

**Starter video:** [https://www.youtube.com/watch?v=x04jgjq\\_hLI](https://www.youtube.com/watch?v=x04jgjq_hLI) - Baby Olympics

## **Whole School Challenge**

Sports week - join in the activities for our virtual Sports day on Friday. Further information at the end of the learning grid. Have fun and take photos for our class Facebook page!

### Writing

Write a sentence, or two, about your favourite sport or any exercise you like doing.

It could be something you did at school, something you do after school or something you like to do with your family at home.

Write what the activity is and why you like doing it.

- Do you need special equipment to do the activity?
- Where do you do the activity?
- Who do you do the activity with?



### Reading Challenge

Try to read a whole book by yourself!

If you don't have a book at home that you can read yourself then ask an adult to visit the Oxford Owl website

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

When you open the website select 'Browse eBooks'. You can browse books by age or by 'Oxford Level'. Oxford Level 1, 1+, 2 or 3 will be suitable for P1.

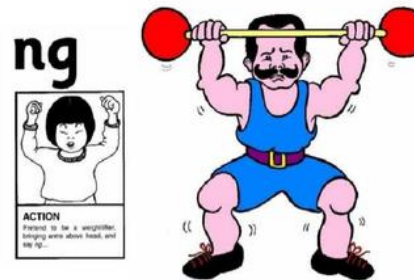
All the books are free to read, but once you've selected a book to read, you'll be asked to register before the book opens.

We'd love to hear what level of books you read from!



### Phonics

This week we'd like you to think about the '**ng**' sound. Here is the action:



Can you find any words with 'ng' in a book?

Can you find any objects in your house which have 'ng' in them?

You can listen to the 'ng' song:

<https://www.youtube.com/watch?v=fk4ebpIHv4U>

Follow the link below to blend some 'ng' words:

<https://www.youtube.com/watch?v=Nrjb0rler5M>

### NEW Common words

Here are some new common words for you to learn:

- she
- come
- from

Write each common word in your jotter 3 times. Remember to position each letter correctly on the line and use finger spaces.

Practise writing each word on a tray in at least one of the following ways:

- in shaving foam
- in flour
- in dry rice
- in sand



## Odd and Even Numbers

Watch this video carefully to learn about odd and even numbers:

<https://www.youtube.com/watch?v=uuD5JlrMnAk>

If possible, print out the posters of 'Even Steven' and 'Odd Todd' at the end of this grid or draw your own versions.

Tell your child the following descriptions about the characters 'Even Steven' and 'Odd Todd'.

'Even Steven' loves things to be equal and always wants the same amount in each hand.

'Odd Todd' prefers to not have the same amount in each hand.

Have several plates of items, such as sweets or flat glass marbles (up to 10 to begin with). Count out the items together, and ask your child which character the plate would belong to.

## Sports Day Number Problems

Use what you already know about number to help you to solve these 'Sports Day' number problems:

Year 1 Sports Day Maths

★★

6. There were 8 pairs of children ready at the starting line of a three-legged race. How many children is that altogether?



Year 1 Sports Day Maths

★★

4. The total score at half time, for the yellow team, was eighteen. They had 4 points taken off. How many points did they have now?



## Data Handling

Can you do a little survey to find out your family's/friends' favourite sport? (see below for an example).

Choose 6 sports and draw a small picture for each one.

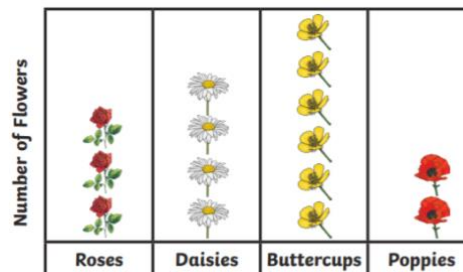
Record each person's favourite sport with a tally mark and then count how many you have for each sport to find out which one is the most popular/least popular.

Sport	Basketball	Soccer	Netball	Dancing	Swimming	Other
Tally						
Total						

Extension 1:

Can you create a chart like this one?

Collect 4 different types of flowers and record how many you find like in the chart below:



Extension 2:

Choose some minibeasts to look for in your garden or an outside area and

## The Animals' Sports Day

One day five small animals in my garden decided to have a sports day.



There was a large, sleepy caterpillar, a busy little ladybird, a long-legged spider, a small, jumpy frog and a slow, slimy snail.

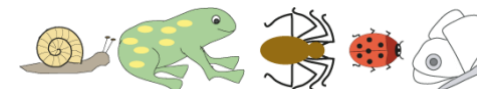
They decided to have a swimming race, a running race, a high jump and a long jump.

Who do you think won each event? Why do you think this?

The next day four of the animals wanted another sports day, but the caterpillar had gone to sleep and would not wake up!

"When he wakes up, we'll have another sports day!" said the frog. The three others agreed.

Some days later the caterpillar did wake up. He crawled out of his sleeping bag. He looked quite different!



What had happened?

Again, they decided to have a swimming race, a running race, a high jump and a long jump.

Once they have decided, count out the items again, placing them in the character's hands.

Ask them to alternate between the 2 hands of the chosen character as they count. Then, count each hand to see if they're the same or not to decide if they guessed right.

Year 1 Sports Day Maths



7. Jia, Rasha, Carter, Mei and Aisha each threw the ball five times. How many times has the ball been thrown altogether?



Year 1 Sports Day Maths

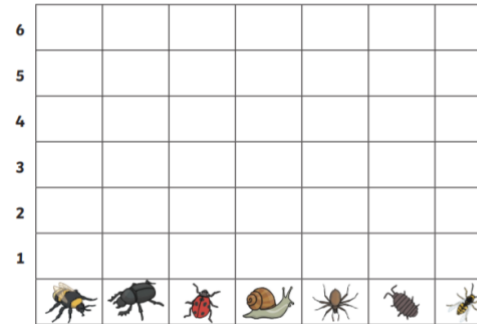


8. The blue team have 4 points. How many more points do they need to score to get to 20?



record how many you find in a block bar graph like this:

Colour a box for each item that you find



Who do you think won each event this time?

Has the caterpillar's change made any difference?



Why do you think this?

### Sport is Good For Your Body.

Watch this 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=A-MsNYggvQg> A Video from Groover in Sesame street that explores the fact that exercise gets you strong and gets your heart beating.

### Competition Can Be Great Fun.

Have you got a balloon in the house (or a very light ball) and some string?

Tie the string between two chairs and hit the balloon/pass the ball over the string.

How many times can you keep going without letting the balloon hit the ground?

You can play competitively- against each other (see supporting video) or you can

### Disney Shake Ups

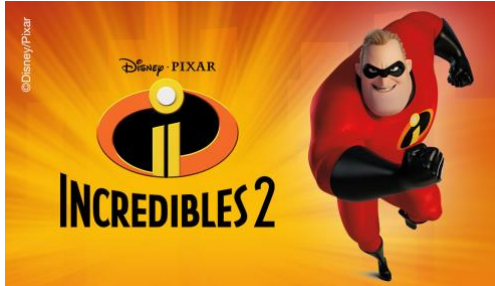


Change4Life and Disney have teamed up again to bring you new 'Shake Up' games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, *The Lion King* and *Frozen*.

These 10-minute bursts of fun will really get you moving and count

### Olympic Sport Chalk Picture

Draw a 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.

<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.</p> <p>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.</p> <p>Now run around, jump, hop and spin non-stop for another minute. 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>play together, trying to see how many times you can pass the balloon without it touching the ground.</p> <p>Supporting video:</p> <p><a href="https://www.youtube.com/watch?v=N6egzD1cbQA">https://www.youtube.com/watch?v=N6egzD1cbQA</a> - learning to 'play the game' and enjoy it - win or lose.</p>	<p>towards the 60 active minutes you need every day!</p> <p><a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a></p> 	
<p><u>Make a stethoscope</u></p> <p><b>Stethoscopes</b> are used to listen to a person's heart.</p> <p>Stethoscopes used by doctors consist of a chest piece, rubber tubes and earpieces. The chest piece consists of a diaphragm and bell which amplify the sound of the heart beating so the doctor can hear it.</p> <p>We can make a very basic stethoscope using a cardboard tube, tape and a funnel.</p>	<p><u>Blindfold Trust</u></p> <p>Read the information at the end of this grid about Winter Paralympian, Menna Fitzpatrick. You could also watch the Wednesday video about the Olympics/Paralympics.</p> <p>Undertake an accompanied blindfold walk with a partner.</p> <p>It might be a good idea to try directing your partner in a straight line first.</p> <p>Set up an assault course in your garden or house. You can use brooms, garden sticks, chairs, soft toys as cones, climbing</p>	<p><u>Olympic Rings Art</u></p> <p>Make a poster or flag for the Olympic games and include the five colours.</p> <p>You could make hand prints or draw round your hands and colour them in.</p>  <p>You could use toilet roll/kitchen roll tubes to print with.</p>	<p><u>Exploring sports</u></p> <p>See the Monday video on Facebook.</p> <p>Try and set up and have a go at the 'Monday - Highland games' related sports video. There are two events 1 - Highland dance and 2 - Wellie Wang or Welly boot throwing.</p> <p>Additional material to support the video:</p> <p><a href="https://www.youtube.com/watch?v=Hh3tANSDYEs">https://www.youtube.com/watch?v=Hh3tANSDYEs</a>- Highland Sword Dance- Male</p> <p><a href="https://www.youtube.com/watch?v=JEfK7Hil-nE">https://www.youtube.com/watch?v=JEfK7Hil-nE</a> - Have a go at a 'Wellie</p>





#### INSTRUCTIONS:

First try using just the kitchen roll tube. Place on a friend's chest and listen. Can you hear their heart beating?

Next tape the funnel into one end of the kitchen roll tube. Listen to a friend's chest again, does it sound clearer?

*Make a prediction – what do you think would happen to your heart rate if you did some star jumps?*

**hint – will the heart have to beat faster or slower?**

Trying counting the number of beats before and after some exercise. What do you notice?

frame equipment etc... Try to have movement up, down, left and right.

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.



You could cut the middle out of paper plates and paint the outsides. Once they are dry join them together.



Wanging' or Wellie throwing. Watch the video and have a competition in a park or garden yourself or against others. Can you throw the welly further each time?

Put a line down to throw from. Get a Wellie that fits your foot and throw it. How far can you throw it?

Can you measure in steps how far it's gone?

Try throwing it a different way.

If it's a hot day try filling it with water and then throwing it!!



#### Optional 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'. Oxford Level 1, 1+, 2 or 3 will be suitable for P1. 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/>

#### Support Materials:

'Even Steven' and 'Odd Todd'



**Even Steven**



**Odd Todd**

## 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 other 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 learning grid 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.



**Welcome to your Edenside Primary School 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 pillow case 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. Whatever 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.



### **Races**

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 pillow case, 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 cord) Team work 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.

### **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 piggy back 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 – I'm not sure I could put mine through the experience! 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 of 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 evidence and most importantly remember the picnic!**

