

The time has come for your own Olympics! You will need to decide where in the world you are going to host it. Is it going to be somewhere hot or cold? Will there be lots of places for spectators and athletes to stay? You can look at places it has been held before for ideas.

The opening ceremony of any Olympics is a huge event. The country hosting will show all of the things that make their country great. Can you design your own opening ceremony? There is usually a fireworks display and live music? You can watch the London 2012 Olympics opening ceremony for ideas. It even had the queen jumping out of a helicopter!!

Can you create your own event? It can be anything from an obstacle course around the garden to how many items of clothing can you put on in 2 minutes. Write the rules of the event and see who can get the fastest time or most points?

Every Olympics has a mascot. Can you design your own Olympic mascot? You could have more than one if you like.

## Wagtails home learning 29<sup>th</sup> June

Can you hold your own Olympic games in your garden? You can make up your own events of compete in the events they have in real life. Are you going to compete under the Union Jack or are you going to design your own country flag and compete under that?

The best athletes in the world compete against each other at the Olympics. What world records can you find? What is the fastest time someone has run 100m? What is his name? What other world records can you find out about.

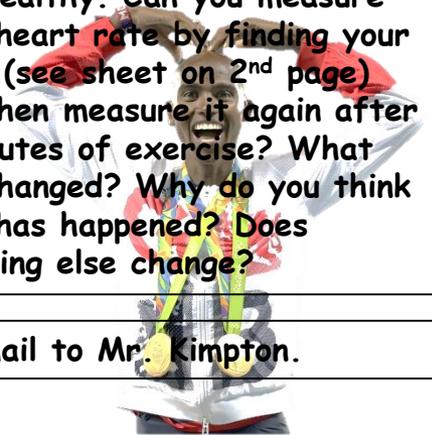
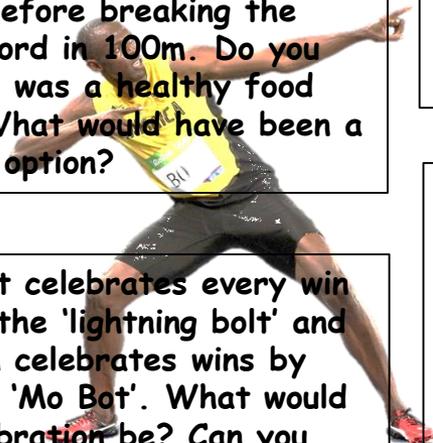
Usain Bolt famously ate chicken nuggets before breaking the world record in 100m. Do you think this was a healthy food choice? What would have been a healthier option?

Usain Bolt celebrates every win by doing the 'lightning bolt' and Mo Farah celebrates wins by doing the 'Mo Bot'. What would your celebration be? Can you take a picture of it or draw it?

The Olympics started thousands of years ago. Using books or the internet, can you research some facts about the original Olympics? Where was it held? What events did they have? Why did they have an Olympics? What is the same and what is different with the modern Olympics?

Doing exercise and sports is really important to keep us fit and healthy. Can you measure your heart rate by finding your pulse (see sheet on 2<sup>nd</sup> page) and then measure it again after 5 minutes of exercise? What has changed? Why do you think that has happened? Does anything else change?

Any work you want to share can be posted onto the school Facebook page or email to Mr. Kimpton.





1. Place two finger on your wrist like the picture above.
2. You should feel it move a little bit. That is your pulse.
3. Count how many times it beats in 30 seconds.
4. You can then times your number by 2 and that's your heart rate.
5. Repeat this after you have done some exercise. Does the number get higher or lower?