



WHAT TO EXPECT?

Below you will find worksheets about the summer sports you would be taking part in this half term. Each sport has:

Questions about the sport

Key terms wordsearches

Activities and challenges to complete

No equipment workouts to complete

If you have any questions, ask your parent/carer to contact admin@stewardsacademy.org with your teachers name in the email.

The PE Department

PE

Summer workbook B

Athletics



Complete the following challenges to enhance your knowledge of athletics.

Athletics

R	E	T	R	A	T	S	N	O	F	G	R	N	H
T	I	N	P	I	T	M	U	A	F	T	D	I	R
H	N	P	T	E	M	B	U	T	O	K	E	D	U
R	J	E	S	A	A	A	T	H	E	F	A	J	N
O	F	R	T	G	I	T	P	L	K	E	T	U	N
W	I	S	I	R	N	N	A	E	A	C	O	M	I
I	E	O	M	N	T	E	K	T	T	N	F	P	N
N	L	N	E	I	O	V	C	E	I	A	F	I	G
G	D	A	K	O	E	E	A	O	G	T	I	N	N
C	C	L	E	S	T	H	R	I	S	S	C	G	U
R	R	B	E	R	J	O	T	F	S	I	I	N	I
T	C	E	P	O	S	U	E	S	M	D	A	N	N
I	T	S	E	S	E	L	D	R	U	H	L	G	E
T	C	T	R	S	P	O	S	T	U	R	E	E	T

DISTANCE
PERSONAL BEST
STARTER
TAKE OFF
POSTURE
TRACK
JUMPING
THROWING
FIELD
ATHLETE
HURDLES
TIMEKEEPER
RUNNING
EVENT
OFFICIAL

What events are in a Heptathlon?



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Where do the following events start and finish on the track?

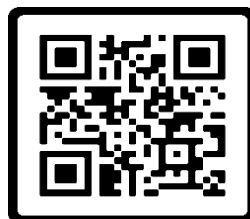
100m

200m

400m

1500m

Identify them on the track



SCAN ME

Find your PB

Count how many repetitions of the speed bounce you can complete in 60secs.



- 1:
 - 2:
 - 3:
- Personal Best:

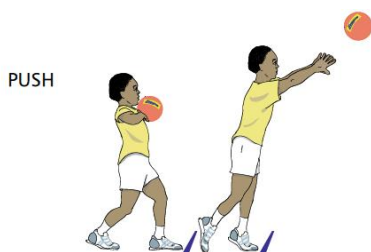
Measure how far you can jump from a standing start.



- 1:
 - 2:
 - 3:
- Personal Best:



Using a ball (football, netball or medicine ball). Perform the chest push and measure how far you can throw it.



Calculate your PB after three attempts.

- 1.
 - 2.
 - 3.
- Personal Best:

Complete as many high knees on the spot for 60 secs.

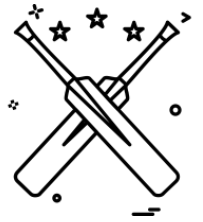


twinkl.com

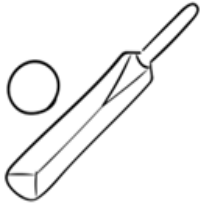
- 1.
 - 2.
 - 3.
- Personal Best:



Cricket



What are the items of equipment pictured below?



How many runs are scored in the following?

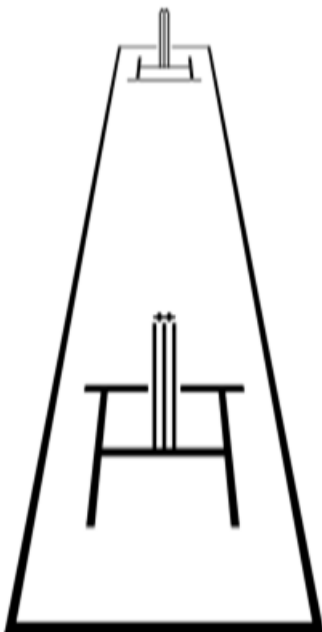
1. Century
2. Half century
3. Duck

Which ways can you get out in Cricket?



What is pictured below?

What are the dimensions?



Cricket Key Terms

M	M	R	H	I	L	S	H	A	M	L	U	I	R
E	F	M	T	B	A	L	P	T	H	H	P	I	B
R	E	L	E	P	L	B	M	P	U	A	R	C	I
T	P	B	D	P	U	B	O	R	H	A	L	E	B
P	E	U	A	U	D	E	W	B	R	T	D	R	T
E	E	S	M	I	E	A	E	E	M	L	A	T	X
L	B	X	A	P	O	P	L	H	L	P	E	E	I
A	M	U	F	E	I	A	S	A	W	S	I	M	S
R	X	I	U	E	R	R	A	A	U	B	L	D	
T	S	M	P	L	L	C	E	L	A	E	L	E	P
L	B	P	W	L	A	U	D	E	F	R	L	H	L
S	P	A	R	A	A	S	F	O	U	R	S	I	B
L	L	D	U	B	M	A	R	A	S	U	L	L	A
A	A	S	E	S	E	L	S	T	U	M	P	S	T

- BALL
- LBW
- HELMET
- CREASE
- FOUR
- UMPIRE
- STUMPS
- BAT
- SIX
- PADS

Cricket Challenges

Challenge 1

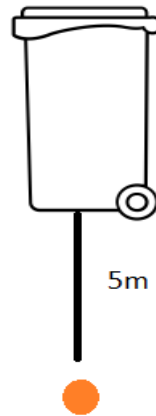


Wall Toss Test

This will test your co-ordination which is vital in Cricket.

Scan the QR code and follow the instructions in the video.

Challenge 2



Dustbin Stump Shy

Take 10 attempts to hit the dustbin from 5m and record your results.

+Increase the distance and use a smaller target

++ Use non-dominant hand

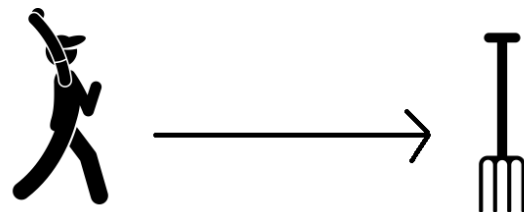
Challenge 3



Practise your diving catches. Start off at 2m and try to increase the distance after each successful catch.

+Use non-dominant hand

Challenge 4



Garden Fork Bowling. Bowl one over (6 Balls) and see how many times you hit the fork from 10m. Increase distance to 15m if possible.

Challenge 5



Take a look at England bowling their super over in the 2019 World Cup Final.

Would you have held your nerve?!

Challenge 6

Picture yourself completing one of the Cricket challenges and tweet @StewardsPE with the image/video!



StewardsPE

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Harlow Joined April 2013

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Rounders



1. Can you find the following words associated with the game of Rounders in the word search below?

BACKSTOP BACKWARDHIT BALL BASE BAT BOWLER
 BOWLINGSQUARE FEET FOREHANDHIT FOUR
 HALFROUNDER HANDEYE NINE NOBALL
 OBSTRUCTION OVERARM POST UMPIRE
 UNDERARM

F	A	N	T	S	O	P	F	E	A	G	Q	L	A	E
F	T	E	I	T	R	O	P	Y	E	S	A	B	H	N
V	Z	R	P	N	E	T	R	E	E	S	A	G	A	P
N	T	A	R	O	D	S	U	D	S	T	U	T	L	C
O	I	U	E	B	N	K	O	N	R	O	I	J	F	Z
I	H	Q	L	A	O	C	F	A	R	H	O	E	R	N
T	D	S	W	L	R	A	X	H	D	N	E	R	O	O
C	N	G	O	L	E	B	T	N	I	T	K	V	U	E
U	A	N	B	Y	N	W	A	I	G	G	E	M	N	D
R	H	I	A	F	O	H	S	N	L	R	P	Q	D	I
T	E	L	L	L	K	V	K	E	A	I	S	N	E	S
S	R	W	L	C	S	X	Z	R	R	M	U	U	R	I
B	O	O	A	G	I	I	M	E	N	U	G	S	A	X
O	F	B	A	C	K	W	A	R	D	H	I	T	R	Y
Z	P	P	Y	N	K	E	T	Y	S	W	A	S	M	X

Can you identify 3 key points for bowling?

1.

2.

3.



Can you identify 3 rules and explain what happens if they are broken?

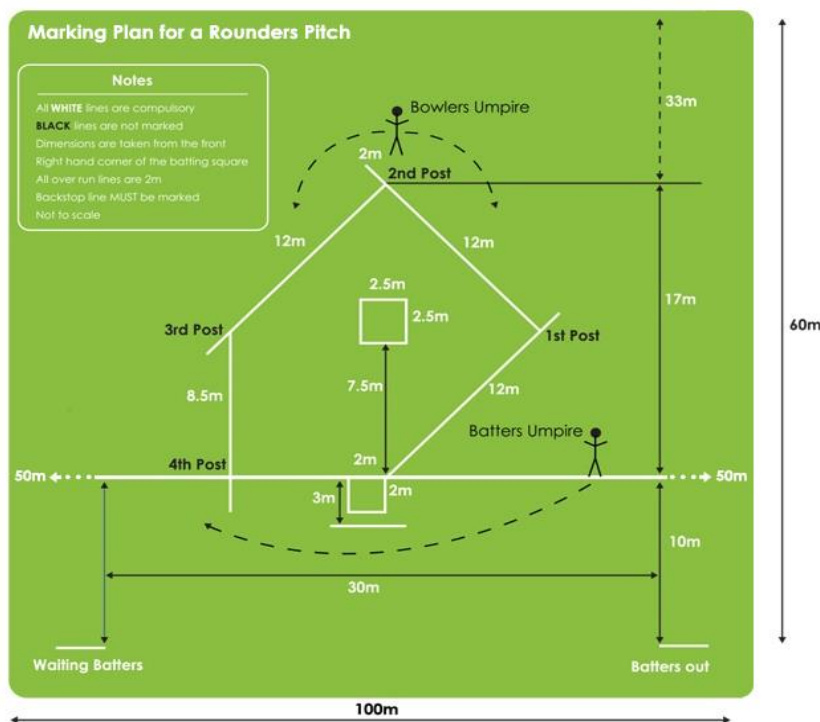
1.

2.

3.

Challenges

1. Practice bowling underarm against a wall – remember to transfer your weight as you step into the throw.
Complete 10 in a row and then increase the distance that you are stood from the wall.
2. Set up some targets in your garden – these could be cones/ hoops or items of clothing. Throw your ball at each target and see **how many times you can hit each target** – get 2 points each time you hit the target and 1 point for being within a stride of the target. How many points can you score in 10 throws? Take on a family member and see who wins!
3. With a family member see **how many times you can throw and catch a ball without dropping it**;
a) underarm b) overarm – increase the distance by a stride each time you complete 10 successful throws.
4. If you have a bat take on the England Rounders challenge – **how many hit ups can you complete**? Create a leader board for your household and see who's at the top at the end of each week!
5. Make a mini pitch and practice running around the posts – **how quickly can you get from 1st to 2nd and 1st to 4th?**
6. **Get the whole household physically active and take part in your own mini game!**





Badminton

Challenge 1: Find the key terminology in the word search below.

D	P	O	R	D	R	E	E	P	S	S	O	I	E
P	T	R	A	M	L	I	N	E	S	E	D	B	V
P	S	A	T	E	N	F	O	R	E	H	A	N	D
I	I	E	O	S	S	D	E	V	I	R	D	S	N
F	R	L	U	E	M	B	F	E	I	E	R	A	D
E	I	C	M	R	N	D	A	R	S	L	D	T	E
I	S	D	P	V	S	S	R	C	H	A	D	N	I
V	N	A	I	I	E	S	D	M	K	O	C	F	E
D	I	E	R	C	P	R	O	E	H	H	S	R	S
I	P	H	E	E	T	C	V	S	E	R	A	M	C
C	I	R	I	L	P	R	N	M	V	D	S	N	D
R	R	E	R	I	K	I	E	A	R	D	S	S	D
A	N	V	R	N	A	V	R	S	E	C	E	E	L
V	S	O	E	E	L	A	E	H	S	A	K	H	N

- NET
- SMASH
- SERVE
- OVERHEADCLEAR
- BACKHAND
- UMPIRE
- DRIVE
- SERVICELINE
- FOREHAND
- DROP
- TRAMLINES

Challenge 2: State all the different ways in which you can score a point in badminton.

-
-
-
-
-

Challenge 3: On the diagram below, shade in the areas in which you can score in a game of singles and doubles. Remember, these are slightly different (Singles is the top half of the court, doubles is the bottom)

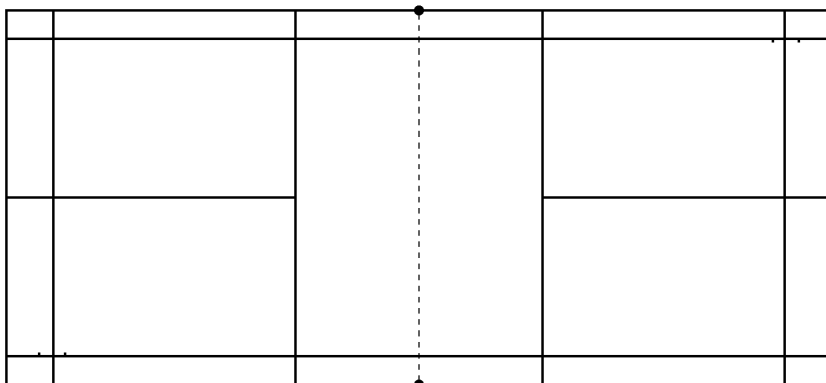
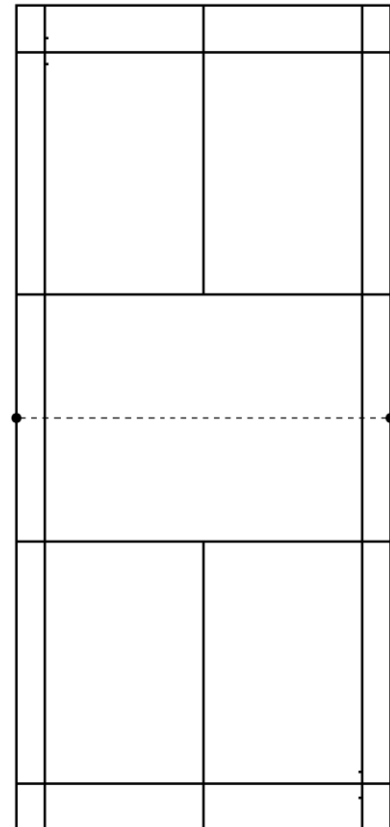


Challenge 4:

A: Label the court markings on the picture below

(Service line/side tramlines/back tramlines/net/centre line).

B: State the court dimensions



Let's practice some shots

Challenge 1 – Wall rally

See how many times you can hit the shuttle against a wall without letting it hit the ground.

Challenge 2 – Agility

Place 5 items (plant pots/stones/footballs) 3 meters apart in any shape you chose. Get somebody to time you touching each item as quick as possible.

To make it harder, make the shape bigger and complete it more than once per go



Challenge 3

Identify these 4 badminton players. Use YouTube and Google to help you.



Challenge 4 – Skipping

To practice those quick feet, design a skipping circuit using the different kinds of skips (research if you need to) and carry it out.



Challenge 5 – Smile!

Get pictured completing any badminton challenge and tweet @StewardsPE



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📍 Harlow 📅 Joined April 2013

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Sport Documentaries and Films

Below is a list of sport documentaries and films, that could be used to support home learning in physical education.

Of course our preference would be to encourage children and young adults to be active during this unprecedented time, but it may not always be possible, in such cases a sporting documentary or film could provide the stimulus to reflect upon sport, sportsmanship, individual journeys, the sports industry and life more broadly.

Just a note of caution however, please view the film and check its appropriateness. To help you determine their appropriateness their rating is including below.

PG

- Eddie the Eagle – <https://www.netflix.com/gb/title/80084130>
- Zion – <https://www.netflix.com/gb/title/80239831>
- Antoine Griezmann: The Making of a Legend – <https://www.netflix.com/gb/title/81049949>
- First Team: Juventus – <https://www.netflix.com/gb/title/80211576>
- Basketball or Nothing – <https://www.netflix.com/gb/title/80245353>
- Little Miss Sumo – <https://www.netflix.com/gb/title/81110394>
- The short Game – <https://www.netflix.com/gb/title/70290567>
- Ronaldo – <https://www.netflix.com/gb/title/80083753>

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- Moneyball – <https://www.netflix.com/gb/title/70201437>
- Friday Night Lights – <https://www.netflix.com/gb/title/70002003>
- Coach Carter – <https://www.netflix.com/gb/title/70019004>
- Swimming with Men – <https://www.netflix.com/gb/title/81028345>
- Joshua – Teenager Vs. Superpower – <https://www.netflix.com/gb/title/80169348>
- Bobby Robson: More Than a Manager – <https://www.netflix.com/gb/title/81018536>
- Stop at Nothing: The Lance Armstrong Story – <https://www.netflix.com/gb/title/80007215>
- Speed Is My Need – <https://www.netflix.com/gb/title/81167492>

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- The Fighter – <https://www.netflix.com/gb/title/70113534>
- High Flying Bird – <https://www.netflix.com/gb/title/80991400>
- Talladega Nights – <https://www.netflix.com/gb/title/70044894>
- Break Point – <https://www.netflix.com/gb/title/70305197>
- Icarus – <https://www.netflix.com/gb/title/80168079>

- Katie – <https://www.netflix.com/gb/title/81059975>
- The Dawn Wall – <https://www.netflix.com/gb/title/81004270>

All

- Rooney: The Man Behind The Goals – <https://www.netflix.com/gb/title/80179387>
- #Rucker50 – <https://www.netflix.com/gb/title/80147908>

Teen

- Ice Guardians – <https://www.netflix.com/gb/title/80150246>

Guidance

- Inversion – <https://www.netflix.com/gb/title/80011846>
- Q Ball – <https://www.netflix.com/gb/title/81136736>
- Ronnie Coleman: The King – <https://www.netflix.com/gb/title/81018183>
- Hope: One in a Billion – <https://www.netflix.com/gb/title/81213153>
- Sir Alex Ferguson: Secrets of Success – <https://www.netflix.com/gb/title/80989473>
- Eddie – Strongman – <https://www.netflix.com/gb/title/80142450>
- Late Life: The Chien-Ming Wang Story – <https://www.netflix.com/gb/title/81024308>
- Iron Cowboy – <https://www.netflix.com/gb/title/81092325>
- Beyond All Boundaries – <https://www.netflix.com/gb/title/80172938>
- The Carter Effect – <https://www.netflix.com/gb/title/80223149>