Hi everybody,

As this week is our Virtual Sports week we decided to stick with the theme of sport for our school activities as well. I hope the activities are fun and enjoyable. You don’t need to print anything. Just use a sheet of paper or a copy. If you do not have Lego you can do the Lego activities as art activities instead. I hope you enjoy sports week and have lots of fun.

Take care,

Mr O’ Sullivan

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| * Research a famous sports person of your choice. Fill out the sports star fact file. * Drama: Get someone at home to pretend to be a famous sports star. You are a news reporter. Ask the sports star 5 to 8 questions about a recent match/competition. * Lego Challenge (Build a sports stadium) * D.E.A.R. Time |
| * Write an Acrostic poem, using the name of a sport you like. (E.g. Basketball, Football, Rugby, Golf, Cycling etc.) It doesn’t have to rhyme * Poster: Design a poster advertising the latest Nike/Adidas runners * Lego Challenge (Build a Formula 1 Racing Track) * D.E.A.R. Time |
| * S.P.H.E. Write out a healthy meal plan for two or three days, for a famous sports person. Include breakfast, lunch, dinner and a healthy snack. You can use the food pyramid to help you if you want. * Oral Language: Make up ten quiz questions based on the theme of sport. Test them out on friends/members of your family. See who gets the highest score. (Sample Question: In what city would you find Madison Square Garden? Who is the captain of the Irish rugby team?) Use the internet to help you. * Lego Challenge (Build a speedboat or a racing car) * D.E.A.R. Time |
| * Diary Entry: Pretend you are a famous sports person. Write a diary entry the night before a big match/event. Include how you feel, how prepared you are, who will be at the match/event, where it will be on etc. * Art: Design a sports Kit (Find Attached sheet) or Paint/Draw picture of your choice linked to the theme of sport * Lego Challenge: Create any Lego design of your choice with the theme of sport in mind. * D.E.A.R. Time |
| ***Sports Day 😊*** |