Welcome to Dudley Wood
Mini Olympics 2020
Hi Everyone

Below are the exercises we will be asking you to complete on Sports Day. We are revealing them to you now, so you have time to practise. Remember, before and after any exercise, you should warm up and cool down so please use the suggestions shown to help you do this. Practise every day and count how many of each exercise you can do in thirty seconds. Record your results and see if you can improve each day. This is a good training regime.

We want Sports Day at home to be special for you so we have also included activities you can do this week that will help you to prepare and will make the day exciting.

As many of you will already know, this year was supposed to be an Olympic Year which has now been postponed until next year so we have lots of ideas for you to have your own Mini Olympics at home.

Have fun!

Mrs Leigh and Richard
## Nursery and Reception Heptathlon

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Further instruction</th>
<th>Image Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hops</td>
<td>Hop on the spot and count the number of hops. Swap legs after 15 seconds.</td>
<td><img src="image1.png" alt="Image" /></td>
</tr>
<tr>
<td>Star jumps</td>
<td>Jump your legs out and lift your arms at the same time to make a star and then bring your arms down and your legs together. One up and one down is one star jump.</td>
<td><img src="image2.png" alt="Image" /></td>
</tr>
<tr>
<td>Speed Bounce over a folded cushion (minute time)</td>
<td>Two feet together, jump over the cushion from one side to the other. Every time you pass over the cushion, counts as one jump.</td>
<td><img src="image3.png" alt="Image" /></td>
</tr>
<tr>
<td>Ball catch</td>
<td>Throw any size ball, big or small, up in the air and count how many times you can catch it in 30 seconds.</td>
<td><img src="image4.png" alt="Image" /></td>
</tr>
<tr>
<td>Spotty Dogs</td>
<td>Children start with their right foot and left arm forward – as if about to start a running race. Alternate your legs forwards and backwards. This is running on the spot essentially, but great for co-ordination!</td>
<td><img src="image5.png" alt="Image" /></td>
</tr>
<tr>
<td>Egg and Spoon Shuttle runs</td>
<td>Mark two points between 2.5m and 3m apart. You can use space on the patio or lawn, the length of your kitchen, hallway or living room. Put a hard-boiled egg on a spoon and move as quickly as you can between the two points carrying the egg on the spoon.</td>
<td><img src="image6.png" alt="Image" /></td>
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</tbody>
</table>
### Step ups

Use a garden or front step or the bottom step of the stairs to complete these. Step up with one foot then bring the other foot up onto the step before taking the first foot back down followed by the second foot. One up and down counts as one step up.

### KS1 and KS2 Decathlon

<table>
<thead>
<tr>
<th>Exercise</th>
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<tbody>
<tr>
<td>Sit ups</td>
<td>You can have your knees bent but your feet must be flat on the floor and should not lift them off the floor when you sit up. Do not put your hands behind your head and pull as you will hurt your neck. Suck your belly button into the floor throughout the sit up to protect your back.</td>
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<td><strong>Sports Day Project Activities</strong></td>
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<td><strong>Speed Bounce over a folded cushion (minute time)</strong></td>
<td>Two feet together, jump over the cushion from one side to the other. Every time you pass over the cushion, counts as one jump.</td>
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</tr>
<tr>
<td><strong>Tennis ball catch</strong></td>
<td>Throw a tennis or other small ball up in the air and count how many times you can catch it in 30 seconds</td>
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<tr>
<td><strong>Spotty Dogs</strong></td>
<td>Children start with their right foot and left arm forward – as if about to start a running race. Alternate your legs forwards and backwards. This is running on the spot essentially, but great for co-ordination!</td>
<td></td>
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<tr>
<td><strong>Leg drives</strong></td>
<td>In a push up position bring one leg in and then the other as you take the first leg out like you are running. Once in and out with each leg counts as one drive.</td>
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</tr>
<tr>
<td><strong>Push Ups</strong></td>
<td>These can be done on your toes or your knees but to do them properly, your back should be level and you should be bending your elbows to lower yourself down and push up. This counts as one push up.</td>
<td></td>
</tr>
<tr>
<td><strong>Shuttle runs</strong></td>
<td>Mark two points between 2.5m and 3m apart. You can use space on the patio or lawn, the length of your kitchen, hallway or living room. Run or side step between these two points as many times as you can in 30 seconds. Running from one point to the other counts as one run.</td>
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Sports Day Project Activities

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</tr>
<tr>
<td></td>
<td>one step up.</td>
</tr>
<tr>
<td><strong>FS and KS1 Cool Down Stretches</strong></td>
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</tr>
<tr>
<td>Exercise</td>
<td>Further Guidance</td>
</tr>
<tr>
<td><strong>Stretch One</strong></td>
<td>Stretch up tall with long arms. Hold the stretch for ten seconds</td>
</tr>
<tr>
<td><strong>Stretch Two</strong></td>
<td>Stretch out making a star shape. Hold for ten seconds</td>
</tr>
<tr>
<td><strong>Stretch Three</strong></td>
<td>Reach out to one side with one arm and one leg keeping your body central. Hold for 5 seconds. Repeat on the other side</td>
</tr>
</tbody>
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## Sports Day Project Activities

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<tr>
<th>Stretch Four</th>
<th>Stretch one arm above your head and reach over to the side. Then do the same with the other arm. Keep your body upright, don’t lean forwards or backwards. You should feel a stretch down the side of your body.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stretch Five</td>
<td>Crouch down into a tucked shape and hug your knees, curling up into a ball. Hold for ten seconds. Stay on your feet. You should feel the stretch in your upper body and hips.</td>
</tr>
<tr>
<td>Stretch Six</td>
<td>Sit down and put your legs out in front of you. Fold yourself over bending from your hips. Point your toes upwards and try to touch them. Try to keep your legs straight. You should feel the stretch down the back of your legs.</td>
</tr>
<tr>
<td>Stretch Seven</td>
<td>Sit down and put your legs out in front of you. Move your legs apart into a straddle position. Fold yourself over, bending from your hips. How far can you walk your hands forward? Keep your legs straight.</td>
</tr>
<tr>
<td>Stretch Eight</td>
<td>Begin by lying on your tummy. Breathe out and lift your head and upper body off the floor. Look forward or slightly upward. Hold this position and then release. This pose strengthens your spine, back of the arms and legs. It stretches your shoulders, chest and tummy.</td>
</tr>
<tr>
<td>Stretch Nine</td>
<td>Start by kneeling on your hands and knees. Make sure your hands are below your shoulders and your knees are below your hips. Breathe in, look up towards the ceiling and allow your tummy to sink to the floor. Breathe out round your back toward the ceiling and look at your tummy. This will stretch your upper body and neck.</td>
</tr>
<tr>
<td>Stretch Ten</td>
<td>Kneel on the floor, touching your big toes together. Sit back on your heels and separate your knees so they are hip width apart. Breathe out and bring your head down to rest on the floor in front of you. Place</td>
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</tbody>
</table>
Learning at Home

Sports Day Project Activities

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<td><strong>Stretch One</strong></td>
<td>• Stand tall with one leg in front of the other, slightly wider than shoulder-width apart.</td>
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<tr>
<td></td>
<td>• Bend your front leg so your knee is almost at a 90° angle – your knee should be in line with your foot.</td>
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<tr>
<td></td>
<td>• Your back leg stays straight, with your foot flat on the floor.</td>
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<td></td>
<td>• Keep your hips facing forwards.</td>
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<tr>
<td></td>
<td>• You should feel the stretch in the calf of your back leg.</td>
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<tr>
<td></td>
<td>• Push into your bent leg and you should feel the stretch further.</td>
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<tr>
<td></td>
<td>• Hold the stretch for six to ten seconds.</td>
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<td></td>
<td>• Swap legs and repeat.</td>
</tr>
<tr>
<td><strong>Stretch Two</strong></td>
<td>• Stand with your feet shoulder-width apart.</td>
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<td></td>
<td>• Bend one of your legs at the knee and grasp the ankle with your hand, pulling your foot towards your bottom.</td>
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<td></td>
<td>• Make sure your bent knee faces the floor. Don’t let your knee flare out to the side.</td>
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<tr>
<td></td>
<td>• Your other arm can be extended out to the side for balance.</td>
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<tr>
<td></td>
<td>• You should feel the stretch in the front of your thigh (quadricep)</td>
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<tr>
<td></td>
<td>• Tilt your pelvis forwards to feel the stretch more.</td>
</tr>
<tr>
<td></td>
<td>• Hold the stretch for six to ten seconds.</td>
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<tr>
<td></td>
<td>• Swap legs and repeat.</td>
</tr>
<tr>
<td><strong>Stretch Three</strong></td>
<td>• Sit on the ground with both legs straight out in front of you.</td>
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<tr>
<td></td>
<td>• Bend one of your legs and place the sole of the foot alongside the knee of the straight leg.</td>
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<td></td>
<td>• Allow the bent leg to lie relaxed on the ground, keeping the other leg straight.</td>
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<td></td>
<td>• Bend forward, keeping your back straight, and try to touch the toes of your straight leg.</td>
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<tr>
<td></td>
<td>• You should feel the stretch in the hamstring of your straight leg.</td>
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<tr>
<td></td>
<td>• Hold the stretch for six to ten seconds.</td>
</tr>
<tr>
<td></td>
<td>• Swap legs and repeat.</td>
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### Sports Day Project Activities

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<th>Stretch Four</th>
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<th>Stretch Six</th>
<th>Stretch Seven</th>
<th>Stretch Eight</th>
</tr>
</thead>
</table>
| • Begin by standing with your feet about hip-width apart.  
• Bending from your hips, lean forwards dropping your arms to the floor. Do not bend from your back.  
• Keep your legs straight and see how far your hands can reach.  
• If you can touch your toes quite easily, slowly shuffle your feet closer together. If you can’t touch your toes, slowly shuffle your feet further apart until you can.  
• You should feel the stretch in the back of your thighs (hamstrings).  
• Hold the stretch for six to ten seconds.  
• Relax for ten seconds and then repeat.  |
| • Start with your feet slightly more than shoulder-width apart and your toes angled out.  
• Bend forward at the waist coming into a squatting position so your thighs are parallel with the floor.  
• Place your elbows between your knees.  
• Try to keep your back straight.  
• You should feel the stretch in your groin and inner thighs.  
• Hold the stretch for six to ten seconds.  
• Relax for ten seconds and then repeat.  |
| • Stand tall and take a large step forwards with one foot.  
• Bend your front leg so that the thigh is parallel to the ground and the knee is at a 90° angle.  
• Gradually lower your hips, keeping your back straight, until the knee of your back leg is touching the floor.  
• Push your hips forwards.  
• You should feel the stretch in your thighs and hips.  
• Hold the stretch for six to ten seconds.  
• Swap legs and repeat.  |
| • Raise one arm behind your head with your palm facing your body.  
• Bend the elbow so your fingers reach down towards the middle of your upper back.  
• Take hold of the bent elbow with your other hand and gently pull it back until you feel the stretch in your tricep.  
• Hold the stretch for six to ten seconds.  
• Swap arms and repeat.  |
| • Reach forwards with one arm straight out in front of you.  
• Put the wrist of the other arm on the back of the outstretched arm, just above the elbow.  
• Gently press the outstretched arm towards your body, while keeping it straight.  
• You should feel the stretch in your shoulder.  
• Hold the stretch for six to ten seconds.  
• Swap arms and repeat. |
# Sports Day Project Activities

## Stretch Nine
- Stand with your feet shoulder-width apart.
- Stretch out your arms in front of you and interlock your fingers, making sure your palms are facing outwards.
- Push your hands as far away from your chest as possible.
- Allow your upper back to relax.
- You should feel the stretch between your shoulder blades.
- Hold the stretch for six to ten seconds.
- Rest for ten seconds and then repeat.

## Stretch Ten
- Stand tall with your feet shoulder-width apart.
- Bring both of your arms behind your back and place them at the bottom of your spine with your palms flat on your back.
- Push in towards your back with both hands and raise your chest up.
- Keep your chin up.
- You should feel the stretch across your chest.
- Hold the stretch for six to ten seconds.
- Rest for ten seconds and then repeat.
Maths in PE

You could use your maths skills and record your daily practise results in graphs.

A graph to show how my hopping has improved over time.

Number of hops in 30 seconds

<table>
<thead>
<tr>
<th>Days</th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>25</td>
<td>35</td>
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</tbody>
</table>
Science in PE

When you are practising your exercises, are you finding that you and your brothers and sisters or Mom and Dad can do more or less of some exercises? Why not do an investigation! Measure their arm and leg length, do you think this makes them better or worse at some exercises? Think carefully about how you might complete this investigation fairly and how you will record your results. Did your results confirm any predictions you made?

Before you exercise, take your pulse. How many beats can you count in a minute (count for 10 seconds and then multiply by 6)? Record the result. After exercising, take your pulse again. How many beats can you count in a minute now? Record the result. What do you notice? Record how long it takes for your pulse rate to return to the same rate as before you started. This is called your recovery time and the less time it takes you to recover after exercise, the fitter you are getting. Do this every time you practise your exercises and write down the results.
Please use this link to watch some of the London 2012 opening ceremony for the Olympics and see how sport brings the world together.

https://www.youtube.com/watch?v=4As0e4de-rI

It is four hours long, so we are not expecting you to watch it all but scroll through it and look at how the history of Britain is celebrated. There are dance routines, comedy sketches, choirs singing and musicians playing. In between all of this, the Olympic torch that has travelled all around the world appears and the Olympic flame is lit spectacularly. There is even a special part of the ceremony that celebrates the NHS. It must have been amazing to be there and witness it all.

We want you to pick some of the activities we have listed to recreate your own opening ceremony on Sports Day. We know you will all have some amazing ideas and we can’t wait to see photos and video clips of them all. Go on, get the whole family involved and it will be great fun!
Sports Day Project Activities

Art in PE

There is always an official logo for the Olympic Games. These are some of the logos from past Olympic Games.

Can you design a logo for your own Mini Olympics?

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Design and make your own invitation to the opening ceremony of your Mini Olympics

Below are some examples from the 2012 Olympics
Sports Day Project Activities

Design and Technology in PE

Construct your own Olympic Torch to carry into the stadium.

The torches used in the Olympic Torch Relay 2012 looked like this:

Can you use cardboard, paper, kitchen and toilet rolls with felt tips, paints and sticky tape to create your own Olympic Torch?
Sports Day Project Activities

Music in PE

Many countries have special songs that are composed and written for the Olympic games. Examples of previous Olympic songs are below. They are uplifting and inspirational pieces. Can you compose a piece of music, write a song, or both for the Dudley Wood Olympics?

One Moment in Time – Whitney Houston  [https://www.youtube.com/watch?v=96aAx0kxVSA](https://www.youtube.com/watch?v=96aAx0kxVSA)

Barcelona - Freddie Mercury & Montserrat Caballé  [https://www.youtube.com/watch?v=Y1fiOJDXA-E](https://www.youtube.com/watch?v=Y1fiOJDXA-E)

Proud – Heather Small  [https://www.youtube.com/watch?v=d7RC2Rv7K_8](https://www.youtube.com/watch?v=d7RC2Rv7K_8)

Chariots of Fire – Vangelis  [https://www.youtube.com/watch?v=CSav51fVIKU](https://www.youtube.com/watch?v=CSav51fVIKU)

The Performing Arts in PE

During the opening of the Olympic Games you will have seen a sketch which included James Bond collecting the queen from Buckingham Palace. Can you write and perform a drama sketch for the opening of your Mini Olympics?

Dance always features in an Olympic Games opening ceremony. Try choreographing your own dance for the opening ceremony of your games. Record it and send it in to us, we’d love to see it. Choose or compose some inspirational music to dance to.
Sports Day Project Activities

Cooking and English in PE

When athletes are training, they have to make sure they stick to a healthy diet. Use these recipes to make some healthy drinks and snacks.

**Smoothie Recipe One – Strawberry and Banana Smoothie**

**Ingredients**
- 1 apple
- Small cup of apple juice
- 7 strawberries
- ½ orange
- ½ banana

**Method**
Peel the apple and cut it into small chunks. Squeeze half an orange. Put all the ingredients in a blender with the orange juice and blend away.

**Smoothie Recipe Two – Blackberry and Blueberry Smoothie**

**Ingredients**
- 1 apple
- Small cup of apple juice
- 1 punnet of blackberries
- 1 punnet of blueberries
- ½ orange
- ½ banana

**Method**
Peel the apple and cut it into small chunks. Squeeze half an orange. Put all the ingredients in a blender with the orange juice and blend away.
Sports Day Project Activities

Smoothie Recipe Three – Orange, Banana and Pineapple Smoothie

Ingredients
½ a pineapple
Small glass of pineapple juice
1 orange
1 banana

Method
Peel and core the pineapple. Cut it into chunks and put half of it in the blender (save the rest for a healthy snack later). Squeeze the juice from the orange into the blender and add the other ingredients. Blend until smooth.

Writing Task
Perhaps you can write a review of the smoothie you made. What did you like about it? Was it refreshing? Did it fill you up? Would you make it again? If you did make it again, would you change anything? Do you think any of your friends would like it, why? If you made more than one of the smoothies, which was your favourite and why?
Sports Day Project Activities

Healthy Banana Flapjacks

Ingredients (Makes 12 Servings)
2½ cups (around 225g) jumbo oats
2 very ripe bananas
1 apple
½ cup (around 80g) mixed seeds (optional)
½ cup (around 75g) raisins and dried apricots (You could just use raisins)
1 tsp cinnamon} You could use mixed spice instead of cinnamon
½ tsp ground ginger} and ginger
50g butter or ½ cup (around 125ml/100g) coconut oil
3 tbsp runny honey

Method
- Line a small baking tray with baking paper and turn on the oven to 180°C/gas 4.
- Measure the oats, seeds and raisins and place in a bowl. Then chop up the apricots and add them to the oat mix.
- In another bowl, mash the two bananas with a fork. Then coarsely grate the apple into the bananas and add the cinnamon and ground ginger.
- Next, take a saucepan and place it on a low heat. Add the honey and butter or oil. Once the butter has melted, add the banana/apple mix and the oats/dried fruit mix.
- Stir well until the honey and butter or oil has completely covered the fruit and oats and it’s all well mixed.
- Pour this mixture into the baking tray and flatten with the back of a spoon or spatula so that the flapjacks will be the same height all over.
- Place in the oven and bake for around 30 minutes, until the top starts to go golden brown.
- Wait until it has completely cooled, then slice and enjoy!
Sports Day Project Activities

Pistachio, Apricot & Dark Chocolate Energy Bars

Ingredients
Olive oil, for greasing
75 g shelled pistachios
100 g mixed seeds
250 g rolled oats
8 Medjool dates
100 g dried apricots
50 g quality dark chocolate (70%)
100 ml maple syrup
4 tablespoons smooth almond butter

Method

- Preheat the oven to 180°C/350°F/gas 4. Grease and line a 20cm x 20cm square baking tin.
- Chop the pistachios, then scatter over a baking sheet with the mixed seeds and oats, and roast for 20 minutes, or until golden and toasted, turning occasionally.
- Meanwhile, destone and roughly tear the dates, and roughly chop the apricots and chocolate.
- Place the maple syrup, almond butter, dates and 150ml of water in a small saucepan over a low heat. Gently heat for 10 minutes, mashing the dates with the back of your spoon, until you have a sticky sauce.
- Tip the oats, seeds and pistachios into a large bowl along with the apricots and pour over the maple syrup mixture. Coat everything in the sticky sauce before gently folding through the dark chocolate.
- Pour the mixture into the baking tin, using a back of a spoon to press into an even layer.
- Bake for 15 to 20 minutes, or until golden, then cut into portions.
Sports Day Project Activities

Fruity Honey Flapjacks

Ingredients
115 g butter
100 g honey
175 g porridge oats
65 g raisins/sultanas
55 g dried apricots chopped
25 g sunflower seeds

Method
- Preheat your oven to 180C/170C Fan / 350F and line a square 18cm (7inch) baking tin with baking paper.
- Melt the butter and honey.
- Weigh the butter and honey and put them in a small pan. Heat the pan over a low heat until the butter has melted.
- Weigh the dry ingredients.
- While the butter is melting, measure the remaining dry ingredients – (oats, sultanas, apricots and sunflower seeds - and put them in a large bowl.
- Mix everything together.
- Once the butter has melted, pour it into your mixing bowl. Using a wooden spoon and get them to stir everything together until the oats are well coated.
- Bake the flapjacks.
- Pour everything into your prepared baking tin and press down with the back of a spoon or spatula.
- Bake in the oven for around 20 minutes. It’s ready when it has started to turn a nice golden brown colour.
- Remove from the oven and leave to cool. Cut into slices and serve.
Writing Task

Why not write a review of the flapjack you made? What did you like about it? Was it enjoyable? Did it fill you up? Would you make it again? If you did make it again, would you change anything? Do you think any of your friends would like it, why? If you made more than one of the flapjacks, which was your favourite and why?

Computing in PE

Often, Olympic computer games are released following the Olympic Games. Have a go at using Scratch to create your own Olympic computer game.
Sports Day Project Activities

Art & Design in PE

Each country has a unique design and logo for the athletes’ kits. Try designing a kit for a competing country. You can design one for ‘Team GB’ or any other country of your choosing. Think about the country’s current flag or emblem. Are there any specific colours, animals or designs you can put into your kit design? Remember different sports will need different types of kit so you can choose which sport and therefore which kit you want to design. There are some ideas and templates for some sports below.

Gymnastics
Sports Day Project Activities
Sports Day Project Activities

Athletics
Sports Day Project Activities

Swimming
Sports Day Project Activities
Footwear

Different athletes need different types of footwear. Can you design the footwear for a specific sport? Don’t forget to label your design highlighting the features you have included and why they are useful for the sport you have chosen.

Remember:

Basketball players tend to wear high trainers that support their ankles. Runners wear spikes. Cyclists have special shoes to fit their pedals.
Sports Day Project Activities

**Geography in PE**

Which country are you going to compete for? Can you find the country on a World Map? Which seas/oceans surround it? Is it an island or is it land locked? What is the climate of the country? How many people live there? What is its capital city?

Can you draw the country’s flag and write a fact file of information you have found?

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**Country Fact Sheet**

- **Capital City:**
- **Population:**
- **Terrain:**
- **Climate:**
- **Natural Resources:**
- **Type of Government:**
- **Bordering Countries:**
- **Holidays and Traditions:**
- **Famous people:**
- **Famous landmarks:**
- **Foods:**

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Map:

Flag:
Sports Day Project Activities

Modern Foreign Languages in PE

The Olympics brings together many different languages and cultures from all around the world. Can you learn to say the following phrases in a different language to your own?

Hello

Goodbye

Please

Thank you

Welcome

Well done!

Congratulations!
Sports Day Project Activities

History and Religious Education in PE

The Olympic Games began in Ancient Greece.

Use the link below to start some research into their history. Girls were not allowed to compete; married women couldn’t watch, and all of the athletes took part naked!

https://www.bbc.co.uk/bitesize/topics/z87tn39/articles/z36j7ty

It would be great if you could create a poster advertising the Ancient Olympics or write about how the Olympic Games were a religious festival as well as a sporting event.

If you prefer, you could research the history of an Olympic sport you are interested in and write about that.
Sports Day Project Activities

History and PSHE in PE

The link below will tell you a little about the history of the Olympic Games and how the Modern Olympics began.

https://www.youtube.com/watch?v=uSf7-LsmU3Y

During the clip, you will have learnt how the International Olympic Committee was created and that Baron Pierre De Coubertin was head of the committee and designed the Olympic Flag.

Can you find out the purpose of the Modern Olympic Games and write down anything that is different or the same about the Ancient and Modern Olympics?

The Olympic Flag is pictured below:

![Olympic Flag](image)

What do the symbols and colours on the flag stand for?
What are the Olympic Values?
Can you design a Dudley Wood Flag representing the school values? What symbols and colours will you choose and what will they stand for?

There is a flag template on the next page.
Sports Day Project Activities

Flag Template
Parental Consent

We hope you and your family enjoy completing some or all of these activities. It is up to you what you do but the most important thing is that you enjoy yourselves. If you can think of any other activities to do with Sports Day or the Olympics that you want to complete, we would love to see them. Don’t forget to send any pictures or video clips in to school.

We would like to put some of the pictures on Twitter or the website so can parents say whether they give permission for this when they send in the photographs or video clips please?

An example of what to write is as follows:

I (parent name) give permission for photos and video clips of (name of child) to be put on Dudley Wood school website/ Dudley Wood Twitter Page.

Thank you.

Mrs Leigh and Richard