

Pluto Home Learning Grid w/b Monday 8th June

Big Question: Why do people play sport?

Whole School Challenge: Join in the activities for our virtual Sports day.

Try the Activities in the Monday Highland games video, the Wednesday Olympic games video and the sports events on our Friday Virtual Sports day.
(See the guides attached to the grid)

Sport for all

Listen to the song "So much Alike"
https://www.youtube.com/watch?v=vCtX3j_rbyM

We're all different and have different skills but there are sports for us all. The Olympics and Paralympics have sets of values.



At Edenside our 'values' are really important to us- we focus on 'Learning', 'Laughter' and 'Love'.

Look at the Olympic and Paralympic values in the picture above. Talk about the meaning of the values in sport. Write sentences about a time you experienced one of the values in a sport or game. Draw a picture of that moment.

Magic 'e'



This week we are consolidating the magic 'e' sound in words with **i_e**
o_e a_e and **u_e**.

Make 4 columns in your jotter.
Write one sound at the top of each column. How many words with the correct sound can you find to write under each heading?
(You can use previous weeks' grids to help you.)

Common Words

This week we are consolidating our newest common words.

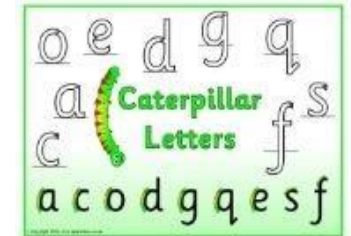
five time life line
home more school Mrs.
take gave cold don't
every find want girl

Write the 16 words neatly in your jotter.
Now think of creative ways to learn your words.
You could write them in sand, paint them with water outside, make them with playdough, use colourful writing or bubble writing. You choose!



Handwriting

These are called 'Caterpillar Letters' because they are curly!



The caterpillar letter family (a c o d g q e s and f) is made up of letters that curl round to the left.

Copy each letter in your jotter 5 times.

Remember to use finger spaces and to position each letter correctly on the line.

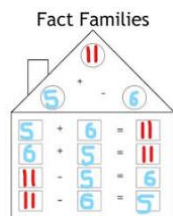
Remember to write these letters neatly in all your jotter work.

Fact Families – linking Addition and Subtraction

In school we learned about fact families. Watch this clip to remind you what this means.

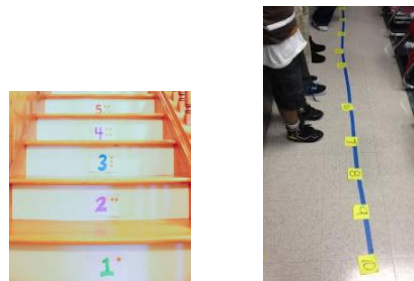
<https://whiterosemaths.com/homelearning/year-1/>
Scroll down to Summer Term Week 3 (w/c 4th May) then up to Lesson 2 Fact Families – linking addition and subtraction.

When you have watched the video, you could click “Get the Activity” to try the worksheet. (Grown-ups can ‘Get the answer’ sheet too!) Try choosing other number bonds to 20 and writing fact families for them too. Remember you should only use three numbers. Make 2 addition sums and 2 subtraction sums.



Being active is good for your mind.

Put some post it notes up the stairs or along the corridor. Write numbers on the post-its. Start with numbers within 10. Practise adding the numbers on the way up. You do not need to use all the stairs!



You could change the numbers so that you are practising your ‘skip counting’, stepping or jumping up from step to step and saying the numbers as you pass each one.



You can start from any number, counting on in 2s, 5s or 10s.

eg in 10s from 12: **12, 22, 32, 42, 52**

Time: Ready, steady go!



Make sport out of everyday activity! Does having a wee competition give a focus and help things happen? How quickly can you get changed in the morning? Can you get changed in under 1 minute? Can you get changed faster than someone else in the family?

How quickly can you get your shoes and jacket on when going out the door?

Can you get everything off the floor of your room and in the correct drawers and cupboards before the music stops?

Problem-Solving: Stop the Clock

<https://nrich.maths.org/6071/note>

This is a game for two players. You could use a toy clock or print off a page of blank clock faces in [Word](#) or as a [pdf](#).

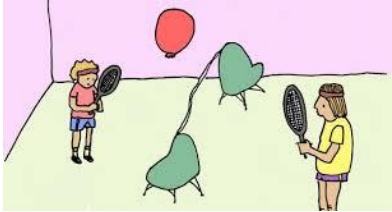




Set the time on the clock to 6 o'clock to start the game.

Decide who will go first (player 1) and who will go second (player 2).

Take it in turns to choose to move the hands of the clock on by half an hour or by 1 hour. For example, player 1 could choose half an hour, so the clock hands move to 6.30, then player 2 might choose 1 hour, moving the clock hands to 7.30... etc.

The winner is the player who moves the hands exactly onto 12 o'clock.

Can you work out a winning strategy so that you can always beat your opponent?

<p><u>Sport is good for your body.</u></p> <p>Sport gets you breathing. When you breathe, you take oxygen from the air, get it into your blood and your heart pumps it round your body. Count how many breaths you take when resting, perhaps when you're sitting on the sofa. Count for 1 minute- if you can look at the second hand on a watch then great. Now run around, jump, hop and spin non-stop for another minute. Now, count the number of times you breathe in a minute. Has the number of times gone up? If it has, it means that your body is getting lots more oxygen in it and that's good for you.</p>	<p><u>Competition can be great fun.</u></p> <p>Get a balloon (or a very light ball) and some string. Tie the string between two chairs and hit the balloon (or pass the ball over the string). How many times can you keep going without letting the balloon hit the ground? Use your hands or racquets, indoors or outside. You can play against each other or you can play together, trying to see how many times you can pass the balloon without it touching the ground.</p>  <p>If you get angry at losing, try this, 'Belly Breathe' -</p> <p>https://www.youtube.com/watch?v=mZbzDOpyIA</p>	<p><u>Sensory Path</u></p> <p>https://www.youtube.com/watch?v=Q71TmV-BirE - Sensory Path example</p> <p>Watch this video or look at the pictures attached. Design your own Sensory Path for you and your family 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.</p> 	<p><u>Throw the Wellie!</u></p>  <p>https://www.youtube.com/watch?v=JEfK7Hil-nE -</p> <p>Have a go at a 'Wellie Wang' or Wellie throwing. Watch the 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!!</p>
<p><u>Keeping healthy</u></p> <p>https://www.youtube.com/watch?v=UxnEuj1c0sw - Athletes have to look after themselves to be able to perform at their best. Do you look after yourself? Draw some picture or a poster to show others how to look after themselves and stay healthy.</p>	<p><u>Olympic Superstar!</u></p> 	<p><u>The Olympic Rings</u></p> 	<p><u>Dance for all</u></p> <p>https://www.youtube.com/watch?v=9Fc6fpWCp6g&list=PLexfnAMZeiNnGUSSxnF1nM8mbfRyyI0zY - Hetty's Ballet School</p> <p>Watch the story of Hetty's Ballet School which shows how with some</p>

	<p>Draw a picture of an Olympic sport or even chalk it on the ground and include yourself!</p> <p>Post it on your class Facebook page.</p> <p>You can include the Olympic rings and a country.</p>	<p>Make a poster or flag for the Olympic games and include the five colours. For example, make handprints or draw round your hands and colour them in. Find out what the circles and colours of the Olympics represent? Share your findings on the class Facebook page.</p>	<p>support and determination, Henry, the hyena became a ballerina. Go onto YouTube for some Flamingo Chicks inclusive dance videos https://flamingochicks.org/athome/</p>
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Links to support this week's activities

Health and Wellbeing and PE

https://www.youtube.com/watch?v=x04jgiQ_hLI -Baby Olympics- a fun video to watch

Monday - Highland Games

<https://www.youtube.com/watch?v=Hh3tANSdYEs> - Highland Sword Dance- Male

<https://www.youtube.com/watch?v=JEfK7Hil-nE> 'Wellie Wang' or Wellie throwing.

Wednesday – Olympic/Paralympic

<https://www.youtube.com/watch?v=TNLyuncX7Cc> - video from Ezra

<https://www.youtube.com/watch?v=EMANOt2Jw88> - The rules of Sumo.

<https://www.bbc.co.uk/cbbc/quizzes/do-you-know-your-paralympic-sports> - Paralympic sports

Benefits of Sport

<https://www.youtube.com/watch?v=UxnEuj1c0sw>- Keeping healthy

<https://www.youtube.com/watch?v=A-MsNYggvQg> - A Video from Groover in Sesame street that explores that fact that exercise gets you strong and gets your heart beating.

<https://www.youtube.com/watch?v=Cxl6rHAqASI> - Doing something active whilst learning something helps you to remember it! Try the activity in the video.

Further sports' resources

<https://www.bbc.co.uk/cbbc/watch/why-i-love-roller-derby> - Sport Superhero

<https://www.bbc.co.uk/cbbc/shows/my-team-the-cheerleaders> - Cheerleader moves step by step

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

<https://www.youtube.com/watch?v=4UUrgRcistrM> - 70 step trick shot- Pupils could try to recreate something similar on a smaller scale.

Literacy resources

The following website has some excellent reading resources. When you open the website select 'Browse eBooks'. You can browse books by age or by 'Oxford Level'. All the books are free to read, but once you've selected a book to read, you'll be asked to register before the book opens.

<https://home.oxfordowl.co.uk/>

Another website which offers reading materials is Epic. They offer a free subscription for 30 days and have a large selection of fiction and non-fiction.

<https://www.getepic.com/>

Blue Peter Sports Badge

Ages 6+ can apply for a Blue Peter Sports Badge 2020- all you need to do is "try something new that keeps you active" and then parents can apply for the badge on your behalf. It could be a new dance move, a new sport, a football trick or some other way of keeping active at home. Perhaps try a cheerleader move with the step by step guide above.



<https://www.bbc.co.uk/cbbc/joinin/bp-sport-badge-2020>

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 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 must retrieve an object (sweet, fruit) at the end.

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



Olympics – Triple jump

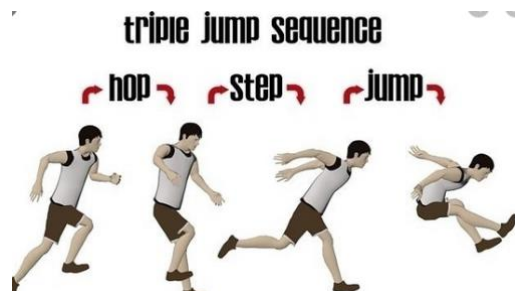
The current male and female world record holders are Jonathan Edwards (British), with a jump of 18.29 m (60 ft 0 in), and Inessa Kravets of Ukraine, with a jump of 15.50 m (50 ft 10 in). Both records were set during 1995 World Championships in Gothenburg.

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!!

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!

Welcome to your Edenside Virtual Sports Day 2020



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

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, please remember to ask, don't take the favourite pillowcase or use the potatoes needed for dinner!
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. WHAT SUITS YOU BEST?
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.
 6. You are going to need a PICNIC for the end after all this hard work! bake, make sandwiches, have juice, crisps, fruit, nuts, ice cream or whatever you like, you will have earned it.
 7. Get practising the races.
 8. TAKE LOTS OF PHOTOS. 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.
- Have a go at all these events or chose the ones which work best for you.



Running race - easy, run from start to the finish

Egg and spoon (with a spoon and potato or boiled egg (no reason why you can't eat it afterwards!)) no explanation needed for this one but REMEMBER NO NAUGHTY THUMBS!

Obstacle race (make up your own obstacle course) 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 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.

Bucket _____ Pot _____ Pot _____ Pot _____ FINISH

Sack race - old pillowcase, black bin liner, old and empty (you might find it difficult to fit in if it's full!) compost bag or animal feed bag) ... take part in socks. Like the sack race but not with a sack - unless you have one of course.

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) Teamwork needed here!

Piggyback race (2 people needed) I suggest the taller person carries the smaller person from start to finish but you decide.

Create your own race (run a bit further eg round the block, have a relay race, skipping race, run backwards race....) your choice. Combine some races if you want.

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!

'Let the Games begin' Enjoy the event, don't forget to send in some photos, and most importantly remember the picnic.