

Family challenge project for the week beginning 06.07.20

'Sport'

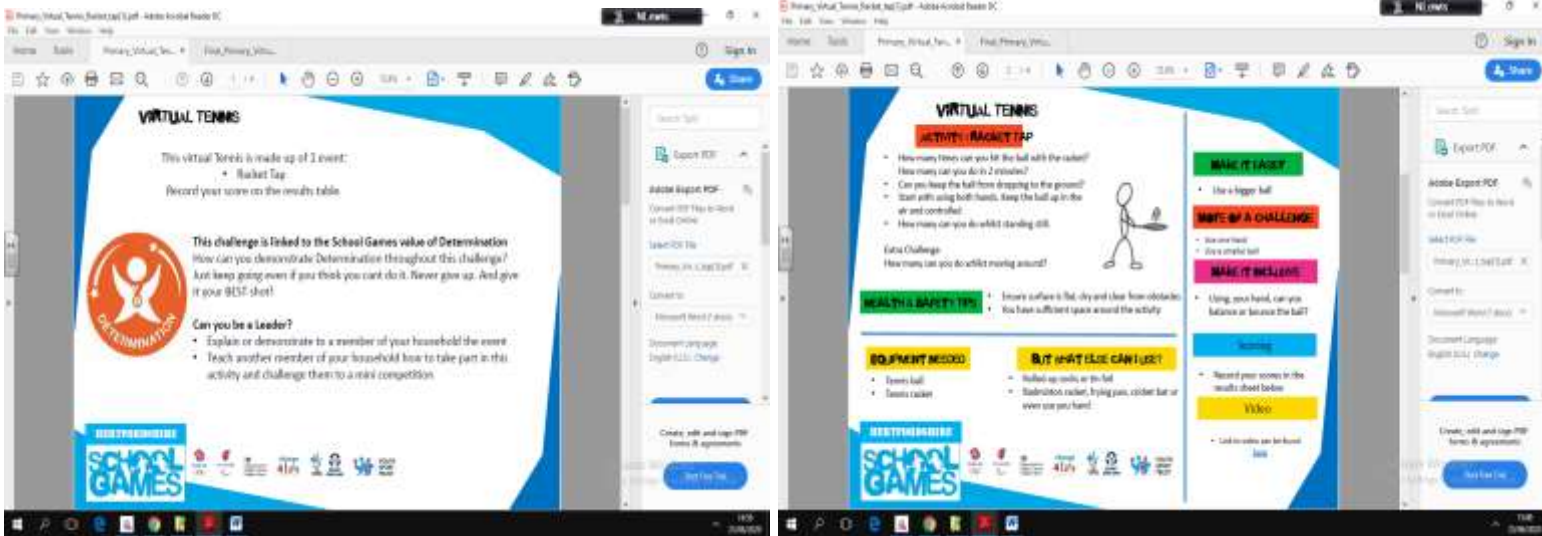
Who would you like to find out? You choose.

Science	<p>Could you do an experiment with different types of bats and balls? You could choose 1 ball and see which bat hits it the furthest? Or choose 1 bat and see which ball goes the furthest? You could also experiment with forces and seeing which ball goes down a ramp fastest/slowest or on different surfaces? Why does this happen? What are the balls made from?</p> <p>Could you do an experiment on your own body? Try a range of activities such as hopping, tennis, football all using your dominant side. Record how many of each you can do in a minute, and then try with the other side of your body. What do you think will happen and why? What if you practise every day? Do you see an improvement in your less dominant side?</p>
History and Geography	<p>Could you research your favourite sport and find out how long it has been around? Where it was first played? Who invented it? Has the scoring changed?</p> <p>Could you research the Olympics? Which sports are no longer played? Are there any you'd bring back? Which countries have hosted the most? Which host the summer and which host winter? Why is this? Here are some clips of the history around the Olympics. https://www.abc.net.au/btn/classroom/olympic-history/10524328 or https://www.olympic.org/ancient-olympic-games</p> <p>Could you research the Olympic symbol or the badge of your favourite team? Why do they have this symbol? What does it signify? Could you then design your own symbol?</p> <p>Choose a sport and make a timeline of the history around it. This could be the history of a team or an event.</p> <p>Could you research famous sports people through history? Where did they come from? What did they do? What makes them famous or memorable? Ideas could include – Usain Bolt, Mo Farah, Muhammad Ali, Billie Jean King, Michael Phelps, Nadia Comaneci https://www.olympic.org/athletes</p>
Art and DT	<p>Could you design a new Olympic logo, taking into consideration the range of sports seen and the range of countries involved?</p> <p>Could you design and make a new racquet that could be used for a sport? How would you make it strong? What size or type of ball is it suitable for? What game would you use it for?</p> <p>Take a virtual tour of a stadium, then design your own. What would you want in it? Which sport is it for? What would you call it? https://www.eyerevolution.co.uk/wp-content/virtual-tours/arsenal/</p>

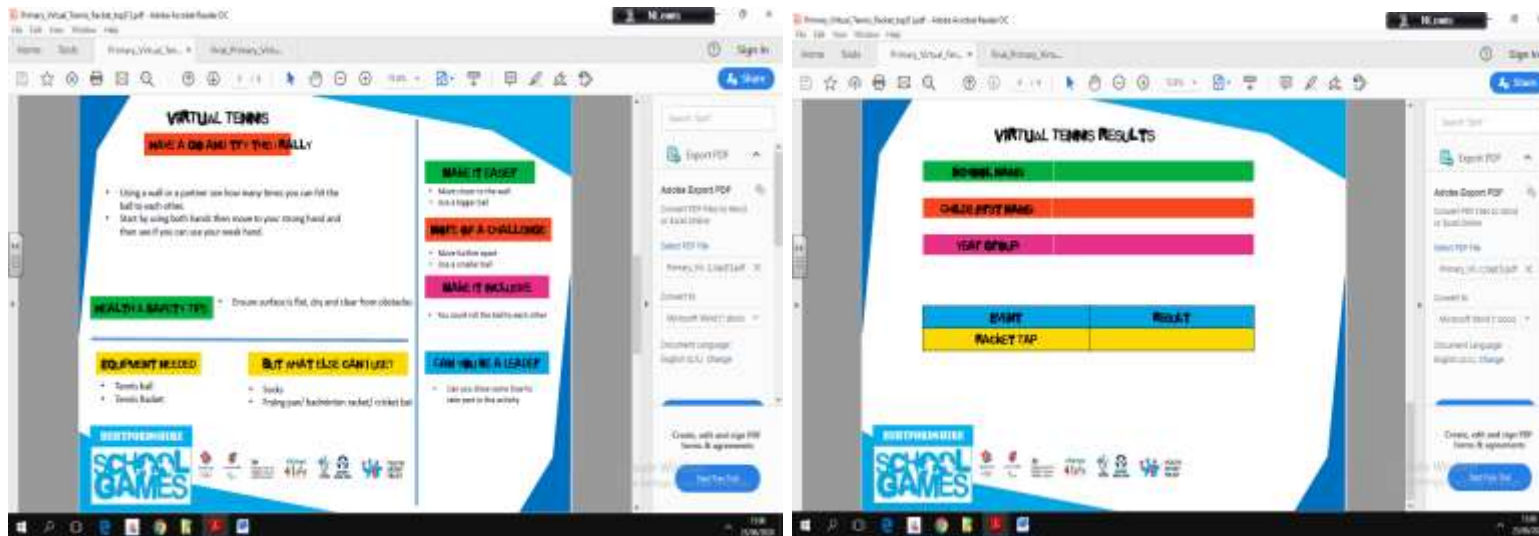
	<p>Could you design your own medal? What would it look like? Here are some for inspiration. https://www.olympic.org/olympic-medals</p>
RE	
Music	<p>Could you make up your own Welwyn St Mary's sport chant? It could be something we could sing linked to your house or a specific sport.</p> <p>Can you research musical instruments that are used at sports events? The Vuvuzela was used during a world cup. Where did it originate from?</p> <p>Could you make up your own version of Heads, Shoulders, Knees and Toes that could be used as a warm up song before PE? It could go stretch, jog, hop and jump, hop and jump. Please share your ideas!</p> <p>Watch some clips of a gymnast doing 'floor work' and create your own dance or floor work routine to music. https://www.bethtweddle.com/video/videos</p>
Other ideas	<p>Could you hold your own pretend sports day? Which events would you do? You could practise with your family and score each other.</p> <p>Could you invent your own sport or game? What equipment would you need? How do we score? What are the rules?</p> <p>Could you play balloon tennis? Blow up a balloon and hit it with your hand, or make your own racquet. How many hits in a row can you get?</p> <p>Could you make your own obstacle course? What would you need? Can you show us how you complete it?</p> <p>Could you set yourself a PE challenge for over the summer holidays? Find a sport you've never tried or find tricky. See if you can improve over the holidays.</p> <p>Have a go at some of these indoor activities https://www.nhs.uk/change4life/activities</p>
Sport	<p>Here are some more virtual sporting events you could explore.</p> <p>Some will be looked at in school too.</p> <p>Here are some of the demonstration clips</p>

<https://www.youtube.com/watch?v=DbM7cjYPiIM>

https://www.youtube.com/watch?v=JlpNSOp8x8&list=PL6DK6xTdLkmwBkVBUKZZ2L_oTT6VXEerNO&index=2



Tennis -



Cricket -

VIRTUAL CRICKET

This virtual Cricket is made up of 1 event:

- Paper Smash

Record your score on the results table.

ACTIVITY - PAPER SMASH

This challenge is linked to the School Games value of Honesty

How can you demonstrate honesty throughout this challenge?
Be realistic and honest in what your score was. Set yourself a target to reach. Give it your BEST shot!

Can you be a Leader?

- Explain or demonstrate to a member of your household the event
- Teach another member of your household how to take part in this activity and challenge them to a mini competition

NEEDS/RESOURCES

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VIRTUAL CRICKET

ACTIVITY - PAPER SMASH

Stick the 4 magnets onto your wall. With 4 at the top, 3 underneath, 2 under 1 and 4 at the bottom. Then mark out 2 meters away from the wall.

How many times can you throw your paper into the 2 metres?

If you hit a 4 you must take a step back. If you hit a 3 you must take 1 a step back. Hit a 2 or 1 you must stay where you are. If you miss, you must take a step forward.

MAKE IT EASIER

- Make closer to the wall
- Use a bigger ball
- Throw the ball onto your hand

MAKE IT A CHALLENGE

- Make further away
- Use a smaller ball

MAKE IT BIGGER

- Place the magnets on the floor and not the wall

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles

EQUIPMENT NEEDED

- Large measure
- Softball
- Stopwatch
- Target sheets

BUT WHAT ELSE CAN I USE?

- Blow dryer - 4 x to make 2m
- Scissors
- Wash or phone line

SCORING

- Record your throws the score sheet

VIDEO

- Look for video on the board

NEEDS/RESOURCES

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VIRTUAL CRICKET

MAKE A GUN AND TRY THE BAIT TAP

- How many times can you hit the ball with the bat by keeping it up? How many can you do in 30 seconds?
- Start with using both hands and then try each hand separately
- How many can you do whilst moving around the house or garden?

MAKE IT EASIER

- Try catching the ball like a bucket, (catch)

MAKE IT A CHALLENGE

- Use the side of the bat (it's a smaller surface of the object)

MAKE IT BIGGER

- Using your hand, can you bounce or bounce the ball?

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Softball
- Cloaked bat

BUT WHAT ELSE CAN I USE?

- Roller up socks or tin foil
- Balloon on a string, string pen, tennis racket or even use your hand!

SCORING

- Can you challenge a family member to do more than you?

NEEDS/RESOURCES

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VIRTUAL CRICKET

MAKE A GUN AND TRY THE GUN CATCHER

- How many catches can you make on your wall?
- Throw the ball underarm up into the air and catch
- Try and throw the ball a little higher each time
- If indoors, can you throw the ball up to your head and catch it again?

MAKE IT EASIER

- Use a bigger ball
- Throw and catch the ball with two hands

MAKE IT A CHALLENGE

- Use one hand, if that's too easy use your throw and catch with your weaker hand!

MAKE IT BIGGER

- Use a bigger ball, or use your arms to help catch the ball

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Ball (Basket or Tennis)
- Stopwatch

BUT WHAT ELSE CAN I USE?

- Roller up socks or tin foil
- Wash or phone line

SCORING

- Can you beat someone else to catch more than you?
- Can they do it with one hand?

NEEDS/RESOURCES

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Microsoft Edge browser window displaying the "VIRTUAL PENTATHLON RESULTS" page. The page features a blue and white background with a central content area and a right-hand sidebar.

VIRTUAL PENTATHLON RESULTS

SCHOOL NAME	
CHALLENGE NAME	
TEAM GROUP	
EVENT	RESULT
PARTY MATCH	

WESTHAM CODE SCHOOL GAMES

100
100/100

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