



## Primary Sports and Education Home Learning pack - KS2 Summer Term 4 (w/c 04.05.20)

With the schools now closed, we are unfortunately unable to continue our normal Primary Sports and Education school sessions during curriculum time. Therefore, **to encourage children to still go outdoors safely and experience Sports** we have put together a pack.

Inside includes some **Multi-Sports** activities as well as some sport specific games also. All these games are **cross curricular** and will need to use their **English, Maths, Science, Art skills** as well as many more!

We are frequently posting new ideas and information on our Facebook and website if you need more inspiration for activities. If you enjoy doing these activities, please share your feedback and experiences with us - we would love to hear from you.

**Please stay safe during these activities and adult supervision is always advised.**

We look forward to catching up with the children upon return to the school.

Best Regards,

Marc Troman and Primary Sports and Education Staff

**COOL TO BE ACTIVE...**  
**FUN TO BE FIT**

[www.primary-sports.co.uk](http://www.primary-sports.co.uk)

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Reg. Co. Name: Primary Sports Education Ltd  
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VAT No: 183908477  
Company No: 7143002

	Activities	Resources Required	Potential Risks	Impact
1	<p><b>Gymnastics – Handstand</b></p> <p>Everyone is welcome to try and do the first few skills but please make sure the children are supervised by an adult Especially when doing the upper skills.</p> <p>Holding a handstand requires a lot of practice. Please make sure you have space and a soft landing whilst practicing your handstands.</p> <p>Make sure you do a good warm up (especially your wrists) before attempting any of these skills. Practice each skill multiple times to help with your strength and balance. For all skills, ensure children’s back is straight, strong and not arched to avoid injury.</p> <p>Skill 1 - bunny hops on knees</p> <p>Skill 2 - buck and rearing horse</p> <p>Skill 3 - come onto toes and knees</p> <p>Skill 4 - bunny hops on toes</p> <p>Skill 5 - standing hands down straight leg kick (left and right)</p> <p>Skill 6 - standing handstand kick, legs come together at the top</p> <p>Hope you all have lots of fun practicing your handstands! Maybe worth padding out an area with pillow just in case balance is lost whilst inverted to avoid injury.</p> <p>To improve your handstands, focus on legs straight, together and point those toes</p>	<p>Make sure that you have a safe area to land. Nothing you can fall into.</p> <p>Make sure you have a flat base that also allows you to have a soft landing</p>	<p>Make sure you have enough space in the room and no objects on the floor.</p> <p>Take this outside if you have the space!</p> <p>Risks with your wrists, head, neck and arms so please follow the video step by step guide and be supervised with an adult.</p>	<p>Listening skills and following instructions</p> <p>Core strength</p> <p>Coordination with both hands and feet</p> <p>Boosting their self-Esteem</p> <p>Balance</p> <p>Resilience – You won’t get it on the first go!</p>

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	<p>Practice, practice, practice is the only way to improve your handstand and allow you to hold your handstand for longer.</p> <p>Do not forget to cool down after your handstand lesson!</p>			
2	<p><b>Mr Ashworth's Sunday Circuit!</b></p> <ol style="list-style-type: none"> <li>1. Shoulder Press</li> <li>2. Incline Press ups</li> <li>3. Bicep curls</li> <li>4. Split Leg Climbers (Alternate leading foot each rep)</li> <li>5. Decline Press Ups</li> <li>6. Bulgarian Split Squats (Swap foot midway through)</li> </ol> <p>Follow the video link below!</p>	All you need is a chair!	<p>Make sure you have enough space in the room and no objects on the floor.</p> <p>Preferably an outside activity</p>	<p>Balance</p> <p>Coordination</p> <p>Posture</p> <p>Technique</p> <p>Strength and conditioning</p>
3	<p><b>Miss Benedetto's Dance Routine</b></p> <p>Pick and upbeat song of your choice and follow the moves!</p> <p>The link is below</p>	Just a screen to get the video up!	<p>Make sure you have enough space in the room and no objects on the floor.</p> <p>Take this outside if you have the space!</p>	<p>Listening skills and following instructions</p> <p>Endurance</p> <p>Coordination with both hands and feet</p> <p>Boosting their self-Esteem</p>
4	<p><b>Cricket – Batting</b></p> <p><b>For this, you need to follow the video below.</b></p> <p>This session is all about batting and the timing of when to strike the ball. The ball will be tied to the</p>	bat, ball, sock and some string		<p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Timing of when to strike the ball.</p>

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	string as shown in the video so no balls should be lost!		Would be best for this to be played outside or in a large room Remove anything that can be knocked over or broken	Posture Composure Cross Curricular Maths
5	<p><b>Football - Ball Control</b></p> <p>In this session, you will be tested on your dribbling, turning and passing when using both feet!</p> <p>Mr Hooper has prepared a video for you to follow below!</p> <p><b>Keep an eye out for the keep up challenge at the end!</b></p>	Ball and anything you wish to us as markers!	Needs to be played outside or away from anything breakable	Agility Balance Coordination Stamina Posture

English	Activities	Resources Required	Potential Risks	Impact
1	<p><b>Primary Sports and Education Challenge!</b></p> <p>Primary Sports has teamed up with Primary Music to bring you this fantastic competition which could win you a prize of your choice from those listed below, plus £50 spending money:</p> <p>4 tickets to watch Exeter Chiefs 4 tickets to watch Exeter City A family day pass to Crealy Park A family pass to iBounce in Exeter</p> <p>How to enter:</p>	Anything you would Like!		Children must work on their communication Descriptive speech Creativity Role Models

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	<p>Who is your hero? Why does this person inspire you? What achievements or accolades have they gained which you would love to do yourself? What unique qualities to they have?</p> <p>You could use any of the following methods to answer the above questions...</p> <p>Poster Model PowerPoint presentation Video Photographs</p> <p>...or something else! The more imaginative the better!</p> <p>The closing date for the competition is Friday 1st May 2020 at 5pm.</p> <p>The winner will be announced on Monday 4th May 2020 at 9am by Marc Troman on both Facebook pages.</p> <p>Competition rules:</p> <p>Entrants must be between the ages of 4 and 11 You must TAG two friends on this competition post You must LIKE and SHARE this post</p> <p>There is no cash alternative to the prizes offered We may share your child's entry on our Facebook pages</p> <p>To enter, email a photo or video of your entry to <a href="mailto:marcus@primary-sports.co.uk">marcus@primary-sports.co.uk</a></p>			
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Maths	Activities	Resources Required	Potential Risks	Impact
1	<p><b>Top Trumps</b></p> <p>Play games of top trumps. They are cheap to buy online.</p> <p>Play multiple games and different versions.</p> <p>Or try and make your own!</p>	Top trumps		<p>Working on counting numbers</p> <p>Reading numbers</p> <p>Recognising bigger and smaller numbers</p>
2	<p><b>Math Quiz</b></p> <p><b>Sports related questions that involved numbers!</b></p> <p>Have a go at the quiz and as an extra challenge try writing your own to challenge others in your household or send them to us to have a go at.</p> <p>Pause the video during questions when you like to give your self-time to answer.</p> <p>After you have completed the quiz ask an adult or google the answers to find out how you did. If you need help finding the answers drop us a message and we will get back to you ASAP</p>	Anything you would like!	Indoor activity	<p>Children to work on their counting skills.</p> <p>Pressure and exams experience</p> <p>Competition</p>
3	<p><b>Sporting Quiz</b></p> <p>How many can you get right?</p> <p>Watch the video below!</p>	Pen and paper	None	<p>Knowledge of sports.</p> <p>Thinking games</p> <p>Decision making</p> <p>Problem solving</p>

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Health and Wellbeing	Activities	Resources Required	Potential Risks	Impact
1	<b>Make a fruit salad!</b> Use all the different fruits that you wish!	Anything you like	Must be supervised by an adult!	Healthy eating Cooking skills Independence
2	<b>Sunday Circuit</b> <b>Follow the video below</b>	Can be completed anywhere!	Stay away from dangerous equipment or objects	Creativity Arts and crafts Health and fitness
3	<b>Dietary needs</b> Fill out the work sheet below	You will need the work sheet below	None	Children to be educated about their foods.  Understand the importance of health living and drinking

### Primary Sports Video references

#### Handstand

<https://www.facebook.com/primarysports/videos/2573724212865298/?eid=ARBhM06pQ1Mfg1orchzd8ae7TRteDE2625FGcJQM2YeAZCJ6H55-XrdjchVXHsg3tX6WskmeZ1cvJP7D>

#### Mr Ashworths Sunday fitness

<https://www.facebook.com/primarysports/videos/830455520798507/>

#### Miss Benedetto's Dance Routine

<https://www.facebook.com/442439562591945/videos/217097982888478/>

#### Cricket – Batting

<https://www.facebook.com/442439562591945/videos/2861156183963957/>

#### Football – Ball Control

<https://www.facebook.com/442439562591945/videos/263127594860074/>

#### Sunday Circuit

<https://www.facebook.com/primarysports/videos/228242148487820/>

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# Food & Nutrients

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

In order to have a healthy lifestyle you must eat a variety of foods combined with water and regular exercise. This is clearly demonstrated as a pyramid.

1. Complete the table.

Substance	Use	Examples
Carbohydrates		
Protein		
Vitamins		
Minerals		
Fibre		
Fats & Oils		
Water is needed for...		

2. Where does Vitamin D come from?

4. In addition to a balanced diet, what else is required for a healthy lifestyle?

5. What things have negative effects on the bodies health and wellbeing?

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