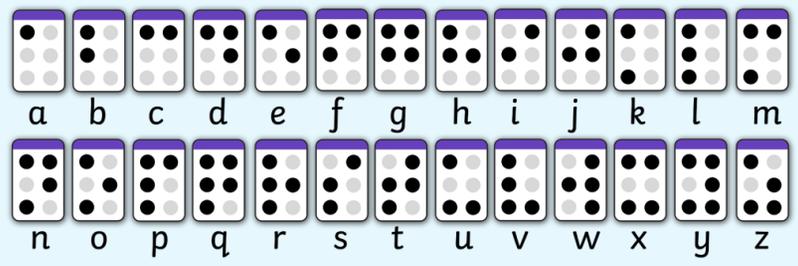




PE Activity Menu: Paralympics

Please pick on activity for each afternoon. There is a challenge on each one, which anyone is welcome to have a go at (but we would expect KS2 children to complete).



<p><u>Courage and Determination:</u> Draw a picture and write a short paragraph to describe a time when you were determined/courageous.</p> <p>Think about:-</p> <ul style="list-style-type: none"> • What were you being determined/courageous about? • Why did you have to be determined/courageous? • How were you determined/courageous? • How did you feel after you were determined/courageous? 	<p><u>Athletes in the Paralympics</u> Can you research one of these famous Paralympians:</p> <p>Hollie Arnold Harri Jenkins Ola Abidogun</p> <p>Here is the 'British Athletics' website to get you started: Paralympic British Athletics</p> <p>From your research, can you create a picture of them taking part in their sport and illustrate their achievements.</p> <p><u>Challenge:</u> Why not have a go at creating a fact file about another Paralympian?</p>	<p><u>Braille:</u> Following, last week's assembly on World Braille Day (Monday 4th January), can you write your name using the Braille system? Maybe you could write a note to your note to your class teacher?</p>  <p><u>Challenge:</u> Can you think how you would feel if you lost your sight?</p> <p>What daily activities would be difficult, how would you have to change your lifestyles?</p>
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Games:

Follow the link and play the games with your family:

Random Routines:

[Get Set Tokyo | Tokyo Ten Random Routines guide](#)

Duster Dodge:

[Get Set Tokyo | Tokyo Ten Duster Dodge](#)

Yoga : Frozen

<https://youtu.be/xlg052EKMtk>

Yoga: Harry Potter

<https://youtu.be/R-BS87NTV5I>

Inspiration Rosette:

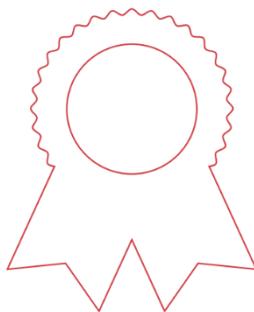
Write the name of the person/thing that inspires you in the frills around the centre circle. (E.g. a friend/a famous sportsperson)

On the left ribbon, note down why this person/thing inspires you. (E.g. This person is always determined to be their best and regularly practises their skill.)

On the right ribbon, note down how this inspiration impacts your life. (E.g. They inspire me to always try harder.)

Finally, when asked to, add your inspiration pledge in the centre circle by completing the sentence "I will inspire others to..."

**There is a bigger template below. Don't worry if you cannot print, you could draw your own rosette.



Super Friend:

Using the Super Friend Template > Draw and annotate the qualities you might find in a **superhero with friendship superpowers.**

For example, supersonic hearing for a good listener.

Challenge: Use your drawing and notes to create a short paragraph to introduce your superhero.

Here are some words to

help you: kind * caring * good listener * supportive * brave * fun * reliable * responsible * honest * cheerful * generous * giving * attentive * trustworthy * truthful * sensitive * loyal * nice * supersonic * strong * cape * flying * special * huge * x-ray vision * radioactive * fast * daring * selfless * hug * considerate * accepting * extraordinary * open * sharing * unique

