

## Learning Project - Sport

### Year 4

Weekly Maths Tasks	Weekly Reading Tasks
<ul style="list-style-type: none"> <li>• Work through the Mystery of the Missing Sacks on Sports Day.</li> <li>• Have a go at the <b>arithmetic paper</b> on the website. You don't have to do it as a test but work through the questions together.</li> <li>• Problem solving: Can you use the numbers and any operation(s) to make the number on the sports shirt? (See below)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Reading comprehension</b> – Women's World Cup Reading Comprehension.</li> <li>• Research and read online with your child about The Olympics. Which sport/s would they like to try? Why? Write 10 facts about that Olympic sport.</li> <li>• Read a book about sports on GetEpic! or a sports article (get an adult help you). Collect and define the sports vocabulary you come across.</li> </ul> <p>Remember to log in to <b>Accelerated Reader</b> after you complete a school book to take your quiz!</p>
Online Maths Tasks	Daily Reading
<p><b>Mathletics</b> – Continue to have a go at the tasks set on here.</p> <p><b>TT Rockstars</b> – Make sure to have a go on Soundcheck at least once a day and help us in our weekly battle! (3x a week)</p>	<p>Make sure to read for <b>20 mins a day</b>. Ask your child about what has happened, what their favourite part is, and what they think might happen next.</p> <p>Remember you can now use <b>Epic Books</b> to access to even more books!</p>
Weekly Spelling Tasks	Weekly Writing Tasks
<ul style="list-style-type: none"> <li>• Practise your individual spelling lists on <b>Spelling Shed</b> (3x a week)</li> <li>• Choose 10 of your year 3/4 common exception words- write a poem using all your words. Underline each spelling word.</li> <li>• Rainbow words: Choose 5-10 common exception words; Write your spelling words with coloured pencils. Make each letter a different colour</li> </ul>	<ul style="list-style-type: none"> <li>• Devise your very own sport. Write about how to play your game including rules, equipment needed and a scoring system. Why not test the sport out?</li> <li>• Ask your child to choose a sports person they admire. Get them to write a list of questions they would like to ask them. They could answer in role as their hero. Ensure your child uses a range of question words.</li> <li>• See below for a story starter and stimulus picture and continue to write a story about the first Olympics to be held under the sea.</li> </ul>

## Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to explore different aspects of sport.

- **Science** –Heart rates: Create a chart (or use the one below) to record your heart rate before, during, and after exercise. Predict what you think will happen. Take your pulse for one minute before you do an exercise- this is your resting heart rate. Do your exercise and take your pulse right as you finish it. Wait a minute and take your heart rate again. Do this for each exercise (recommend one per day). Choose one exercise and create a line graph to show how your heart rate changed over time. What do you notice?



- **DT**- Design a new sports shoe. Footwear is very important in a lot of sports. We ask you to change from your school shoes into plimsoles or trainers for PE. Why do you think that is? Look at the information about different kinds of sports shoes below. Choose a sport and design a new sport shoe for it. Draw your design and label the different parts. You may need to do a bit of research. What materials might you need? Write a short description describing why this design of shoe is best for your sport.

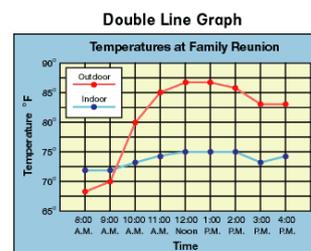


- **Art**- Design a new logo and uniform for your favourite sports team (or create a brand new one!). What colours will you use? What will the uniform look like?

- **History**- Research a sport (Eg. Cricket, Rounders, Basketball, Golf, Football etc). When was it invented/created? By who? What were its early rules? Who was it popular with? How has it changed over time to the game we know today? How has equipment and dress/uniforms changed over time?

- **Geography**: Can you identify the average temperatures in these Olympic-hosting countries and then order them? France, Germany, Canada, Norway and Russia. Display them in a chart and bar graph. Want a challenge? Research the hottest and coldest temperature in each country for the year and generate a double line graph.

- **Time to Talk**: Encourage your child to ask different family members about their favourite sports and any sports they took part in growing up - were they a part of any clubs? Did they take part in any competitions? Did they win any trophies? They might find out something new about their family members! Following this, can your child use the information to write a newspaper report recounting one of the memorable events? They could include quotes from the interview.



Additional learning resources parents may wish to engage with

**Classroom Secrets Learning Packs** - These packs are split into different year groups and include activities linked to reading, writing, maths and practical ideas you can do around the home.

<https://classroomsecrets.co.uk/home-online-learning/>

**Twinkl** - to access these resources click on the link and sign up using your own email address and creating your own password. Use the offer code UKTWINKLHELPS.

**Top Marks** – Some great Maths games for all ages, that you can play online.

<https://www.topmarks.co.uk/>

**Audible** – All children’s books are free to listen to during school closure.

<https://stories.audible.com/start-listen>

**BBC Daily Lessons** – The BBC have created a series of daily lessons in all subjects that you can use to learn more. <https://www.bbc.co.uk/bitesize/dailylessons>

**Food a Fact of Life** – Education resources, recipes and ideas for a healthy lifestyle

<https://www.foodafactoflife.org.uk/>

**Mindfulness** – Make sure to take time for some mindfulness this week.

**Go Zen Body Scan Meditation** is great for calming exercise

<https://www.youtube.com/watch?v=aIC-lo441v4>

**Cosmic Kids** has great yoga and zen den exercises for you to try

[https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_gbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_gbQ)

## Science:

### Heart Rate

Exercise	Heart Rate Before	Heart Rate During	Heart Rate After
20 star jumps			
Run on the spot for 1 minute			
Lunges for 30 seconds			
Crunches/sit ups for 30 seconds			

What do you think would happen if you did the exercise for a longer period of time? Can you test it for one of the exercises? How does this data help us when thinking about sport/exercise?

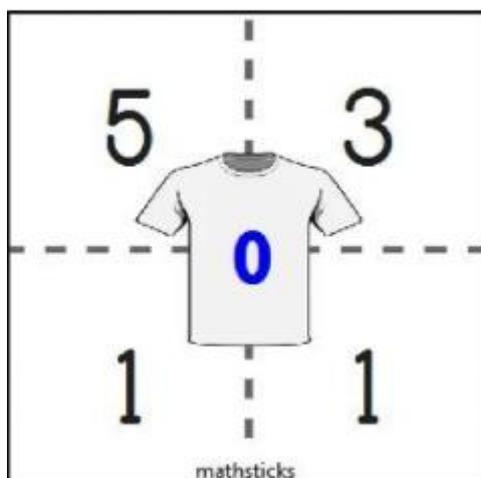
Writing:

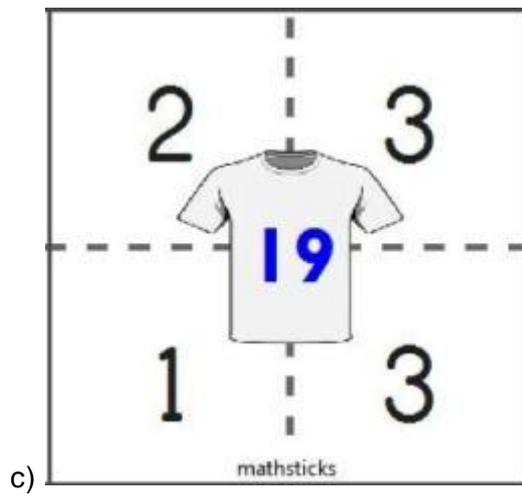
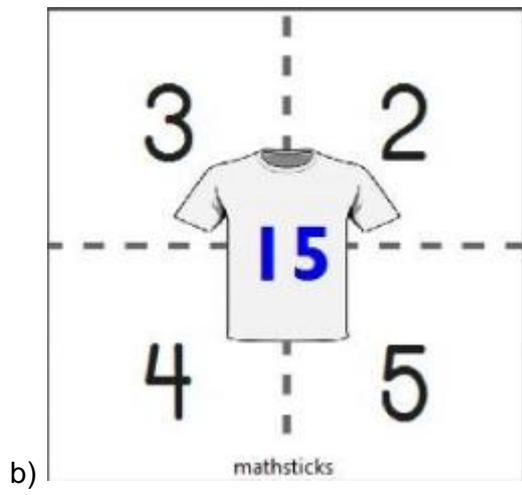
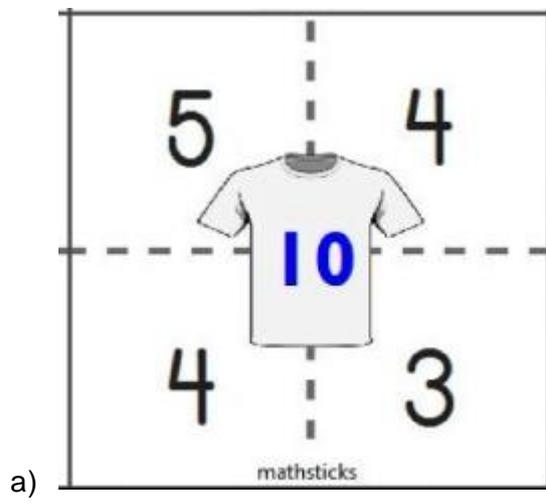
Story Starter: He thrust out his lead leg and energetically vaulted over the hurdle. The resistance from the water made the 110 metre hurdles tricky (much more difficult than on land!), yet the athlete was responding well to the added challenge and pressure. After all, this was the first Olympic Games to be held under the sea...

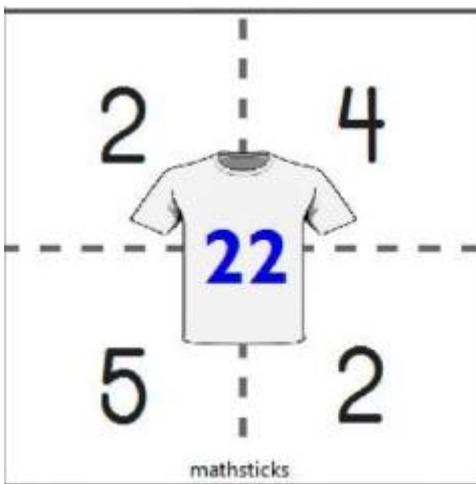


Maths Problem Solving: Write a calculation using any operations using the outer four numbers to create the number on the sports shirt.

Eg.  $5-3-1-1=0$







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### Design a Sports Shoe

Footwear is very important in a lot of sports. We ask you to change from your school shoes into plimssoles or trainers for PE. Why do you think that is?

Look at the information about different kinds of sports shoes below. Choose a sport and design a new sport shoe for it. Draw your design and label the different parts. You may need to do a bit of research. What materials might you need? Write a short description describing why this design of shoe is best for your sport.

<p style="text-align: center;"><b>High Jump</b></p> 	<p>This type of shoe has a much thicker sole. This gives maximum support and comfort. The shoe is light and flexible which helps the athlete achieve speed over a short distance before jumping. This shoe has to have spikes. The spikes at the front help the athlete to gain speed in the run-up. The four spikes at the heel provide grip when the athlete takes off.</p>
<p style="text-align: center;"><b>Javelin</b></p> 	<p>This type of shoe has to be robust and durable. Athletes drag their feet along the ground during the throw. As a result the shoe has to be made from a tough, hardwearing material. Support is crucial. Javelin shoes look more like boots with protection around the ankle. Most of them feature strapping. This prevents the foot from moving in the shoe.</p>
<p style="text-align: center;"><b>Jumps and pole vault</b></p> 	<p>These events require speed both on the ground and in the air. In most cases straps have replaced the laces. The sole tends to be both firm and flexible allowing extra bounce in the jump. The spikes are once again very important. They provide the grip before the jump. Notice the spikes tend to be just at the front of the shoe.</p>

### The Throws



The shoe has to allow the athlete to throw and spin. A hooked strap over the toe helps to prevent the feet from moving sideways during the build up to the throw. These types of shoes do not have spikes but have a hard sole. This lengthens the lifespan of the shoe. The sole tends to have circular grooves on the balls of the feet. These help the athlete to spin.

### Sprinting



This type of shoe has to be lightweight and offer flexibility at the front. They all tend to have spikes, which are located at the front. They are able to cope with lots of different types of surfaces. Most Olympic Athletes have their shoes specially made.

### Long Distance



These shoes have to be both durable and flexible. Comfort is a real priority, also this about the sweat factor. A mesh is sometimes added in the upper part of the shoe to allow the foot to breathe. The cushioning is also very important. Spikes are sometimes added but are not essential.