Home Learning Planner
FIRST LEVEL

Literacy

1. After taking part in some Home Sports Day activities (see link for ideas) create your own Sports Day Sensory poem. What does it feel like? What does it look like? What does it taste like? What does it sound like? What does it smell like? You could think back to previous Sports Days for extra inspiration!
2. Produce a recount of your Home Sports Day events in the style of a cartoon.

Numeracy

1. Our Sports Day Beanbag throw is based on events from the Olympic Games like Shot Putt or Discus throwing.
   - Find something soft like a bean bag (or a toilet roll!) to throw in the park or the garden. Measure how far you can throw it using a ruler/tape measure if you have one, or your feet if you don't.
   - Challenge your family to beat your throw.
2. *Half Marathon / Ultra Marathon / 10km / Marathon / 5km*
   Put these running distances in order according to their mileage. Go for a run and measure the distance. Remember to pace yourself and not go too fast!

"The best thing you'll ever do is believe in yourself"

Sports Day

Global Goal 3 ~ Good Health & Wellbeing
Can you explain to someone in your family what is meant by good health and wellbeing?

Health and Wellbeing

1. Click on the link below to find out all about the *Tour de France*. On a nice sunny day, can you have your own mini *Tour* with you family? You could use bikes, scooters - anything at all!
2. Host your own Sports Day! Click on the link below for some ideas of activities you could do. Or choose your favourites and repeat to see if you can improve each day.

Science

1. Become a sports scientist and investigate forces and football! Gather as many balls of different sizes as you can. Starting at the same spot each time, kick each ball with the same force. Which one goes the furthest? Or drop balls of different sizes from the same height. Which one bounces the highest? Do you think the weight of the ball matters? Does the material of the ball matter? Explain your findings to someone in your family.
2. Log into GLOW then click on the TigTag link below to find out more about our 'Amazing Muscles' and why it is important to have a balanced diet.

Tour de France (Health and Wellbeing)
TigTag - Amazing Muscles (Science)

Home Sports Day ideas (Health and Wellbeing/Literacy)
TigTag - Balanced Diet (Science)

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Expressive Arts

1. Using the links below, take some time to relax and listen to the relaxing music and complete one of the mindfulness colouring sheets. If you don't have a printer at home, listen to the music and draw or doodle whatever comes into your mind.
2. Design a medal for the winner of your family sports events!
3. Design a cool new kit for the Udston football or netball team!

Social Studies

1. Find out what you can about these famous sportsmen and sportswomen. What made them so special?

Chris Hoy
Muhammed Ali
Nadia Comeneci
Kelly Holmes
Michael Johnson

Research your own favourite sports person.

2. A marathon is a long distance run. Research where the event originated from. You can use the link below to help you. Can you retell the story of the first marathon using illustrations?

Did you know...?

Regular exercise has lots of health benefits for children and young people, such as:

- improving fitness
- increasing concentration
- building a stronger heart, bones and healthier muscles
- encouraging healthy growth and development
- improving self-esteem
- improving posture and balance

But, did you know being active regularly helps you to sleep better?

Sports Day

The First Sports Day

The first official Sports Day happened about 3000 years ago in Ancient Greece when the first Olympic Games took place.

At the beginning, the games were just short foot races. Over time other events were added like horse races, chariot races, boxing, the long jump, disc throwing, and spear throwing.

Technologies

1. Can you create a PowerPoint presentation based on the information you have learned about famous athletes?
2. Use junk, or lego, to create an obstacle course for your toy figures (or hamster!).
3. *TRAINER CHALLENGE*:Using only paper/sellotape/pens or pencils - can you make a trainer that actually fits your foot?

Religious and Moral Education

1. Do you know the story of *The Tortoise and the Hare*? It is a story about a race between two animals. You can find a copy of the story in the links below. What is the important message in this story? Can you think of a time when you have wanted to give up but didn't?
2. Moral values are standards we hold and they help us to decide how we live our lives. Think about which moral values are important when it comes to sport. Kindness? Honesty? Respect? Patience? What else? Would different values apply to individual sports compared to team sports? Why? Talk to a member of your family about this.

Relaxing music (Expressive Arts)
The First Marathon (Social Studies)

Mindfulness Colouring (Expressive Arts)
The Tortoise and the Hare (Literacy)