

Year 6 Induction Sports Project

Hi year 6 students,

The P.E teachers at Hilbre are looking forward to working with you soon. The following Induction Sport Project is designed to give you a taste of exercise and sport. There are 2 tasks for you to do.

Task 1 Create a sport

Task 2 Exercise Challenge

Task 1 Create a Sport

The covid-19 lockdown will affect the way we all play sport in the future. In this project you will create a sport that encourages no-contact but is enjoyable and competitive.

To fully explain how your sport is played use lots of detailed pictures and diagrams, especially when you are trying to design stadiums, arenas, and logos.

Part A

Name and Logo

Create a unique name then create a unique logo that represents your sport!

You can draw your logo on paper or create it on any computer program you wish.

For ideas google 'sport logos.' This will show you the logos from countless sports teams (Liverpool, Everton, Barcelona), sports (Tennis, Baseball, Rugby) and sports brands (Nike, Adidas, Reebok).

Your Logo can be easy and simple or as colourful and complex as you can imagine.

Good Luck – We look forward to learning about your new sport.

Part B

Rules and Instructions of how to play

It is important that people know how to play your sport. Write up a set of rules that explain how the sport can be played.

Make sure you include –

What the playing area looks like (a diagram would be best).

How points are scored – can you get more points for different things?

How to win the game.

How you may commit a foul.

Will it be an individual sport or a team sport?

You could also talk about –

Special techniques.

Skills and tricks, you could use.

How to defend.

How to attack.

Remember to be creative and make sure your rules are clear! Do this on paper or use any computer program you wish.

We look forward to finding out how to play your sport!

Part C

Design your Stadium

All the greatest sports have thousands of spectators. You need a stadium/ arena to play your sport in.

Your challenge is to design a stadium/ arena in which your sport can be played.

Imagine you have an unlimited amount of money. This means that you can create the greatest stadium/ arena in the world.

Draw this stadium on paper or use any computer program you wish. Or make a model out of cardboard...maybe some left over toilet paper rolls.

We look forward to seeing your amazing stadium design!

Task 2

Exercise Challenge

This exciting challenge will give you the chance to show off how good you are at exercising. You can choose to do 1 of the Bronze, Silver and Gold Tasks.

The ways that you can record how far you've travelled.

- Use a Fitbit or smart watch
- Download an App onto your phone like 'Strava' 'Runkeeper'
- Google Maps (Map out your distance and Print it out)

Golden 7 Mile Challenge

Complete the Golden 7 mile challenge however you want to. Either all at once in 1 day if you are fit and exercise regularly or you can split it up over 7 days.

Walk, jog, cycle or wheelchair for 7 miles. Time yourself and write how long it took you to complete and take a victory picture of yourself after you've finished.

Silver 3 Mile Challenge

Complete the Silver 3 mile challenge however you want to. Either all at once in 1 day if you are fit and exercise regularly or you can split it up over 7 days.

Walk, jog, cycle or wheelchair for 3 miles. Time yourself and write how long it took you to complete and take a victory picture of yourself after you've finished.

Bronze Mile Challenge

Complete the Bronze Mile challenge however you want to. Either all at once in 1 day if you are fit and exercise regularly or you can split it up over 7 days.

Walk, jog, cycle or wheelchair for 1 mile. Time yourself and write how long it took you to complete and take a victory picture of yourself after you've finished.