



AG/LL 10.07.20



Year 5 & 6: SPORTS WEEK

Dear Parents/Carers,

Arghhh! We had a fantastic week learning all about Pirates, we hope you did too!

For our final full week in school our theme is going to be: **Sports Week**

Here are some suggested activities and ideas that you may want to do over the course of the week. This work will not be marked, but please feel free to send us pictures on Gmail or Google Classroom.

Here are some of our suggested activities:

- Keep an exercise diary
- Design a new sport
- Learn how to take your pulse, record your pulse before and after exercise and put your results into a graph
- Design your own sports day medal
- Practise as many sports as you can (football, rugby, tennis etc)
- End the week with a Sports Day (invite siblings to join too, or a socially distanced one with friends!)

Have a great week!

The Year 5/6 Team.

