



MISS EDWARDS' CLASS ACTIVITIES

13th July – 17th July 2020

This week our class activities are based on the book "The Sports Day" by Jean Adamson. If you haven't read the story or haven't got a copy of the book you can read along with it using this link: <https://www.youtube.com/watch?v=xpC0Kmb5jFI>

Here's some activities for you to do this week:

Monday: Let's Get Creative

In our story this week, the children take part in sports day. When you win a race, sometimes, you get a medal. Can you design a winning medal for the children? You might want to draw/paint it or perhaps make it using 'junk' at home. In school we have a sports day. Each year we take part in different sports and have lots of fun. Do you think you could make up your very own sport that we could do on sports day? Think about the rules we would need to follow, what equipment we would need and how many people could take part. Some athletes, when they win a race, have a celebratory dance/song that will be played. Can you think of a dance or make up a song that you would have, if you won a race?

Tuesday: Discovering the World

Every four years athletes take part in the Olympic games. They are held all over the world. This year the Olympic games were meant to be held in Tokyo. Follow this link to read all about the Olympics: https://kids.kiddle.co/Olympic_Games

Can you research the very first Olympic games, which was held in Athens, Greece? Can you create a leaflet all about the first Olympic games? You could sketch a picture of the stadium they used, look for some of the rules they followed, what year it took place and how many people participated. Using the internet, research and make a list of all of the places the Olympic games have been held around the world. The next Olympic games will still be held in Tokyo in 2021. Can you plan a trip there? How long will it take you to get there? Research what else you will do when you are in Tokyo and create a travel itinerary. Plan what you will do/visit on each day.



Wednesday: Maths

Usain Bolt (an Olympic athlete) won his race in just under 10 seconds. How far can you run in 10 seconds? Measure the distance you have run. What else can you do in 10 seconds? Make a list of all the things you can do in 10 seconds. For example: I can do 10 star jumps, run up and down the stairs twice, write my name 4 times and put all the dogs toys away. Can you create your own 'top trump cards' for a set of athletes? See the link for a template: <https://www.teachingideas.co.uk/olympics-top-trumps-template> You might not want to do athletes, you might want to do animals/characters. You could choose topics like: height, speed, number of gold medals.

When you take part in exercise, your heart rate will go up. Can you measure your heart rate (resting) and then measure your heart rate after doing star jumps for 30 seconds? Record both and look at the difference. Complete some different activities for 30 seconds and



measure your heart rate. Ask someone in your family to do the same and compare them. Whose heart rate is higher? Why do you think this is?

Thursday: Let's get writing

Can you write some instructions of how to play your new sport? Or perhaps some instructions for your favourite sport.

In 2009, Usain Bolt (sprinter) broke a world record for the 100m at 9.58 seconds. Can you imagine how he felt after winning the race or how it would feel seeing someone break the world record? Imagine you are a news reporter who watched Usain Bolt break the world record. Can you write a news report, imagining you were there? Think about how you would set your report out, what will you call the article?

Watch this link of the race: <https://www.youtube.com/watch?v=93dC0o2aHto>



Friday: Olympic hero

Have a look at some of the different athletes that have competed in the Olympics. Choose one athlete that you want to find out about. Imagine you are going to interview them; can you write 10 questions you would like to ask them? When the athletes compete, they wear special clothes. On the clothes is different logos, sometimes sponsors and their country. Could you design some new sports clothes for your chosen athlete? Wouldn't it be amazing if you could choose where the next Olympics was held? You might want it in Chester. Can you write a persuasive letter to the International Olympic Commission (IOC), who decide where the Olympics is held? Make sure you include where you would like to hold the next Olympics and give reasons why you think it would be a good place.

Other ideas:

To be an athlete you need to eat healthy and keep fit. Can you write a meal plan for each day of the week for an athlete? Think about the different food sources they would need and all the energy they have to have to complete their sports. Can you create (with the help of an adult) a healthy meal you can enjoy? Can you write the recipe and instructions down of how you made it?

At the Olympic games, there is a mascot (they are thought to bring good luck). This is the mascot for the next Olympics in Tokyo. Can you create your own mascot? You might want to look at some of the previous mascots for ideas.

<https://www.olympic.org/mascots>



You have imagined that you are a news reporter and have completed your own news report. Can you imagine you were at the Olympics and you were live on television? Can you complete your own commentary of one of the Olympic races?

<https://www.youtube.com/watch?v=5ogwLIPAJKk> listen to the commentary on this race and then have a go yourself.

Imagine you are in Tokyo at the next Olympics and you are going to send a postcard home to your family. What picture might you put on the front? What would you tell them about your visit?



Don't forget:

Throughout the week visit https://www.youtube.com/channel/UCo7fbLgY2oA_cFCI9GdxtQ to practice those Speed Sounds!

Visit <https://www.oxfordowl.co.uk/home/reading-site/find-a-book/library-page?view=image&series=Read+Write+Inc> to read some special Read Write Inc. books.

Remember to have fun!!! That's the most important thing when learning.

Ask your mums/dads/grown up helpers to email photographs of your work or you doing some activities to Miss Edwards – Edwardsk42@hwbcymru.net I would love to see your work and I will share some on the school website.

Stay safe everyone!

