


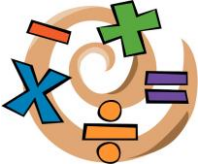




Sports Week 2020 - Reception Summer Term - Week 7



Timetable

9.00-9.30	9.30-10.30	10.30-11.00	11.00-12.00	12.00-1.00	1.00-1.30	1.30-2.30
Reading and Phonics	English	BREAK	Maths	LUNCH	Spelling	Sports
						

- *On Mondays join in at 11am for the Fischy Music assembly*
<https://www.youtube.com/user/Fischymusic>
- *You can watch the daily Speed Sound 2 lessons live at 10am or 1pm and Speed Sound 3 lessons at 10.30 or 1.30pm (YouTube Ruth Miskin Training channel)* https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIg9GdxtQ

Day 1 - English

This week we are going to be finding about different types of sport.
Today's task is a speaking and listening activity. Find an adult to speak to and answer the questions as fully as you can. If you would like an extra challenge - write down your answers!

What is your favourite sport and why?

How often do you play it?



How many hours of sport did you have at school?
Was this enough?
Why?

Which sports have you played?

Which sport would you like to try?
Explain why.



Is there a sports centre or a park near your home?

How often do you go there?

What do you do once you are there?



Do you prefer individual sports or being part of a team.

Explain why.

Name 3 sports that use a ball.

Can you explain the rules for one of them?



Day 1 - Maths



Who is the winner?

Annaliese threw her beanbag 20 paces. Ophilia threw her beanbag 18 paces, later Janine came along and threw her beanbag 21 paces.

Who was the winner?



Kai hopped on one leg for 25 hops. Anna hopped on one leg for 32 hops. Teck hopped on one leg for 29 hops.

Who was the winner?

Amit ran across the playground in 20 seconds. Sara took 18 seconds. Marek took 17 seconds.

Who was the winner?

Why don't you try these activities for yourself?

How far can you throw a beanbag? How many hops can you do? How long does it take you to run across your playground?

Day 2 - English

Football Facts

Football, also known as soccer, is one of the most popular sports on the planet. Whether it is played on a street corner or in front of thousands of fans, the sport combines speed, strength, and skill to produce an exciting display. Two teams, each with 11 footballers, play on a rectangular field and attempt to score by kicking or “heading” a ball into the opposing team’s goal. Except for the goalkeeper, the players are usually not allowed to touch the ball with their hands or arms. A goal is scored when the ball crosses the goal line between the two goal posts. The team that scores the most, wins.

Football is played over the course of 90 minutes, split into two halves of 45 minutes.

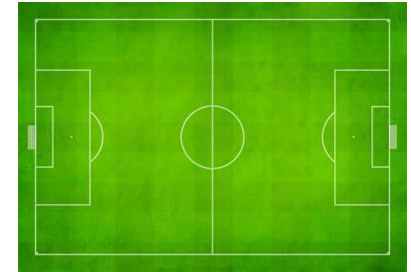
Today you are going to make a fact sheet all about Football. Read the facts on this page and then use the template on the next page to make your fact sheet.

You can draw as well as write.

Can you find out an interesting or fun fact to add to the 'Did you know?' box?



Football can be played on grass or Astroturf. The shape of the field must be rectangular measuring 90-120 metres long by 45-90 metres wide.



the team :

A -goalkeeper

Defenders:

B- left fullback

C- right fullback

D- centre back

E- left back

F- right back

Midfielders

G- left midfield

H- right midfield

Forward

I- left forward

J- centre forward (striker)

K- right forward



You can ask an adult to help you read the information

Can You Do it Too?

Day 2 - Maths

Age 5 to 7 ★★

Here are some pictures of people throwing things in Olympic events. The first one shows a man throwing a hammer and the second shows a man throwing a discus.



They can throw them a long way. A recent Olympic record for throwing the hammer was about 80 adult paces and for throwing the discus was about 70 adult paces.

How far can you throw a beanbag?

Can you throw a beanbag 70 paces?

Can you throw a beanbag 80 paces?

Day 3 - English

List 3 sports that

1. need a net

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2. need a ball

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3. are played in a team

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4. are an Olympic sport

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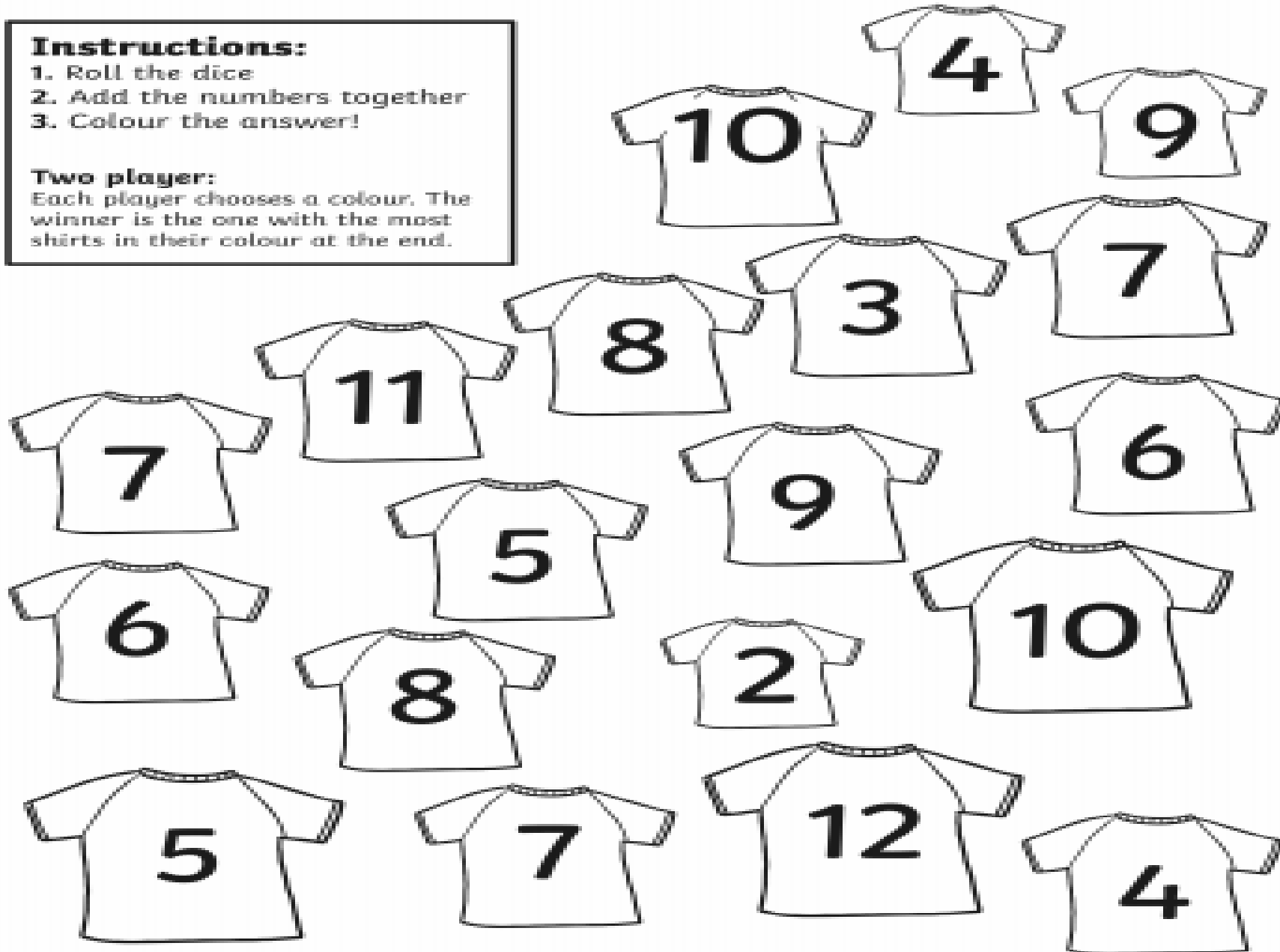
Roll, Add and Colour!

Instructions:

1. Roll the dice
2. Add the numbers together
3. Colour the answer!

Two player:

Each player chooses a colour. The winner is the one with the most shirts in their colour at the end.



You can adapt this game to make it your own - you could use more than 1 dice and change the numbers!

Day 3 -
Maths

Who is your favourite sports person or team?



Research your favourite sports person or team.

Write some facts about them!

You might want to include:

- Any records/medals/trophies they hold
- Any special facts
- Pictures of the people/person (drawn or photos)
- The sport they play
- Why they are your favourite



Day 4 -
English

Day 4 - Maths

Year 1 Sports Day Maths



1. Dan, Ola and Nikita scored two points each for the red team. How many points does the red team have altogether?



Use what we have been learning in maths to help you solve these problems. When you are finished, create your own sports themed maths problems!

Year 1 Sports Day Maths



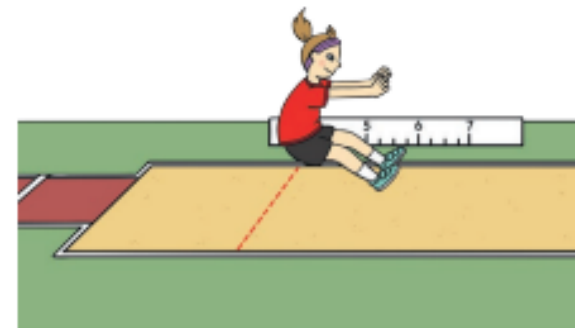
2. Eli had finished 7 activities so far and his friend, Seren, had done one more. How many activities had Seren finished?



Year 1 Sports Day Maths



3. Marcel jumped 8cm past the red cone in the long jump and Neville jumped 5cm past it. Who jumped the furthest?



Day 5 - English

WORD SEARCH PUZZLE

SPORT GAMES




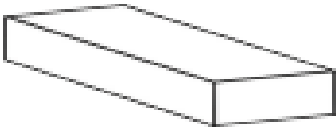


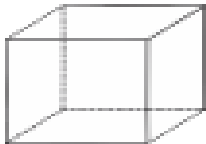


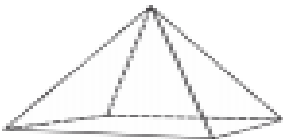


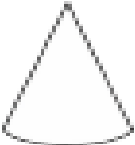


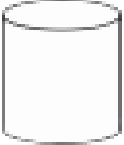


baseball
basketball
football
golf
handball
hockey
rugby
soccer
squash
tennis
volleyball



Does a Football Have to Be a Sphere?

Test the shapes below to discover which one is the best at rolling.

Day 5 - Maths

3D Shape	Is it good at rolling?	
 sphere		
 cuboid		
 cube		
 pyramid		
 cone		
 cylinder		

- Find some objects that match the 3D shapes
- Record your results on the table
- If a shape can roll, does that make it the best shape for a football?
 - Why/Why not?

P.E. week challenge grid - PICK 2 EACH DAY 😊 Blue = 1 point Red = 2 points

Use this grid as your topic work for the week 😊

<p>INDOOR: Karaoke Dance Party GoNoodle https://www.youtube.com/user/GoNoodleGamesorJustDance https://www.youtube.com/watch?v=gCzgc_RelBA&t=73s https://www.youtube.com/user/justdancegame</p> <p>Find some music you like and join in with the dance routines</p>	<p>INDOOR / OUTDOOR: Ball Skills Make your own ball using newspaper, plastic bags, elastic bands and string. https://vimeo.com/39763894 Practise throwing and catching it. How many times in a row can you throw it up in the air and catch it again without dropping it? Play throw and catch with your family.</p> <p style="text-align: right;">Geography link </p>	<p>INDOOR / OUTDOOR: Obstacle Course Ask your grown up for permission or help to build an obstacle course. It can be outdoors if you have a garden or indoors if it's rainy. You could use hula hoops, chalk, string to balance, tins, teddies or cushions for cones to weave in and out of. Use steps or stairs. Make up instructions for different parts of the obstacle course using different movements and changes of direction (e.g. skipping, hopping, crawling, balancing, jumping, tiptoes, running, galloping, sidestep)</p>
<p>INDOOR: Cosmic Yoga https://www.youtube.com/user/CosmicKidsYoga</p> <p>Find an adventure and join in with the story Namaste</p>	<p>INDOOR: Fitness Watch and join in with PE with Joe https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>Can you make up your own workout with 5 different moves and teach it to someone in your house?</p>	<p>OUTDOOR: Foot golf Set up a bucket or bowl on its side in your garden as a goal/hole to practise kicking a ball accurately. It could be your plastic bag ball, tennis or football. Remember to look and aim before you kick and use the instep or laces part of your foot to kick.</p>
<p>INDOOR / OUTDOOR: Record Breaker Can you beat your own record? (skipping with a rope, hula hoops, keepy ups with a balloon or football, throwing and catching, jumps or star jumps in a minute, jumping up high, long jump from standing). Remember to count, time yourself and measure accurately and record your personal best.</p> <p style="text-align: right;">Maths link </p>	<p>INDOOR Music on Charanga Reflect, Rewind and Replay Year 1 - Step 1 Listen and Appraise - "A Song Before Sunrise" by Frederick Delius</p> <p>Make up a dance to the music</p> <p style="text-align: right;">Music link </p>	<p>OUTDOOR: Nature Maze Create a spiral or maze using leaves, twigs, stones, flowers or grass in your garden or the park. Can you balance around it? Can you guide someone else? What about with a blindfold on?</p> <p style="text-align: right;"> Art / Science link</p>
<p>INDOOR / OUTDOOR: Animal Walk Pretend to be an animal and ask your family to guess what you are, slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours. Can your animal travel backwards and forwards and sideways?</p> <p style="text-align: right;">Science link </p>	<p>INDOOR / OUTDOOR: Simon Says While the rules are simple, the options for movement are endless. Simon can you jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving your hands over your heads.</p>	<p>OUTDOOR: Fill the Bucket Water Game Use a cup and two buckets (one smaller, one larger). Place the smaller bucket a short distance from the larger bucket and fill the larger bucket with water. You have to scoop water from the larger bucket and fill the smaller one. To make the game more challenging, put small holes in the cup or you have to dance as you move from bucket to bucket.</p>