a whole number (2 x 200m, 8 x 50m...)

Maths 1

**The Timekeepers Trouble**

The marathon timekeeper is in a bit of a pickle. Some of the times for the marathon have come in minutes and some have been given as hours and minutes.

First can you complete the worksheet at the end of the document to help you practice converting hours into minutes.

Then help the timekeeper work out who came 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> in the marathon using the times in the table.

Remember there are 60 minutes in an hour. So, to work out how many minutes there are in 2 hours you would do  $60 + 60 = 120$  ( $6+6=12$  is an easier way to work this out).

Country	Time
Germany	2 hours 22 minutes
UK	150 minutes
Japan	2 hours 25 minutes
Greece	129 minutes

Answers on the answer sheet.

Problem Solving

**Half Time Scores**



1. When Spain played Belgium in the preliminary round of the men's hockey competition in the 2008 Olympics, the final score was 4-2.



What could the half time score have been?

Can you find all the possible half time scores?

How will you make sure you don't miss any out?

2. In the final of the men's hockey in the 2000 Olympics, the Netherlands played Korea. The final score was a draw; 3-3 and they had to take penalties.



Can you find all the possible half time scores for this match? *Answers on answer sheet.*

HWB

### Olympic and Paralympic Values

Listen to [So much Alike](#)- A lovely song to talk about the fact that there are Paralympic and Olympic games- We are all people- some big, some small. There are sports for us all.



Mr Bewsey always talks about the Edenside values in his Monday videos: 'Learning', 'Laughter' and 'Love' are important to Edenside.

Talk to an adult in your family about the Olympic and Paralympic Values and put them in order of importance to you, and your family. The examples you share and the reasons you each give to support your views will support deep learning and understanding of these values. Make a fun and beautiful poster to share your values.

PE1

### Blue Peter Sports Badge

Watch the video on the [CBBC website](#) introducing the badge.

To earn your badge you will need to try a new way of getting active. This could be a new sport in your back garden, learning a new skill like skipping or football tricks. Perhaps you have been doing exercise classes at home or tried a new style of dance?

The only rules are:

- You must be trying something new
- You must be doing a physical activity
- Information on how to apply for your badge can be found on the same website as the video.

PE2

### Wellie Wang

If you haven't already, get yourself out and have a go at 'wanging your wellie'!

(Please note flipflop flinging/trainer tossing/converse chucking are all suitable alternatives)

Make it interesting by setting yourself challenges.

- How far can you wang it?
- How high can you wang the wellie?
- Can you wang the wellie to land in a certain area
- Can you knock over your other wellie with your wang?

(these ideas could help with your writing...)



Outdoor Challenge

### Walk/Run/Bike Challenge

Try to do this over 7 days. Decide a route, this needs to be something you can manage comfortably already. Maybe it is a mile to the shop and back and you walk that often. On the first day time yourself as you walk/run/cycle your route. Over the next five days do your route again three more times but don't time yourself just get your body used to doing it. On the 7<sup>th</sup> day time yourself doing your route.

Did you bet your time?

How did your body feel doing it the final time?

How did you feel each time after your completed your challenge?



Science

### Football Science

You are going to need to switch your science brains on for this one!

I wonder...

- Is it better to shoot the ball with your left foot? (*Bale, Messi, Maradona... Some of the world's most famous footballers have been left-footed.*)
- Does a fully inflated football travel further than a partially deflated ball? (*Is a fully inflated ball too bouncy?*)
- Are taller people better goalkeepers? (*The England and West Ham goalkeeper, Joe Hart, stands at 1m 96cm tall. Does his height make him a better goalkeeper?*)

Can you design an experiment to test each of these questions? Make a prediction of the outcome before you conduct your experiment, remember to make your tests fair.



Topic

### Sensory Path

Watch [this video](#) or look at the pictures attached. Design your own Sensory Path for you and your family members to complete. What will you add as a challenge? Will there be a difficult move or is the course timed? There are lots of examples online so try and be creative, movements that involve using different parts of your body, changing from left to right, following wavy lines and doing two different things at once are some ideas.



Expressive Arts

### Olympic Champion

Draw a BIG picture of an Olympic sport or even chalk it on the ground and include yourself!

Post it on your class Facebook page. You can include the Olympic rings and a country.



Flexi

### Whole School Challenge

Join in the activities for our virtual Sports day.



Useful Links for Further Learning:

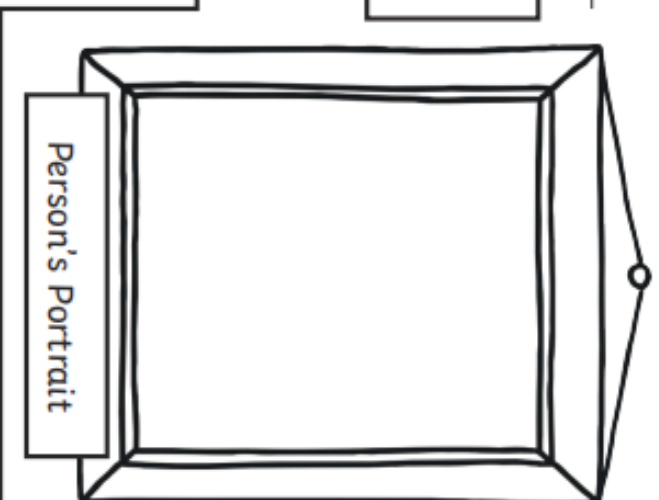
<p>Mathematics</p> <p>Additional Maths home learning <a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a></p> <p>Sumdog <a href="https://www.sumdog.com/user/sign_in?to=%2Fteacher-dashboard%23%2F">https://www.sumdog.com/user/sign_in?to=%2Fteacher-dashboard%23%2F</a> (Please email the school if you have forgotten your sumdog username and password)</p>	<p>Literacy</p> <p>Commas in a List <a href="https://www.bbc.co.uk/bitesize/topics/z8x6cj6/articles/zxvcrdm">https://www.bbc.co.uk/bitesize/topics/z8x6cj6/articles/zxvcrdm</a></p> <p>Wellie Wang <a href="https://www.youtube.com/watch?v=JEfK7Hil-nE">https://www.youtube.com/watch?v=JEfK7Hil-nE</a></p> <p>Olympic Sports Spelling <a href="https://tokyo2020.org/en/sports/">https://tokyo2020.org/en/sports/</a></p> <p>You can access books online here with a free month's membership at <a href="https://www.getepic.com/promo?signUpV=create_account">https://www.getepic.com/promo?signUpV=create_account</a></p>
<p>Health and Wellbeing and PE</p> <p>So Much Alike <a href="https://www.youtube.com/watch?v=vcTx3j_rbyM">https://www.youtube.com/watch?v=vcTx3j_rbyM</a></p> <p>Blue Peter Badge Link <a href="https://www.bbc.co.uk/cbbc/joinin/bp-sport-badge-2020">https://www.bbc.co.uk/cbbc/joinin/bp-sport-badge-2020</a></p>	<p>Topic</p> <p>Sensory Path example <a href="https://www.youtube.com/watch?v=Q71TmV-BirE">https://www.youtube.com/watch?v=Q71TmV-BirE</a></p>

Researcher: \_\_\_\_\_

Person's Name:

Lived from: \_\_\_\_\_ to \_\_\_\_\_  
year                      year

Most Known for:



## Five Facts

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Example :

6 hours = \_\_\_\_\_ minutes

**1 hour = 60 minutes**

6 hours = 6 x 60 minutes

= **360** minutes

Convert the following hours to minutes	Work space
1) 5 hours = _____ minutes	
2) 7 hours = _____ minutes	
3) 3 hours = _____ minutes	
4) 9 hours = _____ minutes	
5) 14 hours = _____ minutes	
6) 12 hours = _____ minutes	
7) 8 hours = _____ minutes	
8) 15 hours = _____ minutes	
9) 4 hours = _____ minutes	
10) 11 hours = _____ minutes	



# 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.

### What you need to do:

Here's what you need to do...

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.

### Races

- 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....)

### For Nursery or P1 or everyone!

- 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

### Throwing

Choose a suitable object to throw which isn't going to do any damage!

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.

### Standing Long Jump

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.

### Adult Race

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!