Hello Class 2,

I hope you have had a lovely weekend.

Our activities this week are all based around sports. On the 23rd June it is International Olympic Day. It celebrates getting active and living the Olympic Values – friendship, excellence and respect. The Olympics and Paralympics should have been being held this year in Tokyo, Japan. It has now been postponed until 2021.

The grid below is just some ideas, you can of course pick and choose any of them or come up with your own ideas. Also, don’t forget to take a look at all the information about how you can get involved in the ‘Cornwall Virtual School Games’ this week.

As always, my email address is [lforbes@pelyntprimary.co.uk](mailto:lforbes@pelyntprimary.co.uk) if you want to ask any questions or to send me some photos.

Best wishes,

Mrs Forbes

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| **Learn about the Olympics**    Watch the attached PowerPoint presentation to learn about the history of the Olympics and find out about some of the sports that are included. | **Olympic Rings**  Use the colouring sheet attached to colour the Olympic rings. You will need to research and find a picture of the rings to make sure you colour them in using the correct colours. | **Make your own Olympic Torch**  Use the sheet attached to make your own Olympic torch. | **Learn about Japan**  The 2020 Olympic and Paralympic Games will now be held in 2021 in Tokyo, the capital of Japan. The Games are not just about sport. They also celebrate culture and education.  The challenge attached helps you to learn more about Japan and its culture. |
| **Home Sports Day**  **Tokyo Ten – 10 minute activities**  Attached are lots of different 10 minute activities you can do at home to create your own Sports Day. They all include instructions of how to run the activities. There are two videos below of two of the activities to give you an idea of how to complete them:  <https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten/duster-dodge>  <https://www.getset.co.uk/resources/travel-to-tokyo/randomroutines>  There is also a Parent Guide attached and a scoresheet. | **Indoor Torch Relay**  The Games begin with a Torch Relay. The Olympic flame is lit in Greece (home of the first Olympic Games) and the Paralympic flame is lit in the UK (home of the first Paralympic Games). People take turns to carry the torch before it is used to light the flame during the Opening Ceremony of each Games.  This challenge sheet attached helps you to create a Torch Relay trail around your home using the local community as inspiration. | **Improve your personal best**  We can always try to improve and do our personal best. In the Olympics they call it their ‘PB’.  The challenge attached helps you to improve your personal best by practising to get better. | **Cornwall Virtual School Games**  See the information in the Class 2 blog and Miss Edwards’ blog about how you can get involved in the Cornwall Virtual School Games this week. |