



Laurieknowe Sports Week



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make banners and flags in your house colours. Hang up around your house or garden.</p> <p>Literacy Whole school: Create a poster advertising Laurieknowe Sports week.</p> <p>Describe different activities using descriptive words but don't mention the actual name. How many clues do you have to give before someone else gets the right answer?</p>	<p>Make up your own warm up - get your family to join in.</p> <p>Literacy Nursery-P3: Help write a shopping List.</p> <p>P4-7: Help with the food shop and discuss what you may need/ingredients.</p>	<p>Take pictures of you or your family members in as many different sports poses. Be as creative as possible!</p> <p>Literacy Nursery-P3: Draw a picture of a sports person. Maybe you could draw a footballer or a runner.</p> <p>P4-7: Who is your favourite athlete? Perhaps it is a footballer, a gymnast or someone else. Either draw a picture or find out interesting facts about them. Or perhaps you make a PowerPoint?</p>	<p>Do the Daily Mile at home. https://thedailymile.co.uk/at-home/</p> <p>Literacy Nursery-P3: Help create a healthy snack.</p> <p>P4-7: Follow a recipe to make a healthy snack.</p> <p>Can you name a sport/physical activity for every letter of the alphabet?</p>	<p>Have a family picnic like we would do at school.</p> <p>Literacy Whole school: Read a book with your family whilst you are having your picnic.</p>



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<p>Maths Whole school: Time yourself doing the activities below. How quick can you go?</p> <p>Nursery - P3: Make lanes to run in and number them 1-8. Can you make up sums and answer them by standing in the right lane? Use bigger numbers for older children.</p>	<p>Maths Nursery-P3: Make a shop and practise adding.</p> <p>Design an ice cream to eat. How many scoops? How many sprinkles? How many flakes?</p> <p>P4-7: Look at the costing of the food shop. Do you have a budget to stick to?</p> <p>How much would it cost to make your ideal ice cream sundae? Can you work out what you would need and how much it would cost?</p>	<p>Maths Nursery-P3: Can you make a tally chart to record how people travel healthily past your house/window? Walking, cycling, running, walking the dog etc. Draw a tally for each person. Get an adult to help you record if needed.</p> <p>P4-7: You need to buy new Sport Clothes. You only have a budget of £50 but you need trainers, a t-shirt, shorts/leggings, a hoody and socks. Using catalogues and online, find an outfit that fits your budget.</p>	<p>Maths Whole school: Weigh out ingredients for the above recipe.</p> <p>How many different sports/physical activities can you (and your family) name in total?</p>	<p>Maths Nursery-P3: How many steps does it take compared to one jump, two jumps etc. How many goals can you score in 10 attempts? How many times do your legs go round on your bike pedals to get to the end of the street from your house?</p> <p>All (or P4-7): Maths Uno Assign a movement for every colour e.g. blue - touch your toes; yellow - star jump; red - hop on one leg; green - high knees; wild card - turn around and touch the ground etc Whatever card is played, complete the action for the colour and do the number that appears on the card.</p>
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Activities

<p>Standing Long Jump https://www.youtube.com/watch?v=eENJb_Mlk58</p> <p>Egg and Spoon https://www.youtube.com/watch?v=8akZ6ih-JZg</p> <p>Hula Hoop Race https://www.youtube.com/watch?v=tMG35VvLit8</p>	<p>Three-legged race https://www.youtube.com/watch?v=uFIG9HLdMtE</p> <p>Target Throw https://www.youtube.com/watch?v=zRDLbXn4JYU&t=1s</p>	<p>Atlanta Race https://www.youtube.com/watch?v=FNvrB16ULZk</p> <p>Obstacle Course https://www.youtube.com/watch?v=vjaKE-zVqb8</p> <p>Wellie Throw https://www.youtube.com/watch?v=XDQ63hA2MJY</p>	<p>Shuttle Race https://www.youtube.com/watch?v=8IhP1tdqt00</p> <p>Hurdles https://www.youtube.com/watch?v=9jNwJOs5dQs</p>	<p>Family Race https://www.youtube.com/watch?v=86pBBg502zE</p> <p>Speed Bounce https://www.youtube.com/watch?v=pLebg3a4BVk</p>
<p>Sprint Decide on a running track (your back door round the house/from the garden fence to the front gate etc) and time yourself to see how fast you can race from one end to the other.</p>	<p>Shot Put Using a toilet roll, see how far you can throw it. Measure the distance using your feet.</p>	<p>Star Jumps Complete as many star jumps as you can in a minute. Can you get more than anyone else in your household?</p>	<p>Cushion Race Make a circuit around the garden and time how quickly you can run around it with a cushion balanced on your head.</p>	<p>The Cup Challenge Make a circuit around the garden and with a full cup of water, run around the course. How quickly can you do it without spilling any water?</p>



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<p><u>Tattie and Spoon Race</u> Make a circuit around the garden and time how quickly you can race around without dropping the tattie.</p>	<p><u>Have a Toilet Roll Race</u> Make a circuit around the garden and time how quickly you can around it with a toilet roll between your legs.</p>	<p><u>Slipper Toss</u> See how far you can toss a slipper. Measure the distance using your feet. Make sure not to throw it over your neighbour's fence or towards any windows!</p>	<p><u>Target Practice</u> Set up three empty bottles about 3-5 metres from you. Using a ball (or a toilet roll) try to bowl the bottles over. How quickly can you get all three?</p>	<p><u>Have a Pillowcase Sack Race</u> Make a circuit around the garden and time how quickly you can race around.</p>
<p><u>Bear Crawls</u> Get down on all fours (hand and feet) and make your way across a selected distance as quickly as you can. Time yourself to see how quickly you go!</p>	<p><u>Burpee Challenge</u> How many burpees can you do in a minute?</p>	<p><u>Keepie Uppy Challenge</u> How many Keepie Uppys can you do with a toilet roll/football?</p>	<p><u>Plank Challenge</u> Time how long you can hold a plank for.</p>	<p><u>Tea Cup Challenge</u> Set up a teacup and stand between 1-3 metres from it. How many times does it take for the tea bag to land in the teacup?</p>

Please note:

-If you don't have the exact equipment for each activity, don't worry! Feel free to improvise and find something else that works instead

-If weather conditions mean that you can't complete the activities outside, most are able to be completed inside



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-Feel free to pick and choose which activities that you complete. No one has to do them all – it's meant to be fun and you can complete the tasks that you want to!

-Please make sure to take lots of photos and send them to your class teacher.