



Topic Activities

Date: 13.07.20

Lessons 1 and 2 will be taught at school. whatever days your child attends. This means you can work on activities 3 and 4 from home on your 'off' days. If you are continuing to learn from home, then you can work through the activities in whichever order you wish.

Lesson	Activity	Guidance for Parents
1	<p>RE: Have a look at pictures of Mount Hira in the Arabian desert (page 2 of this document). What do you think about the scenery around the cave? It looks very hot, dry and rocky doesn't it. (hot dry rocky desert). This is a very special place in the natural world because Muslims believe it was here the angel Gabriel gave messages to Muhammad from Allah. In AD 610, Muhammad was meditating in a cave on Mount Hira when the Angel Gabriel appeared to him. The angel spoke to him. The angel said the word 'Allah' and Muhammad began to recite words which he believed came straight from God. This was his first revelation from God. The messages were collected and written down in the Qur'an, the Muslim holy book. Every year thousands of Muslims climb up to the cave to visit this special place for themselves. Every year Muslims remember how the angel Gabriel revealed Allah's words to Muhammad during Laylat al-Qadr (the Night of Power). This night comes towards the end of Ramadan (the month of fasting) and many Muslims spend it praying to Allah. The date of Laylat al-Qadr 10th June 2018, (31st May 2019, 19th May 2020). Can you draw a picture of the angel on Mount Hira?</p>	<p>Please do not draw Muhammad in your pictures as this is considered offensive to Muslims.</p>
2	<p>Science: In this activity we are going to be identifying other common plants and flowers that grow in our local environment. Can you think of any? Have a look in your garden or nearest outside space - how many plants can you see? How many of them can you name? Using the sheet titled 'Plant and Flower Hunt' to explore the things growing in your garden/outside space. There are some empty boxes for you to record anything that isn't already on your sheet.</p>	<p>For more information, The Woodland Trust (www.woodlandtrust.org.uk) has some brilliant ideas and activities for exploring woodland with children.</p>
3	<p>History: Did you manage to find out some interesting facts about the Olympics? In this activity, we are going to focus on a very talented Olympian ; Usain St. Leo Bolt. Have you heard of him before? Why is he so famous? Read the fact file on pages 3 and 4 of this document to find out more about him. Do you have anything in common? What lessons can we learn from Usain? He didn't have any easy path to success but he never gave up and was able to realise his dreams. If you could write your own fact file about yourself, what would you want it to say? Taking inspiration from Usain, think about what you would like to achieve and see if you can make your own fact file about things that you are already proud of and the things you hope to achieve one day.</p>	<p>Check out 'The Boy Who Learned to Fly' which is based on the life of Usain Bolt https://www.youtube.com/watch?v=qtujkNnCYCc</p> <p>and this video: The Best Athlete That Ever Lived (PG) https://www.youtube.com/watch?v=s6HOXf3Vzkz</p>
4	<p>P.E. - Ball Skills Lesson 7</p>	

Please see separate plan in page 5 of this document



Mount Hira

Usain Bolt

Biography

So, how do you become the best sprinter of all time?

Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' Whilst at secondary school, Usain focused on sprinting, which led him to win his first High School Championships medal. Since then he has set new world records, overcome injuries, won many medals, become a hero in his home country of Jamaica and he hasn't even finished yet!



Usain was born on 21st August 1986, in Jamaica. As a child, he really enjoyed playing football and cricket.

Bolt took part in his first race whilst at primary school, however, at that time he preferred playing cricket. In an interview, he once said that if he hadn't become a sprinter, he would have loved to be a fast bowler like his cricketing hero, Waqar Younis.

At high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and liked playing practical jokes.

The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals but he did set a new personal best in the 200m race. The World Junior Championships came next and it was here that Bolt became the youngest World Junior gold medallist.

Olympic Games	Event	Medals
2008 Beijing	100m, 200m, relay	Gold
2012 London	100m, 200m, relay	Gold

Usain Bolt

In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. It was then that he turned professional and was given a place on the Jamaican Olympic team. He went to the Olympic Games in Athens in 2004 but a leg injury stopped him from winning any medals.

As the years passed by, Usain took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records and won gold in the 100m, 200m and relay events. This was followed by the World Championships in Berlin, where he improved his times even more.

Bolt competed in the 100m, 200m and relay at the London 2012 Olympic Games and won gold in all three events again. After the races, a fellow runner said, 'There's no doubt he's the greatest sprinter of all time.'

Usain continues to be a successful sprinter but plans to retire in 2017. He is nicknamed 'Lightning Bolt'.



Ball Skills Lesson 7

Learning Objective

To develop co-ordination and control when moving the ball with your hands.



Warm up -

Run around your area for 2 minutes. Then practise hopping, jumping and skipping for a further 3 minutes.

Activities

1

Whenever your ball is bounced there is a 'magic moment.' Demonstrate the 'magic moment' by bouncing the ball and getting your child to look for the moment when the ball begins to fall after moving upwards. Can you catch the ball on this 'magic moment'? Can you bounce the ball a little in front of you and move to catch it at the 'magic moment'?

2

Can you practise continually bouncing the ball using one hand? Can you dribble the ball whilst walking? Can you dribble the ball whilst jogging? See if you can walk backwards whilst dribbling the ball. Remember to keep the ball close for good control.

3

Remote Control:

Respond when you hear the following instructions:

- **Play:** walk around dribbling the ball
- **Rewind:** walk backwards whilst dribbling the ball
- **Fast forward:** dribble the ball whilst jogging
- **Pause:** stand on the spot and dribble the ball with two hands
- **Stop:** stop and hold the ball with two hands

Cool Down

Stand still and stretch upwards, then slowly bend forwards over until you can touch the floor, hold for a count of 5. Sit on the floor with crossed legs, taking in a deep breath as you lift your arms up above your head. Hold for a count of 3 then breathe out and repeat 3 times. Try holding your breath for a count of 5 and repeat.

Well done for all your hard work during lockdown. I hope you have enjoyed many of these activities and revisit your favourites over the holidays!