**SW Sports & Education Home Learning Challenge**

The NHS (National Health Service) have invited some of their staff members to form a sports team. This will help keep them physically and mentally fit. You have been honoured with the job of Team Manager. Here are your tasks. You have until Friday 22nd May 2020 to complete them. Good luck to all those who are brave enough to rise to the challenge. **Remember to take PRIDE in your work!**

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|  | I like to explore | I like Maths | I like English | I like being creative | I like being kind and helpful | Time to get physical! |
| Strengthen your learning | Have a look at a world map and try to remember where countries are. Maybe create a capital cities quiz. | Using only 2D shapes can you create a badge for a new NHS sports kit. Maybe look at current sports badges for inspiration! | Research your favourite sports person and create a Fact File.  What interesting things can you find out about them? | Can you design your own sports kit, which will be used by the NHS sports team. | Help carry out at least a couple of chores around the house on a daily basis. How | Regularly take part in Joe Wicks PE sessions. Aim for at least four times a week. |
| Deepen your learning | As a team bonding exercise, you can take the team anywhere in the world, where would you go? Find out as much information as you can about your chosen place. | Choose and make a healthy meal or snack that you would like your team to try. Remember to weigh or measure out your ingredients carefully. | Your favourite sports person has just signed for the NHS sports team. Create some questions that you would ask them if you were to interview them. | Design a sports stadium for the NHS sports team. | Can you make a card for an NHS worker thanking them for all they are doing for the country. | Create a short fitness video of your own that people could follow. Why not use some examples from workouts you have taken part in. |
| Take the challenge! | You want to reward the team for all their commitment and dedication. They would like to visit some iconic world landmarks. Which monuments would you take them to see? Where are they located? | Practice your times tables by counting in multiples of numbers up and down the stairs. For example, label each step a multiple of 7. Step one 7, step two 14 and so on……… | Write a newspaper article based on the signing of your famous sports person. What would the headline be? Could you include a quote from yourself and the sports person? | Make a model of your stadium using objects around the house maybe make it inside a shoebox? | When this pandemic is over describe through a poem, maybe using an acrostic style, anything that you feel you and your family will do differently.  STAY SAFE! | Create a training program for the NHS sports team. Remember to include different forms of exercise. |