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!**  |