

Sports & Games Week

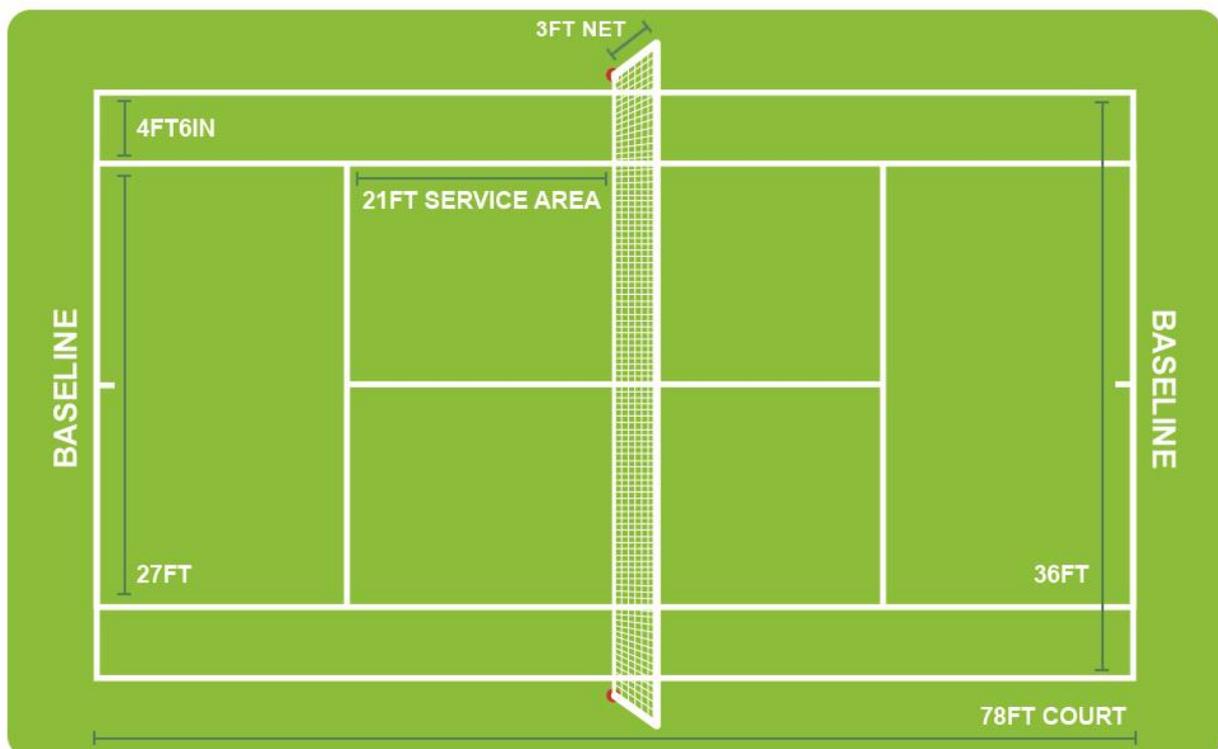
This week is going to be a week to get active in and use up all your energy. As a challenge perhaps you can try to do the “PE with Joe” the Joe Wicks workout every morning. Do it together as a family. https://www.youtube.com/results?search_query=PE+with+Joe Let us know how you get on.



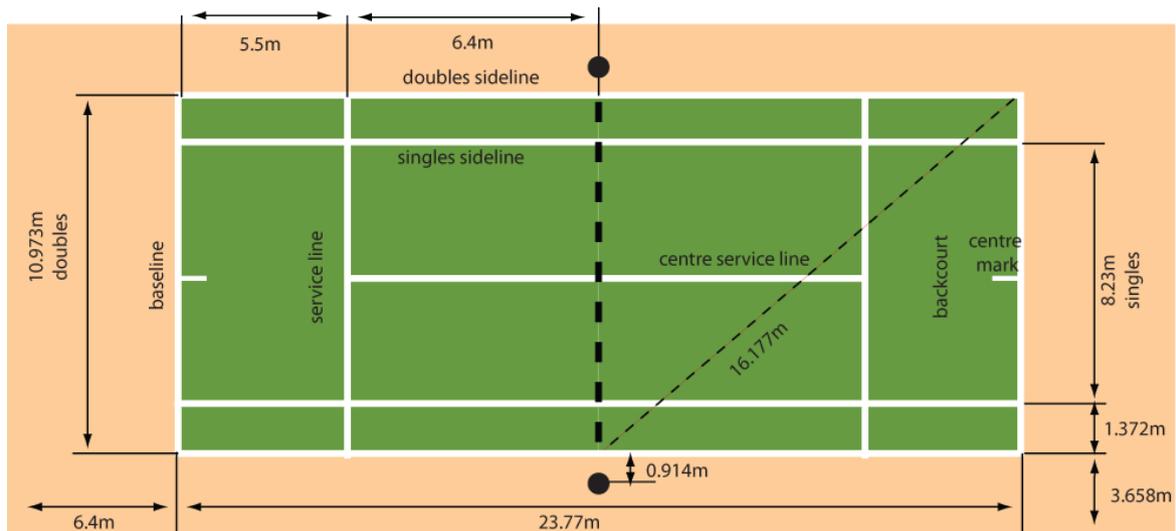
Tennis

If you have rackets, a ball and room in the garden then it's time for a good game. We are approaching Wimbledon time so you can pretend to be your favourite player, Andy Murray, Roger Federer, Serena William or Lauren Davis. Perhaps some strawberries and some nice homemade lemonade will be just the ticket for that authentic Wimbledon refreshment experience. To mark out the lines of the court you can use rope placed on the grass and some string tied across for the net. On concrete you can use a chalk to mark out the court. See pictures below for how it is set out. For the proper rules of tennis please use this link. <https://www.rulesofsport.com/sports/tennis.html>

Tennis Court Layout: Unless you live on a farm, most people won't have enough room to stick to these measurements but if you can do the layout this give you an idea of proportions. There is a metric version further down.



Here is a court with metric measurements.



If you don't have an opponent then try some of these tennis challenges.

How many can you do?

Bounce the ball on the middle of the racket without it touching the ground

Bounce the ball on the rim of the racket without it touching the ground.

Bounce the ball on the floor hitting it with your racket

Hit the wall allowing one bounce on the ground before hitting again to the wall. (make sure this is a wall with no windows)

See how many overarm serves you can do hitting the wall.

Draw a target on the wall and see how many times you can hit it.



Badminton or homemade ball and racket

Simple rules of Badminton: Please click on the link for the simple rules of badminton

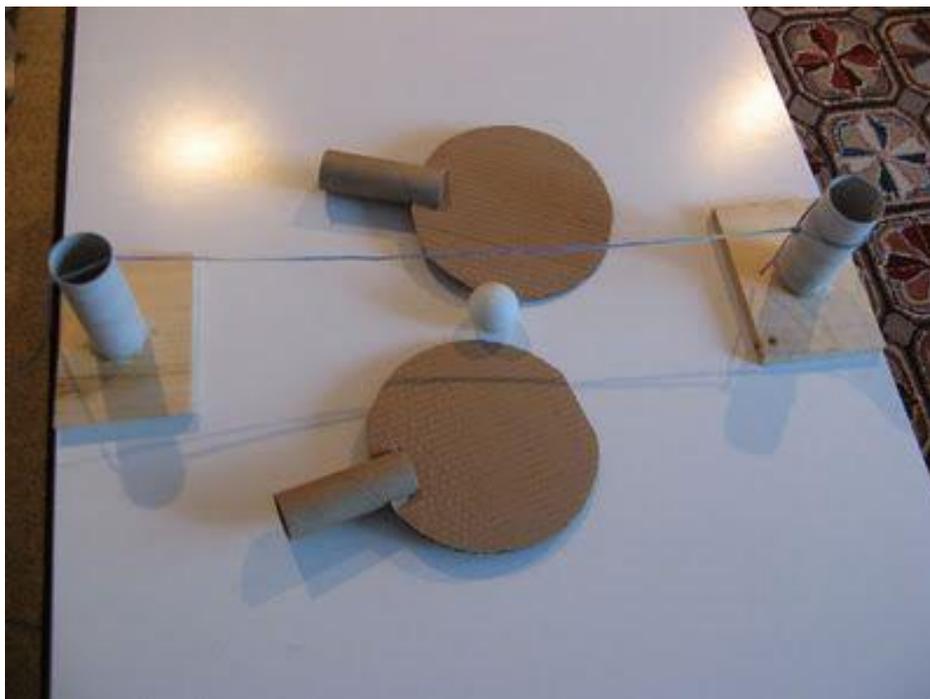
<https://www.badmintonbible.com/rules/simple>

Badminton is a good alternative to tennis if you have less room and also a great game in its own right. If you don't have a shuttlecock you can use a ping pong ball or a light plastic ball or even a screwed-up piece of newspaper that you have rolled up tightly.



If you don't have enough room or only have indoor space or if you do not have equipment you could make your own using cardboard and again a screwed-up piece of newspaper. You can also use a blown-up water balloon with a small bag over it. This can be quite bouncy but lightweight enough not to damage anything indoors.

You can make a couple of ping pong paddles from cardboard.





Make your own lemonade

Ingredients

- 3 unwaxed lemons, roughly chopped
- 140g caster sugar
- 1l cold water

Method

1. Tip the lemons, sugar and half the water into a food processor and blend until the lemon is finely chopped.
2. Pour the mixture into a sieve over a bowl, then press through as much juice as you can. Top up with the remaining water and serve with plain ice or frozen with slices of lemon and lime.





Make your own golf course or croquet course

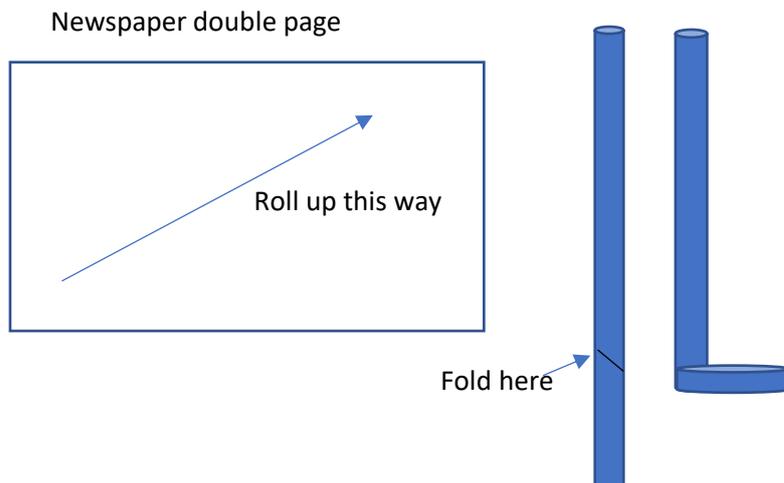
Materials:

- Kitchen roll tubes, wrapping paper tubes, toilet rolls
- Water bottle
- Newspaper
- Yoghurt pots

Using tubes and bottles make a club. Alternatively, you can make a golf club using 1 sheet of newspaper.

- Roll a whole double page sheet of newspaper on the diagonal into a thin tube. This will be quite strong.
- Secure with some tape to keep paper rolled up.
- At about 15 cm from the end fold at a 90 degrees angle.
- Tape in place.
- This will act as the head of your club to hit the ball with.

To make hoop or holes use another tube of newspaper which you stick on the floor with tape into an arch taping both ends. If you make a golf course you can use the yoghurt pots for the final hole. Screw up a newspaper page to make your ball.



Here are some more ideas for making various sports equipment for different games.

<https://www.scientificamerican.com/article/make-your-own-sports-equipment/>



← Idea for croquet stick

Can you think of what story has the main character playing croquet with some strange equipment?



French cricket

French cricket is really easy to play and only needs one bat or racket or ever bit of wood and a ball. The stumps are your legs from the knee down. The batsperson has to protect their legs from the bowler who throws a ball at their legs. The batsperson is not allowed to move their feet from the spot that start from. The bowler is any fielder who picks up the ball, they have to bowl it from the point they pick up. The batsperson can be caught out if they hit the ball in the air and a fielder catches the ball without touching the ground. That person then becomes the new batter. The batsperson can also be out if the bowler hits the batter's leg from the knee down. They then become the new batsperson. If bowlers are to far away to bowl, they can pass the ball to another fielder who can then bowl. The batter has to twist their body round using their bat to protect their legs (the wicket) but is not allowed to move their feet. This is a really fun and should be fast game as the fielders try to catch the batsperson out. Ideally played with at least 3 players.

Here is another slightly different version of the rules.

<https://www.kidspot.com.au/things-to-do/activity-articles/french-cricket/news-story/9223a5d0e25fbbdb5373e713e9770700>



Running challenges

Try setting yourself different running challenges.

1. Run once round the boundary of your garden. Time yourself. See if you can improve your time over the week.
2. Run 5 times around the boundary of your garden.
3. Run 10 times around the boundary of your garden.
4. If there are two of you tie your legs together and see how long it takes you to run round as a three-legged creature.
5. Run around the boundary of your garden whilst balancing something on a tray.



If you don't have anywhere to do this outside, do some on the spot jogging & sprinting with high lifts.



Olympic Medals:

Make some medals.

You will need:

- Ribbon
- Gold, silver and bronze paper or card or small paper plates
- Pencils or felt-tips



115 Pentathlon: The pentathlon is a 5 skills event. "Pende" means 5 in Greek.

Running dash: Put 2 cones a few metres apart. Run back and forth and touch each cone 3 times, time how long it takes you.

Long jump: From a standing position, jump as far as you can. Measure where you land.

Throw: Throw a paper aeroplane, measure where it lands.

Hop scotch: Draw out a hopscotch. Hop and jump once and return, time it.

Bowling. Using plastic bottles or toilet rolls and a small ball. Set up 5 bottles how many do you get down with 3 bowls.



Make your own Draughts or Chess set

You will need:

- Card or cardboard
- Ruler
- Buttons or pebbles or bottle tops. You will need 32 to make a chess set and 24 to make a draught set.



Using your ruler make a 8 x 8 grid. Colour in alternate squares to make checked board. Make sure that whatever you are using for the counters fit inside the squares.

If you are making a chess set draw the symbol of the piece , king, queen, knight, pawn etc.

Rules of draughts: <https://www.mastersofgames.com/rules/draughts-rules.htm>

Rules of chess: <https://www.chess.com/learn-how-to-play-chess>