

**Welcome to Unity College PE Department**

**We would like to get to know you**



**What is your name**

**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

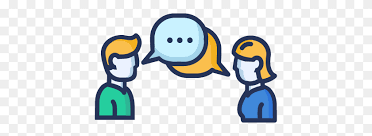
**K** = 30 secs Battle Rope **X** = 30 Jumping Jacks

**L** = 30 secs Wall Sit **Y** = 10 Crunches

**M** = 30 Mountain Climbers **Z** = 20 Ball Slams



**Become a sports reporter!!**



**Task 1 – Lets develop your verbal skills**

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!!**

**Netball – Helen Housby**

**Football – Harry Kane**

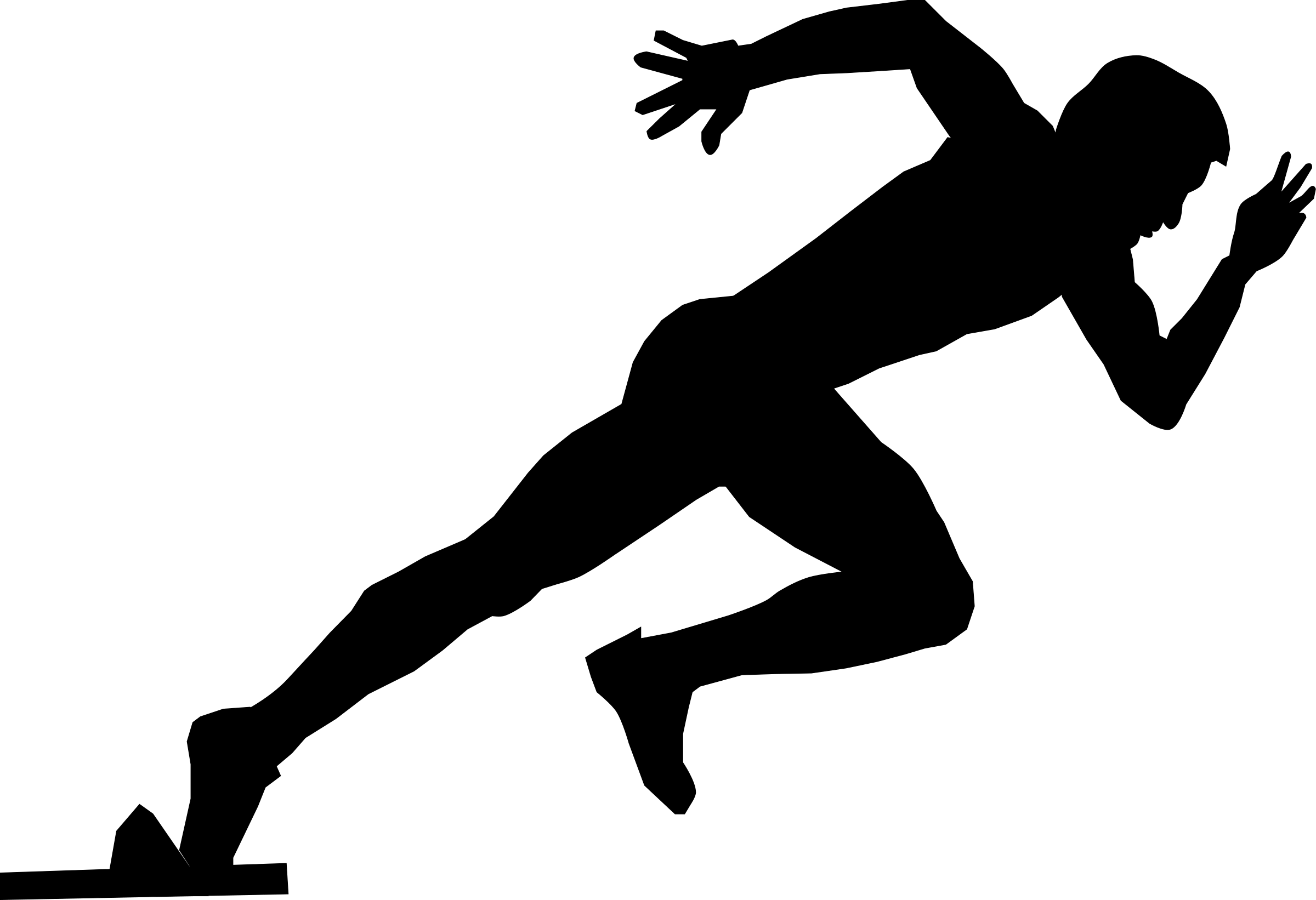


<https://www.youtube.com/watch?v=7SK4KIBUVXU>

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

**Tennis – Andy Murray**

**100m – Usain Bolt**



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

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

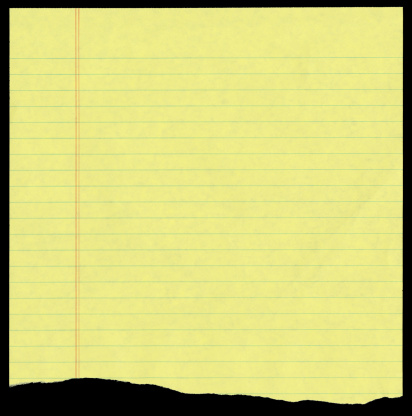
**Task 2 – Lets increase your vocabulary for your chosen sport**

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**

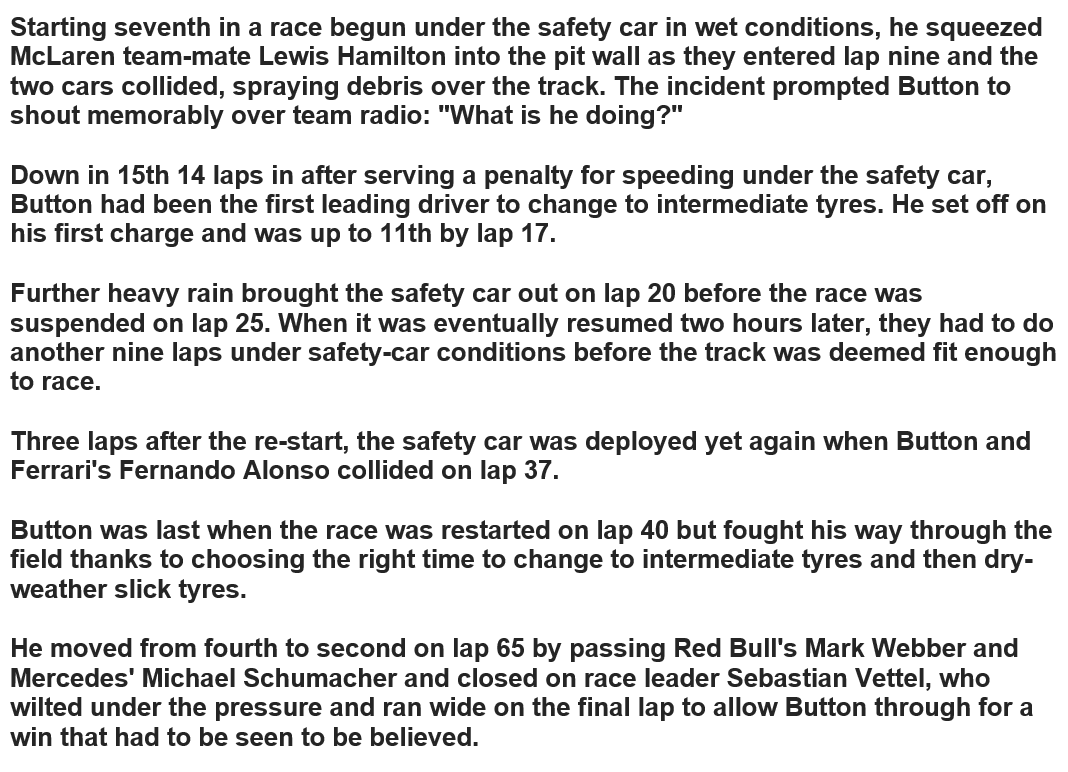
Put the name of the sport in the yellow cloud and then place arrows off the mind map cloud to show which key terms are used in your sport.

**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.

**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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1. Which sports performers were included in the article?

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1. Where did Jenson button start at the beginning of the race?

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1. Who ended up winning the race?

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

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

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1. Who does Mark Webber race for?

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1. Who is Jenson Button’s racing team mate?

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**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.

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**Thank you for completing this work. We hope you enjoyed it and we are looking forward to meeting you in September.**