

Going for Gold!



Complete all five activities to take the gold medal!

Did you know?

The first international modern Olympic Games took place in 1896 in Greece.

Rugby first appeared in the 1900 Olympic Games in Paris. It was played again in the 1908, 1920 and 1924 Games. However, rugby wouldn't feature in another Olympics until 2016!



Activity 1

Six Nations Spelling Bee

Get a family member to challenge you on our Six Nations Spelling Bee!

How many tries and conversions can you score?

Activity 2

Become a Scientist

Sports Scientists collect data to help athletes improve their performance.

Record how many minutes of exercise you do each day for the next week.





Activity 3 Dream BIG!

Athletes need to think positively to achieve their goals. They have a picture of their goal in their minds and work hard to accomplish it.

Can you use the power of your mind to complete the mental maths calculations?



Activity 4 Thunderbolts and Lightning

The modern Olympic Games are based on the ancient Olympic Games. These games honoured the Greek Gods.

Using the storyboard sheet, plan a story about one of the Greek Gods and then write your own myth!

Activity 5 Coach Hades

Make a family member take the role of Coach Hades and feel the burn! Listen to their instructions and try to do as many of the below as you can.

- Star jumps
- Shuttle runs
 - Hopping
 - High knees
- Throwing and catching without dropping the ball!

**Share your work
with us!**

@EnglandRugby
@wrugbymuseum

Six Nations Spelling Bee



-  Learn the spellings and meanings of the words on the next page.
-  Read each word, write it without looking, and check!
-  Once you feel confident, get a family member to test you. Start with words from the Try column. If you get the spelling right, score 5 points. If you don't, move on.
-  If you get a spelling correct, you can attempt a word from the Conversion column to score an extra 2 points!
-  By the end of the week, can you score the maximum 35 points?

Bonus Round!

Can you put every new word learnt into a complete sentence?



Try (5 points)

Behaviour

Poseidon

Aphrodite

Disobey

Jealousy



Conversion (2 points)

Lightning

Miserable

Honour

Dishonour

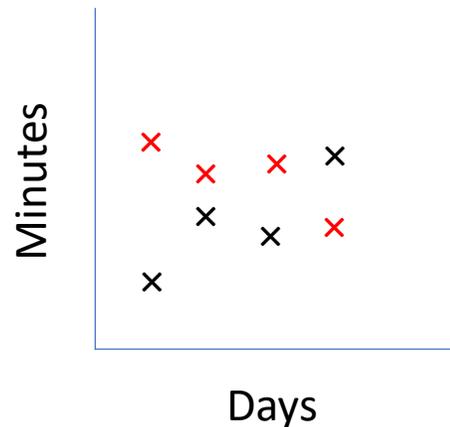
Hinder

Become a Scientist!



Sports Scientists collect data to help athletes improve their performance.

Create a scatter graph to record how many minutes of exercise you do each day for a week. Use different colours to record all of your family on one graph!



Dream BIG! Mental Maths

The Olympic organisers are struggling to keep track of all the athletes. Can you help add, subtract and multiply the number of athletes in your head?

$341-11$

$1200+146$

$3010+236$

$245+415$

$440-49$

$490+30$

$136+35$

$112-40$

60×4

20×7



Thunderbolts and Lightning

The Greek Gods were very powerful but also felt human emotions, like love, anger and jealousy, and they did not always behave themselves—they sometimes played tricks on humans!

They lived in a palace in the clouds where they kept an eye on people. They'd even interfere from time to time!

Zeus was king of the gods. He was best known for throwing thunderbolts at those who disobeyed him!



Poseidon

Hera

Hades

Aphrodite

Athena

Zeus

Choose one of the Greek Gods above. Find some key facts about them. Use the storyboard on the next page to plan a story on your chosen Greek God.

If you don't have a printer, draw your own!



Thunderbolts and Lightning

Draw pictures in the grey box. Write your story in the pale red box.

<u>Scene 1</u>	<u>Scene 2</u>	<u>Scene 3</u>	<u>Scene 4</u>	<u>Scene 5</u>

Greek God Story



Now you've planned your story, it's time to write!

Remember to:

- Organise your ideas into clear paragraphs
- Create atmosphere through dialogue. Use dialogue to advance the action, not just repeat something already said
- Check your story when you're done. Have you punctuated correctly? Could you improve any words or phrasing? Could you add more detail to create character or setting?