



Literacy:

Write a leaflet explaining how to play your favourite sport. You should tell the reader which equipment they'll need, how many people can play, what the rules are and other interesting general facts about the sport.

- Research your favourite sports person and write a biography about their life.

ICT and Geography

Research the Olympic Games in Japan. Can you locate Japan on a world map? What is the population of Japan?

Find as many different facts as you can about Japan and use them to create a fun and colourful fact page.

French

<https://www.talkin french.com/french-sports-vocabulary/>

Find out how to say some of your favourite sports in French.

History

Choose your favourite sporting competition e.g. Olympic Games, UEFA Cup, Wimbledon, Rugby World Cup etc.

Can you find out when the competition first began? Can you create a time line of key events for the competitions history?

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. You could perform it to your family if you wanted to.



PSHE

- Each sport has its own set of rules. Can you write a set of rules that everyone should follow to show good sportsmanship?
- Create a poster encouraging people to lead a healthy lifestyle. You could include examples of activities people can do to look after their mental and physical health.



Science

Investigate what happens to your body before, during and after exercise.

Take your pulse for 30 seconds, before exercise. How many beats did you count? Now run on the spot, as fast as you can, for 30 seconds. Take your pulse again straight after. How many beats did you count? Keep checking your pulse every 30 seconds, how long does it take to return to normal?

Try it with different types of exercise—do some make you work harder than others?



DT and Art

- Design a new tracksuit for the British Olympic team. Don't forget, everyone would need to be able to tell which country they are representing so think carefully about which colours to use.
- Create a new smoothie recipe for a sports person. If possible, you could research what different fruits and vegetables are good for, e.g. muscle repair, strength, energy etc. Write out your recipe and if you can, have a go at making it. Let your family try it, what do they think? Does the recipe need improving?

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?

How does the music make you feel? How do you think the artist/performer/composer wanted people to feel?