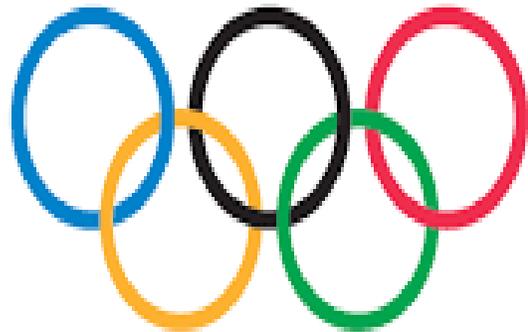


TOKYO OLYMPICS

TOKYO 2021 



This week, we shall be looking ahead to The Olympic Games in Tokyo later this year. We shall be looking at the sports you will see and some of the athletes who will be taking part.



Activity	Resources Required	Potential Risks	Impact
Yoga and Mindfulness	Yoga Mat Access to the video on slide 3.	Uneven surface. Ensure this is done on a flat surface. Do the activity barefoot for safety reasons.	Children to learn stress-relieving and relaxation method and why yoga is beneficial to their bodies.
Gymnastics	Tape Measure/Trundle Wheel. Stopwatch	Uneven surface. Ensure this is done on a flat surface. Do this activity barefoot for safety reasons.	Children to put together a gymnastics routine consisting of many different parts/elements.
Discus	Tape Measure. A safe, circular object	Ensure arms are warmed up properly. Ensure object used is safe.	Children to learn the correct technique of throwing the discus.
Olympic Athlete Competition	Internet/Books	N/A	Children to find out information on an Olympic Athlete of their choice.

YOGA AND MINDFULNESS



- CLICK ON THE PLAY BUTTON TO WATCH THIS WEEK'S YOGA VIDEO. CAN YOU COPY THE TEACHER?



GYMNASTICS

Y3/4

Put together a gymnastics floor routine of 8 parts including at least 2 rolls, 2 jumps, 2 shapes and 2 balances with travels between each part.

Y5/6

Put together a gymnastics floor routine of 12 parts including at least 3 rolls, 3 jumps, 3 shapes and 3 balances with travels between each part.

How can you travel in gymnastics?

What type of rolls are used in gymnastics?

What type of jumps are used in gymnastics?

What type of shapes are used in gymnastics?

What type of balances are used in gymnastics?

GYMNASTICS EXTENSION TASK



Who is this gymnast?

Which country is she from?

How many Olympic medals has she won?

How many World Gold medals has she won?

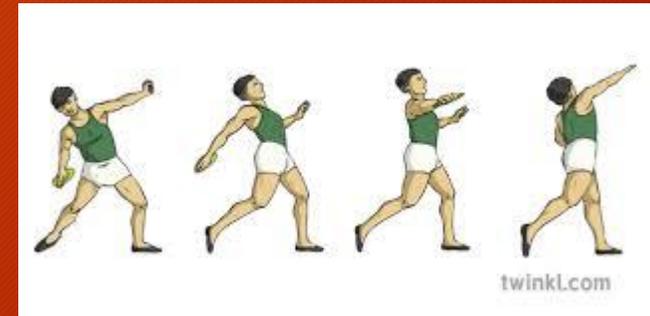
DISCUS

Ensure you use an object that is soft, safe and round i.e. a quoit or frisbee.

See how far you can put/throw the discus object using the correct technique. Set up a tape measure and have the child place their feet shoulder width apart with their left foot (right foot if the child is left handed) on 0cm. When scoring, the score is taken where the tennis ball lands first (not necessarily where the ball ends up). Have 5 attempts and record your best score.

Tips

- Writing hand spread around discus face down
- Claw edge of discus with the ends of your fingers
- Bend knees and have a couple of practice swings before release to gain momentum
- The throwing arm will come through and the release of the discus should be in line with the shoulders
- If you are unsure, look at the image on the right.
- **DO NOT THROW THIS OBJECT LIKE YOU WOULD A FRISBEE!!**



Beat the teacher.

Mr Jarad from Primary Sports attempted this challenge and he scored 6m Can you beat his score?

DISCUS EXTENSION TASK



This athlete is Christoph Harting. He is the current Discus Olympic Champion and will defend his title in Tokyo.

- Which country is he from?
- What was his best distance at the last Olympics?
- How tall is he?

- What are the men's and women's world records for the discus?
- What makes this event unique with regards to the world records?

KS2 OLYMPIC ATHLETE COMPETITION

Pick an Olympic Athlete of your choice. This must be an athlete who either competed at the previous Olympics, or who will compete at the Tokyo Olympics. Create your own poster displaying as much information as possible about that athlete on there (including pictures and drawings). If you can add in more information, that would be FANTASTIC!!!

Think about the following information!

- Has your athlete won any Olympic medals?

- Does your athlete hold any World or Olympic records?

- How has your athlete inspired you?

- Which sport or event does your athlete compete in?

- Which country does your athlete represent?

Email your posters to:

james@primary-sports.co.uk

There are prizes up for grabs for the best Y3/4 poster and the best Y5/6 poster.