

## Summer Week 4 PE

Keep tuning into Joe Wicks PE lessons each morning @ 9.00 on You Tube.

Stay active.....try a standing long jump in your lounge; mark your leap with a tin of beans or similar. Aim to improve your distance daily.....

Try a standing, vertical jump, outside; like with the long jump, how high can you jump.....can you improve daily?

As an addition for fitness and well- being, log onto this new site;

If any parents are asking about fitness or wellbeing stuff or you want to suggest any we have a school login for this website: <https://www.fitterfuture.com/schools/>

Finally, here is an Olympic quiz to try.....in readiness for Tokyo 2021.

1. How many rings are there on the Olympic flag?
2. The Modern Olympic Games are based on the Olympic Games of which ancient country?
3. If gold medals are awarded for first place and silver for second, which medal is awarded for third?
4. An Olympic-size swimming pool is how many metres long in length?
5. The Olympic Games are held every how many years?
6. Which country has won more medals in total than any other nation at the Summer Olympic games?
7. Which city hosted the Summer Olympics in 1908, 1948, and 2012? It's the only city to host the event on three occasions.
8. The 2020 Summer Olympics were due to be held in which city?
9. Which British rower won a rowing gold medal in five different Olympic Games?
10. Which country has won the most medals in total at the Winter Olympic Games?
11. What name is given to the platform on which winning competitors stand on to collect their medals?
12. To the nearest mile, how many miles are there in the long-distance race called the marathon?

13. Out of all the Summer Olympic sports which sport comes first alphabetically?
14. Which type of Olympic Games first took place in Rome in 1960?
15. Foil, epee and sabre are three forms of which type of Summer Olympic sport?
16. Which American swimmer was the most successful Olympian of all time with a total of 28 medals?
17. Bob Beamon's superhuman leap of nearly 9 metres in the 1968 Olympic Games is still an Olympic record in which event?
18. Name the two- or four-person team event in the Winter Olympics that involves racing a specially designed sled down an ice track, with the winning team being the fastest to complete the course?
19. How many athletic throwing events are there? Can you name them?
20. In which sport do two teams play each other on ice and sweep stones towards a target?