



TROON PRIMARY SCHOOL & EARLY YEARS CENTRE

Home Learning: Primary 3 and 4

Sports Week



Literacy

Reading

We are learning to select an unfamiliar text to read for enjoyment.
We are learning to answer literal and inferential questions about a text.

Task: Reading Comprehension & Listening and Talking

Reading Challenge

- ✓ Read for enjoyment for at least 20 minutes each day. Try and select a non-fiction text about **a sport or sporting event**.
- ✓ Discuss this book with a family member at home or on your class Teams page.

Read – Task: Reading Comprehension (Select 1 or 2 tasks)

Mild- Read 'Sports Day' then answer the comprehension questions in your 'work-from-home' jotter or use the worksheet provided.

Or

Medium- Read 'The Terrible Trip Up' then answer the comprehension questions in your 'work-from-home' jotter or use the worksheet provided.

Or

Spicy- Read 'Andy Murray' then answer the comprehension questions in your 'work-from-home' jotter or use the worksheet provided.

Rocket Challenge- Reading & Spelling

Using your local environment **find and read** as many words related to **Sport**. You may wish to do this on your daily walk. Look at buildings, sign posts and other facilities in the town.

Write a list of the sporting words you find or take a picture.

For example:



Share your list or pictures on your class Teams page.

Writing

We are learning to gather information and write a report

Task:

Interview a friend or member of your family about a sport you know they play or enjoy watching. Take a note of their answers and write a short report about their sport. You can choose your own questions but here are some ideas.

- ✓ How did your interest in this sport start?
- ✓ How long have you enjoyed playing/watching _____?
- ✓ What is it you enjoy about it?
- ✓ What skills or qualities do you need for this sport?
- ✓ How would you sell this sport to others?

Your report should

- ✓ Be written in full sentences with capital letters and full stops
- ✓ Be written in 3rd person. For example, *My dad started going to football games because his Dad used to take him when he was little.*
- ✓ Have answers to at least 3 questions but no limit.
- ✓ Include at least 1 question not given above.

For a challenge

- ✓ Write a few sentences for each answer and take a new paragraph for each question.
- ✓ Try and vary how you start your sentences.

Now you have finished, decorate your report with some drawings of the sport. We look forward to reading your sport reports.

Numeracy

We are learning to estimate how long or heavy an object is, or what amount it holds, using everyday things as a guide, then measure using appropriate instruments and units. I can name some 3D objects. I am beginning to develop a sense of how long tasks take.

Complete the Weights and Measure Sports Scavenger Hunt on the sheet below ticking each item as you go.

Work through the tasks on the sheet below using different instruments such as a ruler or measuring jug to work out your answers.

Measuring your pulse: Ask someone to help you find your pulse on your wrist, neck or chest – whichever is easiest for you to feel and count. Set a timer for 1 minute and count how many times your heart beats in a minute and record on the sheet.

Next you are going to complete the table by estimating how many star jumps, squats and hops you think you could do in one minute. Then you are going to do each activity counting how many of each you can do in one minute and then in the final column you are going to say whether or not you thought it was a good guess.

All that exercise should have got your heart pumping quickly so take your pulse rate again and record it straight after your exercises. What do you notice?

Nutrition/Healthy Eating

We are learning to investigate the range of foods available I 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: Fruit and Vegetable Characters

Create a 'fruity or fun vegetable character'. Use your imagination to bring your food to life. Experiment with healthy snacks to create a character of your choice! Please use the following pictures to inspire your ideas©.

This activity can also be done through drawing! Please remember to share your wonderful creations on class teams!



Task: Healthy Eating

Eating well is a huge part of keeping healthy. Can you complete the Eatwell Super Hero challenges below? Included are some healthy recipes you can have fun making: Easy Peasy Pizza and Rainbow Fruit Skewers! You can use the recipe or be creative! Share your creations on Teams.

Sports Week Project

We are learning to research and gather information.

We are learning to select media, materials and objects based on their suitability for specific tasks.

Project: Cycling/Bicycles

Research Task – can you complete a Fact-File (templates attached below) with information about a famous British cyclist? You can use books, leaflets, websites, parents and other family members or TV documentaries to help you with your research.

Design Task – Imagine you have travelled 100 years into the future. Can you design and label a concept for a bike that might be used 100 years from now? What would a bike look like in 2120? What new features would it have? Be imaginative as possible!

Challenge Quiz – Answer the quiz questions all about bikes or cycling!

Art:

Task: Design A Sports Day Medal

Use the template below or your own resources to design a sports day medal.



Task: Design a Sports T-shirt for Troon Primary

Design a t-shirt that you would like to wear for P.E. at Troon Primary. Can you link the school colours and motto – Success Through Effort?

Task: Sports Craft Activity

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: Sports Day Word Search

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

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.

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 'Group-call' 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.





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 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

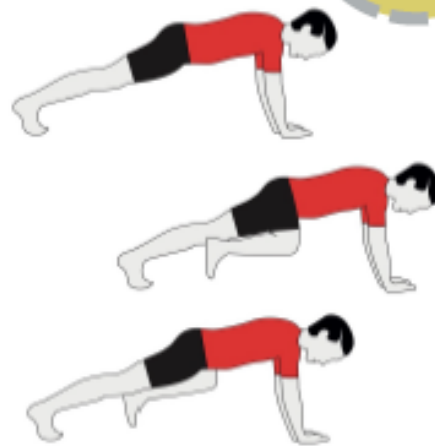
Can you keep going even when you are tired?

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 Feet

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

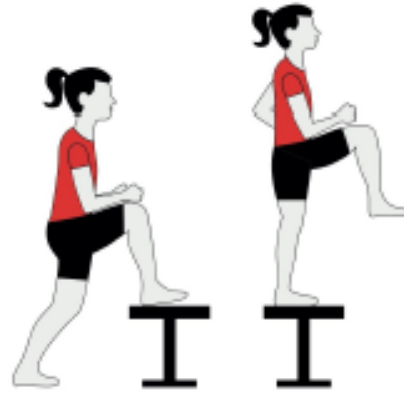
Can you focus, concentrating on the step?

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

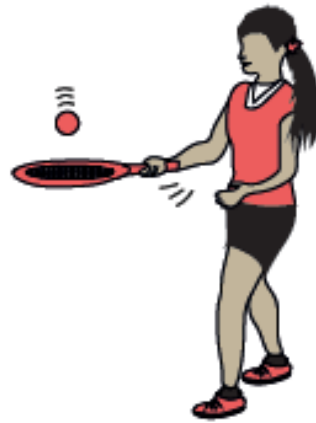
Do you ask for help if you find it hard?

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

Sports Day

Sports Day is a fun day where children do lots of sporting activities at school and families come to watch.

It is usually on the school field or playground in May, June or July.

Competition Time

- It might just be for fun.
- You might score points and earn a:

trophy



rosette



medal



Sporting Activities

Every school chooses their own sporting activities or races for Sports Day, such as...



running race



obstacle race



skipping



three-legged race



dressing up



mini-hurdles



sack race



relay race



space hopper race



bat and ball race



egg and spoon race

Questions

1. Where does Sports Day happen?

- at home
- at school
- at the park

2. When is Sports Day?

- May, June or July
- Saturday, Sunday or Monday
- January, February or March

3. What could you win?

- a book, a poster or pen
- a T-shirt, jumper or hat
- a rosette, trophy or medal

4. Do schools get to choose their own sports activities?

- yes
- no

5. Tick two: Races that might be included are...

- three-legged
- maths and English
- egg and spoon
- drawing

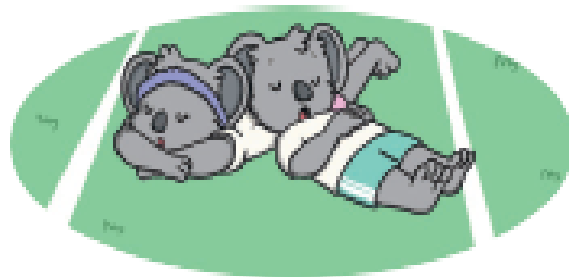
The Terrible Trip Up!

It was only a few days before Sports Day and the fox team were busy boasting about how brilliant they were at all the races.

"We'll win the trophy because we're so good!" said one of the foxes as he put on his trainers before PE. All the animals were really looking forward to a whole day outside, taking part in all sorts of fun sport activities, but the rabbits were feeling a bit worried. They knew they weren't the fastest, the smartest or the best at anything they knew of. During PE, everyone was amazed at the cheetahs. They were extremely fast, zooming off down the freshly-painted track.

"We'll win the trophy because we're so fast," the cheetahs showed off. The rabbits, foxes and zebras practised different activities but the koala team just got themselves all comfy in the shade for another long nap.

"We'll win the trophy because we're so..." started one of the koalas before she let out a huge yawn and fell asleep again.



Soon enough, the day had arrived and the rabbits decided to just have fun and try their best. There was lots of cheering and it was really exciting. The zebras did well at the egg and spoon race.

"We'll win the trophy because we're so clever," bragged the zebras. Then, it was the running race and, as predicted, the cheetahs took the lead. Next up, was the three-legged race!

All the animals lined up at the start in their pairs. Each animal had one of their legs carefully tied to their partner's leg. Suddenly, the whistle blew and they were off, apart from the koalas, who

The Terrible Trip Up!

had fallen asleep at the starting line! The cheetahs roared ahead, so fast that they were soon panting and spluttering. They had run out of breath and had to stop. Then, the foxes took the lead



but were pulling in different directions; stretching the ribbon that tied their legs together until they tripped over. The cunning zebras had many sneaky ideas of how to win the race and stop the others but they couldn't agree. They weren't looking

where they were going so BANG! They carried on arguing as they landed on top of the foxes in a great big heap. The rabbits just kept on going. They carefully moved together, counting and helping each other stay up, all the way to the finish line.



"They won the trophy because they're good at teamwork!" cheered all the animals.



Questions

1. How were the rabbits feeling before Sports Day?

scared

guilty

worried

2. What did the cheetahs say that showed they were feeling confident about Sports Day?

3. Tick two Sports Day races that are not mentioned in the story.

running race

obstacle race

bat and ball race

4. Find and copy one word that is used instead of said.

5. Complete the sentence.

"They won the trophy because they're _____
_____!"

6. What do you think the other animals learnt from the rabbits and how did they learn this?

Andy Murray



Andy Murray, was born on the 15th May 1987, in Glasgow, Scotland. Andy was brought up in Dunblane, near Stirling and has been playing tennis since he was a boy. He won his first tournament as an under-10 junior at the Dunblane Sports Club.

Andy became a professional tennis player in 2005. He won his first Association of Tennis Professionals (ATP) title, the SAP Open, in California a year later. In the next two years, Andy won seven more titles and reached his first Grand Slam final, the 2008 US Open.

The Grand Slam tournaments, also called majors, are the four most important tennis events of the year. The Grand Slam events are the Australian Open in January, the French Open in May and June, Wimbledon in June and July and the US Open in August and September. Each tournament is played over two weeks.

In 2012, Andy became the US Open Champion and in the same year he competed in the London Olympics, winning gold in the Men's Tennis Singles and silver in the Mixed Doubles, alongside his teammate Laura Robson. In 2012, Andy was awarded an OBE (Order of the British Empire) in the Queen's New Year's Honour list.

In 2013, Andy became the Wimbledon Champion. He was the first British male since Fred Perry to win this event in London, for 77 years.



Andy Murray

Andy has won the Queen's Club Tennis Championships five times, from 2009 to 2016. The Queen's Club Championships is a tournament held every year in June, for male tennis players, at the Queen's Club in London. They start one week after the French Open and finish one week before the start of the Wimbledon Championships.

Andy's coaches are former tennis players, Ivan Lendl and Jamie Delgado.

Murray married Kim Sears, daughter of former tennis player Nigel Sears, in 2015, at Dunblane Cathedral. The couple have a daughter, Sophia Olivia, who was born on 7th February 2016.



Andy Murray Questions

1. When was Andy Murray born?

2. Where did Andy Murray win his first tournament?

3. When did Andy become a professional tennis player?

4. What are the Grand Slam tournaments?

5. Which medals did Andy win at the London 2012 Olympics?

6. What tournament did Andy win in 2013?

7. How many times has Andy won the Queen's Club Tennis Championships?

8. Who are Andy's coaches?

9. Where did Andy and his wife Kim get married?

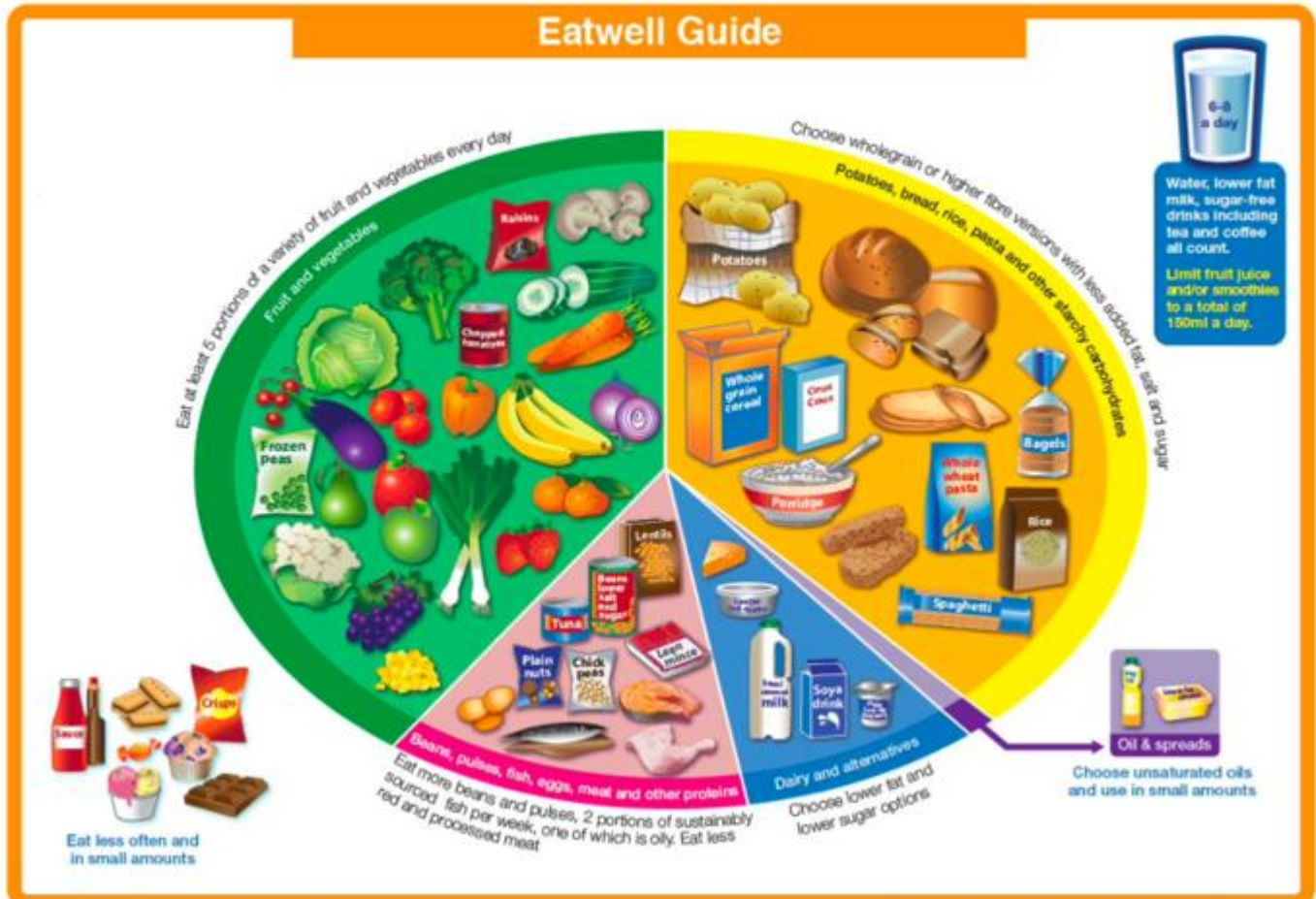
10. What is Andy and Kim's daughter called?



EATING WELL

Let's find out about eating well to keep ourselves healthy.

The foods you eat can turn you into a Super Hero. The Eatwell Guide below helps us see what we should eat and how much from each section we should eat to become Super Heroes.



Super Hero Challenge!

Be a Super Hero and use your powers. Choose foods from each of the food groups and draw them onto the right coloured section of the Eatwell Guide below.

Yellow - any type of bread, pasta, rice, couscous, noodles or potatoes. **These foods give us energy.**

Green – any type of fruit and vegetables. **These keep us fit and healthy.**

Pink - different meats, fish, eggs or a non-dairy protein (lentils, chickpeas). **These foods help us grow properly and build strong muscles.**

Blue - different types of dairy foods made from milk such as cheese, yoghurt and fromage frais. **These foods help us build strong bones and teeth.**

Purple – we need a small amount of oils and spreads in our diets. **These foods provide a small amount of healthy fats.**

Drinks - a drink of water, glass of milk or fruit juice/smoothie (no more than 150ml). **These drinks keep us healthy and stop us feeling thirsty.**



Create your own Eat Well Super Hero!

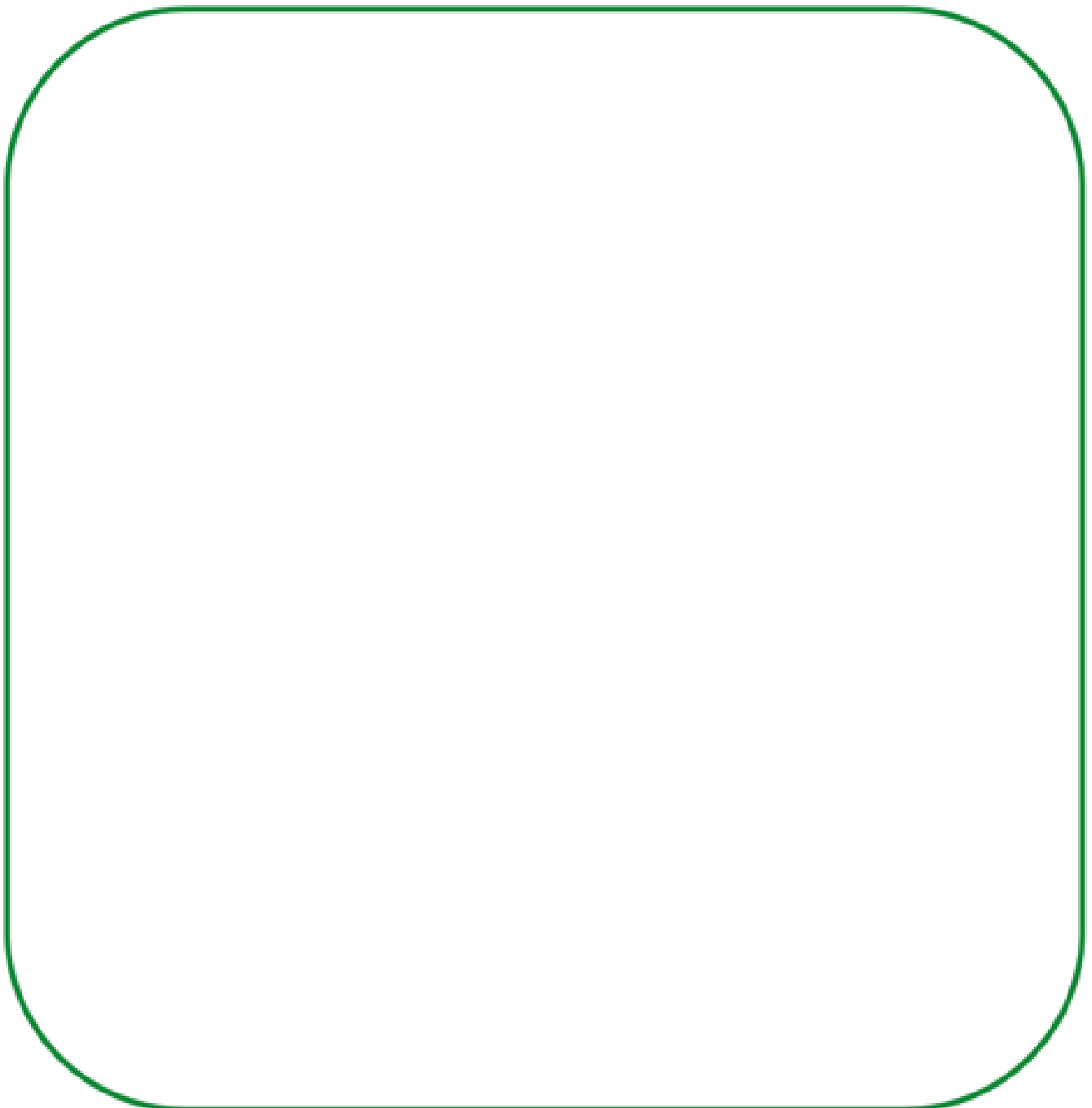
Choose one of the food groups and make up a super hero who has special powers because they eat foods in that group.

For example, Captain Carbohydrate has incredible energy so he can outrun all his enemies or Dan Dairy who can bite through metal with his extra strong teeth!

Discuss the following things:

What is their name? What do they look like? What special powers do they have? What is their favourite food?

Draw a picture of your Super Hero or write a story about an adventure that they have had.



EASY PEASY PIZZA



This is the best pizza recipe for making with kids. Simple, quick, fun to make and tasty - all at the same time.

The nutrient profile of a home-made pizza is so much better than shop bought; lower in fat, salt and sugar. Pile high with vegetable toppings and enjoy.

Can be made gluten free simply by swapping the flours to their gluten free equivalents.



Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; use a timer to cook correctly; tidy away; mix to form a dough; knead; shape dough; use weighing scales; cut using bridge/claw knife technique safely; use a box grater safely; spread with a knife/spoon.

Equipment: Fork, bowl, spoon, weighing scales, rolling pin, baking sheet, stick blender or food processor.

Allergens*: Wheat | Milk

Ingredients (makes 4 individual 20cm pizzas):

- 140g wholemeal self-raising flour
- 140g white self-raising flour
- 200ml Greek yoghurt (0% fat)
- 200g canned tomatoes
- 1 tbsp tomato puree
- 1 pinch of oregano
- 100g mozzarella (grated)
- Toppings of your choice e.g. sliced tomatoes, mushrooms, peppers, courgettes, sweetcorn, red onion, chilli flakes

Method

1. Put the self-raising flours in a bowl and stir in the yoghurt, first with a fork and then bring together to form a dough using your fingertips and knead.
2. Turn out the dough on a lightly floured surface and divide the dough into 4 pieces.
3. Roll out each piece into a circle about 20cm and place on a baking sheet.
4. Blitz the tomatoes in a food processor or with a stick blender, then stir in the tomato puree and oregano.
5. Spoon two dessertspoons of sauce onto the base and spread evenly.
6. Top with a little mozzarella and then your chosen topping.
7. Cook in a preheated oven at 220°C for 10-12 minutes.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



Ingredients

- Strawberries
- Clementines
- Pineapple
- Grapes (red & green)
- Blueberries

Instructions

1. Using skewers, popsicle sticks, or cake pop sticks, slide fruit onto stick in the following order; strawberry, clementine, pineapple, green grape, blueberry, red grape.
2. Make as many as desired and arrange on a platter to form a rainbow.

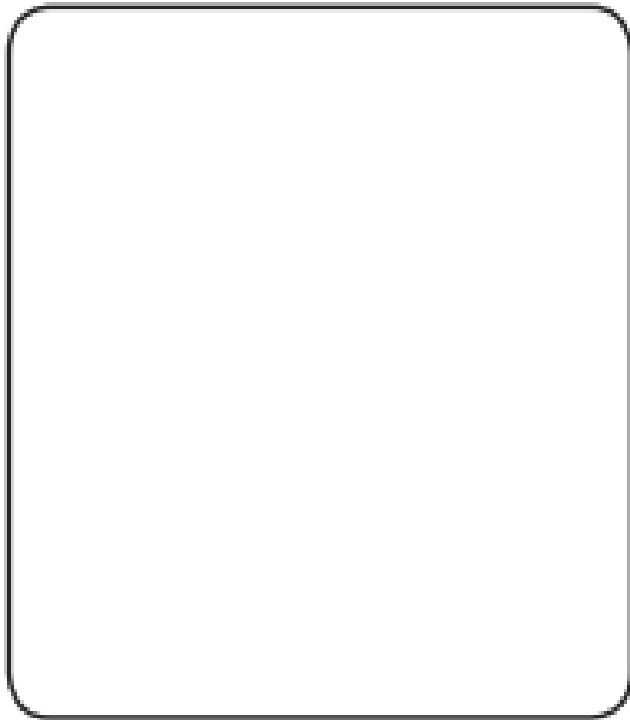
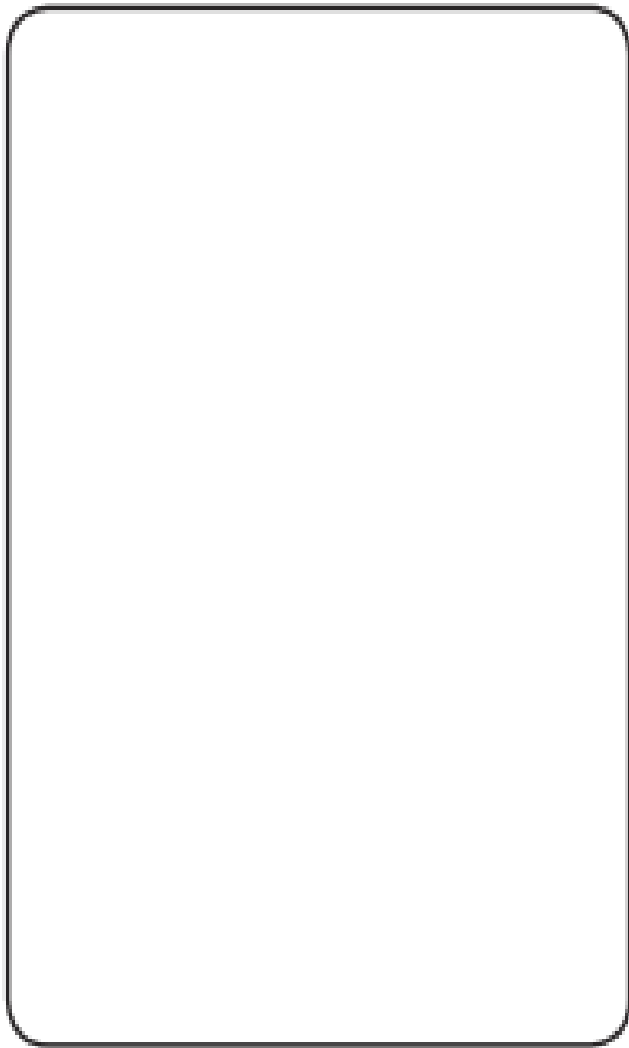
Notes

Each skewer (containing 1 medium strawberry, 1 clementine slice, 1 bite-sized piece of pineapple, 2 grapes and 1 blueberry) has approximately: 27 Calories, 0g Total Fat, 0.4g Protein, 6.7g Carbohydrates, 0.8g Dietary Fiber, 5.4g Sugar, 0mg Cholesterol, 0mg Sodium.

You can use the recipe above to make the **Rainbow Fruit Skewers** or use fruits of your own to create the rainbow colours:

red orange yellow green blue indigo violet

Can you now create a recipe for **Rainbow Vegetable Skewers**?



Handwriting practice box with 18 horizontal lines.

Blank rounded rectangular box for drawing or illustration.

Handwriting practice box with 4 horizontal lines.

Large handwriting practice box with 10 horizontal lines.

New Bike Design

Imagine you have travelled 100 years into the future. Can you design and label a concept for a bike that might be used 100 years from now? What would a bike look like in 2120? What new features would it have? Be imaginative as possible!



Cycling/Bicycles Quiz

- 1. True or False, it is a good idea to wear flip-flops when riding your bike?**
- 2. Where were bicycles first introduced?**
- 3. What was the name given to early bicycles that featured huge front wheels and small rear wheels?**
- 4. One of the most famous road cycling races is the Tour de France – a race with many different stages. What colour jersey does the ‘King of the Mountains’ wear?**
- 5. What does the letter BMX stand for?**
- 6. What is the word used to describe the main group of riders in a road cycle race?**
- 7. How many Olympic Gold Medals has Sir Chris Hoy won?**

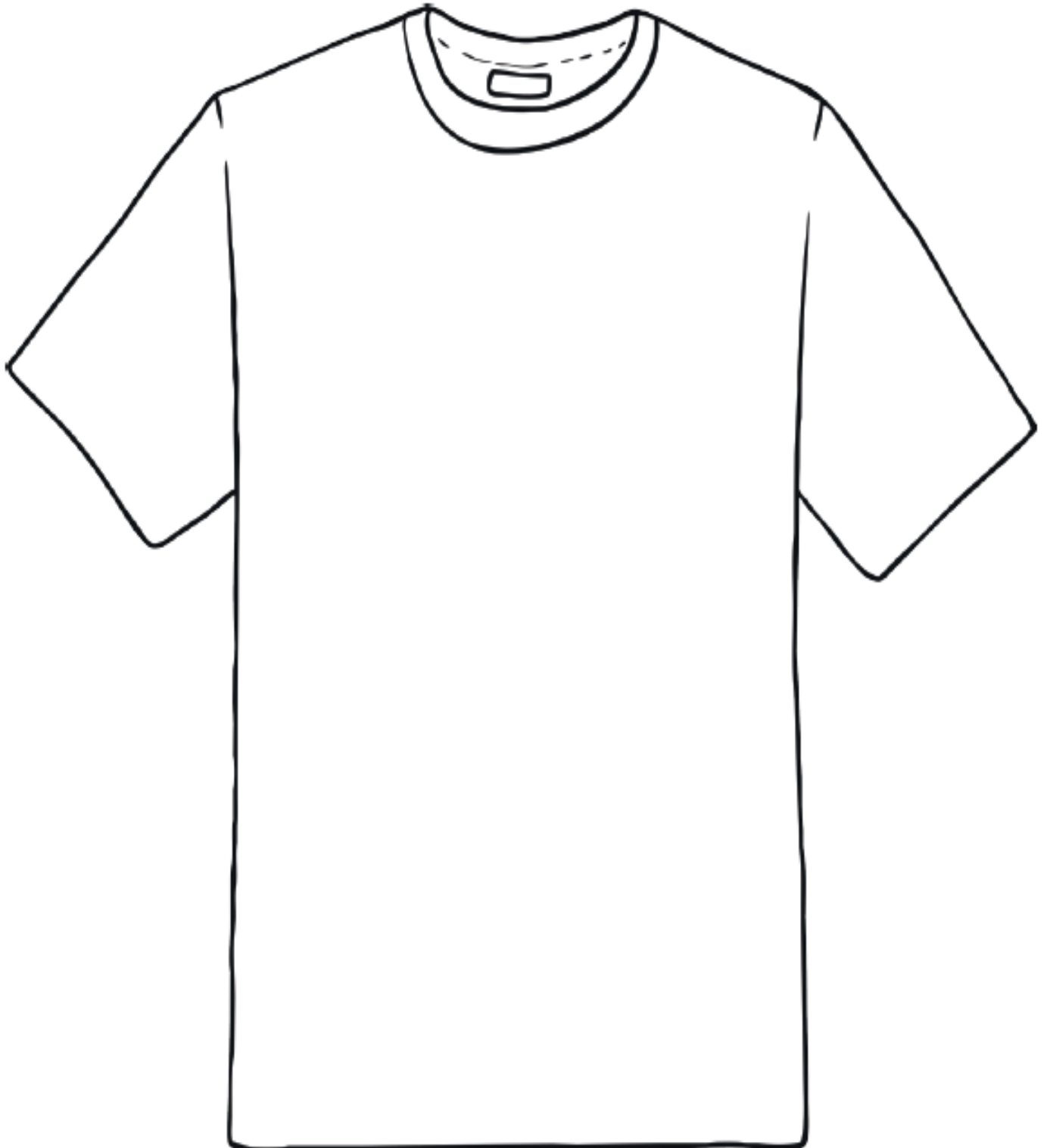
Sports Day Medal

Design a Sports Day medal. For what discipline will your medal be awarded? Winning?
Taking part? Good sportsmanship?

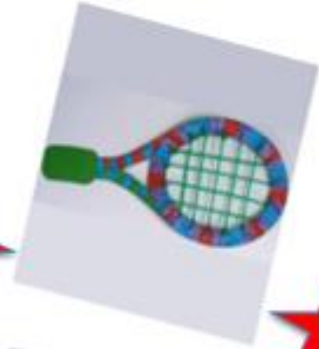


Design a T-Shirt

Can you design a T-shirt for Troon Primary? Think of colours, patterns and designs.



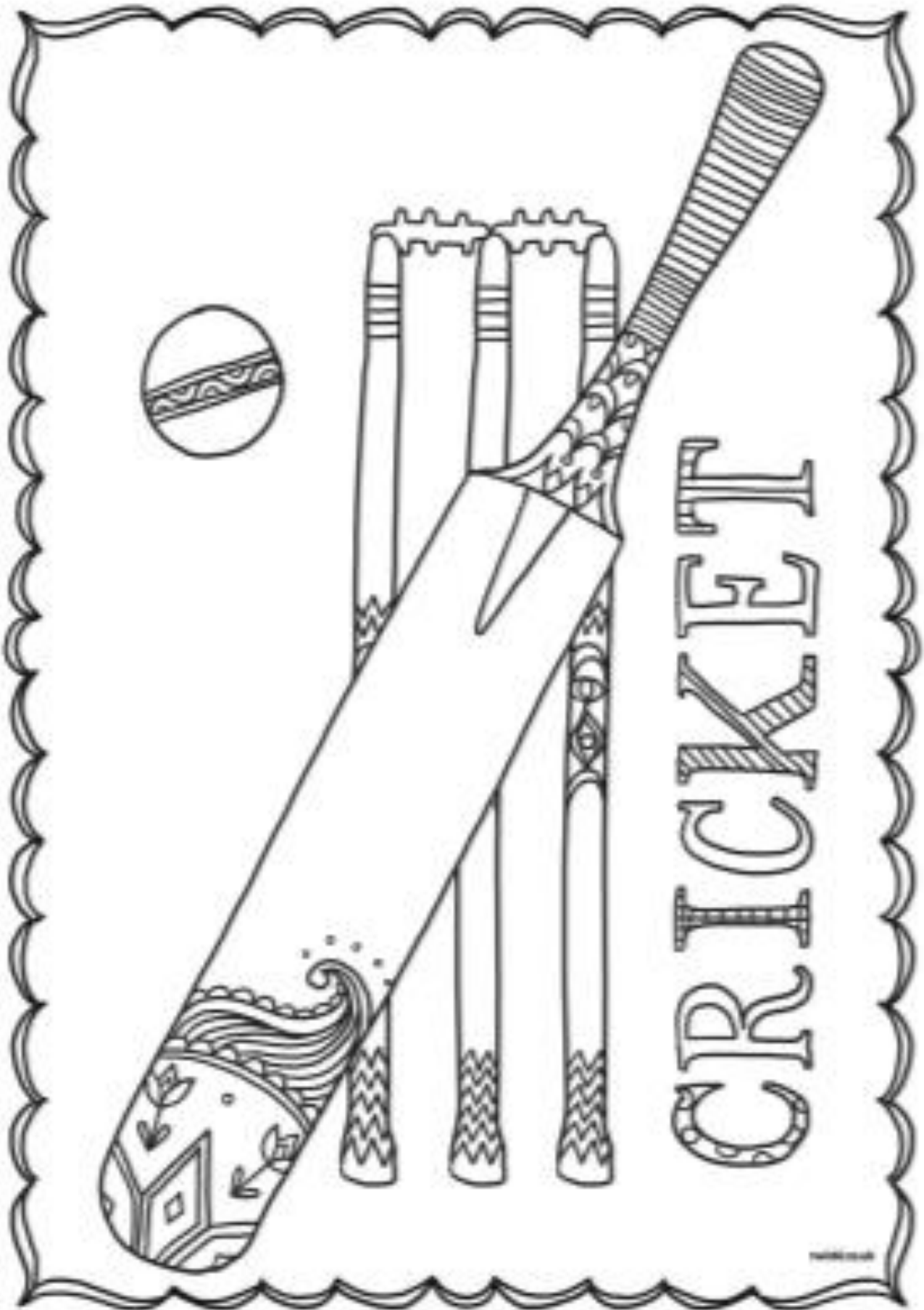
Sporting Art and Craft Ideas



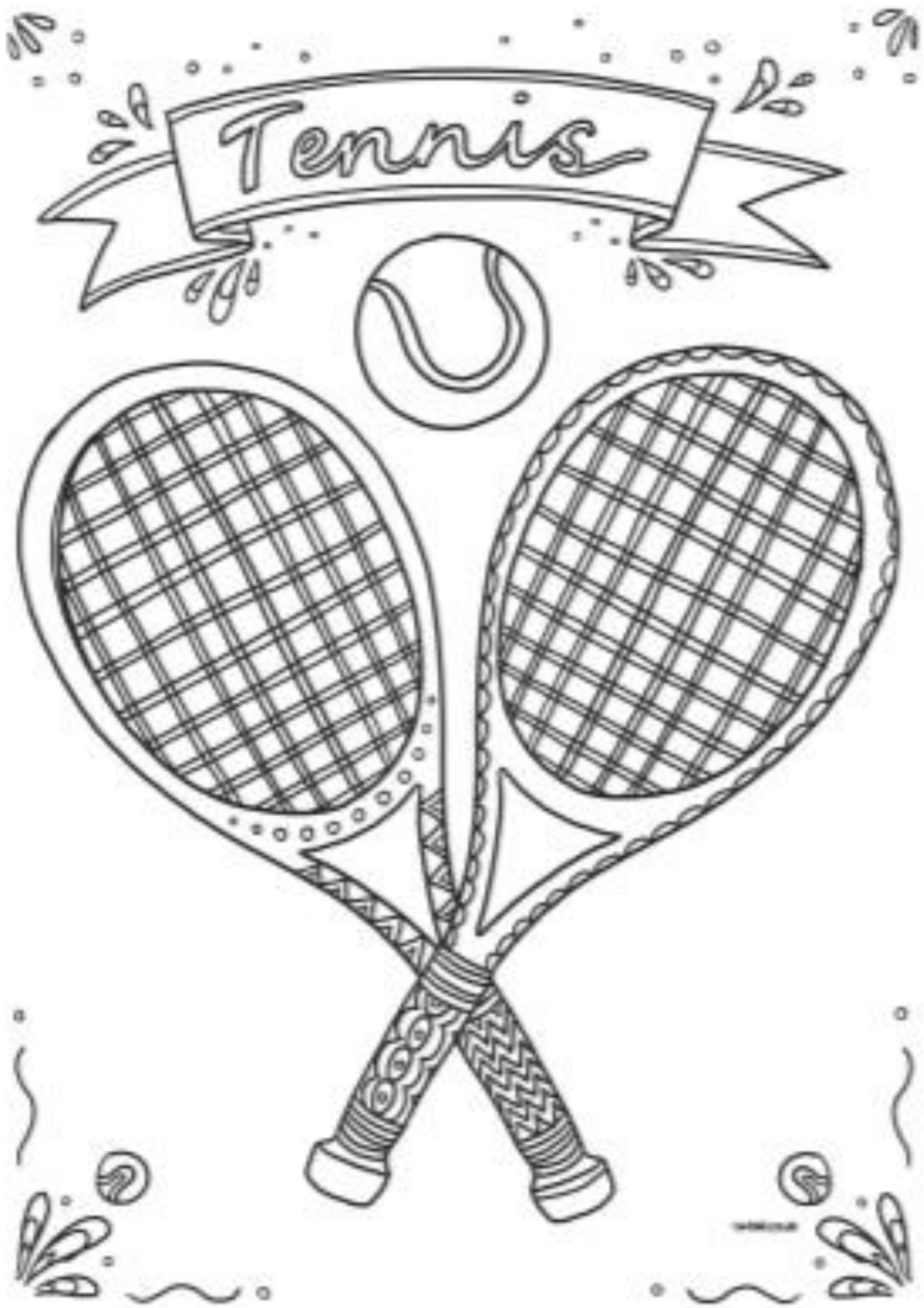
Mindfulness Colouring



Mindfulness Colouring



Mindfulness Colouring



Sports Day Word search

Sports Day

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

activities	running race	sportswoman	teams member
applause	scoring	stopwatch	tournament
competition	spectators	sun cream	
finish lines	sportsman	supporter	



Weights and Measure Sports Scavenger Hunt

Collect and tick as you find them:

Smallest ball you can find

Largest ball you can find

Lightest bat or racquet you can find

Heaviest bat or racquet you can find

Shortest trainer in your house

Longest trainer in your house

Smallest t-shirt in your house

Largest t-shirt in your house

Tallest water bottle in your house

Tasks:

Can you measure both trainers in centimetres? What is the difference between them?

Trainer 1

Trainer 2

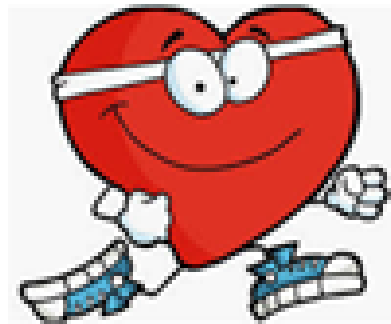
Difference

How many millilitres of water does your water bottle hold?

What 3D shape are the balls?

Are they all the same shape? If they are, can you think of one that is not the same?

Make a circle with small stones. Can you throw both balls in to the circle? Which is easier to get in?



Pulse rate:

Get an adult to help you take your resting pulse rate.

■ **Beats per minute (B.P.M)**

Now do these exercises and complete this table

	<i>Estimate how many times you think you can do this in 1 minute.</i>	<i>How many can you actually do in one minute?</i>	<i>Was it a good guess?</i>
<i>Star Jumps</i>			
<i>Squats</i>			
<i>Hopping</i>			

As soon as you have finished exercises, take your pulse rate again.

■ **Beats per minute (B.P.M)**

What is the difference between your resting pulse rate and your pulse rate immediately after exercise? ■