



### Literacy:

Write a set of instructions for how to play a game, such as tag or hopscotch.

[https://www.youtube.com/watch?v=FOy9y\\_zB8L4](https://www.youtube.com/watch?v=FOy9y_zB8L4) Read or listen to the story of The Tortoise and the Hare. Can you retell this story using different animals as the main character? What can we learn from the story?

<https://www.pobble365.com/out-of-the-blocks> Look at the picture. How do you think the girl is feeling when running the race? Can you write a story about her?

### ICT and Geography

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

Use this website to find out where the Olympic Games have been held.

Can you find any of these places on a world map?

What facts can you find out about the London 2012 Olympics?

### Languages

<https://www.youtube.com/watch?v=472AnCrHYVs>

Can you learn to say hello in different languages?

### PE and Dance

- Design a new exercise circuit and teach it to a family member.
- Create a new dance for the Olympic Games opening ceremony.



### PSHE

Draw a picture of yourself doing your favourite sport or physical activity.

Can you add some words or sentences to show what else you do to stay healthy?



### Science

Write about the differences in your body at resting point and after exercise. How does your body feel?

What happens to our body when we exercise?

Create a 'healthy eating plate' understand the importance of a balanced diet. Which foods are healthy and which foods should we have in moderation?



### DT and Art

Create your own healthy packed lunch or dinner. You could even draw it onto a paper plate or design your own lunch-box. Maybe you could have a go at helping an adult to make the healthy meal?

<https://www.olympic.org/mascots>

Have a look at the different Olympic mascots. Have a go at designing a new mascot for the Olympic games.

Design a kit for a football or rugby team of your choice.

### Music

<https://www.shortlist.com/news/top-10-olympic-songs>

Listen to some of the songs used as the soundtrack for past Olympic games. Can you identify any of the instruments?

Discuss with an adult whether you like the different musical pieces or not.