

## Star of the Week

Katarina Johnson -Thompson



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**Katarina Mary Johnson-Thompson** (born 9 January 1993) is an English athlete specialising in the heptathlon. She won the gold medal at the 2019 World Championships, breaking the British record with a score of 6,981 points. This ranks her sixth on the all-time heptathlon lists. She also holds the British record of 5,000 points for the women's pentathlon and won gold medals in that event at the 2015 and 2019 European Indoor Championships, and the 2018 World Indoor Championships.

### Physical Challenge:

KJT's Long jump personal best is 6.92m.  
Can you see how far you can jump?

### Research Challenge:

Can you find out what 7 events make up the Heptathlon?

### Creative Challenge:

Can you make up your own athletics event at home?

Each week we are going to give you a few ideas to keep both your body and mind active. We will also give you links to online resources we think you may find useful.

Each activity will be split down in terms of age groups to help you find the appropriate challenge for your children but feel free to do the activities for the other age groups too if you feel it's appropriate.

## **Family Games Challenge**

### **KS1 Peep Behind the Curtain**

A calm "tag" game for younger pupils. A child is chosen to be the "peeper". The rest of the players line up a short distance away, facing the person who is going to "peep behind the imaginary or real curtain". With the peeper's back to them, the group creeps up on him/her. If the peeper turns around, they must stop stiff in their tracks. Anyone caught moving is sent back to the start line. The first person to touch the peeper takes on that role and the game starts again.

Differentiation:

**Space** - change the distance

**Task** - change the way you travel -large steps, hop , jump, crawl, sidestep

**Equipment** - have to carry something in your hands,

**People** - play in pairs or with all the family

### **KS2 May I?**

One player stands a short distance from other player or players who are in a line facing the leader. In turn the leader says what steps they may take, for example "John you may take 3 baby steps. Before John takes his steps, he must politely ask "may I ?". If he forgets to be polite and doesn't ask "may I?" The leader waits till he takes the steps and then sends him back to the beginning. The first person to reach the leader takes their place. Below are the types of steps the children may take.

- Baby step - a small step the length of the foot
- Banana slip - slide one foot forward as far as possible and then draw the other foot alongside it
- Bob jump - a big jump from a crouch position
- Bunny rabbit - a "hop" from one foot to land on 2 feet
- Pigeon step - a small heel-to-toe step

Differentiation:

**Space** - make the space larger or smaller to suit your needs

**Task** - change the rules and the travel tasks to make it easier or harder

**Equipment** - Mark out a start and a finish line

**People** - play with two people or more if you have more in your family

## **Orienteering Challenge**

**KS1** - Sensory walk. Go on a walk with your family for 60 minutes. What do you see and hear? If you are in the countryside, talk about the things you see in Nature - flowers, trees, blossom, birds, animals. What sounds do you hear? If you are in a town, talk about the street signs and names, the advertising boards, the shop front names and see if you can read any. What logos do you recognise? What are the makes of cars that you see, what are their logos? What sounds do you hear? Listen carefully, are there any birds?

Challenge - when you are home can you draw the things you saw and label them?

**KS2** - Sensory walk. Go on a walk with your family for at least 60 minutes. You are looking to identify the names of the things in nature that you see and hear. How many flowers and trees can you name? If you can't identify them, try and remember what they look like to research at home. If you have a camera take a picture to help you identify them when you are home. Look closely at the houses, what kind of windows do they have? Are they sash windows, do they have lead in them? What are they made of? are there any bay windows? What age do you think the houses are? Are the houses or flats made of bricks, wood, plaster, what colours are they painted? Take pictures, so that when you are home you can identify the type of window and perhaps be able to find out when the houses were built. How many sounds can you hear on the walk? How many makes of cars did you see or hear?

Challenges:

Research different types of windows and find the ones you saw. What age do you think the houses were - when were they built? Draw a house with your favourite style of windows.

Make a list of all the sounds you heard on your walk? Get your family to do the same? Who had the longest list ?

What flowers and trees do you need to identify ? Make your list and next time see if you recognise them when you are on your walk.

Can you draw the logos and label the makes of cars you saw? Now draw your favourite.

## Creative Activity Challenge

**KS1** - Put on your favourite Disney/film song and move like your favourite characters for the whole song. Choose different songs and different characters and animals.

Challenge: Can you move high and can you move low? Change the levels as you dance.

**KS2** - Make up your own Dance routine.

Challenges- can you create a dance routine to music? Can you teach your routine to another member in your house?

## Fitness Challenge

**Speed bounces:** You have 20 seconds to do as many speed bounces as you can. They must be 2 footed jumps from side to side. (like skiing action)

KS1 - Can jump over a line on the floor

KS2 - Can create a barrier to jump over.(Cushion, jumper ?)

Targets

Age Group	Target Challenge	Task Challenge
KS1	20	Can you now try going forwards and backwards rather than side to side?
Lower KS2	25	Can you now try jumping side to side on one foot?
Upper KS2	35	Every time you jump over your barrier can you then touch your toes with your hands, before jumping again?

## Skills Challenge

**Throw and Catch challenge:** Throw and catch a ball against the wall (or rolled up socks, or balloon). See how many you can do in 20 seconds.

KS1 - Use a bigger ball and allow it to bounce

Lower KS2 - Use a smaller ball (tennis ball would be great) and allow the ball to bounce.

Upper KS2 - Use a tennis ball and don't let the ball bounce.

Targets

Age Group	Target Challenge	Task Challenge
KS1	4	Use a smaller ball, but it's still allowed to bounce.
Lower KS2	8	Now it's not allowed to bounce.
Upper KS2	10	Now try the same activity one handed.

Don't forget to use the Legacy Chart to record the values you have shown this week. Write the date beside the values.

Good Luck everyone.