Rumney Primary School Year 2 

RPS Summer of Sports

Home Learning Days 36 - 40

Twitter is a great way for us to keep in touch and share additional activities. Thank you to all the grown ups for sharing learning/activities with us we look forward to seeing this weeks learning too. .

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| Puzzle **Monday/Tuesday**  **Summer of Sports begins**  **Event 1 Sprint**  **Event 2 Long jump** |
| Puzzle **Wednesday**  **You need to make a paper/material/ribbon rosette**. Use Google or a search engine to put in **key words** to help you find instructions/video/template to make a rosette that you can be presented with at the end of each sporting activity. Think carefully about which words you will type. Try to use no more than 3 or 4 words  Talk to your grown up about what will be a fun and manageable activity for you to do. You may remember making one for your grown ups in year 1 and could use those ideas to help you. |
| **Thursday** **Which exercise makes your heart beat faster? Use your literacy comprehension to help you find your pulse.**  **You need a timer and your table to record your results**  You need to make a table with 2 headings  **Exercise Pulse beats per minute**  **Rest Fill in amount**  **Record your pulse rate at rest for 1 minute. Write this in your table. Remember sun safety - exercise is best done when it’s cooler**  **After each exercise talk to a grown up about what is happening to your body? What changes can you feel? What changes can you see?**  **Make sure you rest between each exercise and drink plenty to keep yourself hydrated.**  **If you can’t do the exercise for 1 minute do it for 30 seconds and double the amount.**  **Now do the following exercises and after each exercise record the results in your table.**  **Jogging on the spot**  **Star jumps**  **Step ups (on first stair left foot on stair, right foot on stair, left foot down, right foot down)**  **Rolling**  **Skipping on the spot**  **Knee ups (raise your left knee, Tap your knee with opposite right hand, swap, raise your right knee, Tap with left hand Repeat)**  **Choose an exercise of your own**  **Look at your results with a grown up. Which sport has made your heart beat faster? Which activity was your favourite?** |
| **Friday Fruity Fraction Friday Fun**  **For this activity you need 5 pieces of fruit or vegetables that you snack on**  **With a grown up you are going to cut your fruit or vegetables into quarters. Remember to make quarters you half then half again. Say this every time you cut.**  **Either make a little video for us to see you explaining what you are doing or put your pictures in a pic collage and post on Twitter. We can’t wait to see your fruity fraction Friday Fun!** |