



Welcome to St Cyres PE Department

Meet the PE Staff Team



Mr Bolton



Mr Hall



Mrs Meddins



Miss Sullivan



Miss McNamara

We would like to get to know you

What is your name

Hello
my name is

What sports do you currently play?



What is your own best sporting moment? Please describe it to us.



Who is your sporting hero and tell us why?



Can you draw or find a picture of them?



What we would like you to do

A fitness Challenge

Using the letters of your name complete the exercises associated with that letter.

For example, if your name begins with a R you would start by doing 30 seconds of shuttle runs. Then move onto the next letter of your name.



ALPHABET FITNESS

Spell your name and carry out the exercises for each letter

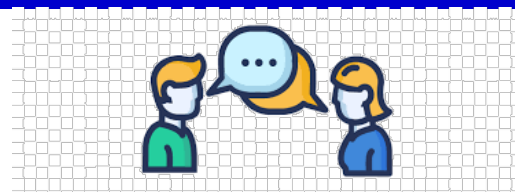
A	=	50 Jumping Jacks	N	=	25 Burpees
B	=	20 Crunches	O	=	20 Lunges
C	=	30 Squat	P	=	30 secs Ski Jumps
D	=	15 Push-ups	Q	=	30 Sit Ups
E	=	1 min Wall Sit	R	=	30 sec Shuttle Runs
F	=	10 Burpees	S	=	20 Bicep Curls
G	=	20 Arm Circles	T	=	20 Tricep Dips
H	=	20 Squats	U	=	45 secs Battle Rope
I	=	30 Jumping Jacks	V	=	45 secs Plank
J	=	30 secs Plank	W	=	20 Push-ups
K	=	30 secs Battle Rope	X	=	30 Jumping Jacks
L	=	30 secs Wall Sit	Y	=	10 Crunches
M	=	30 Mountain Climbers	Z	=	20 Ball Slams

A B C D E F G H I
J K L M N O P Q R
S T U V W X Y Z

FITNESS

Become a sports reporter!!

Task 1 – Lets develop your verbal skills



Use the link or scan the QR code to watch **one** of the following clips and explain to a family member what you have just seen. You need to consider the following:

- What is happening? E.g. which sport, people, sounds, colours, weather
- Who is performing?
- What was the result of what they were doing? E.g. they made a great pass

Give as much information as you can!!

Football – Harry Kane



https://www.youtube.com/watch?v=z6rYx_1gKEE

Netball – Helen Housby



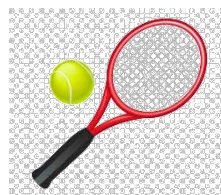
<https://www.youtube.com/watch?v=7SK4KIBUVXU>

100m – Usain Bolt



https://www.youtube.com/watch?v=3nbjhpcZ9_g

Tennis – Andy Murray



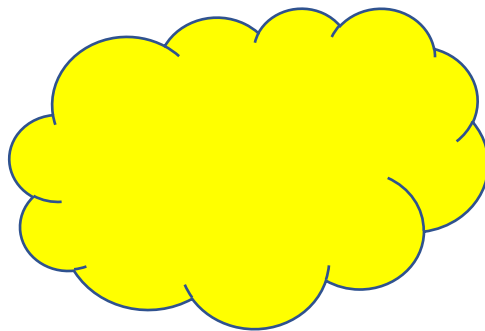
<https://www.youtube.com/watch?v=5p2oci9qTj8>

Task 2 – Lets increase your vocabulary for your chosen sport

For which ever sporting clip you have just watched, you are going to mind map key words that are associated with that sport and sports performer.

For example, Long Jump – Preparation, take off, landing, metres, measuring, official etc

Put the name of the sport in the yellow cloud and then place arrows off the mind map cloud to show which key terms are used in your sport.



Task 3 – Skills to be a sports reporter



Read the following sports report that was written about Jenson Button's win in Canada.

Jenson Button emerges victorious in rain-soaked Canadian Grand Prix



The McLaren driver Jenson Button salutes the crowd after winning the Canadian Grand Prix in Montreal.

Starting seventh in a race begun under the safety car in wet conditions, he squeezed McLaren team-mate Lewis Hamilton into the pit wall as they entered lap nine and the two cars collided, spraying debris over the track. The incident prompted Button to shout memorably over team radio: "What is he doing?"

Down in 15th 14 laps in after serving a penalty for speeding under the safety car, Button had been the first leading driver to change to intermediate tyres. He set off on his first charge and was up to 11th by lap 17.

Further heavy rain brought the safety car out on lap 20 before the race was suspended on lap 25. When it was eventually resumed two hours later, they had to do another nine laps under safety-car conditions before the track was deemed fit enough to race.

Three laps after the re-start, the safety car was deployed yet again when Button and Ferrari's Fernando Alonso collided on lap 37.

Button was last when the race was restarted on lap 40 but fought his way through the field thanks to choosing the right time to change to intermediate tyres and then dry-weather slick tyres.

He moved from fourth to second on lap 65 by passing Red Bull's Mark Webber and Mercedes' Michael Schumacher and closed on race leader Sebastian Vettel, who wilted under the pressure and ran wide on the final lap to allow Button through for a win that had to be seen to be believed.

Now that you have read through the article can you answer the following questions?

1. Which sport was being focused on?

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2. Which sports performers were included in the article?

.....



3. Where did Jenson Button start at the beginning of the race?

.....

4. Who ended up winning the race?

.....



5. What was the weather like during this race and how did this have an effect?

.....



6. Which two drivers collided and what happened because of this?

.....

.....



7. Who does Mark Webber race for?

.....



8. Who is Jenson Button's racing team mate?

.....



Hopefully, you can see how descriptive language is important. You were not at the race but you were able to get a good idea about what happened from the power of words and actual factual information.

The information was given by someone else who was at the race and they are describing to you what they saw.



Now its your turn to have a go!!

Task 3 – Writing your own report!!

Watch the video again (and as many times as you like!!) and write a newspaper report on what you have observed.

Remember to consider:

- Who is involved?
- What were the key highlights?
- Was there a score?
- What was the atmosphere like?
- What were they wearing? Do they have a number?
- Don't forget that you can also add pictures if you wanted to.



A series of horizontal dotted lines provided for writing the newspaper report.

