**Olympic Studies Centre**
Villa du Centenaire
Quai d’Ouchy 1
1006 Lausanne
Switzerland

18th May 2020

**Dear Boys and Girls of ­­­Falla Hill Primary School.**

It is with regret that I write to inform you that we have had to postpone the 2020 Olympics in Tokyo due to the ongoing restrictions in place for everyone’s safety. We are all deeply saddened by this and it is only the third time in history that this has happened and not since 1944.

We are writing to you as we really need your help. We are worried that Olympic spirit is going to fade and the Olympic torch is going to go out. We need you to help us keep the Olympic spirit alive and save the Olympics so that it can happen again once things are back to normal.

We propose that each class will be assigned a country that they will represent. You will be given a number of tasks to complete in order to gain medal points. You will even be part of your very own Falla Hill Olympics in weeks to come. If you are successful and earn enough points you will save the Olympics! I will be sending the challenges to your teachers who will then give them to you.

Please let your teachers know if you are willing to participate. I am so hopeful that you might be able to help us I can already feel my Olympic spirit rising! I look forward to hearing from you and seeing all your challenges.

Yours Sincerely.

Thomas Bach

**Olympic Committee President**

We are going to do Olympics themed learning for the next few weeks. Try and recreate these sports in your house/garden. You are all part of team United States of America and complete the activities to gain points and medals. (You can email pictures of you doing the activities to: wlfallahill-ps@westlothian.org.uk

Week beginning – 18.05.20 Maths/Numeracy/PE

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| PECan you use a watch or stop watch to time the people in your household running 20 metres. If you have a measuring tape you can use this to measure out 20 metres if not then you can estimate.  | Can you write down the times for the running and put them in order from smallest to largest. The person with the fastest time would get 1 point on the poster you created.  | The following runners ran 100 metres. Which runner was the fastest?  Mo Farah – 10 seconds Usain Bolt – 10.5 seconds Samuel – 12 seconds  Tiki – 11.5 seconds  |
| PECan you try the long jump and measure how far you and your family members were able to jump?You can use a measuring tape or you can use a more creative way to measure the length (using feet span, hand spans, ruler, cup etc)  | Olympics timetable – copy out the timetable and answer the questions. Create your own timetable afterwards of your day. Write your own questions/answers. Day Time Sport Time SportMonday 8:00 Basketball 11:00 SwimmingTuesday 8:30 Golf 10:30 BaseballWednesday 7:00 High jump 8:00 SwimmingThursday 9:30 Softball 12:00 Handball Friday 11:00 Gymnastics 2:00 TennisSaturday 11:30 Boxing 3:00 RunningSunday 9:30 Swimming 4:00 Baseball 1. How many hours between basketball and swimming on Monday?
2. What time is Golf at on Tuesday? (Is it an o’clock or half past time?)
3. On Wednesday High jump is at 7:00, what time is 7:00?
4. How many hours between softball and handball on Thursday?
5. Which is the earliest time on the timetable?
6. Which is the latest time on the timetable?
7. What time is swimming at on Sunday?
8. How many sports begin at 11:00?
9. Draw the hands on the clock for the time of the boxing on Saturday.
10. Draw the hands on the clock for the time of the baseball on Sunday.
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| PECan you try out tennis or badminton and count how many times you can hit the ball/shuttle without it going to the ground. Try this a few times and record the numbers. Write a list of the even and odd number of rallies you managed to do.  |

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Week beginning – 25.05.20 Maths/Numeracy/PE

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| PECan you choreograph a dance to perform at the opening / closing ceremony of the Games? | Can you write down the times for the hurdles and put them in order from smallest to largest. Decide how many tally marks for each person.  | Team A Team BRose – 7 metres Wendy – 6 metresTim - 9 metres Joe – 8 metres1. How far did team A jump?
2. How far did team B jump?
3. Which team jumped the furthest?

Can you make up your own long jump points |
| PEChoose one of the Olympic sports and try to improve your skills. Record your progress using data and / or video to track your improvements.  | Olympics ticket priceHurdles – 7pRunning – 11pSwimming – 19pBobsleigh – 27pTae Kwando – 50pIce skating – 75p1. Can you draw out the coins you would need to buy a ticket for running?
2. Can you draw out the coins you would need to buy a ticket for bobsleighing?
3. When buying the swimming ticket Jan used 20p to pay for the ticket how much change should she get?
4. Matt bought a ticket for hurdles and running. How much money did he spend?
5. Can you draw the coins to pay for the ice skating ticket?
6. Ron bought 2 tickets for the hurdles. How much did he spend? (Draw the coins)

Can you create your own Olympic price list and make up the questions and answers.  |
| PECan you try out the hurdles. Be creative to make hurdles of different heights. You could use a small bin, wash basket, plant pots etc. Time yourself to see how many minutes and seconds it takes you! See if you can get faster with practise.  |