

The Friday Project

Hi Everyone!

Well done on all of the work you have done this week. You have amazed me yet again with the effort you are putting in and the results you are getting. Go Kenidjack!

Friday is here again so it is project day; read the instructions, choose your sporting give it a go.

It can any sport or game from football to table tennis to Kerby (I know someone who loves that game).

Today's project is all aboutSPORT and EXERCISE !

Our project this term is all about Healthy Body, Healthy Mind.

We know just how important it is to keep active and taking part in a sport or exercise is such a fun way to keep fit, learn new skills and enjoy taking part competitively or just for fun!

I love cycling ; it's not a competitive thing for me but it makes me feel wonderful and keeps my mind and body happy!

At the moment, my daily exercise is to get out for an hour's ride on my bike early in the morning. However, in more normal times I love going for longer rides and one of my favourite holidays was when Mrs O'Rourke and I went cycle touring in France.



What sport or form of exercise do you like?

For today's project, we want you to pick a sport **that you love or would like to find out about**. For example : football, rugby, tennis, cycling, netball, skateboarding, trampolining, gymnastics, athletics, running, swimming, rock climbing, hockey, dodgeball or something else that you like.

As always, you can show your learning in a variety of ways : make a video, do a keynote powerpoint, design an information page, on Pages, draw a poster, Pic collage or podcast are some of the ways but what you must do is SHARE IT WITH US!

It must include:

Rules (if relevant) and kit needed.

Where it is played/done e.g. grass court/gymnasium

Famous player/athlete/team- past or present (they may have inspired you)

Famous tournaments e.g. Football League/Wimbledon

A picture of you playing/demonstrating a skill or video clip if you can recreate it in your house or garden!

Why you love watching it or playing it and what makes it so good.

It could also include:

History of the sport

A clip or image of a professional in the sport

Information on a favourite team

How it helps your body

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How professionals train