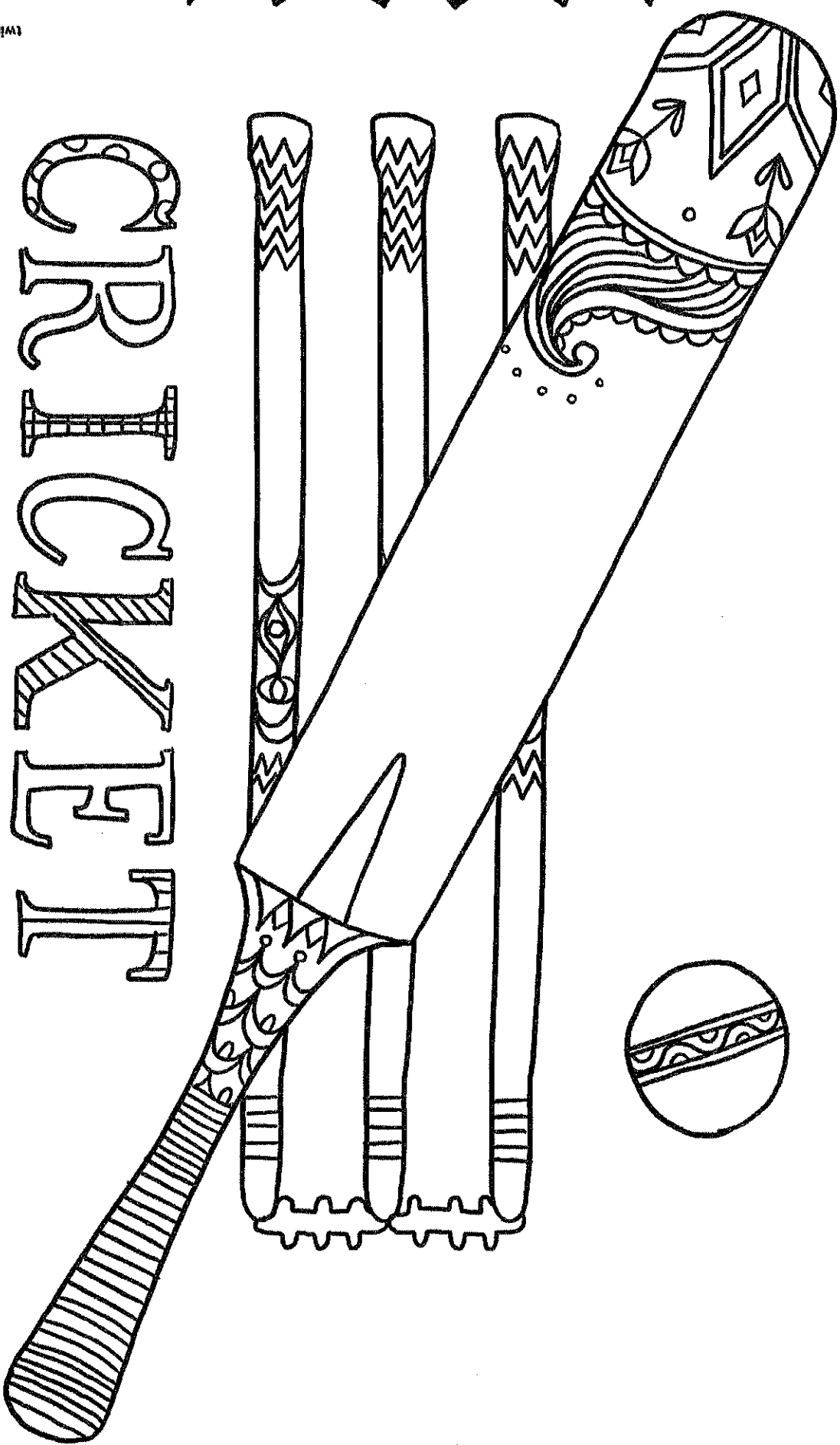


# Physical Education Home School Pack



# CRICKET



# Design Your Own Sport

Not happy with football? Netball boring? Rugby too aggressive? Do you find basketball has too many rules, tennis too difficult?

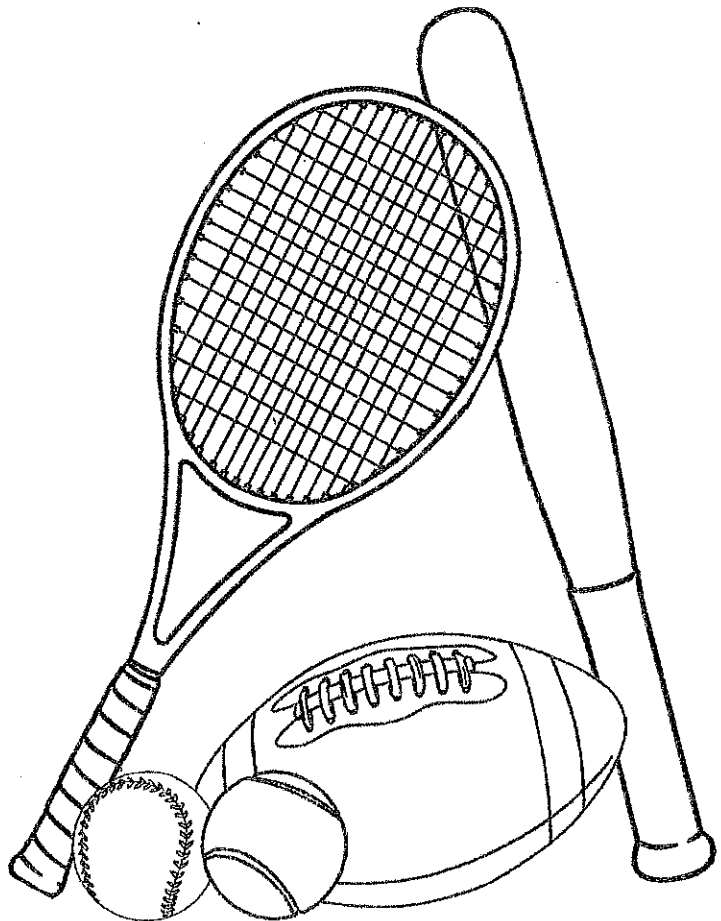
So now is your chance to design your own sport!

## You will need to include the following information:

- A name for your sport.
- A facility/pitch/court etc. including a diagram.
- A comprehensive description of the rules, including scoring, timings, number of players etc.
- Equipment required.

## Extension:

Design a poster to advertise your sport and attract new players which could be displayed on the PE noticeboard.



FOOTBALL...



# Design a New Sport

## Amazing Fact

The sport of chess boxing combines two traditional sports; chess and boxing. The competitors fight in alternating rounds of chess and boxing and winning in either round means overall victory.

## Challenge

Design your own sport that combines two different sports.

Give it a name and describe how it would work. Then, draw a picture to show your new sport.

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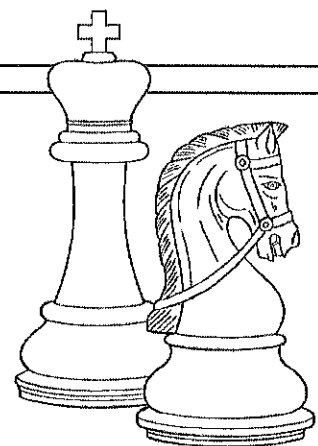
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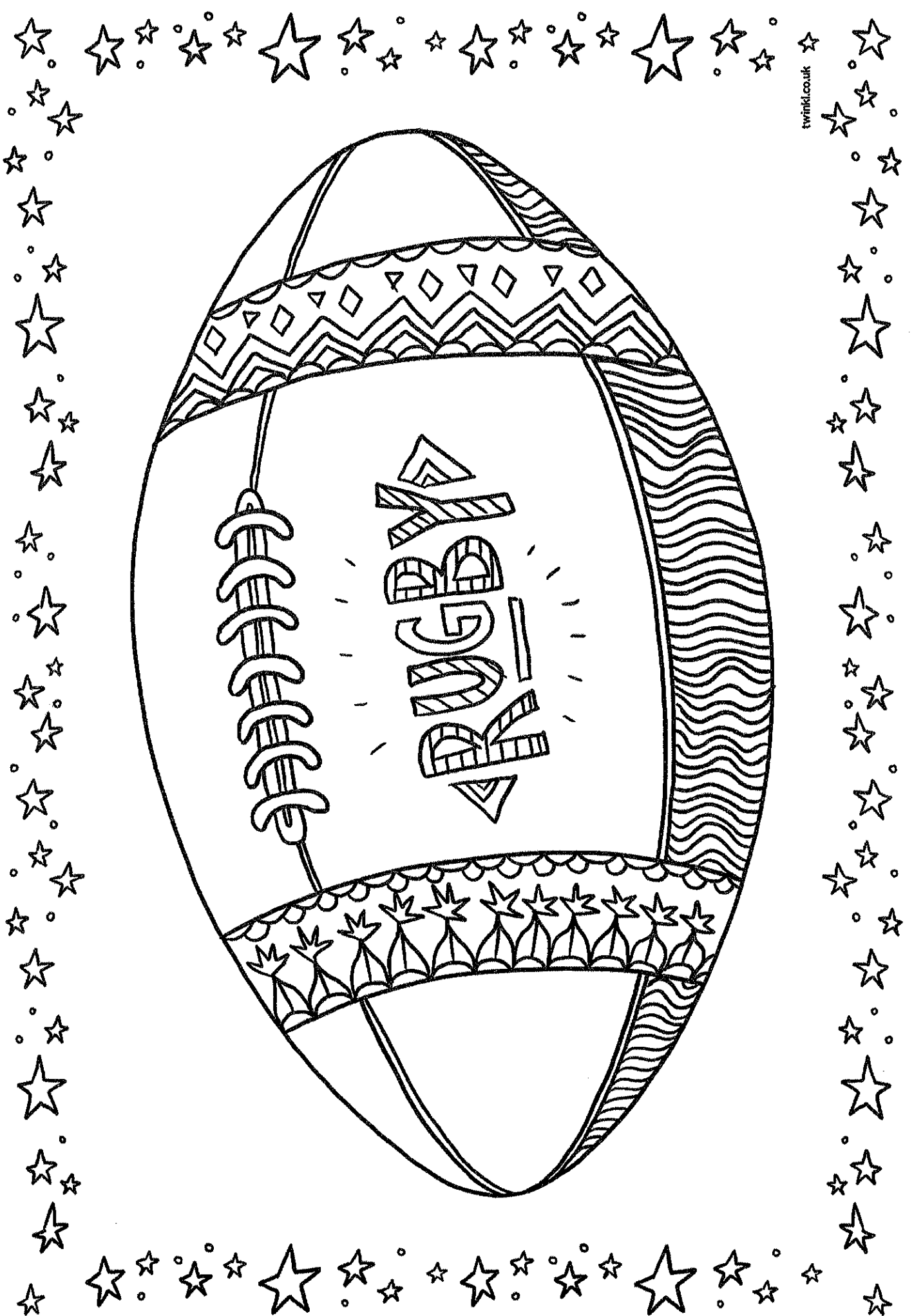
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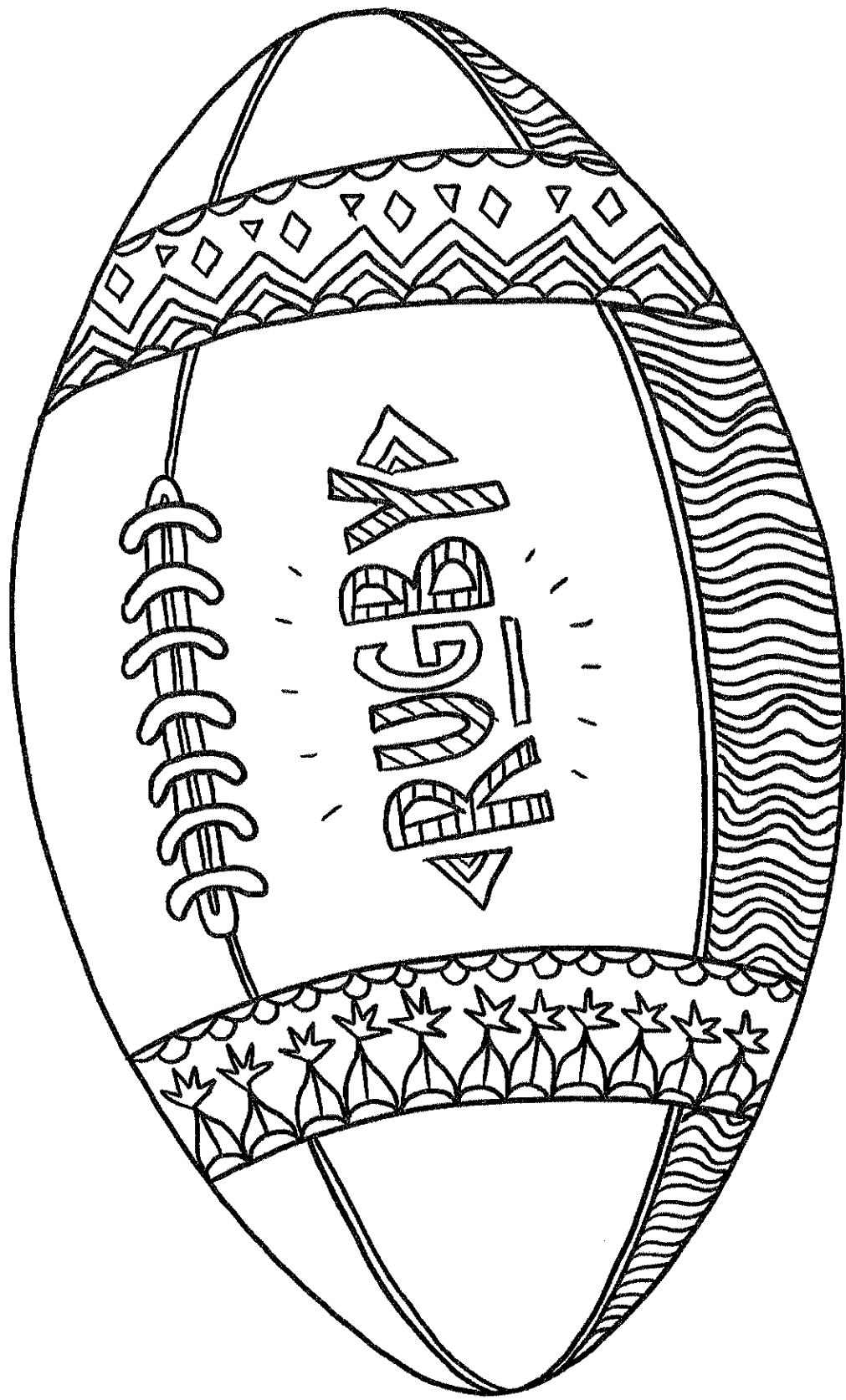


You could also try to find out:

- how popular chess boxing is;
- where the idea originated from;
- whether any other mixtures of sports exist;
- what other sports would go well together.

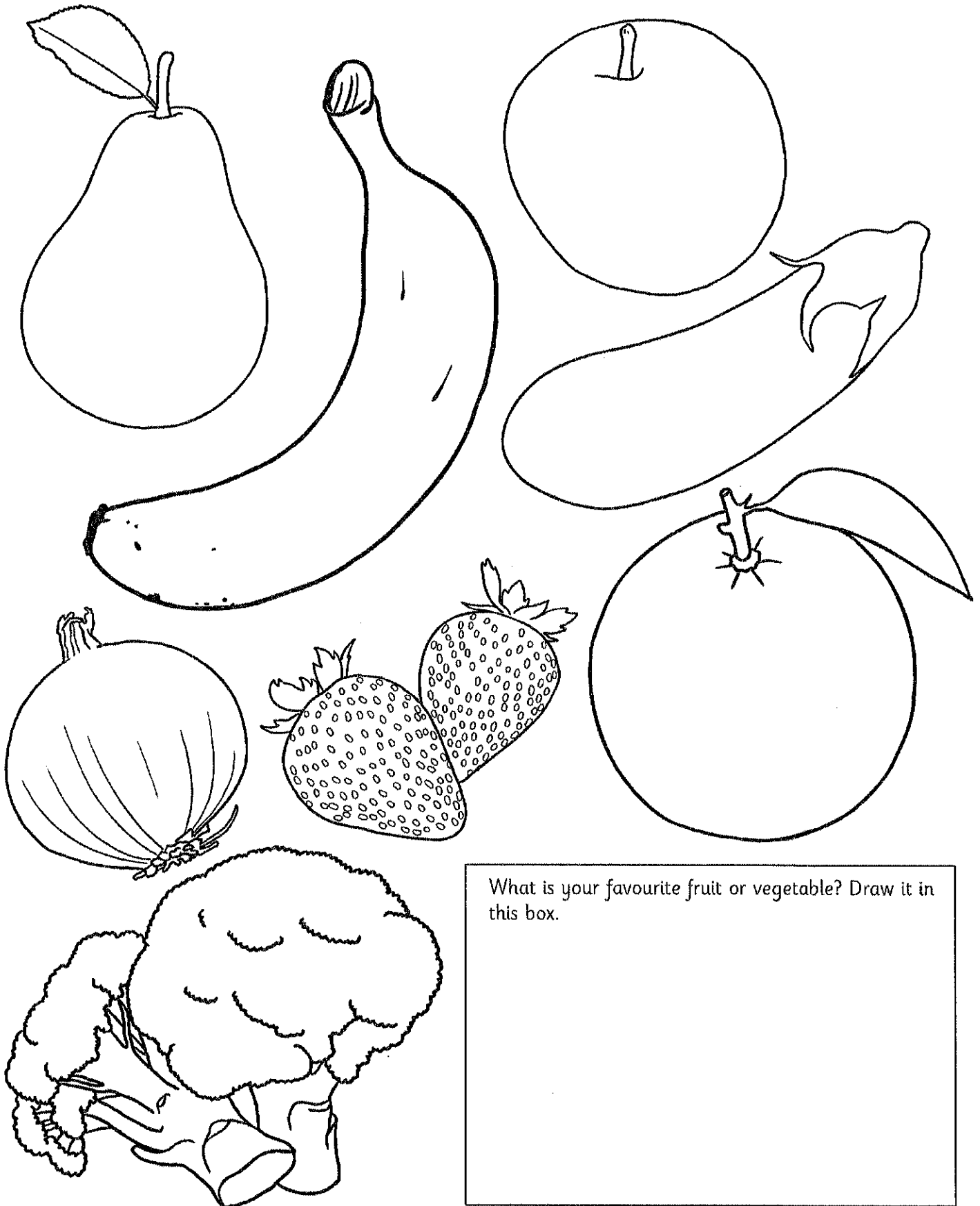


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# Fruit and Vegetables

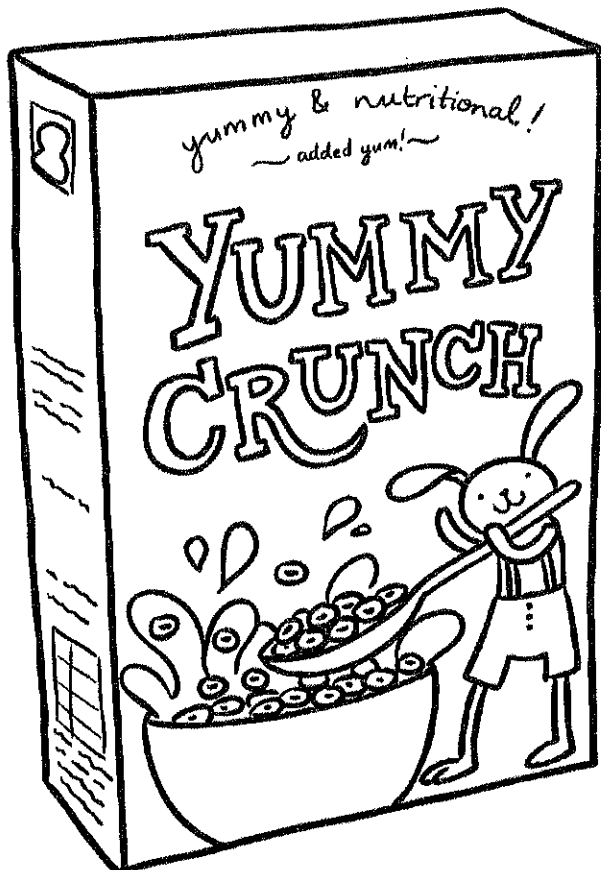
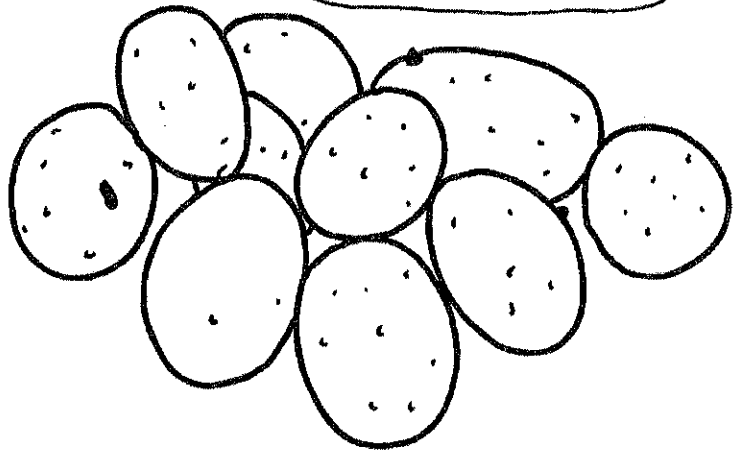
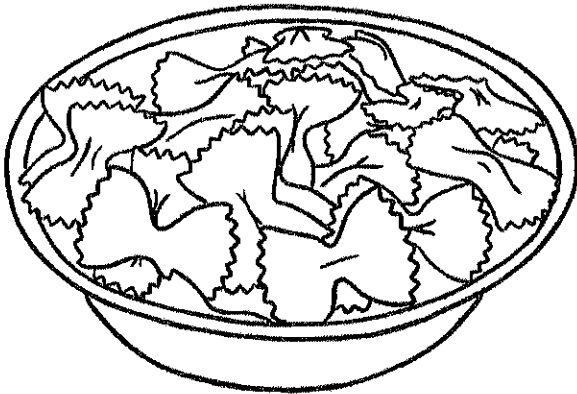
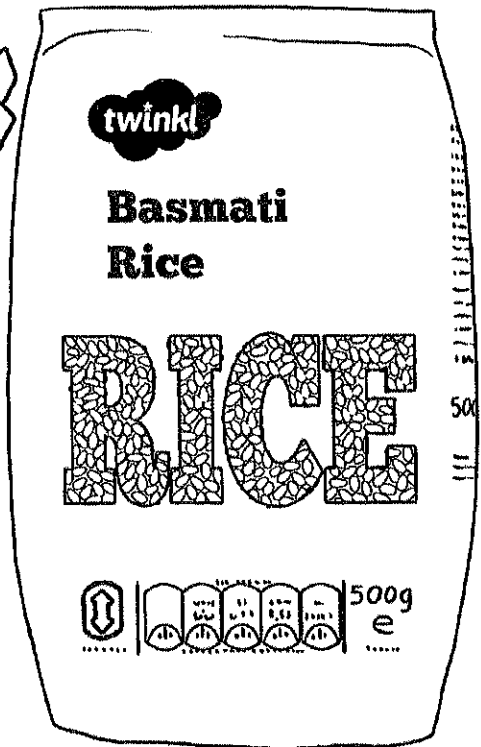
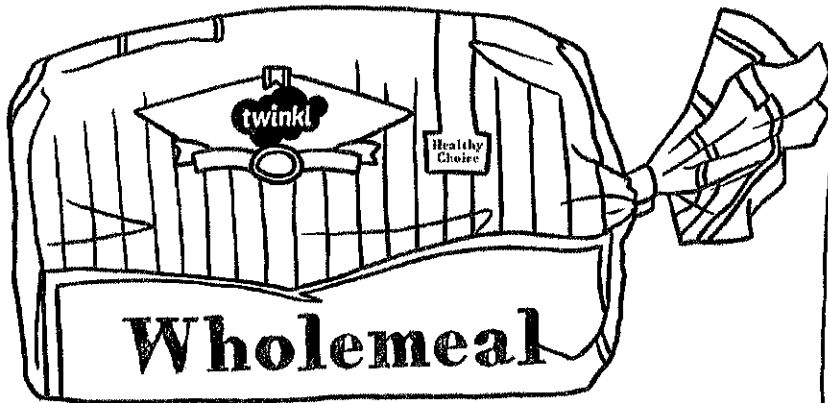
These foods contain lots of vitamins and minerals. Eat at least five portions per day.



What is your favourite fruit or vegetable? Draw it in this box.

# Starchy Foods

These foods give you energy. Eat some at every meal.

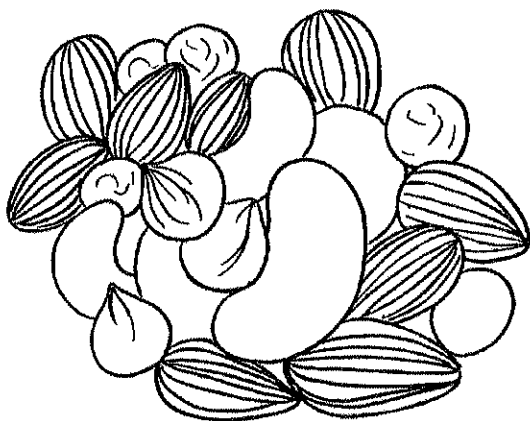
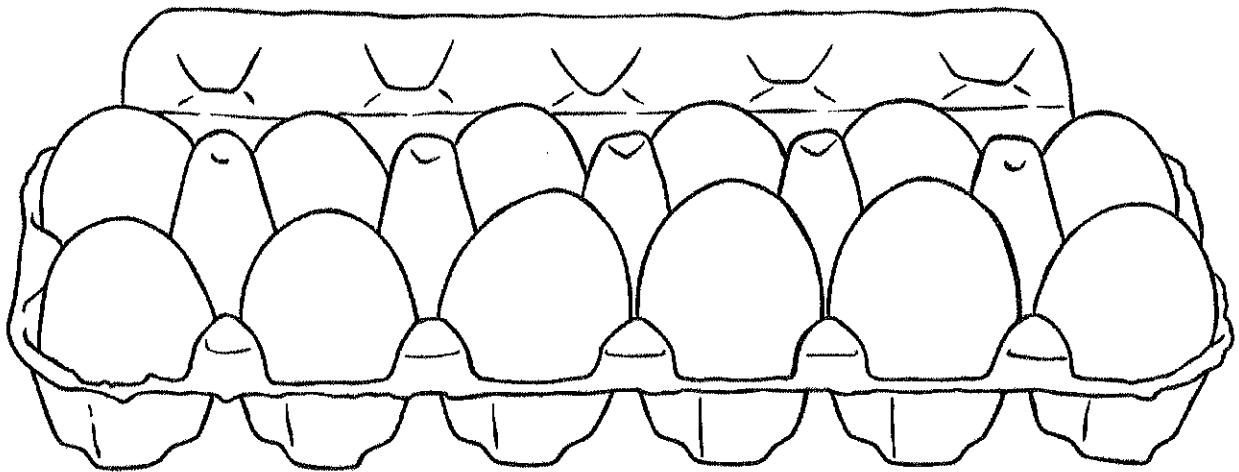
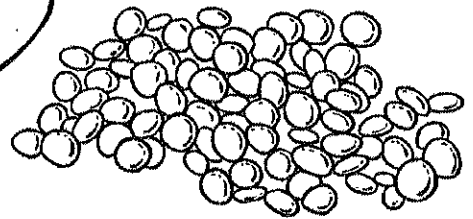
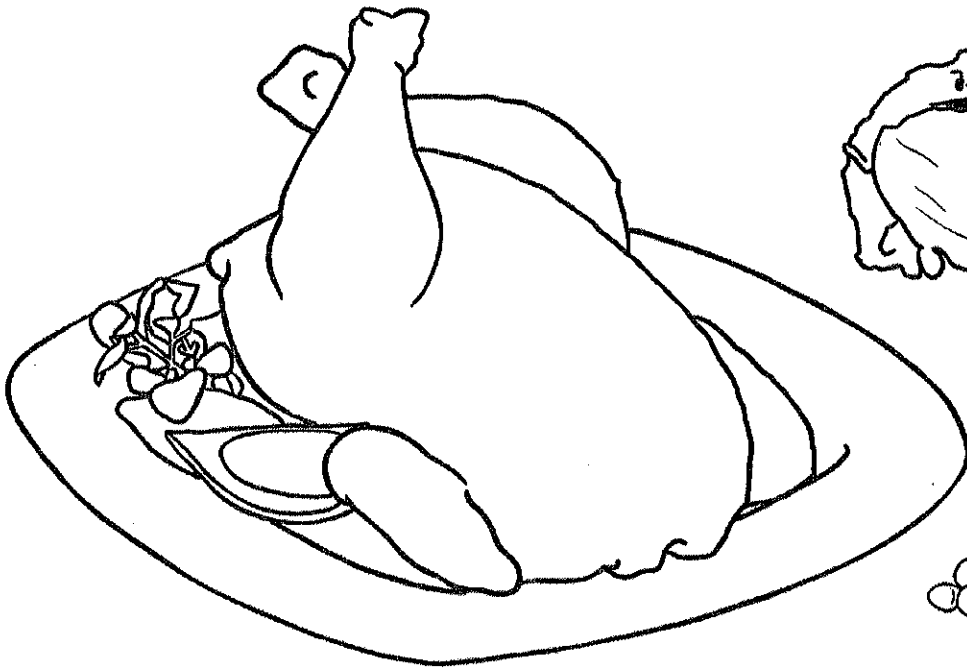


What is your favourite starchy food? Draw it in this box.



# Protein Foods

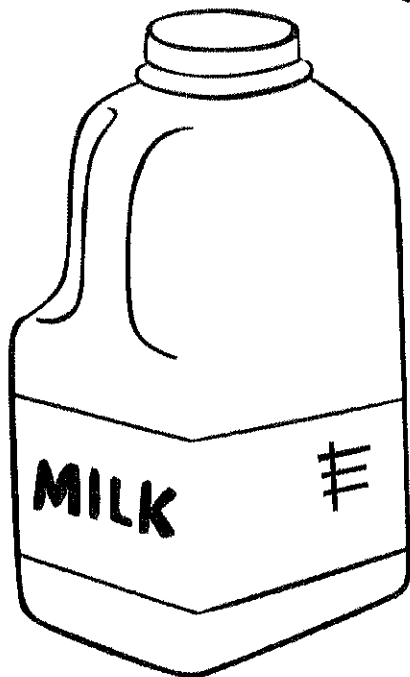
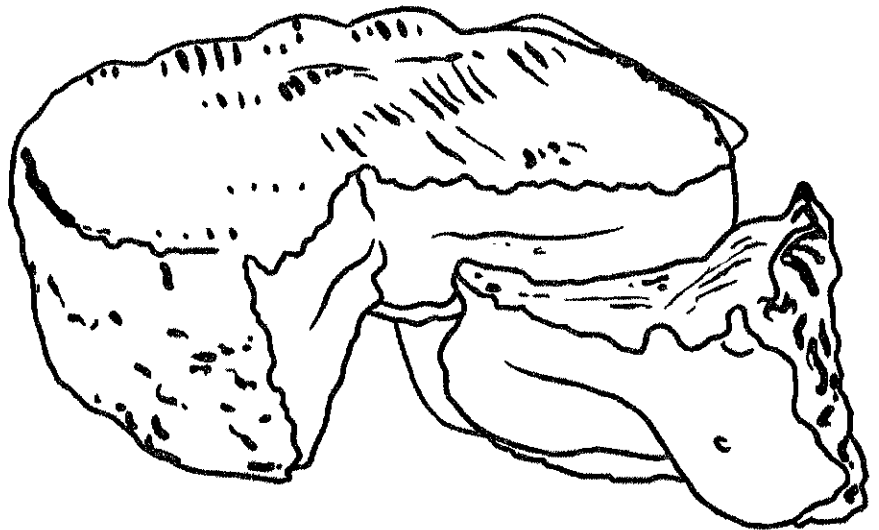
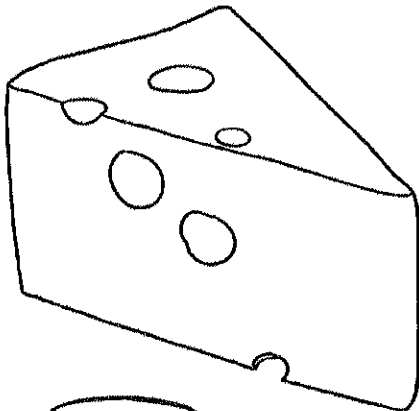
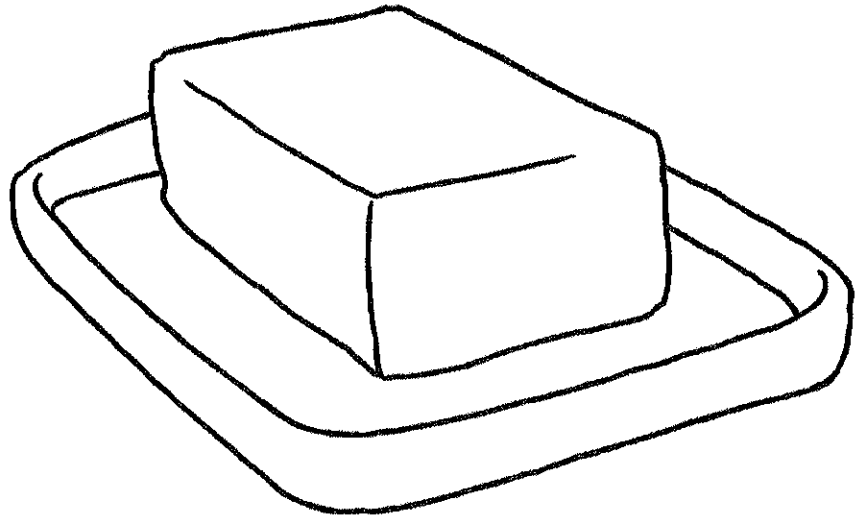
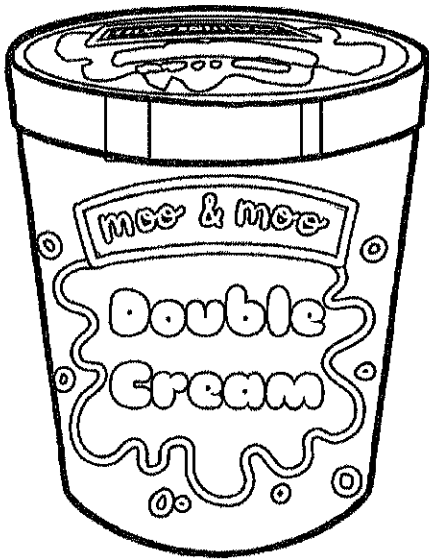
These foods help you to grow and develop. Eat two or three times a day.



What is your favourite protein food? Draw it in this box.

# Dairy Foods

These foods are good for your bones and teeth. Eat 2 or 3 times a day.

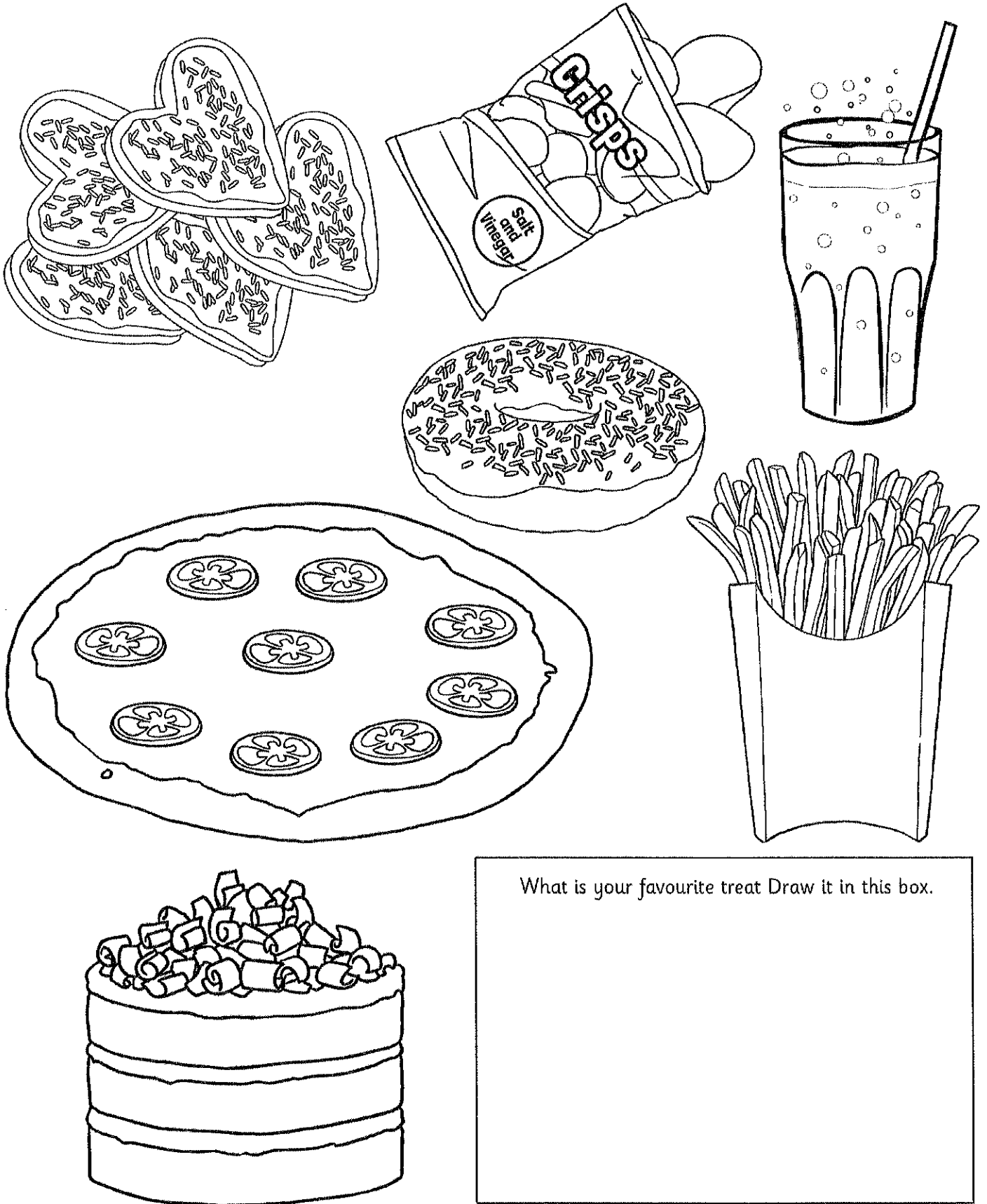


What is your favourite dairy food? Draw it in this box.

A large, empty rectangular box with a thin black border, intended for a child to draw their favourite dairy food.

# Sugary Foods

These foods are tasty but are not good for you. Only have these foods occasionally, as a treat.



# Sports Day

f i n i s h l i n e v c  
u i a c t i v i t i e s  
n a r o o h w d a q y i  
t d g s g r a k f f q g  
t r g d t f t s p h f q  
h v a s d s e c o n d d  
i a d c l a r o i x o s  
r z z t e a m r n g l u  
d a b m f g a e t h j n  
x j r a a s f g s a o h  
s p e c t a t o r s i a  
s u n c r e a m o f z t

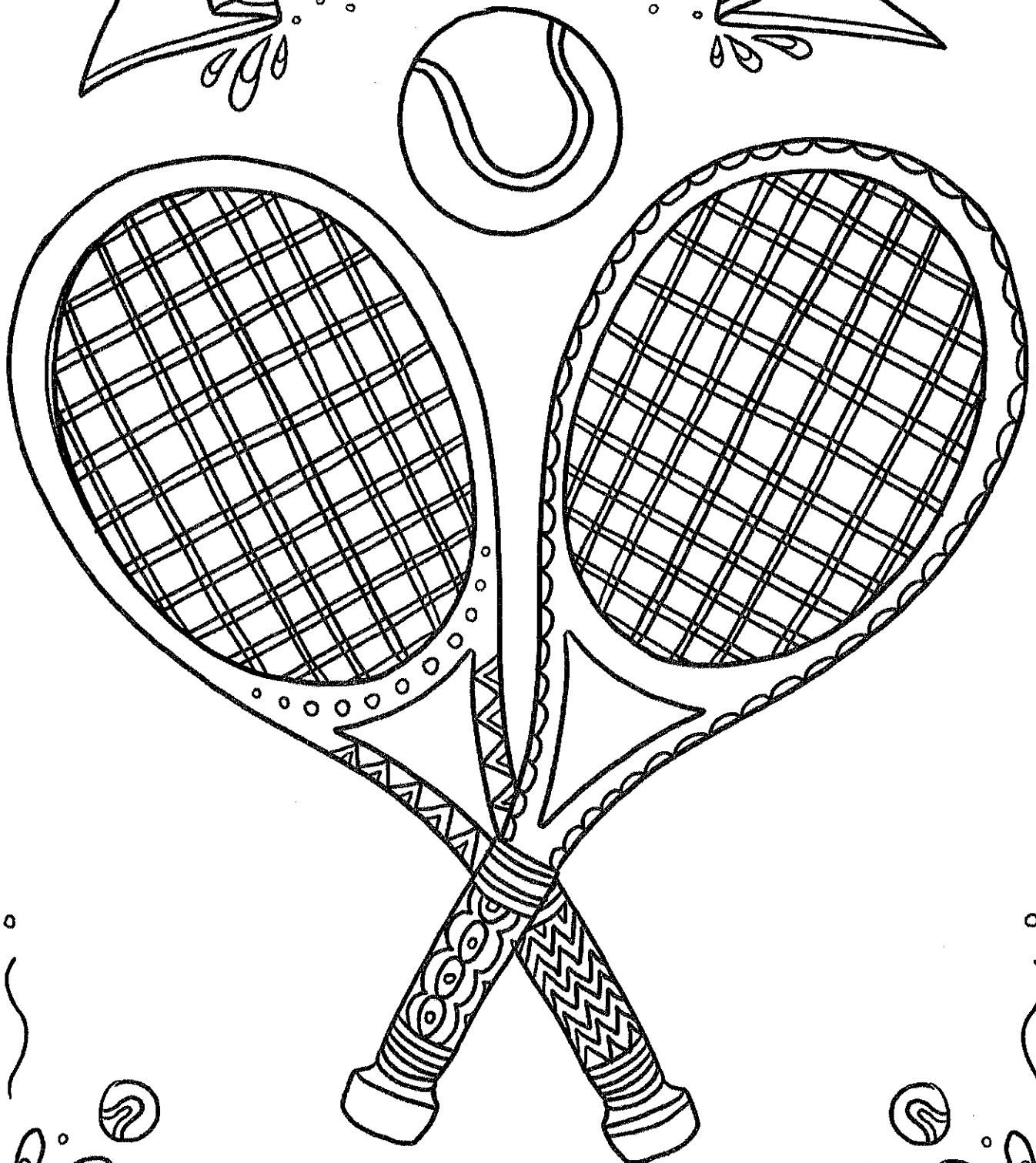
fun  
team  
water  
sun cream

sun hat  
finish line  
first  
second

third  
points  
score  
spectators

activities  
race

Tennis



# Healthy Eating and Living Board Game

## Instructions

Roll the die and move your game piece that number of squares. Read the statement in the space and move forwards or backwards as directed.

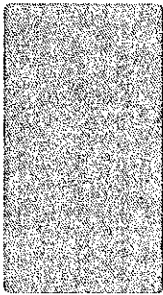
This game can be for 2-4 players. The first player to get to the end wins!



visit [twinkl.com](https://www.twinkl.com)

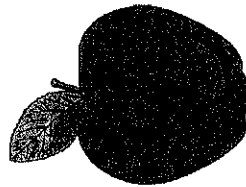


# Healthy Eating and Living



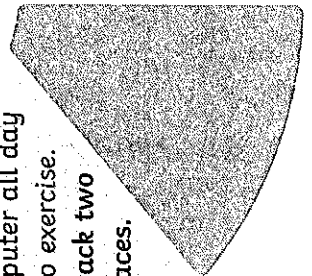
You danced to a song today!  
Move forward two spaces.

Uh-oh! You ate too many crisps.  
Go back two spaces.



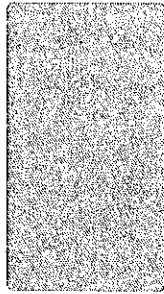
You've had your '5 a day' today!  
Move forward two spaces.

Oh no! You played on the computer all day with no exercise.  
Go back two spaces.



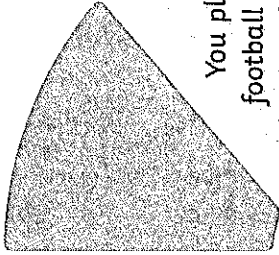
Oh no!  
You ate too many sweets.  
Go back two spaces.

You went swimming today!  
Move forward two spaces.



You ate too many chips!  
Go back two spaces.

You drank all of your water today!  
Move forward two spaces.

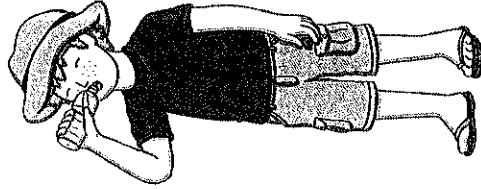


You played football in the park!  
Move forward two spaces.

You forgot to brush your teeth.  
Go back two spaces.



You played a running game at playtime!  
Move forward two spaces.

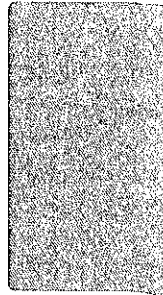


You forgot to wash your hands before lunch.  
Go back two spaces.

Oh no! You ate too many sweets.  
Go back three spaces.

You ate too many chips!  
Go back two spaces.

Uh-oh! You ate too many crisps.  
Go back two spaces.



You drank all of your water today!  
Move forward two spaces.

