

Family Learning Challenge

Week 11

Friday 5th June

This week's theme: Sports Day

Have fun this week taking part in our sports, health and wellbeing activities

How to take part:

Each Family Learning Challenge is a mini project full of fun, themed activity ideas for children to complete with their families while schools are closed. Each week the project will finish with a final challenge, which you can submit to Children's University and to your school community online. Share your learning with the community and keep connected with others!

1.

Make a start by completing the starter activity below...

2.

Build your project by picking from some of the fun mini activities in the grid on the second page. You can do as many as you like to explore this week's theme!

3.

Complete the final Family Challenge on the third page when you're ready, and submit it to the Children's University community online!

Make a start here!

How did the Olympic Games begin?

Start by finding out how the Olympic Games began:

www.bbc.co.uk/bitesize/topics/z87tn39/articles/z36j7ty

Do you know how many sports are now played in the modern summer Olympic Games?

Build Your Project

Now you've made a start, pick from some of the fun follow up activities below to explore this week's topic! Can you think of other great activities around this theme? Share them with our community!

Activity #1

Who's your active hero?

It could be a sports person, a dancer or someone you know who has achieved success when taking part in a sports or fitness activity.

Try writing about them and why they inspire you.

Activity #2

Stretching is great way to start the day and get your body ready for physical exercise.

Put together a stretch routine that works different muscles in your body.

You could also try this simple morning yoga stretch:

www.youtube.com/watch?v=WhHmcA3DqJ4

Activity #3

Try this test of balance and stability

- Balance a bean bag (or a small cushion or a pair of rolled up socks) on your head, shoulders, or back:
- Stand on one foot then shift to the other foot
- Sit and then stand again
- In a plank position, slowly slide your feet around in a circle

If the beanbag falls, try again until you can complete the task.

Activity #4

Set yourself a fitness goal and record your progress in a diary or journal.

Your goal could be based around an activity you already take part in, one you'd like to try or to help keep you motivated.

Activity #5

Why is it important to drink plenty of liquids, especially when taking part in sports?

Invent a new flavour of drink to keep you hydrated.

Make sure it contains only healthy ingredients and is low in sugar!

Activity #6

Our bodies need sleep to stay fit and healthy.

Do you know how many hours of sleep your body needs?

Try writing a sleep plan to make sure you get the right amount of sleep every night.

Family Challenge

Now you have taken part in some of the mini activities, time to complete your final mission...

Complete the **Family Challenge** below and submit your completed challenge to Children's University Scotland.

Every entry we receive will be entered into our scrapbook each week and shared with the community who helped to create it online. Take up the challenge and get involved!

This week's challenge...

Host your own sports day

Instructions:

- Start by planning your sports day. What events will you have and what equipment will you need?
- Get creative and make medals or awards for your winners (early Olympics winners were given a wreath of leaves)
- On your marks, get set, GO!

Submit your challenge!

You can submit your challenge entry in the following ways:

Don't forget to include your name, age, and school. Ask an adult to help you.

1. Via Twitter

Tweet a picture of your work to [@ChildrenUniScot](https://twitter.com/ChildrenUniScot). Use the hashtags #FamilyLearningChallenge and #CUS. Don't forget to tag your school's twitter account too!

2. Via Email

Email your work to contactus@childrensuniversity.scot

3. Via Facebook

Send us a message on Facebook with a picture of your completed challenge. Our Facebook page can be found by searching for '[Children's University Scotland](https://www.facebook.com/ChildrensUniversityScotland)'.

Collect your credits!

If you have a Children's University **Aspire** account, you can collect **2 credits** for completing the Family Challenge!

Send us your entry first, and then log your credits online at www.cus-aspire.com.

Search for 'Family Learning Challenge' in the activity search to find the activity.

More activities are available at...

www.childrensuniversity.scot/cu-members/learning-at-home