

Remember to also exercise each day - even if it is in the garden or in the house!

Have a look at the following for some ideas:

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Key Stage 2 – PE Tasks

Sportsmanship. Why is it important?

Watch the following links:

<https://olympic-speakers.com/news/the-brownlee-brothers-humble-historic-heroic/>

<https://www.youtube.com/watch?v=PFO3R0EWSyM>

<https://www.olympic.org/news/gracious-runners-rewarded-for-fair-play>

Read/research the following articles/examples of sportsmanship:

Brownlee brothers – triathletes. Alastair carried Jonny over the line to finish second and third in World Series Finale. <https://www.theguardian.com/sport/video/2016/sep/19/alistair-brownlee-gives-chance-win-helps-brother-jonny-video>

Triathlon in Spain – British runner went wrong way. Spanish runner stopped to allow him chance to catch up.

Rio Olympics 2016 – women's 5000m. NZ runner Nikki Hamblin stops to help runner who she accidentally tripped. Sacrificing her place in race.



Answer the following questions:

1. What is sportsmanship?
2. Why is it important to celebrate positive sportsmanship?
3. How can sports promote sportsmanship – can you think of an example for a chosen sport?

Complete the following tasks:

1. Design a poster to promote sportsmanship in sport. What are the key words you would use?
2. Design a certificate that the PE department could use to celebrate sportsmanship in PE lessons.
3. Can you find other examples of sportsmanship in sport?