



Sport Project Year Four

Monday 6th July 2020

Introduction to the project

This week, our project is all about sport. On Tuesday 7th July at 10am, we are having a virtual Sports Day. Yorkshire Sport Foundation will be premiering their official Virtual Sports Day video live on their YouTube channel <https://www.youtube.com/user/WestYorkshireSport>

The video will be able to be viewed both live and played back and will include a performance, warm up, and competitions that you can take part in throughout the day. All activities are designed to be done at both school and in the home. You will be able to submit your scores online as well. Details of the day can be downloaded from our school website.

This week we have created a training program. You don't have to do the activities on the days suggested, we just wanted to show you how athletes and sports people across the world follow strict schedules to achieve outstanding results. You can do the same with your home learning this week!

Don't forget to email your great work to yearfour@thackleyschool.com



Weekly Training Program

Monday

English

Can you write a newspaper report about a team or an individual winning a sporting event?

Have a look at this section of the [BBC Sport Website](#) about Andy Murray and his Wimbledon victory.

Maths

You are going to plan the route of the Olympic torch between 5 cities. Click on the link below to complete this activity.

[CLICK HERE TO PLAN THE ROUTE](#)

How many star jumps can you do in 1 minute?

Tuesday

English

Choose your favourite sports person and write a biography. Think about the features of a biography (we did this two weeks ago!)

Maths

Have a go at the Oak Academy Maths lesson to develop strategies to plan and solve problems. A lot of sport involves good problem solving.

[CLICK HERE TO GO TO THE LESSON](#)

[Click here to take part in the virtual sports day](#)

Wednesday

English

Athletes often keep diaries of their training and nutrition. Why don't you write a diary this week of the different activities you have tried at home or school?

Maths

Today's White Rose Maths lesson is all about triangles. You can watch the video lesson from the link below and you can download the worksheet from our school website.

[Triangles Lesson](#)

How many press-ups can you do in 30 seconds?

Thursday

English

Most games have rules. Choose your favourite sport and research the rules. Write the rules out. [CLICK HERE](#) to see a WAGOLL.

Maths

Today you can play the Penalty Shoot-out Game. Answer the questions quickly and accurately to get more penalties.

Hundreds of maths skills to choose from with levels involving multiplication, division, addition, subtraction and much more!

[CLICK HERE to play the games](#)

Friday

English

Can you write your own sport themed story? Lots of authors write books based on sport such as Tom Palmer & Frank Lampard. Have a look online and see if you can find some sport fiction. You can read some extracts by [clicking here](#).

Maths

There are some great maths activities on the premier league website. Click below to complete some of these amazing maths tasks.

[PREMIER LEAGUE MATHS](#)

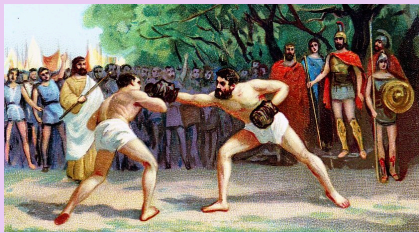
Dance is a great way to keep fit Can you make up a simple dance?

Design & Technology

Athletes need to eat a healthy balanced diet. In Year 4 we learn about seasonal food. Can you create a meal plan using seasonal produce?

History

The Romans loved to play sport. Can you do some research into Roman sport and see if we still play any of these games today in Britain?



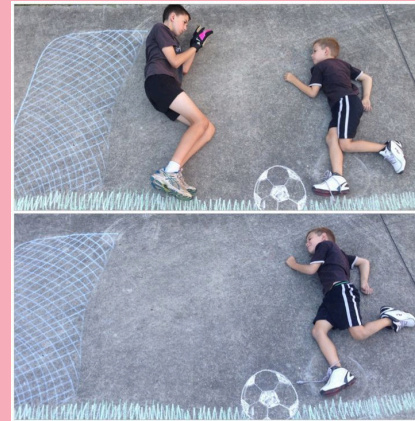
Science

In Year 4, we learnt all about the digestive system. Having a healthy digestive system is very important if you want to be a professional sports person. Can you remember the experiment we did to learn about the digestive system? Here is a video of a similar experiment. You could ask an adult to conduct this experiment with you at home!

<https://www.stem.org.uk/resources/elibrary/resource/35396/digestive-system-experiment>

Art

Sport Chalk Art



Geography

When sport takes place, different countries frequently compete against each other and will display their flag. Do you know all the flags of the world? Test yourself!

<https://www.sporcle.com/games/g/worldflags>

Computing

Can you code a sports game on Scratch?

Have a look at this example and then create your own.

<https://scratch.mit.edu/projects/84191708/>

Reading

Here are a selection of books from the sport genre. You can search for many more online.

