

French	<p>Bonjour les enfants</p> <p>I hope you are all well. This week we are going to think about sport and hobbies, I am sure many of you will have enjoyed the return of football last week.</p> <p>Firstly watch this clip of children saying what they enjoy doing in their spare time. See if you can hear how to say some of the activities and watch a couple of times pausing the video and repeating. https://www.bbc.co.uk/teach/class-clips-video/french-ks2-favourite-hobbies/z4hxp8</p> <p>Use this worksheet to help you write some sentences about different sports and activities that you take part in. https://www.lightbulblanguages.co.uk/resources/PrimaryFrench/sports-play-frame-FR.pdf</p> <p>You may like to have a look at this word map to help you with additional vocabulary. https://www.lightbulblanguages.co.uk/resources/PrimaryFrench/les-sports-mat.pdf</p> <p>Finally have a look on Babelzone Unit 10 username welwyn password french. This topic is called Vive le sport and has lots of football related games and activities. https://www.lcfclubs.com/babelzoneNEW/FR-Unit10.asp</p>
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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?</p> <p>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. Some will be looked at in school too.</p> <p>Here are some of the demonstration clips</p> <p>https://www.youtube.com/watch?v=DbM7cjYPiiM</p> <p>https://www.youtube.com/watch?v= JlpNSOp8x8&list=PL6DK6xTdLkmwBkVBUkZZ2L_oTT6VXErNO&index=2</p>

VIRTUAL TENNIS

This virtual Tennis is made up of 2 event:

- Basket Tap

Record your score on the results table



This challenge is linked to the School Games value of Determination
How can you demonstrate Determination throughout this challenge?
Just keep going even if you think you can't do it. Never give up. And 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.

RECOMMENDED

SCHOOL GAMES

VIRTUAL TENNIS

ACTIVITY: BASKET TAP

- How many times can you fit the ball with the racket?
- How many can you do in 2 minutes?
- Can you keep the ball from dropping to the ground?
- Start by using both hands, keep the ball up in the air and controlled.
- How many can you do with 1 hand standing still?



Extra Challenge
How many can you do whilst moving around?

HEALTH & SAFETY TIPS

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

EQUIPMENT NEEDED

- Tennis ball
- Tennis racket

BUT WHAT ELSE CAN I USE?

- Balled up socks or tin foil
- Badminton racket, trying paper, cricket bat or even use your hand!

MAKE IT EASIER

- Use a bigger ball

MAKE IT A CHALLENGE

- Use one hand
- Use a smaller ball

MAKE IT INCLUDES

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

Learning

- Record your scores in the result sheet below

Video

- Link to video on how to play

RECOMMENDED

SCHOOL GAMES

Tennis -

VIRTUAL TENNIS

MAKE A GOAL TRY: THE WALL!

- Using a wall or a partner see how many times you can fit the ball to each other.
- Start by using both hands then move to your strong hand and then see if you can use your weak hand!

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles.

EQUIPMENT NEEDED

- Tennis ball
- Tennis racket

BUT WHAT ELSE CAN I USE?

- Socks
- Badminton racket, trying paper, cricket bat

MAKE IT EASIER

- Move closer to the wall
- Use a bigger ball

MAKE IT A CHALLENGE

- Use a smaller ball

MAKE IT INCLUDES

- You need not the balls each other

CAN YOU BE A LEADER?

- Can you show someone how to take part in the activity

RECOMMENDED

SCHOOL GAMES

VIRTUAL TENNIS RESULTS

SCHOOL NAME	
CHILD'S FIRST NAME	
YEAR GROUP	
EVENT	RESULT
BASKET TAP	

RECOMMENDED

SCHOOL GAMES

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

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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 plane in 2 minutes?

If you hit a you must take a step back. If you hit a 4 you must take 11 a step back. After 1 or 2 you must stop where you are. If you miss, you must take a step forward.

MAKE IT EASIER

- Make closer to the wall
- Use a larger ball
- Throw the ball more gently

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 surfaces is flat, dry and clear from obstacles

EQUIPMENT NEEDED

- Paper measure
- Scissors
- Staple
- String
- Light sheets

BUT WHAT ELSE CAN I USE?

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

SCORING

- Record your throws in the table sheet

VIDEO

- Look for video on the board

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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 hitting the ball like a bucket, (bobby)

MAKE IT A CHALLENGE

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

HEALTH & SAFETY TIPS

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

EQUIPMENT NEEDED

- Netball
- Cricket bat

BUT WHAT ELSE CAN I USE?

- Roller up socks or tin foil
- Badminton racket, flying paper, tennis racket or even use your hand!

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VIRTUAL CRICKET

MAKE A GUN AND TRY THE GUN TAP TAP

- How many catches can you make on your wall?
- Throw the ball underneath us 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!

HEALTH & SAFETY TIPS

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

EQUIPMENT NEEDED

- Ball (tennis or tennis)
- Staple

BUT WHAT ELSE CAN I USE?

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

LOAD SHEETS

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

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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	

At the bottom left, there is a logo for "MIDTSMOUTH COLE SCHOOL GAMES" and a row of small icons representing various sports: soccer, basketball, tennis, badminton, table tennis, and chess.

The right-hand sidebar contains the following options:

- Search tool
- Export PDF
- Adobe Export PDF
- Convert PDF files to Word or Word tables
- Select PDF file
- File Name: (1)123.pdf
- Comments
- Mark comments / notes
- Document language
- English (U.S.) Change

At the bottom of the sidebar, there is a note: "Creating, editing and signing PDFs require 8 agreements" and a "Get New tool" button.

Paper smash targets -



1

2

4