



TROON PRIMARY SCHOOL & EARLY YEARS CENTRE

Home Learning: Second Level

Sports Week



Literacy

Reading

We are learning to use a range of reading skills and strategies to read and understand texts, e.g. skimming, scanning, predicting, clarifying and/or summarising.

Thoroughly read the Chilli Challenge PowerPoint of your choice. When you are looking through each slide, try to develop your note-taking skills, by picking out the important words or relevant information and making bullet points to support you with the three tasks below. Each PowerPoint has the Chilli Challenges listed on the last slide. The task sheets below are there for you to use to complete your activity.

Task 1:

Using the task sheet provided and possibly the internet, sort the events from the Ancient Greek Games and the Modern Olympics into the Venn diagram.

Task 2:

Using the PowerPoint and possibly the internet if required, answer the questions provided.

Task 3:

Pick a variety of events from the Ancient Olympics or Modern Olympics depending on the Chilli Challenge and create your own Top Trumps cards. Look at the example provided. You can use skills of your choice and create your own scores for each one!

Writing

We are learning to select ideas and relevant information to create an eye-catching information leaflet.

Task:

Read through the PowerPoint provided on 'Information texts.' The Greeks started the Olympic Games almost 3000 years ago in 776 BC. They were held nearly every four years for over a thousand years until they were stopped in 393 AD.

Using websites on the handout below, and what have learned from the reading tasks this week, create an information leaflet for a day at the Ancient Olympics.

Special Music Task – We're all in this Together!
Use the information in your class Team to join the **YMI #together** Team and work on Singing, Percussion, Guitar or Brass. We only have two weeks to work on this

Numeracy

We are learning to use our personal target setting and self-assessment to choose a focus for this week's numeracy and maths which will help us progress in either...

Learning Intentions: choose one or more

- Maths Olympics: **Information handling:** reading a table to construct a graph, remembering key information and presentation, including use of a ruler!
- **Times tables:** Chilli challenges to improve mental agility and tables knowledge
- **Time:** Chilli challenges to make sure you're moving on to your new class (or school!) with a secure understanding of what you have covered already in telling time, duration and changing between analogue and digital



Task: See attached PowerPoint to choose your challenge and level of spice!

Nutrition/Healthy Eating

We are learning to Investigate the range of foods available and 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 1

Many people follow a special diet for medical, religious or personal reasons. These may include:

- vegetarian or vegan
- food intolerances and allergies
- diabetes
- coeliac disease
- Kosher
- Halal

Research/Presentation - Find out about at least one or more of these and write about it on a **poster or PowerPoint**. Think about what food restrictions people may have, and why they follow a special diet.

Task 2

Watch this video about the Eatwell Plate: [Video Link](#)

Using the eatwell plate, **plan/create** a healthy, balanced meal for yourself or someone in your family. It must include all 5 food groups.

Additional Task 2

'Create a healthy recipe' – You can either type or write a healthy recipe for a snack or meal of your choosing. The recipe must include a **title, list of ingredients, descriptive method** and should be **illustrated** to show an example of the final product! Following on from this, you may wish to make your dish and try out your recipe! Please remember to share your finished work on class teams!

Task 3

Have a look in your cupboards, fridge and freezer and see if you can identify where your food comes from. Using the information you have found from your labels, can you figure out how far each product has travelled. Using Google Maps, **search** for the country name and then right click. Click 'Measure Distance' and then click back on Scotland. Note down the distances for each of the products you have found. Which one has travelled the furthest? Which one has travelled the least? Are you surprised by any of the journeys your food has made? Share your findings on Teams.

Task 4

Healthy food tasting challenge - try a brand new healthy food. It should be one you have not tasted before. Let us know what you tried. Maybe you will discover a new favourite! Find out where your new healthy food comes from and calculate the distance from Scotland.

Additional Task 4

Choose at least 3 healthy snacks to eat. As you eat each one take your time and complete the chart provided to show how each item **looks, smells, feels, tastes** and **sounds**. If your mind begins to wonder, remember to bring it back to the task!



Sports Week Project

We are learning to create our own sport

Project

Can you create your own sport or game? What type of sport will it be? What equipment will you need? Will there be teams?

Have a look at the list of everything you will need to consider when creating your own sport:

- A set of clear rules
- Type of equipment you will be using if any
- Where your sport will be played (indoors, outdoors, gym hall, anywhere).
- If your sport is played against someone else or if it is just played by one person. If it is played against other people, are you playing in teams?
- Skills required to play the sport.

Additional challenge: Can you create a sport that can be played against or with someone else while following current social distancing rules? Remember you must stay 2 metres apart at all times and not touch any of the same equipment?

Additional challenge: Create a short demonstration of your sport and upload it to Teams for other members of your class to try.

Art

Task 1: Read the Olympic Games pdf and watch the YouTube clip.
<https://www.youtube.com/watch?v=B7Y1Jn9rLLE>

Task 2: You are to create a NEW Olympic Games logo for 2021.

Your design must include:

- A clear and eye catching logo.
- Your logo must be sports related.
- You can use any medium to create your design – paints, pens, pencils, collage, computer... be as creative as you can!
- You must include at least 2 of the design tools mentioned in the YouTube clip.



Additional Task:

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: Les sports d'intérieur

Look at the PowerPoint about indoor sports. Try saying the words and try to remember them. Next complete the activity sheet without looking at the PowerPoint! Bonne chance!

Task: Sports themed Crossword

Can you complete the crossword? All the answers are sports related!

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.

Reading Chilli Challenge

From the Tasks below, select the set that will challenge you at an appropriate level:



Mild

Medium

Hot

Task 1:

Task 1

Sort the sports in the images from the Ancient Greek Games and the Modern Olympics into the Venn diagram.

Remember

- ✓ If the sport only happened during the Ancient Olympic Games, it will **go to the left**.
- ✓ If the sport only takes place in the Modern Olympics, it will **go to the right**.
- ✓ If the sport is in both, stick it **in the middle where the circles cross**.

Task 1

Using the PowerPoint provided and possibly the internet, sort events from the Ancient Greek Games and the Modern Olympics into the Venn Diagram.

Remember

- ✓ If the event only happened during the Ancient Olympic Games, it will go to the left.
- ✓ If the event only takes place in the Modern Olympics, it will go to the right.
- ✓ If the event is in both, write it in the middle where the circles cross.

Task 1

Using the Venn Diagram provided and possibly the internet, sort the events from the Ancient Greek Games and the Modern Olympics into the Venn diagram.

Remember

- ✓ If the event only happened during the Ancient Olympic Games, it will go to the left.
- ✓ If the event only takes place in the Modern Olympics, it will go to the right.
- ✓ If the event is in both, write it in the middle where the circles cross.

****Challenge****

Write a description of each event you have included.

Task 2:

Task 2

Using the PowerPoint, answer the comprehension questions provided below.

Remember

- ✓ Read the text carefully to help you find the information needed to answer your questions correctly.
- ✓ Answer your questions in full sentences, using full stops and capital letters

Task 2

Using the PowerPoint, answer the comprehension questions provided below

Remember

- ✓ Use your reading strategies to help you find the information needed for each question e.g. skimming and scanning the text.
- ✓ Answer your questions in full sentences, using wording from the question itself.
 - ✓ Read the questions carefully.

Task 2

Using the PowerPoint and possibly the internet if required, answer the questions provided below.

Remember

- ✓ Use your reading strategies to help you find the information needed for each question e.g. skimming and scanning the text.
- ✓ Answer your questions in full sentences, using wording from the question itself.
- ✓ Read the question carefully. Think about the wording. Is it looking for facts or your opinion?

****Challenge****

Create some of your own questions based on the Olympics. You could maybe set them as a task for someone else in your household!

Task 3:

Task 3

Pick 3 events from the Ancient Olympics and create your own Top Trumps cards.
Look at the example provided. You can use skills of your choice and create your own scores for each one!

Task 3

Pick 5 events from the Ancient Olympics and create your own Top Trumps cards.
Look at the example provided. You can use skills of your choice and create your own scores for each one!

Task 3

Pick 3 events from the Ancient Olympics and 4 events from the Modern Olympic and create your own Top Trumps cards.
Look at the example provided. You can use skills of your choice and create your own scores for each one!

****Challenge****

Create your own Top Trumps design cards instead of the template below!

Task 1: Sorting Activity

Mild Chilli Challenge



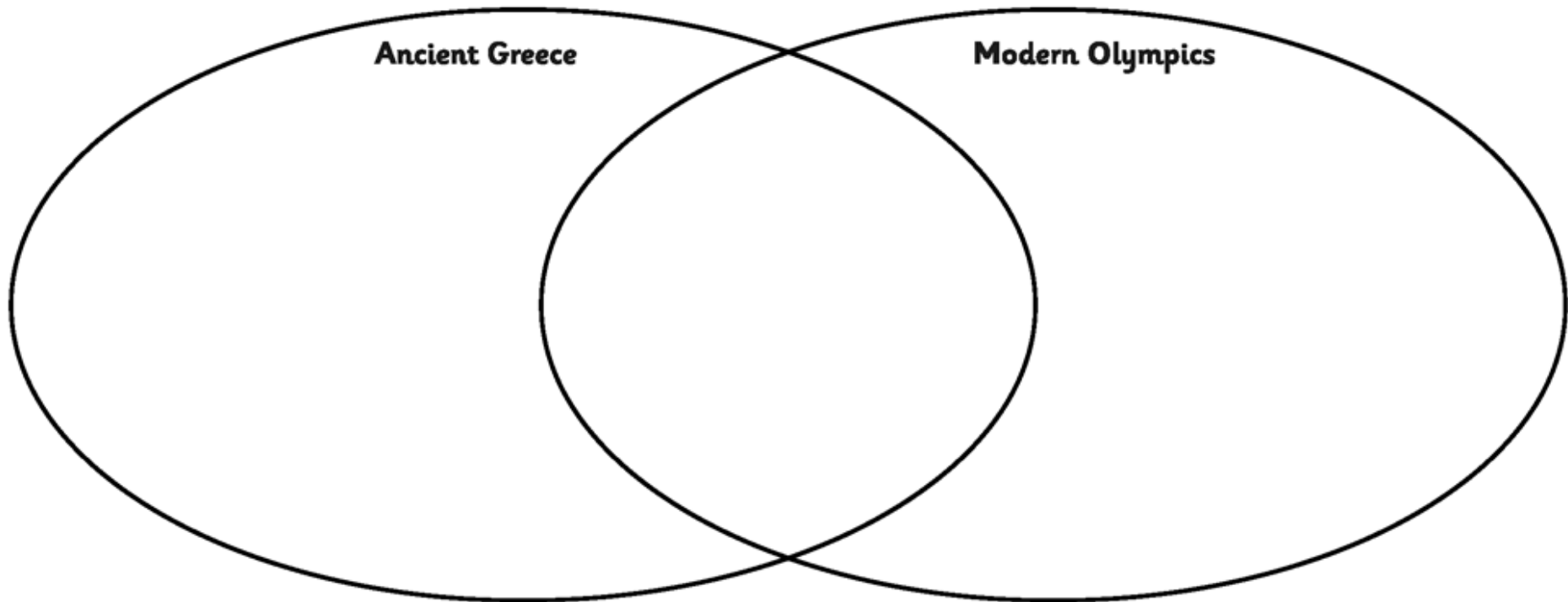
Ancient and Modern Olympics

I can learn about the past from different sources

I can explain how the Olympics have changed over time and how they have stayed the same



Stick in the events from the Ancient Greek Games and the modern Olympics. If the event is in both, stick it in the middle.



running



jumping



gymnastics



archery



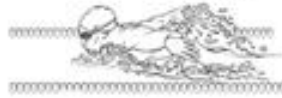
javelin throw



boxing



swimming



cycling



chariot racing



Taekwondo



pankration



wrestling



canoeing



discus



basketball



volleyball



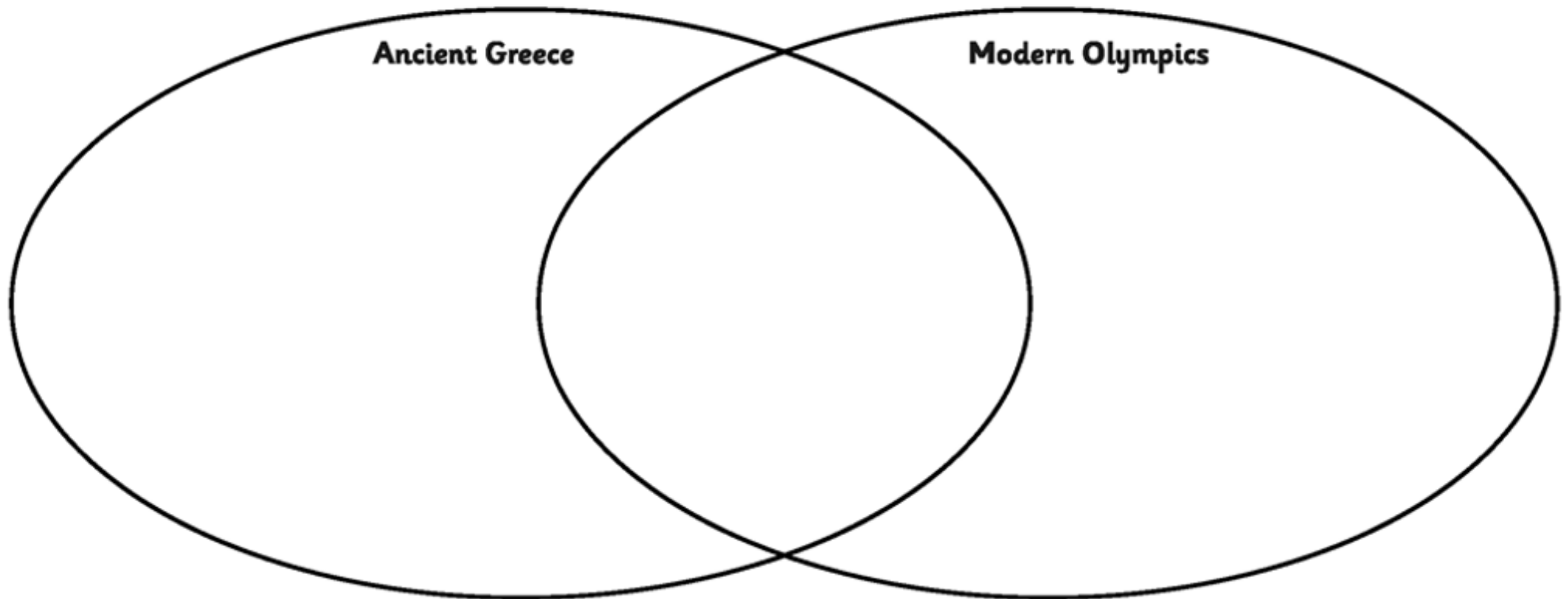


Ancient and Modern Olympics

I can explain how the Olympics have changed over time and how they have stayed the same.

I can learn about the past from different sources.

Using the PowerPoint provided and possibly the internet complete the Venn diagram by writing down the name of events and include an illustration for each, from the Ancient Greek Games and the Modern Olympics. If the events appear in both, write them in the middle.





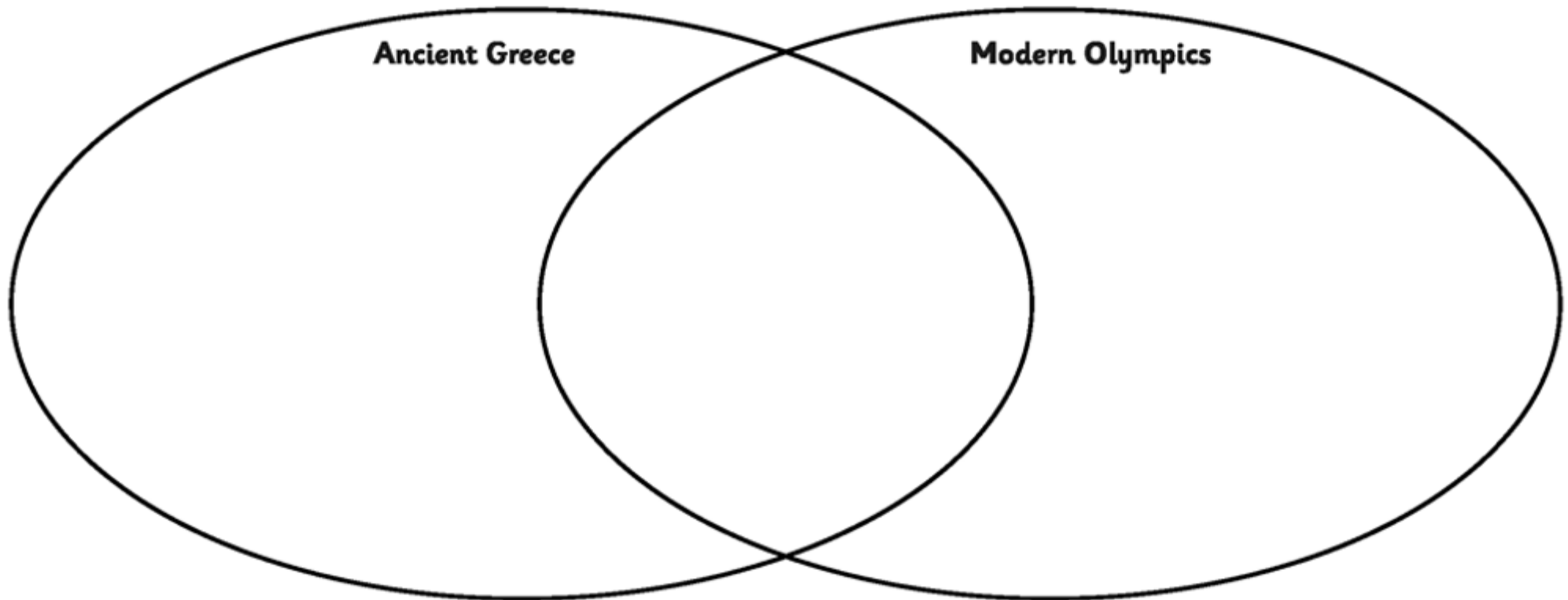
Ancient and Modern Olympics

I can explain how the Olympics have changed over time and how they have stayed the same.

I can learn about the past from different sources.

Using the PowerPoint provided and possibly the internet, write down the events from the Ancient Greek Games and the Modern Olympics into the Venn diagram. Include an illustration for each event. If the events appear in both, write them in the middle.

Challenge Write a description of each event.



Task 2: Reading Comprehension

Mild Chilli Challenge - Ancient Olympic Games

S.C.

I can use information given to me to answer questions.

I can skim and scan text to find information.

I can answer questions in full sentences.



Use the PowerPoint provided to help you answer these questions.

1. What year were the first Olympic games recorded and in which country?

2. How often do the Olympics take place?

3. How many Ancient Olympic Sports were there?



4. How many sports are there included in the Olympics today?

5. Who was not allowed to watch or compete in the games?

6. Ancient Olympians did not wear shoes when taking part, what do you think the reason for this was?

Mild Chilli Challenge - Ancient Olympic Games

Answers

1.

2.

3.

4.

5.

6.



Medium Chilli Challenge- Ancient Olympic Games

S.C.

I can use information given to me to answer questions.

I can skim and scan text to find information.

I can answer questions in full sentences.

I can differentiate between fact and opinion.



Use the PowerPoint provided to help you answer these questions.

1. What year were the first Olympic games recorded and in which city and country?

2. How often do the Olympics take place?

3. What event takes place two years after the summer Olympics?

4. Why do you think these two events do not take in the same year?

5. How many Ancient Olympic Sports were there? List them below.

6. How many sports are included in the Olympics today? Can you list some sports you think might be included?

7. Who was not allowed to watch or compete in the games? Why do you think this was?



8. What sports were included in the Ancient Olympic Pentathlon?

9. Why do you think it is believed the Ancient Olympic Games were created to honour Zeus, the king of Gods?

CHALLENGE

Using the internet, books or people in our household, can you write down a list of Ancient Greek Olympic Games and then a list of Modern Olympic Games?

Are there any sports still the same?



Ancient Olympic Games	Modern Olympic Games

Hot Chilli Challenge

Ancient Olympic Games



S.C.

I can skim and scan text to find information.

I can answer questions in full sentences.

I can differentiate between fact and opinion.

I can identify similarities and differences between Ancient Olympics and Modern Olympics.

Use the PowerPoint provided to help you answer these questions.

1. What year were the first Olympic Games recorded?
2. In which city were The Olympics originally held? How often did they take place?
3. Why was it dangerous to travel around the cities in Greece?
4. What is the difference between winning the Modern Olympics to winning the Ancient Olympics?
5. What traditionally happened after the Games ended?
6. List four facts that show how women were treated differently to men during the Ancient Olympics.
7. What happened in 1894?
8. Write a short summary about 'The Olympic Torch' and what it represents.
9. Name the 7 sports included in the Ancient Olympic Games when it became a four day event.
10. In your opinion, why is it believed the Ancient Olympic Games were held in honour Zeus?

CHALLENGE

Using the internet, books or people in our household, can you write down a list of Ancient Greek Olympic Games and then a list of Modern Olympic Games? Provide an illustration for at least 5 of the sports from each list.

Are there any sports still the same?

Are there any sports you have taken part in before?

Are there any sports you have never heard of?




If you could attend either the Ancient Olympic Games or the Modern Olympic Games, which would you choose and why?

Task 3 – Top Trump Cards


Mild Chilli Challenge - Ancient Olympic Top Trumps

Pick three other events from the Ancient Olympics and create your own Top Trumps cards.

<p><u>Javelin</u></p> 	
Difficulty.....7	
Skills.....6	
Strength5	


Medium Chilli Challenge - Ancient Olympic Top Trumps

Pick five other events from the Ancient Olympics and create your own Top Trumps cards.

Javelin	
	
Difficulty.....	7
Skills.....	6
Strength	5

Hot Chilli Challenge – Ancient Olympics V Modern Olympics

Pick **three** other events from the Ancient Olympics and **four** Modern Olympic events and create your own Top Trumps cards.

Javelin 
Difficulty.....7
Skills.....6
Strength5



Writing Task

Read through the PowerPoint given on 'Information texts.'

The Greeks started the Olympic Games almost 3000 years ago in 776 BC. They were held nearly every four years for over a thousand years until they were stopped in 393 AD.

Using websites below, and what have learned from the reading tasks this week, create an information leaflet for a day at the Ancient Olympics.

Your leaflet should contain information on:

Who could attend the Olympics?

What would you see at the Olympics?

Where would the Olympics take place?

When would the Olympics take place?

Why should people attend the Olympics?

Suggested websites:

https://www.ducksters.com/history/ancient_greek_olympics.php

<https://www.historyforkids.net/ancient-greek-olympics.html>

<https://www.bbc.co.uk/bitesize/topics/z87tn39/articles/z36j7ty>

<https://www.olympic.org/ancient-olympic-games>



Writing



Mild	Medium	Hot	Extra Hot
<p><u>Success Criteria</u></p> <ul style="list-style-type: none"> ✓ I can include an interesting title. ✓ I can include sub-headings. ✓ I can use interesting adjectives in my writing. ✓ I can write in sentences, punctuating my work accurately. 	<p><u>Success Criteria</u></p> <ul style="list-style-type: none"> ✓ I can include an interesting title. ✓ I can include an introduction that grabs the reader's attention and clearly explains the topic. ✓ I can include appropriate sub-headings. ✓ I can include a wide range interesting adjectives. ✓ I can write in paragraphs that include one main idea. ✓ I can read over my own writing to check that it makes sense. 	<p><u>Success Criteria</u></p> <ul style="list-style-type: none"> ✓ I can organise information in a logical way. Eg. Title, sub-headings, images. ✓ I can use short and long sentences to engage the reader. ✓ I can use emotive language throughout my writing. ✓ I can use topic sentences to make the idea of each paragraph clear. ✓ I can include figurative language in my writing. <u>For example</u>, similes and metaphors. ✓ I can check over my work carefully, and correct any spelling and grammar errors before submission. 	<p><u>Success Criteria</u></p> <ul style="list-style-type: none"> ✓ I can choose an appropriate layout to engage the reader and include, headings, bullet points, graphics and captions. ✓ I can include an introduction that makes the topic clear and a conclusion that rounds off the writing. ✓ I can use sentences of different lengths and vary sentence beginnings. ✓ I can use a range figurative language to engage the reader. <u>For example</u>, similes, metaphors, alliteration and onomatopoeia. ✓ I can paragraph my work accurately.



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

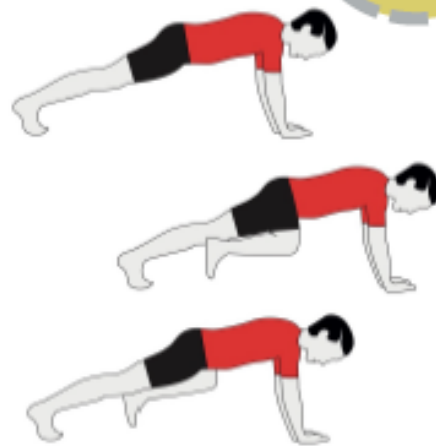
Can you keep going even when you are tired?

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 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

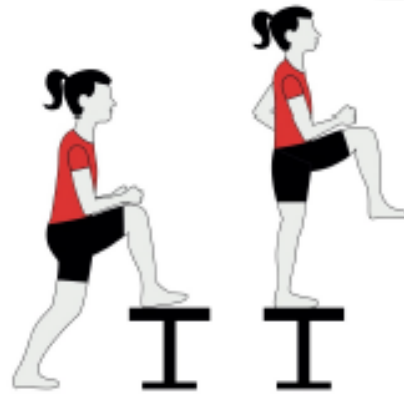
Can you focus, concentrating on the step?

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

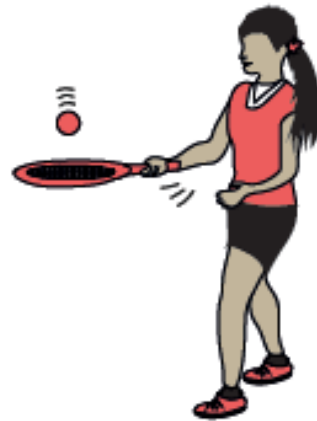
Do you ask for help if you find it hard?

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

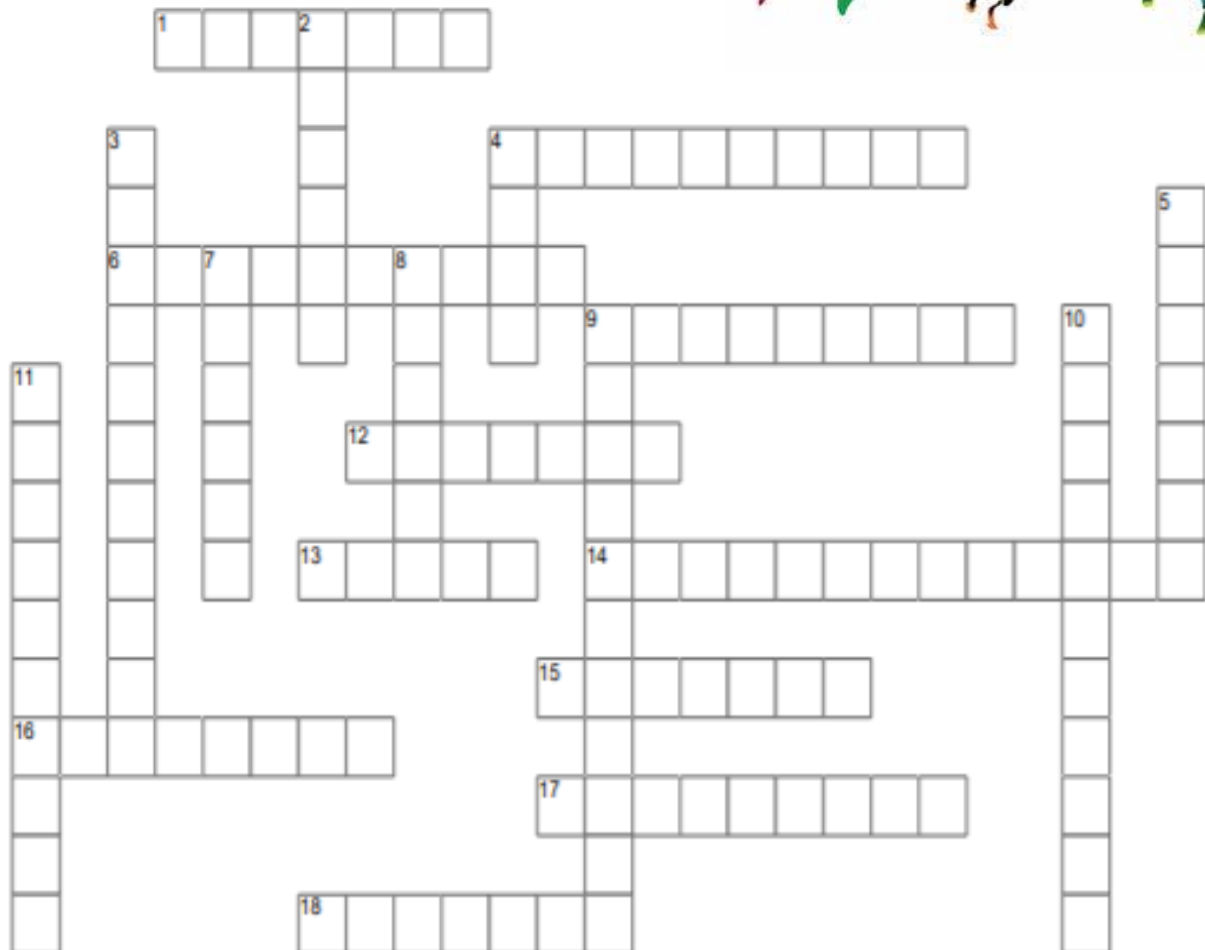
Complete one activity from each line



Mindful Eating Activity

<u>Name of Food</u> ↓	<u>Looks like.....</u>	<u>Smells like.....</u>	<u>Feels like.....</u>	<u>Tastes like.....</u>	<u>Sounds like.....</u>
<u>1.</u>					
<u>2.</u>					
<u>3.</u>					
<u>4.</u>					

Sports Crossword



ACROSS

1. Targets, bows, and arrows.
4. Acrobatics, tumbling.
6. 10 foot high hoop.
9. Pool, ball, nets.
12. Rod, reel, bait.
13. Scrum, knock on, oval ball.
14. Short board with 4 wheels.
15. Ball, bat, teams of 11, not baseball.
16. Bases, home plate, bat.
17. Cue, table, chalk.
18. Bike, helmet.


DOWN

2. Stick, puck.
3. Table, paddles, ping pong ball.
4. Clubs, ball, greens, 18 holes.
5. Sword, mask.
7. Two long boards, snow.
8. Ring, gloves, mouthguard.
9. Sail, board, wind, water.
10. Tae kwon do, karate, judo.
11. Team of 6, high net, spiking, serving.




Les sports d'intérieur


1 Encerle le bon mot :

le judo • la danse
• la boxe 

la gymnastique • le hockey
• le patin à glace 

la boxe • la natation
• le basket 

le judo • le ping-pong
• le patin à glace 

la gymnastique • le badminton
• le hockey 

la danse • le ping-pong
• la natation 

le basket • la boxe • le hockey 

la natation • le judo
• le ping-pong 

la danse • le badminton
• le patin à glace 



le basket • la gymnastique • le badminton 

2 Cherche les mots dans la grille :


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


<input checked="" type="checkbox"/>	PATIN À GLACE	<input type="checkbox"/>	BASKET
<input type="checkbox"/>	PING-PONG	<input type="checkbox"/>	DANSE
<input type="checkbox"/>	GYMNASTIQUE	<input type="checkbox"/>	HOCKEY
<input type="checkbox"/>	NATATION	<input type="checkbox"/>	BOXE
<input type="checkbox"/>	BADMINTON	<input type="checkbox"/>	JUDO

3 Écris la bonne légende sous chaque image :






la gymnastique



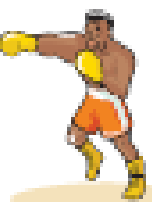


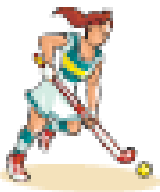












Sporting Art and Craft Ideas

