**Sports week: KS2** **DATE: 13th July – 17th July 2020**

| 13th July 2019 | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Task 1 - AM | https://www.youtube.com/watch?v=c_KhRadTP5A – Watch this video of Sir Mo Farah Winning 10,000M Gold Medal at the Olympics. Listen carefully to the commentators and how they describe Mo Farah and the race. Write down some of the descriptive words they use to describe the race. Today you are going to plan your own commentary to this clip. Draw a mind map of all the things you could talk about such as; the crowd, the environment, the runners, etc. Write some things you could say for each. | https://www.youtube.com/watch?v=c_KhRadTP5A – watch the video again.<br><br>Watch the clip and note down the time in the race where you notice something that you might want to talk about. Now put together some sentences you will talk about in your commentary. Write 2 sentences for; the crowd, the environment, the runners and the finish to the race. Think about what punctuation you will use and what sort of sentences you might use to grab the attention of the listener. Remember to note down the time that you might want to say each sentence or when that sentence will be relevant. | https://www.youtube.com/watch?v=c_KhRadTP5A<br><br>Draft your first script for the commentary to Mo Farah's Race. Think about:<br>- Punctuation<br>- When will you say things<br>- Descriptive language<br>Finalise your draft commentary script and perform you commentary to the clip with the sound off! | A day in the life of an Olympic athlete. See the 'a day in the life of an Olympian' document.<br><br>Look at the video from British sprinting athlete, Adam Gemili and look at the two daily schedules for Olympic gymnast Aly Raisman and Olympic swimmer Michael Phelps.<br><br>Create your own daily schedule for an Olympic athlete of your choice. | A day in the life of an Olympic athlete. See the 'a day in the life of an Olympian' document.<br><br>Look at the video from British sprinting athlete, Adam Gemili and look at the two daily schedules for Olympic gymnast Aly Raisman and Olympic swimmer Michael Phelps.<br><br>Now write an account for a day in the life of your chosen Olympic athlete. Use your daily schedule to help you. This can be |

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| Task 2 - AM | Complete the Greenway sock Olympics activities and send your score card to Mr Lewis @ kai.lewis@greenway.herts.sch.uk<br>Mr Lewis will then work out the winning house for each year group and overall…. possibly including some teachers in a teachers team! | | | | |
| Task 3 - PM | Choose a sport and research its origin. Find out:<br>- Where the sport came from?<br>- How it came about?<br>How that sport is different in the present day? | Have a go at the KS2 Sports Quiz on the PowerPoint. | Have a go at the home sports day activities. | Healthy eating<br><br>Look at the healthy eating PowerPoint. Think about how each section of the Eatwell plate can fuel our bodies.<br><br>Choose at athlete from any sport and design a weekly diet plan for them. Think about what they need most before, after and during training. Use the healthy eating plan template to help.<br><br>Remember<br>- Carbohydrates give us energy | Healthy eating<br><br>Look at the healthy eating PowerPoint. Think about how each section of the Eatwell plate can fuel our bodies.<br><br>Now design a healthy eating plan for yourself! Think about your weekly schedule and when you might need certain things |

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| | | | | and usually a slow release of energy<br>- Proteins help with growth and repair<br>- Fats and sugars give us a fast release of energy<br>- Dairy helps the strength of our bones<br>- Water helps our body to stay hydrated. | to fuel your body. |

E-Safety Home learning packs for Gaming – Complete age 11-13 activity home learning pack 8. This is also save in your home learning resources on the Greenway Website or visit https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/ and select the correct age and home learning activity pack 8.