

Venus Home Learning Grid: Week Beginning 08.06.20

Why do people play sports?

What do sports people have in common?

'Find something that makes you happy and do it- working with and around the obstacles in your way.'

This is a quote taken from Charlotte, a young pole-vaulter from the USA who is a blind athlete (see [video](#)). She talks about being blind and overcoming obstacles. She enjoys setting herself a challenge and proving that she can achieve her goals.

Many of the other videos and articles you will be using this week describe sports people who are making the most of what they have, to do something they love, facing up to challenges and showing determination and resilience to achieve success.

Towards the end of the week after you have considered many different people's stories and attitudes (*including your own*), can you summarise what these athletes have in common?

Consider the following:

- What makes them successful?
- Can *anyone* achieve their own goals?
- Why are Paralympic athletes sometimes referred to as 'Superhuman'?

Olympic/Paralympic Values

Our school have the values of "Learning, Laughter and Love". Similarly, the Olympics and Paralympics have strong values too:



Discuss these values with someone else in your house and consider what each of these words mean. Come up with examples of what they may look like in day to day life, e.g. **friendship** – being kind and caring towards a friend in need, **determination** – concentrating hard when learning new skills at an after school club, or **inspiration** – looking at a role model and wanting to be like them.

Design a logo or poster for the Paralympics which illustrates these values. Or create a Mind Map with words and ideas that are linked to these core values; do you think there are any other values/words which should be

Sporting Combinations

As you know from the spelling strategies we use in class, compound words are made by putting two separate words together to make a new word.

Here are a few examples of compound words with a sporting theme:

Basket + ball = basketball
 Team + mate = teammate
 Swim + suit = swimsuit
 Snow + board = snowboard
 Weight + lifting = weightlifting

Can you think of some other examples? Once you have a good amount on your list (*ensuring they are all spelled correctly*), you could turn it into a game of **Charades** where you try to act out the two separate words to your family and they have to try and guess the compound word. Or you could write the separate words on individual cards and then use them to play **Pairs**.



Sports Journalist

Here are some sports you may not be familiar with: **Kabaddi**, **Sumo** and **Bossaball**. There are video links to each in the 'Useful Websites' grid below. Choose one of these sports or use **Charlotte's pole-vaulting** video to write a 'Recount' in the form of a news article. Imagine that you were there, watching the event take place and you are sharing the details of it with others. Here are some important things to include in a news article:

- A title that attracts the reader's attention.
- An opening paragraph which includes a summary of the main happenings. (When, where, who, what and why?)
- Clear but brief description of the sport (*remember these sports are fairly unusual to most people in Scotland*)
- Events as they happened in a chronological order.
- Use specific names of people and places.
- Write in the past tense use: I, We, They.
- A concluding paragraph to sum up the main events.
- Appropriate graphics/ photos/ illustrations to give the reader more

Wimbledon Winnings

Look at the chart showing the prize money at the Wimbledon Championships:

	Gentlemen's & Ladies' Singles	Gentlemen's & Ladies' Doubles	Mixed Doubles
Winner	£750,000	£115,000	£46,000
Runner-Up	£375,000	£57,500	£23,000
Semi-Finalist	£187,500	£28,750	£11,500
Quarter-Finalist	£93,750	£15,000	£5,250

Use the information to answer these questions:

- 1) Player A was runner up in the Gentleman's Singles, a semi-finalist in the Gentleman's Doubles and winner of the Mixed Doubles. What would his total winning be?
- 2) Player B was the semi-finalist in the Mixed Doubles, quarter-finalist in the Ladies' Doubles and the winner of the Ladies' Singles. Did she win more or less than Player A?
- 3) What was the difference?

Answers provided on this week's answer sheet.

Sports Day Maths

As you will have hopefully seen, we are encouraging you to take part/organise your own 'Virtual Sports Day' from home on Friday 12th June. This will require a lot of organisation on your part and you will be using lots of maths skills along the way to ensure your event runs successfully.

You will need to **measure** out a running track for all your **racers**; will it be the same length for each competitor and for each different type of race? Will you be **timing** each competitor?

You will also need to consider how you will **measure** your **throwing** activities. It's a good idea to have a marker to show where everyone must throw from (to keep it fair), and your measurements of each throw should be taken from this marker.

Once again, for your **jumping** activities, you will need to have a marker/line to show where jumps must begin and then think about how to measure the distance of each jump – you may need a judge/referee to watch for the landing point.

If you do not have a measuring tape, you could make your own 'metre stick' with paper, a long stick/broom, string or you could use feet/paces to measure.

Beat the Clock

Time yourself running/ walking briskly a short distance - like round the garden or round the local park. Write down/ remember your time then work out how long it would take you to do it twice or three times (more if you feel fit enough).

How accurately can you run/ walk the same route with the extra laps and return to the finish; Are you within 30 seconds of your estimated time? 20 seconds?

Try the same route several times throughout the week (or even over the next few weeks) and record the time it takes you on each separate occasion in a table.

- Can you achieve or even beat your estimated time from above?
- How many seconds can you reduce your time by?
- Which day did you run/walk the route in the fastest time? Slowest time?
- What was the difference between your fastest and slowest times?
- Can you explain why?



Fifteen Cards

I have fifteen cards numbered 1 – 15.

I put down seven of them on the table in a row.



The numbers on the first two cards add to 15.
The numbers on the second and third cards add to 20.
The numbers on the third and fourth cards add to 23.
The numbers on the fourth and fifth cards add to 16.
The numbers on the fifth and sixth cards add to 18.
The numbers on the sixth and seventh cards add to 21.

What are my cards?

Can you find any other solutions?

How do you know you've found *all* the different solutions?

Write the numbers 1 to 15 down on separate pieces of paper. Lay them out in a row so each number can be seen. You are only going to use seven of these cards for this task! The instructions are as follows:

The numbers on the first and second cards must add up to 15.
The numbers on the second and third cards must add up to 20.
The numbers on the third and fourth cards must add up to 23.
The numbers on the fourth and fifth cards must add up to 16.
The numbers on the fifth and sixth cards must add up to 18.
The numbers on the sixth and seventh cards must add up to 21.

What numbers do you use?

Go Beyond Winning

Please use the following link to watch a short video about the importance of being resilient:

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

Going beyond winning means facing the reality that you're not going to win but deciding to continue anyway. Many of us find that much harder than being in the lead. Playing sports gives us the opportunity to lose and to develop resilience. Winston Churchill, who was Prime Minister of Britain during the Second World War is quoted as having said...

"Success is not final. Failure is not the end. It is the courage to continue that counts."

Can you think of an event in your life, or the life of someone close to you, where that quote would be relevant? You may want to talk to a family member or friend about it, or if you feel comfortable, you could share your story with us on our class Facebook group.

Have a Go at a Highland Throw!

'Welly Wanging' is often associated with the Highland Games. Watch a short video by following the link below:

<https://www.youtube.com/watch?v=EPcn0mhWb9c>

Why not have a go at competing in your own Highland Games? Find an open space and set up your 'arena.' Think about what equipment you will need to complete two events:

- Highland Dance
- Welly Wang (Welly boot throw)

You may want to consider having music available for your Highland Dance. You might also need something to measure how far you throw your wellies! Have fun and if you can, please upload some photos to Facebook!



Ten Minute Moves

Change4Life and Disney have teamed up to create a selection of 'Shake Up' games inspired by **Toy Story 4**, **Incredibles 2**, **The Lion King** and **Frozen**. These 10-minute bursts of fun will really get you moving and they are a great way of working towards the 60 active minutes you need every day!

Why not use the following link to give them a go?

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



Whole School Challenge

Join in the activities for our virtual sports day!

The information for the virtual sports day can be found at the end of this document.



Feel the Force

I'm sure many of us have heard the term 'force' but have you ever stopped to think about what a force is and how often we use it? A force is a 'push' or 'pull' movement that changes the motion of an object. It can cause an object to accelerate, slow down, remain in place or change shape. We see forces being used in sports all the time. Now it's your turn to see some forces in action! To do this experiment, you will need:

- One paper cup
- One balloon
- Several small paper balls

Please ask an adult to help you and use an open space to do this experiment. Carefully cut the bottoms out of the paper cup and the balloon. Stretch the balloon over the cup and tie a knot in it so that air cannot travel through. Place a paper ball into the cup. Once you have made sure your space is clear, stretch the balloon handle back and release it. Your paper ball should fly! Try this a few times, changing how far back you stretch the balloon and the speed at which you release it. What do you notice about the distance the paper ball travels? How does force affect how far an object moves?

There is Value in Diversity

Many of us enjoy watching or playing sports. I'm sure we have all heard about ones such as football, rugby or rowing because we are often exposed to these in the UK. Have you ever stopped to think about where these sports originated from or the different types of sports people enjoy in other countries around the world? **Kabaddi** is a popular contact sport in Southern Asia that was first developed in India. Watch the following video and try to write down a list of the rules based on what you've seen. Alternatively, you could think about the differences between Kabaddi and a sport you have seen or played.

<https://www.youtube.com/watch?v=y8lc17TvXrA>



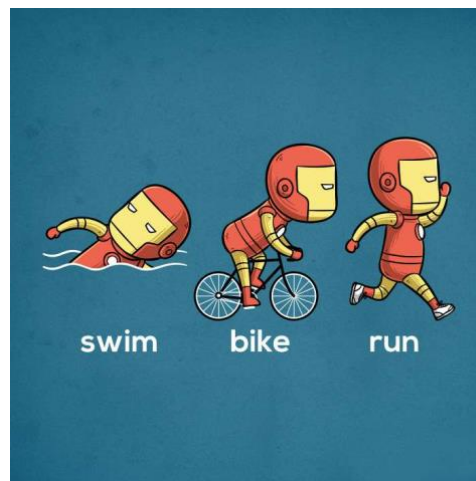
Answers are provided on this week's answer sheet.

What is Your Sport Superpower?

Please use the following link to watch a short video about a special boy called Ezra:

<https://www.youtube.com/watch?v=TNLyunC7Cc>

Ezra's superpowers are his positivity, determination, resilience and courage. If you had a 'Sport Superhero' name, power and look, what would they be? Create a drawing of all three and share your ideas on the class Facebook page. It could be for a sport you currently enjoy, another sport you haven't tried yet or one of your own creation!



Blindfold Trust

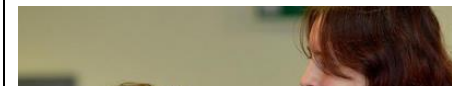
Please read the passage about the Paralympics which can be found at the end of this document.

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 or climbing frame equipment. Try to have movement up, down, left and right. You will need two people to complete this task. One will be wearing a blindfold and will be unable to see!

Work out a plan for how you are going to communicate. Can you hold hands? Can you only use verbal instructions? Maybe the blindfolded person must retrieve an object (sweet, fruit) at the end.

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



Useful Websites

<p>Numeracy and Maths: https://www.topmarks.co.uk/ https://pages.sumdog.com/ https://mathsframe.co.uk/en/resources/category/22/most-popular http://www.maths-games.org/ https://login.mathletics.com/</p>	<p>Literacy: https://www.literacyshed.com/home.html https://www.topmarks.co.uk/english-games/7-11-years/spelling-and-grammar https://www.doorwayonline.org.uk/literacy/ https://www.getepic.com/</p>
<p>Health and Wellbeing/P.E: (Joe Wicks PE) - https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ (Just Dance for kids) - https://www.youtube.com/resultssearch_query=just+dance+kids www.gonoodle.com https://www.youtube.com/results?search_query=cosmic+kids+yoga https://www.bbc.co.uk/teach/supermovers</p>	<p>Social Studies: https://www.natgeokids.com/uk/</p> <p>Expressive Arts: https://artprojectsforkids.org/</p>
<p>Science: https://www.britishscienceweek.org/plan-your-activities/activity-packs/?gclid=CjwKCAjwsMzzBRACEiwAx4ILG8_zT4qImYI4UJfsRSgopbmELVOgfmo-9fYZ88SJEJ3QeEMP67LSDxoCzIsQAvD_BwE (Learning with Lego)- https://www.legofoundation.com/en/learn-how/play-tips/</p>	<p>Ideas to help you tackle the BIG question: https://www.youtube.com/watch?v=YQaHKbjhuw - Charlotte's pole-vaulting https://www.youtube.com/watch?v=Cj_QyxPZE8M - Sumo https://www.youtube.com/watch?v=y8Ic1ZTvXrA - Kabaddi https://www.youtube.com/watch?v=4bF86FsaweY - Bossaball https://www.youtube.com/watch?v=tuAPPeRg3Nw - 'Superhumans'</p>

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.



Olympics – Triple jump

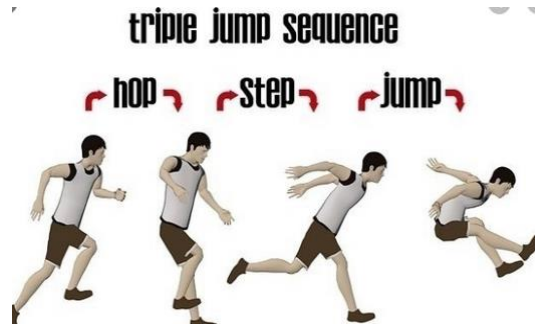
The current male and female world record holders are Jonathan Edwards (British), with a jump of 18.29 m (60 ft 0 in) and Inessa Kravets of Ukraine, with a jump of 15.50 m (50 ft 10 in). Both records were set during the 1995 World Championships in Gothenburg.

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 and 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!

Welcome to your Edenside Virtual Sports Day 2020



To take place on Friday 12th June at 1.30pm or 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** you can run around something and back to the start. Think about 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. **HOUSE COLOURS ARE A MUST**. Make sure you know what that is.

Floors (Green) Hendersyde (Blue) Roxburgh (Yellow) Springwood (Red)

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. It could be a photograph on your Facebook page, an email to your class teacher, or tell the teacher who calls you all about YOUR Sports Day. This will earn points for your house. One house point for each event you take part in.

Have a go at all these events or chose the ones which work best for you!

Races



1. Running race – easy! Run from the start to the finish.
2. Egg and spoon race - (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!**
3. Obstacle race - (make up your own obstacle course). You could time each other to see who is the fastest.
4. Potato pick up race - (3 potatoes/pairs of socks and a bucket or hoop). Place the 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. The first person to get all potatoes in the bucket and to the finish is the winner. You might also want totake it in turns and time each other.

Bucket_____Pot_____Pot_____Pot_____FINISH

5. Sack race - (use an old pillowcase, black bin liner, compost bag or animal feed bag).
6. Balance toilet roll on the head race - **No hands here please!**
7. Ball between the knees race - (use a ball, toilet roll or large potato). Jump or run from the start to the finish.
8. Wheelbarrow race - (2 people needed). One person is the wheelbarrow and the other person holds their legs.
9. Three-legged race - (2 people needed). Use a tie or a dressing gown chord to tie one of your legs to your partner's leg. **Teamwork is definitely needed here!**
10. Piggyback race - (2 people needed). I suggest the taller person carries the smaller person from start to finish, but you can decide.

Create your own race! You could run a bit further, have a relay race, have a skipping race or run backwards. It is completely your choice! Combine some races if you want!

For Nursery or P1 or everyone!

1. Aeroplane race – spread your arms out like an aeroplane and run as fast as you can to the finish.
2. Teddy bear race - (cuddly toy needed). Give your toy a piggy back ride all the way from the start to the finish.
3. Spider crawl race – use your **HANDS** and **FEET** to crawl to the finish.

Throwing



Choose a suitable object to throw which isn't going to do any damage! It might be a pair of socks, a potato, a tennis ball or a soft toy. This will depend on how much space you have. Have three attempts and use a marker to measure where your throw first lands. Then move it forward if you beat your throw.

Standing Long Jump



Make a line to jump from. Start with your toes touching the line then jump with your two feet together. Don't forget to use your arms! Land with your two feet together and mark where your heels land. 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!

'Let the Games begin!'

Enjoy the event! Don't forget to send in some evidence to collect House Points but most importantly; remember the picnic!

