

## Keep Moving!



You've made it to week 8 - don't stop now!



### 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?

### Did you know?

Professional rugby players are super fit. They train a lot, control the food they eat, and must stay well hydrated.

In a 80-minute game of rugby, some players run nearly 9km! Male rugby players also need nearly 4000 calories a day—that's almost double the recommended calorie allowance for an average male.

### Activity 2



#### Keep Moving!

Choose some household objects to draw. Keep your pencil on the paper and don't take it off until you're finished!

Why not layer more drawings on the page with paint, pens and other art materials you may have? Try to cover the page.



## Activity 3

### Move, move, move!

Go on a walk with your family. How far can you walk? Can you beat it the next day?

Why not add jumps and jog parts of the route? Remember to keep safe and stay near your parents.



## Activity 4 Refill Station

Rugby players need to drink lots to stay hydrated.  
You are selling water bottles to the England Rugby team. Can you add up the costs and give the correct change?



## Activity 5 Ready, Steady, Cook!

Pick a tasty, healthy recipe online with your parents. Can you help to measure the weight of ingredients? What vegetables can you identify?

After you've eaten, write down instructions for the recipe using headings to separate the steps e.g. Step 1, Step 2, Step 3

Share your work  
with us!  
[@EnglandRugby](https://www.instagram.com/EnglandRugby)  
[@wrugbymuseum](https://www.instagram.com/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)

Balanced

Unbelievable

Support

Quantity

Quality



## Conversion (2 points)

Exercise

Mobile

Endurance

Tournament

Vitamins

## Keep Moving!



Choose some household objects to draw. The aim is to keep your pencil on the paper without taking it off until you're finished!

Why not try the same thing with paint, pens, and other art materials you may have. Layer it over your pencil and try to cover the page.

## Ready, Steady, Cook!



After helping to cook a healthy meal, write down instructions for the recipe using headings to separate the steps e.g. Step 1, Step 2, Step 3

Remember to include:

- Ingredients and measurements (You will need:)
  - Kitchen utensils required
- Temperatures (heat of the oven or a low/medium/high hob heat)
  - Timings
- Start your sentences with action verbs e.g. mix, cook, stir, bake, boil.

## Refill Station

Rugby players need to drink lots to stay hydrated.

You are selling water bottles to the England Rugby team. Can you add up the costs and give the correct change?

### Price list

Water	£0.50
Sports Drinks	£1.20
Orange Juice	£0.80
Tea	£1.10
Coffee	£2.10

A player wants 6x waters, 3x sports drinks and 1x tea. How much will it cost? If they pay with a £20 note, how much change will they get?

The coach is buying drinks for all the team. He wants 15 waters. How much will it cost? He has a £5 note and 3x £1 coins. How much change will he get?

Invent some more questions using the price list!