



TROON PRIMARY SCHOOL & EARLY YEARS CENTRE
Home Learning: Primary 1 and 2
Sports Week



Literacy

Reading

We are learning to recall events and characters in stories and link them to our own experiences.

Task: To listen to or read a story and recall information.

Listen to the story of Duck on a Bike by David Shannon. *Click on the links.*

Story read aloud: <https://www.youtube.com/watch?v=pmAzhohAels>

Animated story: <https://www.youtube.com/watch?v=wJvx5Oc9k6E>

Whilst listening to the story pay considerable attention to what all the animals were thinking as Duck passes them on a bike. Choose a 'Duck on a Bike' reading sheet below at your own level to complete. *Chillies indicate level.*

- Mild: Using your sound knowledge read the animal noises inside the speech bubbles. Complex sounds are indicated in bold. Draw a line to match each bubble to the correct animal.
- Medium: Read the **shortened** text in the think bubble and match it by drawing a line to the animal who thought it.
- Medium/hot: Read the **full** text in the think bubble and match it by drawing a line to the animal who thought it.
- Hot: Write a sentence about what each of the animals were thinking in your own words. Complete the sentences that have been started for you. Finally write what **you think** Duck was thinking as he was riding the bike past all the animals.

Task 2: To reflect on your own experiences when learning to ride a bike

Listen to the story 'Bike on, bear' by Cynthia Liu. *Click on the link.*

<https://www.youtube.com/watch?v=450WhyM0Ubo>

Learning to ride a bike can be a very tricky thing to do and like most of us, Bear had a few problems to overcome along the way, but with persistence, he got there in the end.

- Have a think about when you were learning to ride a bike; you may even be doing that right now. Make a list in your head or on paper of the things you found hard and the things you found easy.
- Listen to the story again and compare each of Bear's problems with your own. Are they similar? Did you encounter other difficulties?
- Bear knew that there were information (non-fiction) books in the library that can help you with most things. Do you think information books are useful when you are learning new things? What information books have you looked at and what have you learned from them?
- Bear read the bike book but still he couldn't ride the bike. Why do you think this was? Can reading an information book alone make you good at something? What else must you do to succeed at an activity?
- After helping Goat and her Kid, Bear finally learned to ride his bike. It is scary learning new things and there is sometimes a fear of getting hurt. Did Bear think of his worries when helping Goat? Why do you think this was?
- **Extension:** At the end of the book, Bear could ride his bike but then he was faced with a new challenge – to swim!!! Life is full of challenges that we need to overcome. Have a think about any physical activity you had to keep practising but you got it in the end and when you did you felt great pride and satisfaction. Choose 'My Personal Challenge' sheet at your level to complete.

Having courage and not over thinking things can help us achieve in most activities

Writing

We are learning about ways to keep safe on our bike and show this information in a variety of ways.

During this lovely weather lots of us have been out enjoying the fresh air on our bikes.

It's a great way to keep healthy and enjoy the fresh air.

Watch the video clip

<https://www.youtube.com/watch?v=0HTI8Z16I04> (ignore Bike Week at the end)

Discuss ways in which cycling is good for us and our environment.

Keeping safe on our bikes is extremely important.

Talk about ways to keep safe when you are cycling.



Use ideas from the video clip <https://readysetrider.co.uk/doyouknow> and the leaflets

discuss all the different ways to keep safe when riding your bike and how to make sure your bike is in safe working order. There are a range of leaflets. Please choose some at your own level from the selection to help you gather information.

Look carefully at the tasks below and choose one to complete.

Task 1 Functional Writing- To create a leaflet or poster to show the importance of keeping safe on your bike.

- Look at the leaflets and discuss the different ways to keep safe on your bicycle.
- Choose some important rules to follow and create a poster (**mild/ medium**) or leaflet(**medium/ hot**) that clearly shows an importance aspect of bike safety.

Success Criteria

Mild and Medium- Create a Poster

You may wish to choose one/two aspect(s) such as wearing a helmet, clothing, a safe bike etc.

- ✓ use different font for your poster and capital letters in a title
- ✓ use different colours of pens or pencils
- ✓ use pictures or diagrams
- ✓ you can make a slogan if you wish
- ✓ make it eye catching with a clear message or messages

Medium and Hot- Create an information Leaflet about Bike Safety

- ✓ choose 3 to 4 important ways to keep safe on your bike
- ✓ write in sentences using a capital letter and full stop
- ✓ illustrate each important point with a picture or diagram
- ✓ neat handwriting and presentation

When printing the leaflet print the two pages double sided and fold into a leaflet.

Task 2 Challenge and Extension Write a Tweet about a place to Cycle

Write a Tweet sharing one of your favourite places to cycle. It would be great to share this on Teams with everyone in Primary 1 and Primary 2.

Remember all these safety rules and checks and keep safe when cycling!

Think Bike Think Helmet!



Numeracy

We are learning to use our counting or addition and subtraction skills to help us solve worded problems

Task: Complete a maths task sheet at a suitable level of challenge for you (you may wish to complete 2 sheets i.e. mild and medium)

- **Mild:** Count the items then think about what numbers you need to use to complete your sums.
- **Medium:** Use your addition skills to find the totals. Always start with the biggest number in your head. Solve the worded problems by finding the correct information from the table.
- **Medium/Hot:** You will need to use addition and subtraction to find the missing totals. Fill in any rows with only one blank first then use the clues to solve the remaining blanks in the table.
- **Hot:** Use addition and subtraction to solve these problems mentally; do not write out a calculation. Strategies – start with the biggest number/count the units together, then the tens then add together i.e. $56+23=6+3=9$, $50+20=70$, $70+9=79$ /try counting in tens, fives or twos along your fingers.

Task: Maths Challenge Cards – solve these worded problems mentally; do not write down any calculations. (Medium to Hot only)

- **Medium:** Choose at least 4 of the green cards to solve
- **Medium/Hot:** Choose at least 6 from a mixture of the green and black cards.
- **Hot:** Choose at least 10 cards to solve.

Nutrition/Healthy Eating

We are learning to investigate the range of foods available and can discuss how they contribute to a healthy diet.

We are learning to experience a sense of enjoyment and achievement when preparing simple healthy foods and drinks.

Task: A Healthy Lunch Box

Design a healthy lunch box filled with some healthy foods and a drink that will give you the energy you need for Sports Day.

1. Use your knowledge of healthy foods and drink that provide you with energy to design your own lunch box

OR

2. Use the food templates in the resource area to cut and stick the healthy foods you wish to choose.

Task :A Healthy Meal

Design another meal of your choice for example for dinner to make sure you cover all of the food groups that you need in your diet to be healthy and energetic.

Task: My Family Meal

Create a meal of your choice with a family member using all of your healthy choices which give you the most energy, take pictures of you making your meal and share them with us. I have included pictures of the Eatwell plate to help you.

Task: Healthy Food Wordsearch

Complete the word search of healthy foods for fun.

Additional Task: Food Rainbow

Create a 'healthy eating food rainbow'. This can be done with a selection of different healthy foods. Please have a look at the following pictures and this may help to inspire your ideas ☺. Alternatively, you may wish to complete this task through painting or drawing! If possible, please share your colourful rainbows in class teams!



Sports Week Project

We are learning to research different athletes

We are learning to use a range of materials and textures in our art activities

Sports Project

Have a think about the different sports you enjoy watching or taking part in. It could be anything; football, rugby, dancing or gymnastics. Can you research an athlete who takes part in your favourite sport and create a fact file about them?

If you aren't sure who to pick you could choose one of the athletes below:

- Usain Bolt – Running
- Michael Jordan – Basketball
- Cristiano Ronaldo – Football
- Serena or Venus Williams – Tennis

Using the fact file inserted below can you research the following;

*Name

*Date of Birth

*Age

*The sport they are famous for

*Where they live

Also, find out some fun and interesting facts about them to share with us.

You could draw or print out a picture of them or a picture of them taking part in their sport. Remember the detail in your drawings and to colour it in! I have added a separate template for Primary 1 and Primary 2 below.

Art

Task: A Medal for Sport Day

Design your own medal to celebrate your Sports Week Success!

1. Use the template in the resource bank to create a medal for your achievements during sports week.
2. Use craft materials of your choice e.g. card, ribbon, pasta etc to make a medal that you can wear to celebrate your achievements during sports week.

There are lots of ideas attached to help you. Happy Crafting!



Task: My Favourite Sport

Choose your favourite sport. Using materials found around the home, create a model or picture that illustrates that sport. **Please find some ideas below.**

Health and Wellbeing

We are learning to keep ourselves physically and mentally fit.

Task: Sports Week Activity Cards

Have a go at the activity cards for Sports week. You have 20 different 60 second challenges to work on this week. Try to improve on your score by practising daily from Monday until Thursday. On Friday you will be sent a Microsoft Form with the 8 challenges you will compete in over the week. Don't forget by competing you are earning points for your House - Good luck!

Task: Fitness Bingo

Improve your fitness by challenging yourself to complete our Fitness Bingo challenge. This is just for fun

Task: Family Quiz

As a family work together to complete the quiz. Complete the Microsoft Quiz in the Assignments tab by Friday!



Task: Mindfulness Colouring

Take some time to relax and focus the mind whilst completing one of the colouring sheets. Perhaps take it outside and listen to the birds sing or listen to some relaxing music.

Task: Sports Day Word Search

Can you complete the Word search, finding all the different words relating to Sports Day?

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Can you complete the Word search, finding all the different words relating to Sports Day?

Task: Design a Mascot

Mascots are characters often used in sporting events. They can be people, animals or objects. Many football teams have their own club mascot. Do you know any? Mascots are used to help build team spirit and offer good luck.

Can you design a mascot for our Virtual Sports Day? We would love to see your ideas on your Teams feed.



Sports Day

Don't forget that Friday is our Virtual Sports Day. Please dress in House Colours if possible and watch out for your Sports Day Challenges coming through via Groupcall on Friday morning. If you can't take part on Friday, please compete over the weekend, you can still complete your Sports Day Form until Sunday 14th June.





Mild



Sports Day



Ben, Katy and Jack are at their sports day.

Ben had to throw balls into the hoop. How many balls did Ben throw in?



Katy jumped over hurdles. How many did she jump over?



Jack hit balls into a basket. How many balls did he hit?



How many more balls did Jack use than Ben? Can you make a sum?

$$\square - \square = \square$$

How many pieces of equipment did Ben and Katy use altogether? Can you make a sum?

$$\square + \square = \square$$



Medium



Sports Day



These are the medals won by Primary 1 and 2 at their Sports Day. Can you fill out how many each class won in total?

Class				Total
1d	2	5	4	
1e	5	1	2	
2d	2	7	8	
2e	4	6	5	

Which class won the most medals?

Which class won the least medals?



How many silver medals did Primary 2 win altogether?

How many bronze medals did Primary 1 win altogether?

How many gold medals were won by the 4 classes?

Primary 1d hoped to win 15 medals in total. How many less than their target were they?

Primary 3d were the overall winners with 22 medals in total. How many more than 2d did they have?



Medium/Hot



Sports Day



These are the medals won by Primary 1, 2 and 3 at their Sports Day. Can you fill in the missing numbers in the medals table? You will need to use addition, subtraction and the clues at the bottom of the table.

Class				Total
1d	3		8	16
1e	6	9	4	
2d		7	8	
2e	4			22
3d	9			
3e		3		

2d won 4 more gold medals than 1d.

3e won the second highest number of gold medals.

2e won less silver medals than 1e but more than 2d.

3e hoped to beat 2e but they won 2 medals less in total.

3d beat the 2nd placed team by 2 medals in total but were disappointed to win 1 less silver medal than 1d.



Challenge - Were there more gold or silver medals won by the 6 classes?

Total gold _____

Total silver _____

Answer _____



Hot (2pages)



Sports Day




The table shows the equipment needed for Sports Day.

hoops	ropes	beanbags	balls	skittles	racquets	cones
54	22	30	65	18	15	44

Calculate the following answers mentally.



Mrs Smith is going to bring the hoops and ropes. How many pieces of equipment will she carry? _____

Primary 3 are going to bring the balls. 3c are able to carry 50 of the  balls. How many will 3d carry? _____

Mr Low can carry exactly 45 pieces of equipment. Which 2 items will he bring? _____

Primary 1 can bring half the cones. How many will they bring?

6 hoops get broken during sports day. How many are not broken?

51 cones were actually needed. How many more did they need? _____



This table shows the different activities.

skipping	beanbag hop	running	ball dribble	hoop throw	tennis
5 minutes	2 minutes	13 minutes	9 minutes	4 minutes	7 minutes

4d are able to do 2 activities while 4c are at the running station. Which 2 activities can 4d do?

3c are able to do 2 activities while 3d are at the ball dribble station. Which 2 activities can 3c do?

Molly only managed to complete the running, beanbag hop and tennis before she hurt her leg. How many minutes was she active for? _____

If it takes 30 seconds to complete one lap of the skipping, how many laps can a pupil manage in their 5 minutes?



2d had a double turn at the running station. How long were they there for? _____

Challenge

How long will it take 1 class to complete all 6 activities?

Primary 1 complete their sports day in the morning, Primary 2 after playtime and Primary 3 after lunch. What is the total time needed for the 3 sports days? Answer in hours _____



Maths Challenge Cards

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?



Year 1 Sports Day Maths



4. The total score at half time, for the yellow team, was eighteen. They had 4 points taken off. How many points did they have now?



Year 1 Sports Day Maths



7. Jia, Rasha, Carter, Mei and Aisha each threw the ball five times. How many times has the ball been thrown altogether?



Year 1 Sports Day Maths



6. There were 8 pairs of children ready at the starting line of a three-legged race. How many children is that altogether?



Year 1 Sports Day Maths



8. The blue team have 4 points. How many more points do they need to score to get to 20?



Year 1 Sports Day Maths



10. At the start of the day, 18 bibs were shared out between the 2 teams. How many bibs did each team have?



Year 2 Sports Day Differentiated Maths Challenge Cards



1. Jia, Bisma, Sadie, Nikita and Felix scored ten points each for the red team. How many points does the red team have so far?



Year 2 Sports Day Differentiated Maths Challenge Cards



2. The blue team had 32 points before Lowri scored 7 points in the hurdles. How many points do they have now?



Year 2 Sports Day Differentiated Maths Challenge Cards



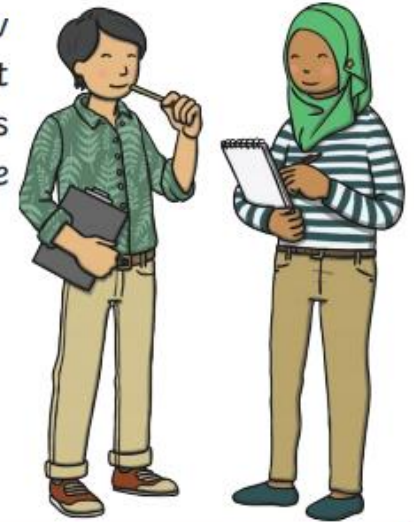
3. Eli had finished all the sports day activities in 50 minutes. Seren took 20 minutes to do the first half and another 20 minutes to do the second half. Who finished the activities in the quickest time?



Year 2 Sports Day Differentiated Maths Challenge Cards



8. At half time, the yellow team was scoring 87 but they had to have 24 points taken off. What was the yellow team's real score?



Year 2 Sports Day Differentiated Maths Challenge Cards



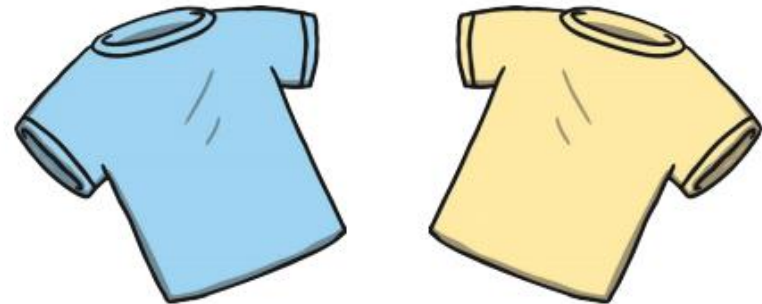
9. There were 9 activities, which each needed 5 cones. How many cones did they need altogether?



Year 2 Sports Day Differentiated Maths Challenge Cards

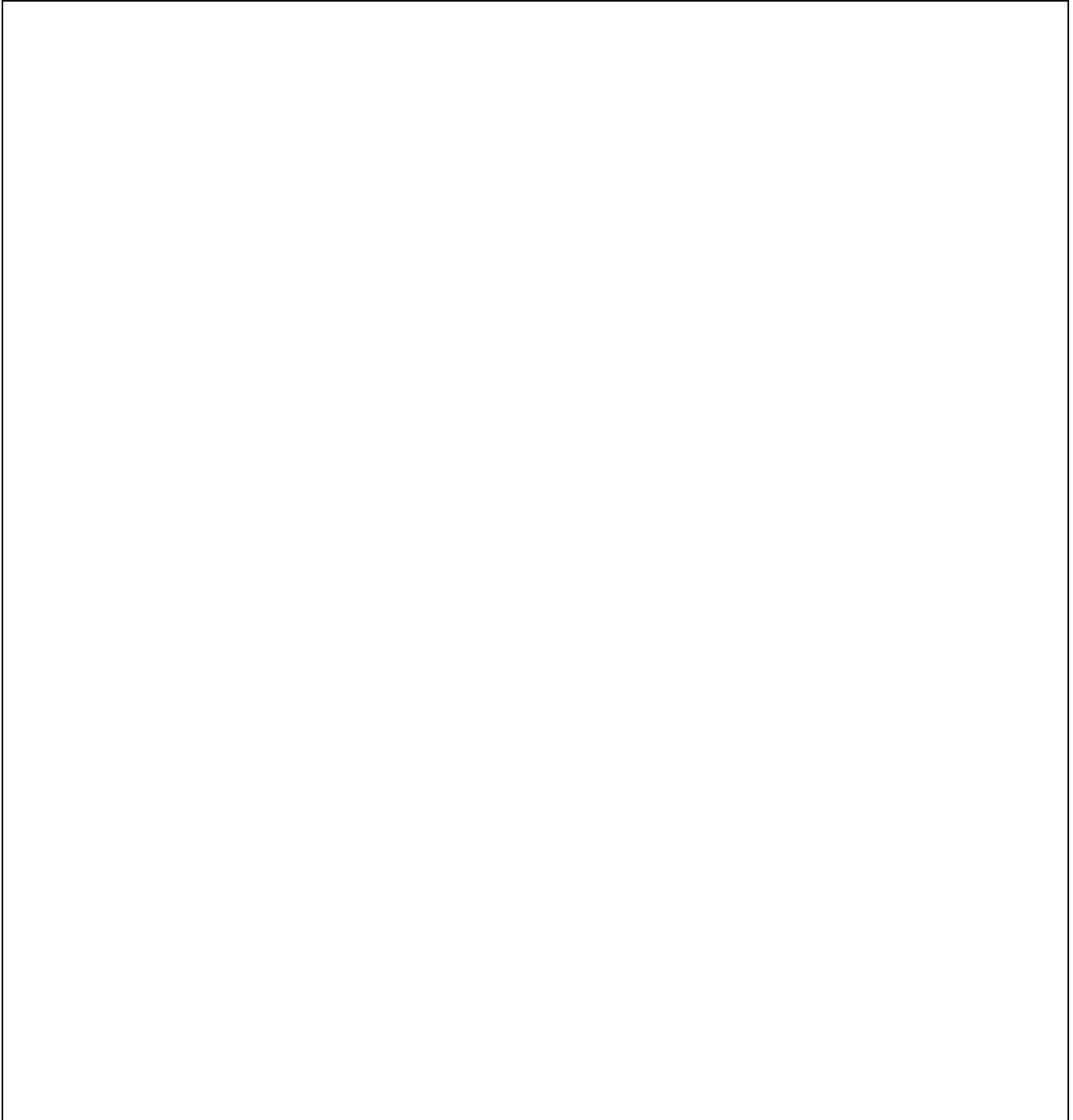


10. At the start of the day, 35 bibs were shared out between the 5 teams. How many bibs did each team have?



Sports Day Mascot

Can you design your own mascot to bring you good luck during sports week?





Troon Primary School

60 Second Challenge

Air Balloon

Can you keep trying even if you lose a life?

The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

#StayHomeStayActive



Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

Achieve Gold

Lose 0 lives



Achieve Silver

Lose 1 life



Achieve Bronze

Lose 2 lives





Troon Primary School

60 Second Challenge Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold

50 Times around your waist.



Achieve Silver

40 Times around your waist.



Achieve Bronze

30 Times around your waist.





Troon Primary School

60 Second Challenge Bean Bag Throw

Can you focus,
concentrating
on the target?

The Physical Challenge

How many times can you
throw a beanbag into a
hoop in 60 seconds?

Stand 3 large steps away from the
hoop. You need to collect the
beanbag and return to the throwing
line once thrown.



#StayHomeStayActive

Equipment

A beanbag and
a hoop

If you do not have a
beanbag or a hoop, why not
use a pair of socks
and a washing basket
instead!

Achieve Gold

30 Throws



Achieve Silver

25 Throws



Achieve Bronze

20 Throws





Troon Primary School

60 Second Challenge

Bunny Jumps

Can you keep going even when you are tired?

The Physical Challenge

How many bunny jumps over a bench or stool can you complete in 60 seconds?

Place two hands on the bench or stool and jump side to side making sure both feet go over the bench. To make it easier step over.



#StayHomeStayActive

Equipment

A bench or a stool*

*Make sure that the object you are jumping over is fixed to the floor.

If you do not have a bench or stool place two hands on the floor and jump side to side.

Achieve Gold

80 Bunny Jumps



Achieve Silver

60 Bunny Jumps



Achieve Bronze

40 Bunny Jumps





Troon Primary School

60 Second Challenge

Burpees

Do you keep trying even when you want to give up?

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

If you find it tough do not perform the leg extensions.

Achieve Gold

30 burpees



Achieve Silver

20 burpees



Achieve Bronze

10 burpees





Troon Primary School

60 Second Challenge

Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive



Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps





Troon Primary School

60 Second Challenge Climb the Mountain

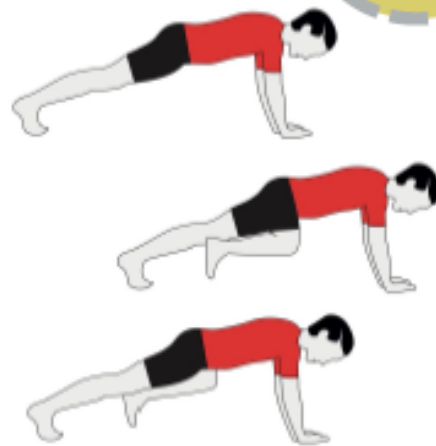
Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers





Troon Primary School

60 Second Challenge

Fast Foot

Can you keep going even if you lose control of the ball?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



#StayHomeStayActive

Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back





Troon Primary School

60 Second Challenge Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball
use a toilet roll or a
cuddly toy.

Achieve Gold

35 times through
your legs



Achieve Silver

25 times through
your legs



Achieve Bronze

15 times through
your legs





Troon Primary School

60 Second Challenge Obstacle Course

How will you move to make sure your jump as many as you can?

The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



#StayHomeStayActive

Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

Achieve Gold

45 points



Achieve Silver

30 points



Achieve Bronze

15 points





Troon Primary School

60 Second Challenge Skipping

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.



#StayHomeStayActive

Equipment

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips





Troon Primary School

60 Second Challenge

Socks in the Box

Do you keep trying even if you struggle to match up a pair of socks?

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.



#StayHomeStayActive

Equipment

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red hearings.

Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



Achieve Bronze

10 pairs of socks





Troon Primary School

60 Second Challenge Speed Bounce

Are you honest?
Only count the jumps that are completed properly.

The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.



#StayHomeStayActive

Equipment

A pillow

If you do not have a pillow, jump over a safe object!

Achieve Gold

80 Bounces



Achieve Silver

60 Bounces



Achieve Bronze

40 Bounces





Troon Primary School

60 Second Challenge

Squat Jumps

Can you be honest when counting your score?

The Physical Challenge

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

30 Squat Jumps



Achieve Silver

20 Squat Jumps



Achieve Bronze

10 Squat Jumps





Troon Primary School

60 Second Challenge

Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge

How many star jumps can you complete in 60 seconds?

Make sure you clap your hands above your head and bring your feet together.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

60 Star Jumps



Achieve Silver

45 Star Jumps



Achieve Bronze

30 Star Jumps





Troon Primary School

60 Second Challenge

Step Ups

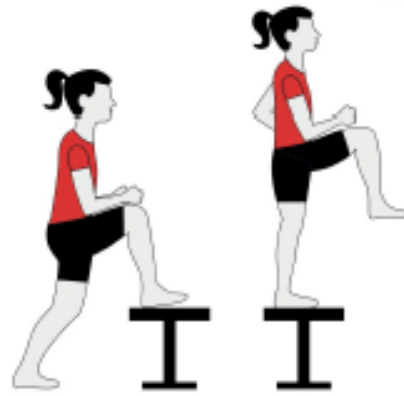
Can you focus, concentrating on the step?

The Physical Challenge

How many times can you step up and down a step in 60 seconds?

You must step up and down with one foot at a time.
No jumping!

#StayHomeStayActive



Equipment

A step

If you do not have a step use a foot pouffe or a stool.

Achieve Gold

70 Step Ups



Achieve Silver

45 Step Ups



Achieve Bronze

30 Step Ups





Troon Primary School

60 Second Challenge

Super Slalom Run

Can you try and run as fast as possible?

The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#StayHomeStayActive

Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs





Troon Primary School

60 Second Challenge

Tap Up Tennis

Do you ask for help if you find it hard?

The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!

#StayHomeStayActive



Equipment

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!

Achieve Gold

60 Tap Ups



Achieve Silver

45 Tap Ups



Achieve Bronze

30 Tap Ups





Troon Primary School

60 Second Challenge

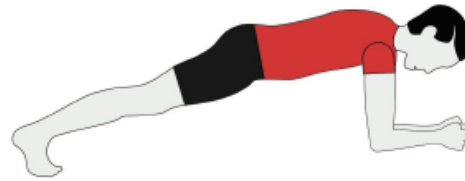
The Plank

Can you focus and show self belief even though it is hard?

The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

Achieve Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more





Troon Primary School

60 Second Challenge Tuck In Tuck Out

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive



Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold

15 tuck in tuck outs



Achieve Silver

10 tuck in tuck outs



Achieve Bronze

5 tuck in tuck outs



Jump up and down in a space 40 times

Play musical statues

Ride a bike, scooter

Balance on a part of your body for 60 seconds

Jump or Move over a pillow 40 times

Play hide and seek

Hop, jump or stand on the spot for 60 seconds

Balance in a plank position

Pass a ball around your waist or head 25 times

Balance an object on your head

Keep a balloon in the air for 60 seconds

Perform 50 star jumps

Complete 20 shuttles (running, walking or moving)

Skip or Move for 2 minutes

Roll a ball across a table 10 times

Perform 40 of the same type of jumps

Create and complete an obstacle course

Throw or roll an object into a target 10 times in a row

Dribble a ball in and out of objects

Perform 40 squat jumps / sit forwards

Throw or roll a ball against a wall or with a sibling

Move and complete 10 laps of your house or garden

Perform 40 jumps

Play a new game with a sibling, parent or carer

Perform 30 push ups

Perform dance movements

Perform a short fitness workout

Perform 30 sit ups or lean forwards

Perform a gymnastics routine

Invent and play a new game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



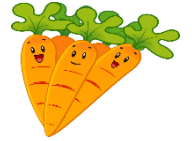
Achieve Bronze

Complete one activity from each line





A Healthy Lunchbox

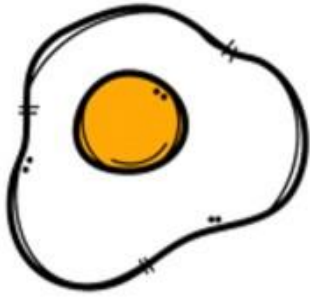


Choose some healthy foods and a drink to put in the lunchbox. Remember your **5 a Day** and your different food groups.



		○	

Cut and Stick Food



egg



broccoli



cupcake



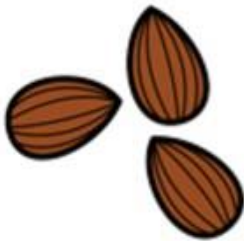
pizza



chips



apple



almonds



french fries



soda



cookie



banana



12 FOODS TO EAT FOR ENERGY



ALMONDS



APPLES



BANANAS



BEANS



EGGS



HONEY



OATS



ORANGES



SALMON



SPINACH



SWEET POTATOES

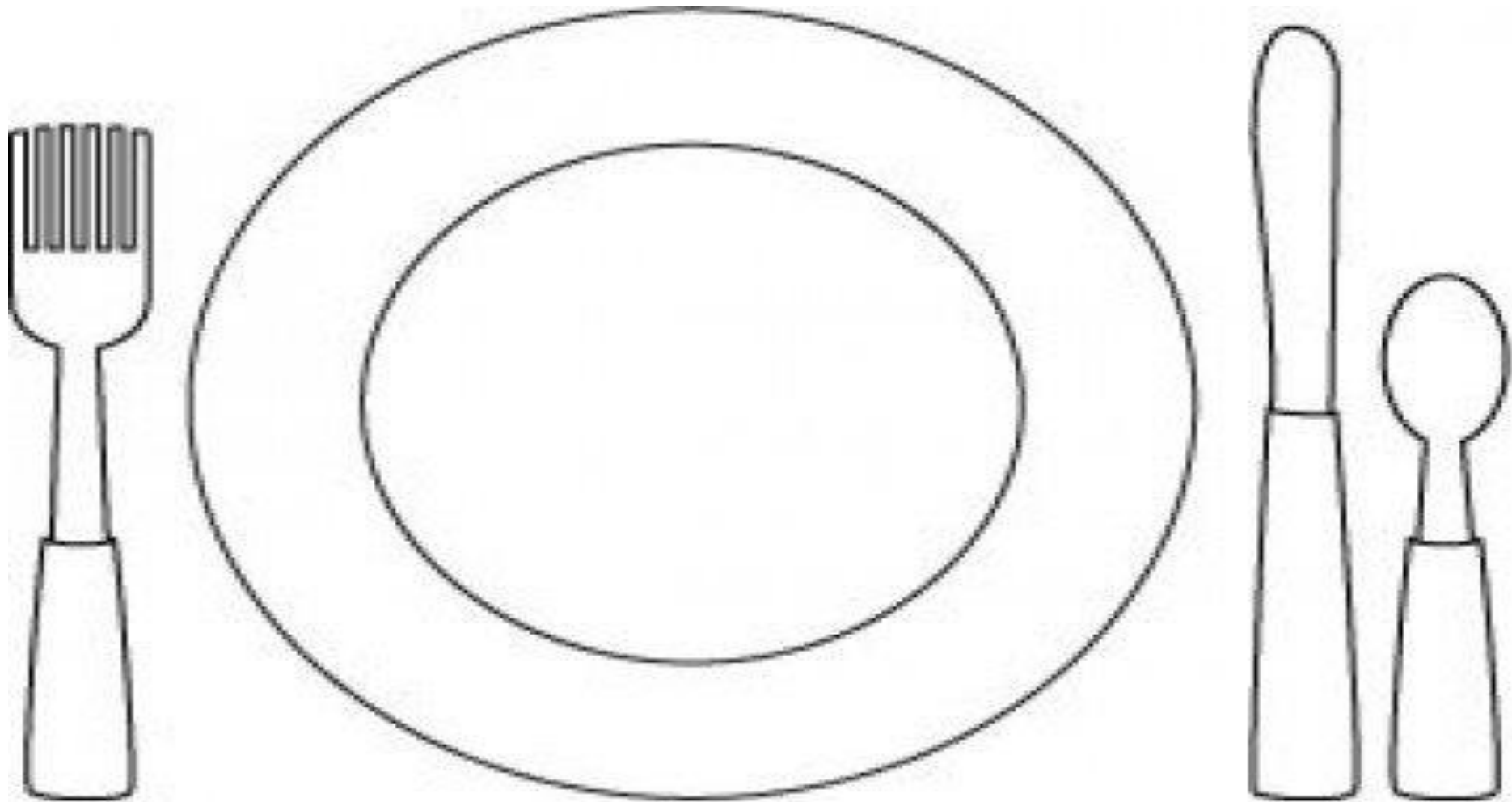


YOGURT

A Healthy Meal

Create a healthy meal for your family.

Draw some healthy food or cut out some pictures from magazines or leaflets you have at home.



Name: _____

Date: _____

Healthy Eating Word Search

There are 12 words hidden in this word search.
The words go from top to bottom and from left to right.
Draw a circle around each word.

G	L	S	V	E	G	E	T	A	B	L	E	S	F	A	C	Q	G	N
C	R	Q	P	C	A	A	G	W	K	Q	E	O	G	Q	D	D	S	O
A	Y	Z	J	D	X	Z	J	S	H	A	A	P	S	U	G	A	R	N
R	U	F	F	A	T	S	I	D	J	S	L	X	H	H	A	S	W	D
B	A	X	S	E	A	X	O	R	Y	D	D	I	N	N	E	R	D	S
O	S	V	A	G	Q	C	P	U	U	Z	T	V	Y	J	E	F	F	A
H	C	T	Y	J	T	F	R	U	I	T	H	F	K	K	I	H	G	E
Y	G	H	L	A	Y	G	O	I	U	X	F	Q	E	L	O	J	Y	T
D	B	J	U	C	U	H	T	G	B	R	E	A	K	F	A	S	T	Y
R	K	U	N	F	D	R	E	B	K	F	E	J	E	T	U	K	U	U
A	L	H	C	G	M	T	I	V	L	H	D	K	A	Y	H	Y	Q	M
T	R	D	H	L	N	W	N	F	D	T	G	Z	D	E	J	T	X	E
E	W	R	T	O	S	K	D	B	M	Y	D	A	I	R	Y	I	D	A
P	S	H	E	A	L	T	H	Y	W	Y	U	S	A	C	A	P	M	T

FRUIT

VEGETABLES

CARBOHYDRATE

PROTEIN

DAIRY

MEAT

SUGAR

FATS

BREAKFAST

LUNCH

DINNER

HEALTHY

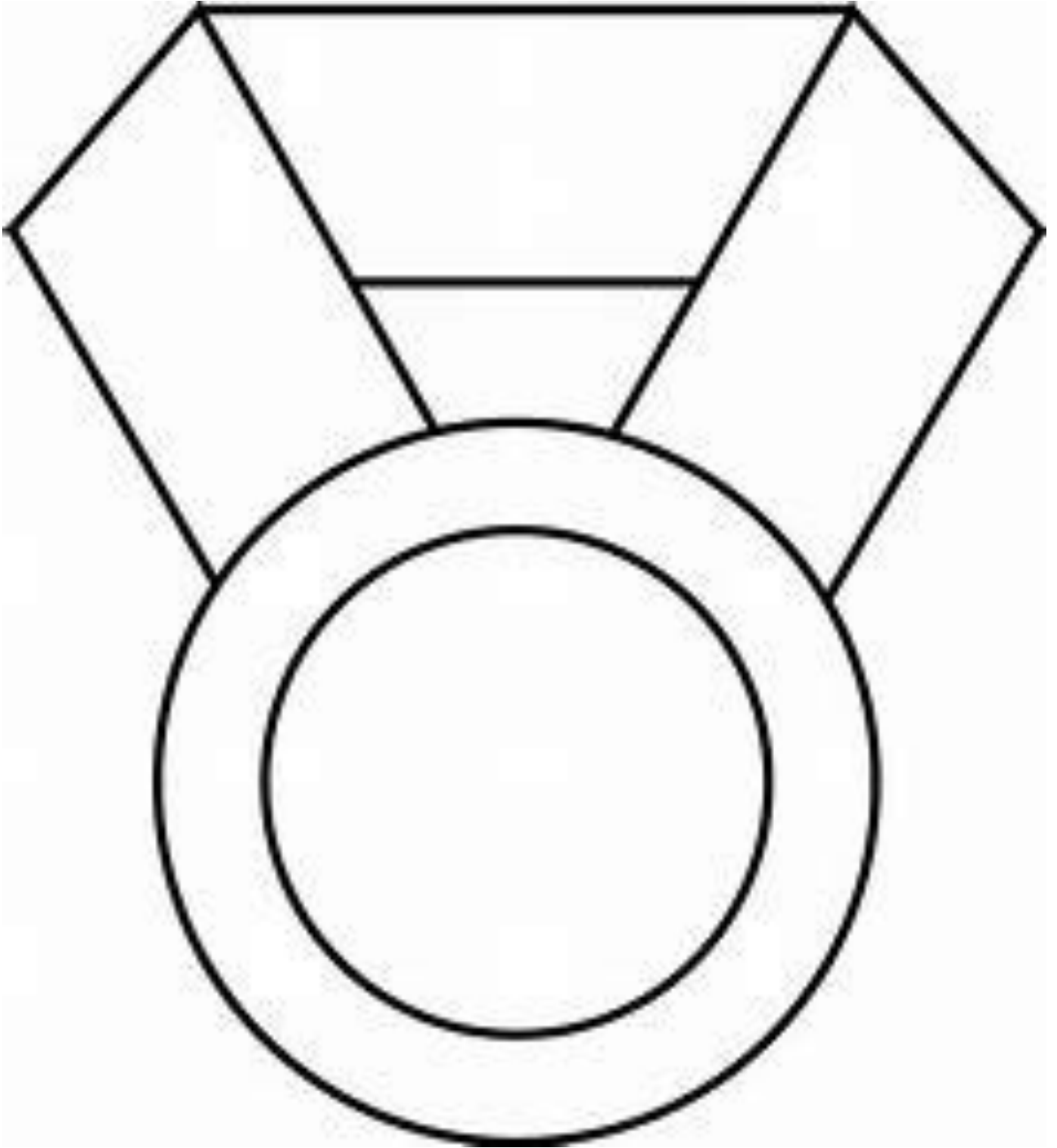




A Medal for Sports Day

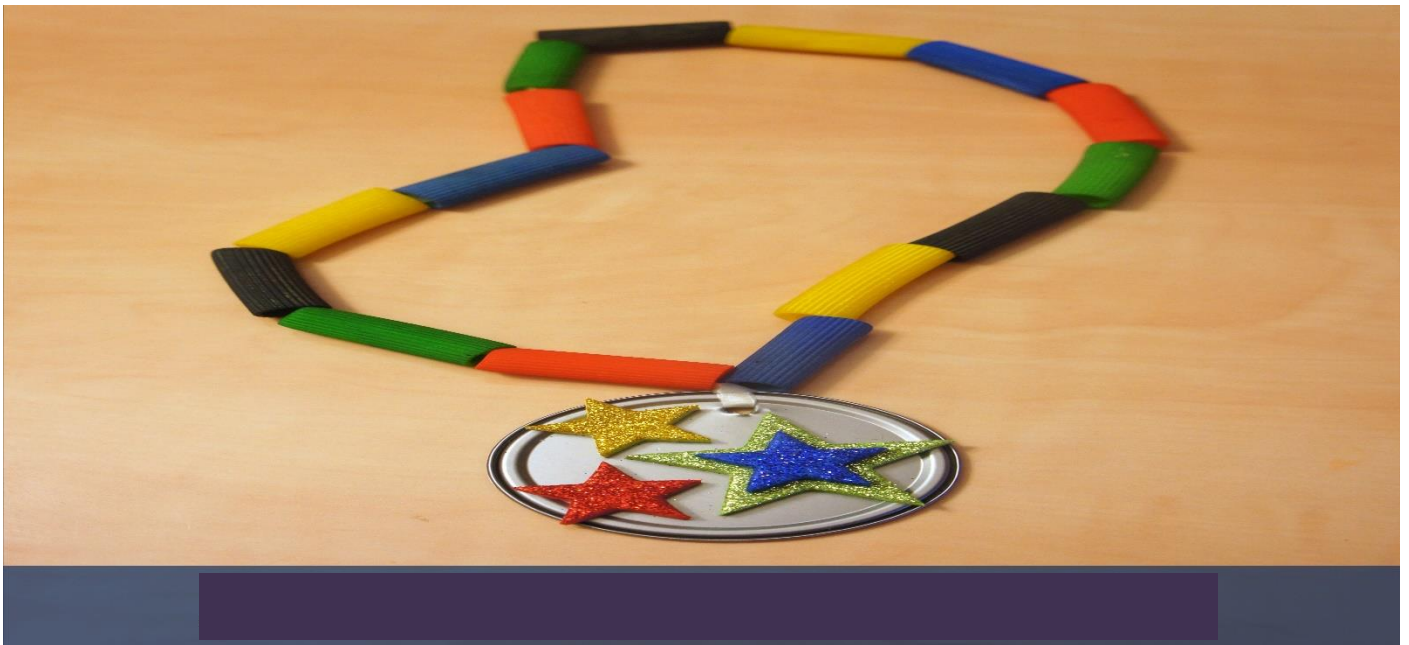


Design your own medal for your achievements in Sports Day.

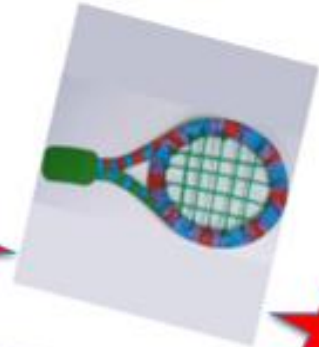




Some ideas to help with making a medal



Sporting Art and Craft Ideas



Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy (kcal)	Fat	Saturated fat	Sugar	Salt
225%	5g	1.2g	34g	0.9g
	LOW	LOW	HIGH	HIGH
	7%	6.5%	36%	15%

of an adult's reference intake
Typical values (as stated per 100g/100ml) 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown Copyright 2016

THE EATWELL PLATE

A guide to the right balance of the five main food groups



- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats



My Athlete Fact File

Insert or draw a photo of your chosen athlete here

Name: _____

Date of Birth: _____

Sport: _____

Age: _____

Where they live: _____

My Facts I have researched:





My Athlete Fact File

Name: _____

Date of Birth: _____

Sport: _____

Age: _____

Where they live: _____

Three Facts I have found out about my athlete are:

1. _____

2. _____

3. _____

Insert or draw a photo of your chosen athlete here



Mindfulness Colouring



Mindfulness Colouring



Sports Day

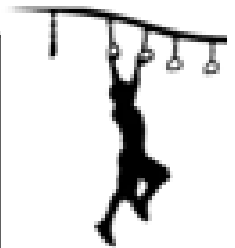
f i n i s h l i n e v c
u i a c t i v i t i e s
n a r o o h w d a q y i
t d g s g r a k f f q g
t r g d t f t s p h f q
h v a s d s e c o n d d
i a d c l a r o i x o s
r z z t e a m r n g l u
d a b m f g a e t h j n
x j r a a s f g s a o h
s p e c t a t o r s i a
s u n c r e a m o f z t

fun	sun hat	third	
team	finish line	points	activities
water	first	score	race
sun cream	second	spectators	



My

Personal Challenge



My personal physical challenge was learning to

_____.

My _____ helped me do it.

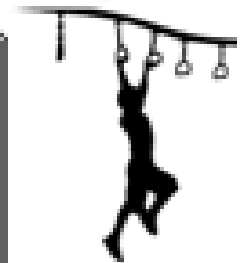
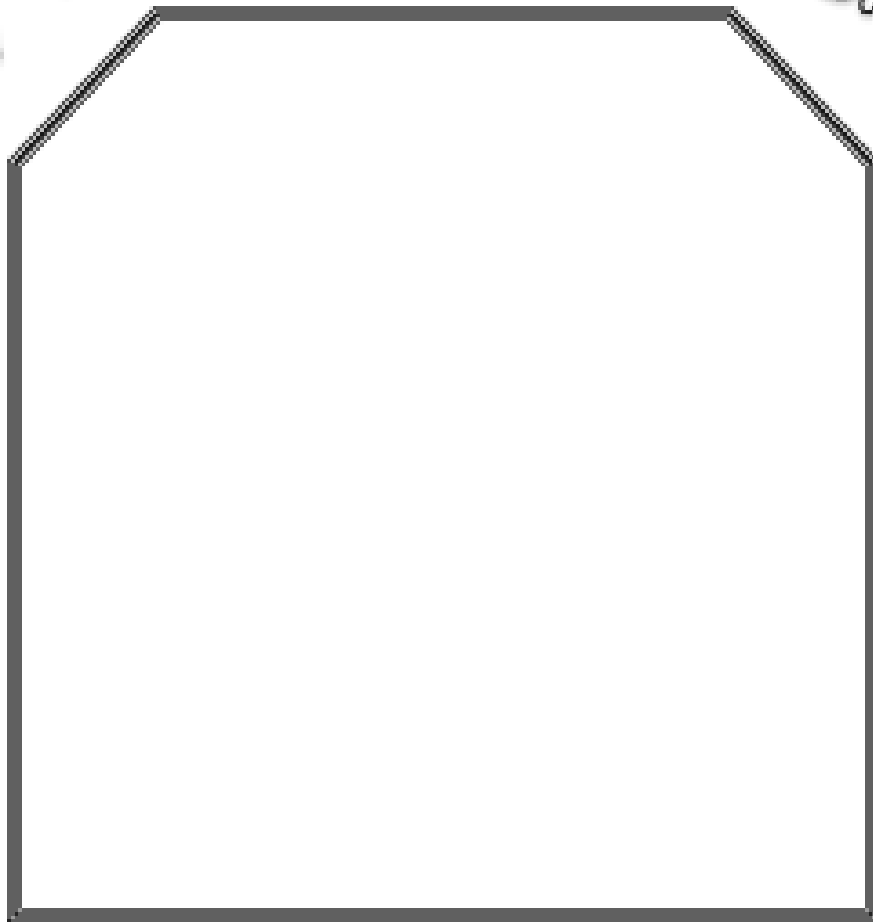
I'm so happy I did it because _____

_____.



My

Personal Challenge



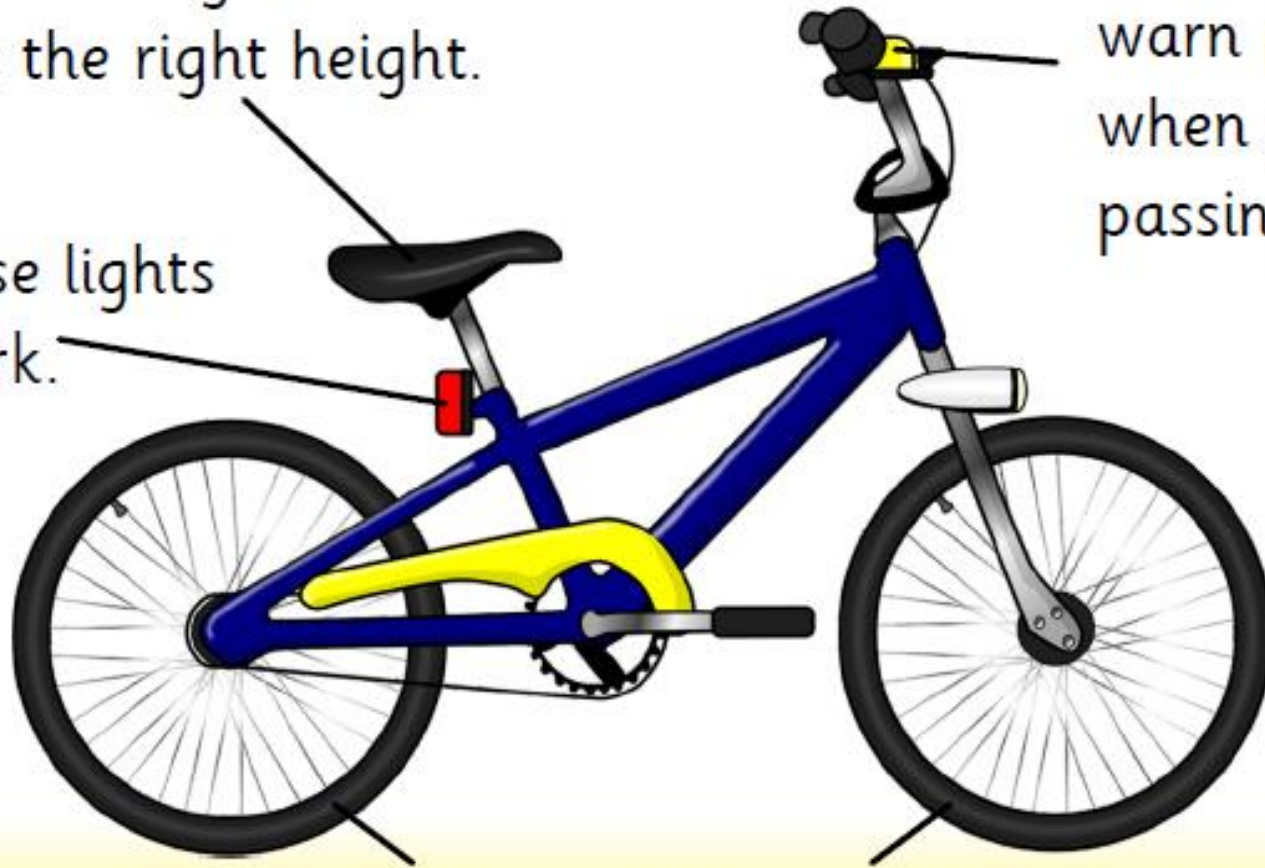
Draw you doing the activity in the box above. Below write how you managed to achieve success in **one** or **more** sentences. Consider what you did, who helped you and why it was a good thing to do.

Bike Safety

Make sure your saddle is at the right height.

Use a bell to warn people when you are passing by.

Always use lights if it is dark.



Keep your tyres pumped up.

Reflective Clothing



Wear reflective clothing to help you be seen if out on the road.

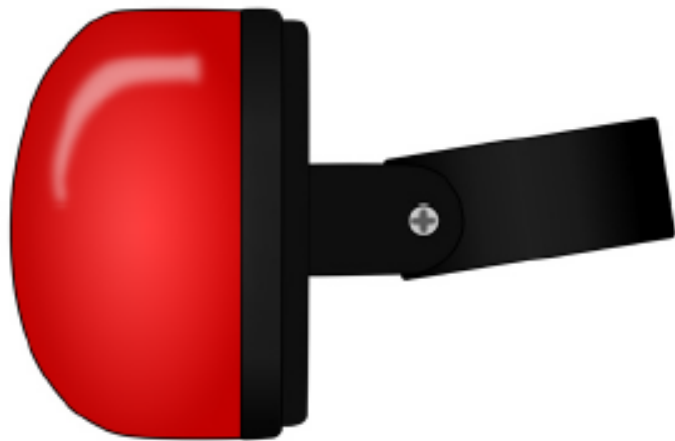
Bell



ding!

A bell is important for warning pedestrians that you are passing by.

Lights




Always use lights if riding when it is dark. You should have a white light at the front and a non-flashing red light at the back.

Saddle



Make sure your saddle is at the right height. Your legs should be almost straight when the pedals are at their lowest point.

Medium and
Challenge



A simple “M” check before you get on your bike means that you can be sure your bike is safe to ride.

Front tyre: Check that it has plenty of air and that it's not too worn.

Front brake: Push the bike forward whilst pulling on the front brake to check that you can reach the brake levers and that they stop the bike.

Steering: Check your handlebars don't move in ways they shouldn't.

Pedals and chain: Turn the pedals and check that the chain isn't rusty.

Seat: Check that your seat doesn't wobble.

Check the **back tyre** as you did the front and the **back brake** by pushing the bike backwards.

Medium and Challenge

Get ready for the road



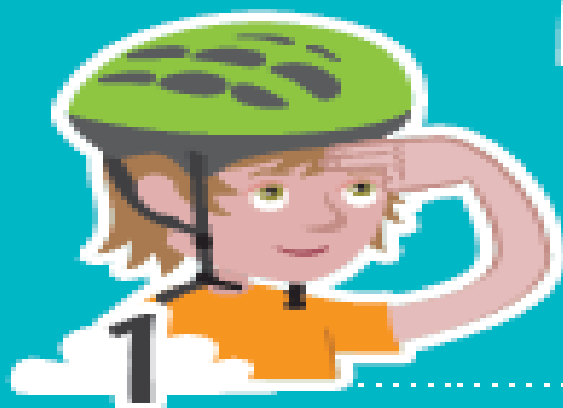
- Check that your bike is the right size: sitting on the saddle you should be able to touch the ground with one foot.
- Make sure that your clothes don't get in the way and that they are suitable for the weather.
- Hi-viz clothing is widely available and can make you more visible.
- Wearing a cycle helmet may reduce the risk of serious injury.
- When wearing a helmet you must make sure that it fits snugly and is level.
- If it is dark make sure that you have working lights: white at the front and red at the back.
- Don't carry things on your handlebars as this can affect steering. Use a rucksack or panniers.



Medium and
Challenge

helmets for kids

Helmet Check



Your helmet sits low and level on your head.

Allow two finger widths above your eyebrows.



Adjust the tightening device at the back of your head if there is one.

The side straps form a "v" under your ears.

Adjust the sliders to lock them into place.



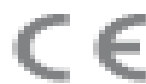
Buckle your chin strap and tighten.

No more than one or two fingers should fit under.

Extra Checks

If there's any strap damage, or cracks in the shell or cover, it's got to go.

Look for the safety standard sticker before you buy, like these below:



Be A Safe Bike Driver

Riding your bicycle can be great fun. But do you know how to “drive” your bike?

[Riding your bike is just like driving a car - there are rules for bike driving.]

1 Wear Your Helmet the Right Way



First put on your helmet so it is level and snug — if it slides around, you need to insert thicker pads.

- **EYES** - you should see the very edge of your helmet when you look up past your eyebrows.
- **EARS** - the straps should meet right under your ear lobes to form a Y.
- **MOUTH** - the strap should be loose enough so you can insert no more than two fingers between the buckle and your skin. It should be tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.

2 Dress Bright & Tight for Safety



- Wear light or bright-colored clothing so you can be seen.
- Tuck away shoelaces, strings or cords so they don't dangle — they may get caught in the moving parts of your bike.
- Loose or baggy clothing can also be dangerous — so make sure you wear snug clothes.
- Avoid wearing headphones.
- Never wear flip flops.

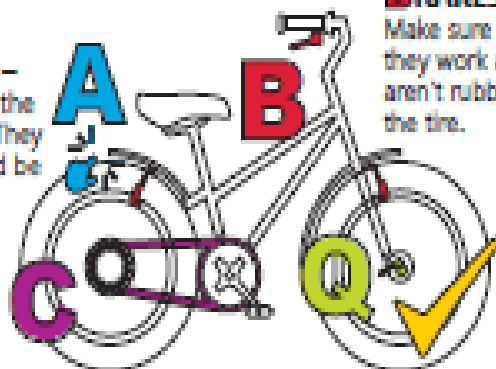
3 Check Your Bike for Safety

Have your bike checked at least once a year at a bike shop.

Check it yourself before biking with the

ABC Quick Check:

AIR - Pinch the tires. They should be hard.

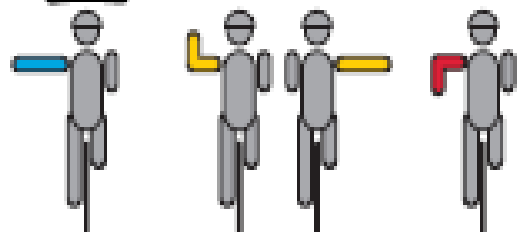


BRAKES - Make sure they work and aren't rubbing the tire.

CRANK/CHAIN - If there are problems with your gears or if the chain is loose, take your bike to a bike shop.

QUICK CHECK - Check "quick release levers" and other bolts to make sure they are tight.

4 Obey the Rules of the Road



LEFT

RIGHT

STOP

(Back View of Bike Driver)

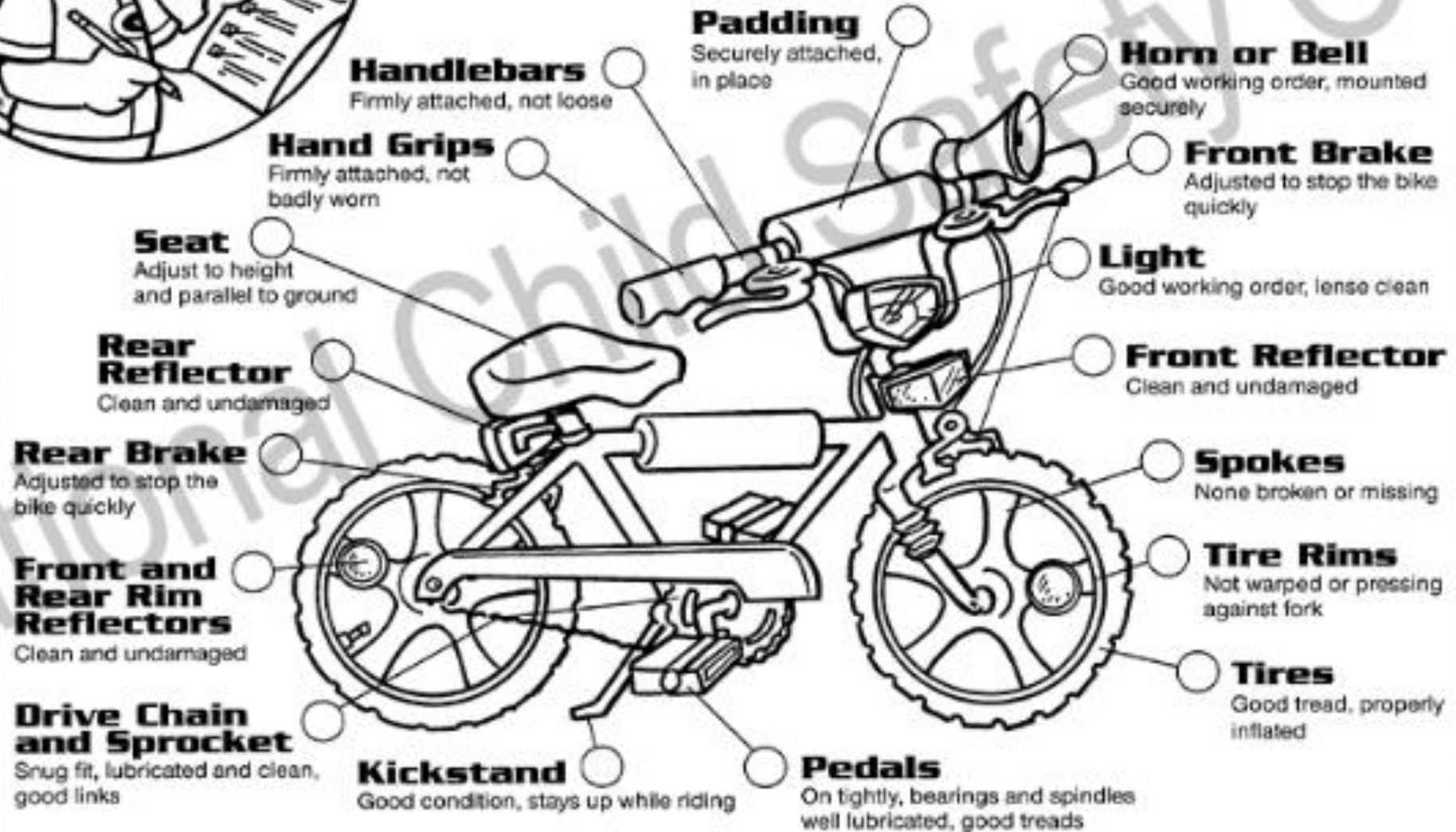
- Ride on the right side of the roadway with traffic.
- Use hand signals when turning or stopping.
- Ride single file.
- Obey traffic signs, signals, and laws.
- Ride straight — no surprises!
- Look back and signal before turning.
- Yield to people walking.
- Use lights if riding at night (remember to ask your parents for permission).
- Always stop at the end of your driveway — look left, right, then left again before entering the road.
- Feel unsafe? You can always walk your bike.

Challenge



Directions:
Use this
checklist to
inspect your
bike.

Safetypup[®]'s Bike Safety Checklist



Handlebars
Firmly attached, not loose

Hand Grips
Firmly attached, not
badly worn

Seat
Adjust to height
and parallel to ground

Rear Reflector
Clean and undamaged

Rear Brake
Adjusted to stop the
bike quickly

**Front and
Rear Rim
Reflectors**
Clean and undamaged

**Drive Chain
and Sprocket**
Snug fit, lubricated and clean,
good links

Kickstand
Good condition, stays up while riding

Pedals
On tightly, bearings and spindles
well lubricated, good treads

Padding
Securely attached,
in place

Horn or Bell
Good working order, mounted
securely

Front Brake
Adjusted to stop the bike
quickly

Light
Good working order, lense clean

Front Reflector
Clean and undamaged

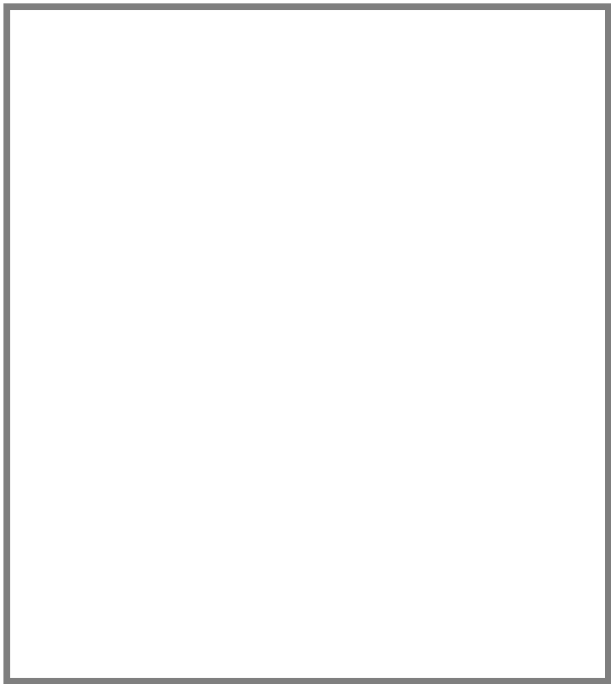
Spokes
None broken or missing

Tire Rims
Not warped or pressing
against fork

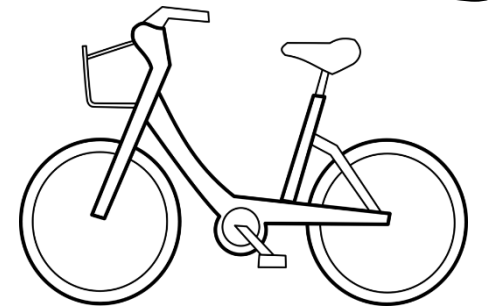
Tires
Good tread, properly
inflated

Design your Bike Safety Poster






Bike Safety



A Place to Cycle

Choose a place you love to cycle and write a tweet in the template below.



Today's Tweet

@ _____

_____ # _____



Remember to post this on Teams to share with everyone.