### YEAR 5





Hello Year 5! Welcome to Sport Week. If we had been at school, we would have probably already had Sports Day by now. We didn't want you to miss out, so this week we are dedicating our learning to Sport, and carrying out some sporting challenges along the way!

Thank you to all those who voted for their favourite tie. The result will be shared in due course.

We are looking forward to speaking to a few more of you this week. Keep going, you are all doing an amazing job learning at home!

Mr Williams Mrs Tudge Miss Wilkinson Mr Burnage Ms Carter

### **EVERY DAY**

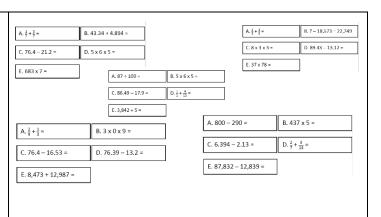
Daily Maths lessons - <a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a> Watch the video and then complete the written task (these could be printed out or you could just write the answers in the book we sent home). This is 30-40 minutes work.

This week is reading tables and multiplying and dividing deciamls by 10/100/1000. (Week 9 of the summer term videos and activities, however you need to click the 'Already covered this content' box for the first Monday and Tuesday only and follow the videos from here.)

Answers now saved as a separate document on the school website. **Mathletics** – 15-20 minutes (more if you wish).

We have also included the Fluency in 5 resources for arithmetic practice.

Read for at least 15 minutes



### Additional tasks for this week (6/7/20)

English <u>Topic</u>

### Monday - Reading

Read this report all about Usain Bolt and have a go at answering the questions.

https://www.twinkl.co.uk/resource/t2-e-2260-usain-bolt-biography-differentiated-reading-comprehension-activity

### Tuesday - SPAG

Revise some SPAG with The Obstacle Course Mystery! https://www.twinkl.co.uk/resource/t2-e-41473-uks2-the-obstacle-course-catastrophe-sports-day-spag-problem-solving-mystery-game

### Wednesday - Writing

Your task over the next few days will be to work towards writing your own newspaper report based on a sporting event.

Read the newspaper report about Usain Bolt. Have a think about the structure and language features. The checklist included will help you things to look out for. (There is an answer sheet in the Year 5 answers section online too.) Can you highlight any phrases that would be easily transferrable to your own report?

### Thursday - Writing

Watch the video of Mo Farah at the 2012 Olympics. <a href="https://www.literacyshed.com/the-sports-shed.html">https://www.literacyshed.com/the-sports-shed.html</a> Make notes focussing on the 5Ws: who, what, when, where, why. What other information might be useful in a newspaper report. Look back at the example about Usain Bolt to help. You might have to do some of your own research. Try to come up with a headline and introductory paragraph today. What makes a good headline? Use the example to help you structure your first paragraph.

### Friday - Writing

Continue writing your report. Use the example and the feature checklist to help you. Read your work through to check it makes sense and that you have included the correct punctuation.

There are lots of different sporting videos out there. If you would prefer to write a report about a different event/sportsperson, please feel free to follow your own interests!

This week we would like you to choose at least one of the following:

<u>History:</u> Choose a sport to investigate and find out how it has changed over time. When did it first take place? Who invented it? Where did it originate? Have the rules changed? Or the equipment or kit? Is it in the Olympics and has it always been? Is it played the same in different countries? Are there any major competitions in this sport? Who have been some of the sport's greatest competitors? You could present your findings in any way you choose.

### <u>French-</u>Create a Menu for an Athlete in French.

Have a look at the French Menu below and create your own. You may need to use a French-English dictionary to help you. Remember the food needs to help your chosen Athlete perform in a highly competitive sport. So lots of protein and healthy foods need to be available. Make your designs as colourful as you like!

### **Science** – Football Heart Rate Investigation

Before a match, footballers use warm-ups to increase their heart rate. Have a go at some of the warm-ups below, but remember to investigate which activity increases your heart rate the most/ least. How will you track your heart rate? How can you make sure that it's a fair test? Make sure that you make a prediction and share you conclusion with us. <u>Top tip:</u> You will need a timer.

### <u> PE -</u>

Mr Williams has created a week of sporting events! Have a go and we look forward to seeing how you get on! All the information is provided below. Have fun!

### **Spellings**

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Converting nouns or verbs into adjectives using the suffix -al
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musical
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political

accidental

mathematical

functional

tropical

professional

central

global

industrial

Can you think of any other words that could be on this list?

For an extra challenge, choose 3-5 words from your reading book that are new to you, are words that you know you often get wrong, or are words that you just fancy learning!

## Read and interpret tables



The table shows the weight of five dogs, to the nearest kilogram.

Patch	Henry	Titch	Misty	Buster	Name of dog
				7	dog
		14 kg	26 kg	12 kg	Weight

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What
2.
the
total
weight
今
Buster
and
Titch?



c) Patch is heavier that Titch but weighs less than Misty.

b) Henry is 10 kg heavier than Misty.

Write Henry's weight in the table.

Write the dogs names in order of weight, starting with the lightest.

> primary school. The table shows the number of children in each year at a

Number of children	Year
28	1
31	2
29	3
25	4
32	5

There are 175 children in the school in total.

How many children are in Year 6?

Complete the table.

How did you work this out? Talk to a partner.

different cities. The table shows the average summer temperature for

(2)	Temperature	City	
	21	London	
	15	London Edinburgh	
	25	Paris	
	31	Madrid	
	30	Rome	
	22	Berlin	

<u> </u>
What
S.
the
average
summer
temperature
Ξ.
in Paris?

b) Which city has the warmest average temperature during

the summer?	

c) What is the difference in average temperature

between Berlin and Edinburgh?

	9 ^
summer temperature?	Which two cities have a d
-	Ω
	difference of just one degree in c
	今
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e) Eva and her parents live in London.

They want to have a summer holiday somewhere warmer.

Explain your answer. Which city do you think they should go to?



Teachers asked children how they travel to school.

to school. The tables show how the children in Year 4 and Year 5 travel

Year 4

Year 5

Number of children	Method of travel		
18	Walk Bike		
1	Bike		
10	Car		
0	Bus		
Number of children	Method of travel		
	>		

Number of children	Method of travel
17	Walk Bike
3	Bike
7	Car
1	Bus

- a) What is the most common method of travel in both year groups?
- b) How many more children travel by car in Year 4 than
- c) Which year has the most children?



getting to school

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Year 5 children

Is Tommy correct?

Explain your answer.

Explain your answer.

Who is correct?

The table shows the number of ice creams sold in a shop last week.

Mon Tue Wed Thur Fri Sat 15 27 13 19 2 46								
ns 15 27 13 19 2 46	Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	lce creams sold	15	27	13	19	2	46	38

ice creams in total on Saturday and Sunday than during the The shop sold more rest of the week



Do you agree with Alex? Explain your reasons.

Class 5B did a survey to find out the types of pets children had at home.

#=	Dog	
#	Cat	
111	Hamster	
1111	Rabbit	
#	Goldfish	



Dora

more than 24 children

There are

in the class.

the class. There are

24 children in



know how many children are in the class. We do not



Rosie





Amir

### Two-way tables



A film is shown twice a day at 3 pm and 7 pm.

show in one day. The table shows the number of children and adults that see each

	Adults	Children
3 pm showing	28	65
7 pm showing	58	12

0
How
many
children
ı watched
the 7
7 pm
showing?

$\overline{}$
How many
adults
watched
the
film
that
day?

	Ċ.	
How many seats were empty at the 3pm showing?	There are 100 seats in the cinema.	

	$\overline{}$
1	Did more children or
:	children
	윽
	more
	more adults
	watch the
	the
	film?

Show your workings.

e) Why do you think fewer children watched the 7pm showing?



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	table	
	The table shows info	
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	formation about the	
	the	
	eye	
	colour	
	9	
	8	
	people.	

Total	Girls	Boys	
29		12	Brown
		25	Blue
	8		Green
100		70	Total

- a) Complete the table.
- b) How many boys have green eyes?
- c) How many girls have blue eyes?
- d) How many more girls have brown eyes than blue eyes?

The table below shows the distance in miles between some cities.

10,553	6,011	5,938	3,459	London
9.929	7,803	6,736	New York	
7.819	9,152	Tokyo		'
6.845	Cape Town			
Sudneu		ı		

- a) What is the distance between Sydney and Tokyo?
- b) Which two cities are the furthest apart?

and

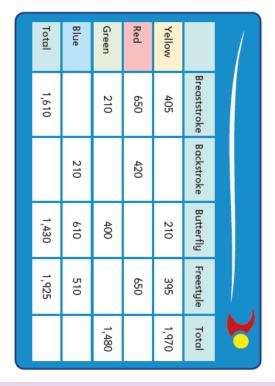
c) Choose a city to start in and then two more different places

How far would you have to travel?

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L		

White Rose Maths 2019

Teams are awarded points for each event at a swimming gala. Some of the scores have accidentally been washed off!



Work out the missing scores and complete the table.

on the table. Write 3 questions for your partner to answer about the information

		Ð		e)	٩
Explain how you know.	Is this statement correct?	f) Three-fifths of the buildings are in China.	117 building?	e) How much taller is the Burj Khalifa than the Goldin Finance	d) Which building was completed most recently?

Building	Country	Height (m)	Number of floors	Year completed
Burj Khalifa	UAE	828	163	2010
Shanghai Tower	China	632	128	2015
Abraj Al-Bait Clock Tower	Saudi Arabia	601	120	2012
Ping An Finance Centre	China	599	115	2017
Goldin Finance 117	China	597	128	2019

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How tall is the tallest building
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<u>5</u>	
Which	
building	
is 601	
3	
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buildings
have
the
same
number
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floors?

# Multiplying decimals by 10, 100 and 1,000



3 Complete the multiplications.

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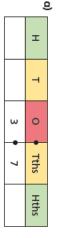
0

Tths

Hths

4.1 × 100 =

Complete the multiplications.



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4.15 × 100 =

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 $14.5 \times 100 =$ 

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4.05 × 100 =

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Tths

What do you notice when you multiply a number by 10?

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e)  $10 \times 13.04 =$ 

Complete the multiplications.

a)  $1.7 \times 10 =$ 

d)  $13.4 \times 10 =$ 

What do you notice when you multiply a number by 100?

Complete the calculations

c) 19.5 × 100 =

- 5 Amir has multiplied 3.8 by 1,000
- The answer is 3.8000
- a) What mistake has Amir made?
- b) Work out the correct answer.
- $3.8 \times 1,000 =$
- Complete the multiplications.
- c)  $5.84 \times 10 =$

a)  $4.7 \times 10 =$ 

 $4.7 \times 100 =$ 

- 5.84 × 100 =
- $4.7 \times 1,000 =$
- $5.84 \times 1,000 =$
- b) 19.3 × 10 =
- d) 18.06 × 10 =
- 19.3 × 100 =
- 100 × 18.06 =
- 1,000 × 19.3 =
- 18.06 × 1,000 =

How did you work out the answers? Talk to a partner.

- Complete the calculations.
- a) 7.7 × = 770
- e) 8.032 ×

= 80.32

5 × 10 = 1,950

c) 11.5 ×

= 115

- g) 195.32 × Ð × 18.3 = 1,830
- × 11.5 = 11,500

= 1,953.2

- ਣ × 1,000 = 7,200

- Tommy is 1.4 m tall.

A tree is 10 times as tall as Tommy.

A building is 100 times as tall as Tommy

- a) How tall is the tree?
- b) How much taller is the building than the tree?
- 3
- Match the multiplications to the descriptions.

× 10 × 10

multiply by 10

× 10 × 10 × 10 × 100 × 10

multiply by 100

× 10 × 100

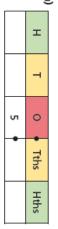
× 10 × 1

multiply by 1,000

# Dividing decimals by 10, 100 and 1,000



Complete the divisions. 9



Hths



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Hths

3.8 ÷ 10 =

What do you notice when you divide a number by 10?



Complete the calculations.

c) 7.86 ÷ 10 =

3 Complete the divisions. a)

I 0 7 Tths Hths Thths 17 ÷ 100 =

9.4			4	9		
Thths	I	Hths	Tths	0	Т	Н
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7	Т	
6	0	
•	Tths	
	Hths	
	Thths	
	276 ÷ 100 =	

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2	0
5	Tths
	Hths
	Thths
	32.5 ÷ 100 =

What do you notice when you divide a number by 100?



4 Complete the divisions.

 $7.25 \div 100 =$ 

- Use a place value chart to work out 136 ÷ 1,000

Complete the calculations.

a) 147 ÷ 10 =

c) 3,200 ÷ 10 =

1	Н
3	ı
6	0
•	Tths
	sqtH
	Thths

Complete the calculation.

Talk to a partner about your method.

a) What is the mass of the box in kilograms? Use your knowledge of measure to work out the answers.



П

b) What is the height of the sunflower in metres?

4.	
II	
235 cm	
B	

380 ml 646

П

c) What is the amount of juice in litres?



**b)** 21 ÷ 10 =

d) 5,006 ÷ 10 =

147 ÷ 1,000 =

3,200 ÷ 1,000 =

147 ÷ 100 =

3,200 ÷ 100 =



21 ÷ 100 =

5,006 ÷ 100 =

21 ÷ 1,000 =

5,006 ÷ 1,000 =



Complete the divisions.



d) 68÷
= 0.068

h) 3.18 ÷

= 0.318

e) 1,799÷ = 17.99

### **Usain Bolt**

### Biography

So, how do you become the greatest sprinter of all time?

Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting, which led him to win his first High School Championships medal. Since then, he has set new world records, overcome injuries, won numerous medals, become a national treasure in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986, in Jamaica, to parents Wellesley and Jennifer Bolt. He grew up with his brother and sister, and adored playing football and cricket.

He competed in his first race whilst at primary school, but sprinting wasn't his first love. Bolt has often said that if he hadn't have become a sprinter, he would have loved to have been a fast bowler, having been inspired by Waqar Younis, a former international cricket player.

Whilst at high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and enjoyed playing practical jokes.

The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals, but he did set a new personal best in the 200m race. The Jamaican Prime Minister recognised Bolt's talent and arranged for him to move to Kingston to train with the Jamaican Amateur Athletic Association.

The World Junior Championships came next for Usain and it was here that he became the youngest World Junior gold medallist. He continued to win medals in 2003, when he competed at the World Youth Championships.

Photo courtesy of drdiffordchoi (@flickr.com) - granted under creative commons licence - attribution





In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. With this fantastic time, he turned professional and was chosen to compete in the Jamaican Olympic team. He went to the Olympic Games in Athens in 2004 but a recurring leg injury ruled him out of winning any medals. He received offers to go and train in America but Bolt wanted to stay true to his roots and despite the basic facilities available to him, remained in Jamaica. For some time, injuries thwarted him, but he came back even stronger.

As the years passed by, Bolt took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records,

winning gold in the 100m, 200m and relay. This was followed by the World Championships in Berlin where he improved his times, running the 100m race in 9.58 seconds and the 200m in 19.19 seconds.

Bolt competed in the 100m, 200m and relay events at the London 2012 Olympic Games, where he won three golds once again. This made him the first person to win all three events at consecutive Olympic Games. Following his performance in London, a fellow competitor said, 'There's no doubt he's the greatest sprinter of all time.'

Bolt amazed everyone yet again during the 2016 Rio Olympics, by claiming not only gold in all three races (100m, 200m and relay) but also the title the 'triple-triple' meaning he had won gold in 3 sprinting races in 3 consecutive Olympic Games. However this amazing achievement didn't last long as in 2017, Bolt and his team mates were stripped of the gold medals from the 100m relay in the Beijing Games due to one of his teammates being disqualified for taking a banned substance.

In 2017, at the World Athletics Championships, Bolt's winning streak was over as he was beaten by just 0.03 seconds putting him in 3rd place for the first time in 10 years. And to make things worse, whilst taking part in another race at the Championships, Bolt collapsed on the track with a hamstring injury and had to be helped across the finish line by his teammates. This was Bolt's final ever race.

Olympic Games	Event	Medals
2008 Beijing	100m, 200m, relay	Gold
2012 London	100m, 200m, relay	Gold
2016 Rio De Janeiro	100m, 200m, relay	Gold





### Questions

1.	When and where was Usain born?
2.	By what age had Bolt become the fastest 100m runner at this school?
3.	Who is he inspired by?
4.	Why did Pablo McNeil get frustrated with Bolt?
5.	Why did Usain move to Kingston?
6.	How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?
7.	Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?





8.	Explain how Bolt has shown resilience in his professional career.
9.	Why is Usain nicknamed 'Lightning Bolt'?
10.	Which do you think is Usain's greatest achievement to date? Why?



### The Obstacle Course Catastrophe

It's the morning of Sports Day at Wittenberry Junior School and a catastrophe has occurred; the obstacle course had been built but someone has cut a large hole in the net, meaning the race will now be impossible to run.

As Detective Chief Inspector on the case, it is your job to find out which participant sabotaged the equipment. You have taken down the names and descriptions of 30 children who helped to set up the Sports Day equipment. There are also five important clues that have been discovered on the school field.

To crack the case, you will need to solve each clue and check the information with the list of names. Will you be able to solve the mystery and return the correct equipment before Sports Day is over?

### Good luck!







### The Obstacle Course Catastrophe

Child's name	Male	Year	Team	Do They	Sporting
	or Female?	Group	Colour	Wear Glasses?	Strength
Alfie Dunn	male	3	yellow	yes	football
Ava Amos	female	4	green	yes	cricket
Bert Budd	male	3	blue	yes	basketball
Billie-May Moss	female	5	red	no	football
Clara Cross	female	5	green	no	cricket
Craig Smith	male	6	green	no	basketball
Dez Daho	male	3	red	yes	cricket
Erin Gael	female	6	blue	no	cricket
Frida Kale	female	4	green	no	cricket
Greg Thorpe	male	6	red	yes	football
Henrietta Hope	female	3	yellow	yes	basketball
Honour Jones	female	4	red	no	basketball
Isma Kalid	female	5	blue	yes	cricket
JoJo Franz	female	3	green	no	football
Julien Johns	male	6	yellow	yes	football
Kali Koupe	female	4	blue	yes	basketball
Keiko Fujisawa	female	5	red	no	basketball
Kevin Long	male	4	green	yes	cricket
Masano Hedger	female	3	red	yes	football
Mitchell Osborne	male	4	yellow	yes	football
Opal Cruise	female	5	yellow	no	football
Pawel Gustav	male	4	blue	no	cricket
Penelope Price	female	6	green	no	basketball
Renee Cruz	female	3	red	yes	basketball
Robert Green	male	6	blue	no	basketball
Saoirse McMonagh	female	4	green	no	football
Tomasz Fritz	male	5	blue	no	basketball
Tula Zaha	female	3	yellow	yes	football
Verity Hahn	female	6	blue	no	cricket
Zeta Middleton	female	5	yellow	yes	cricket

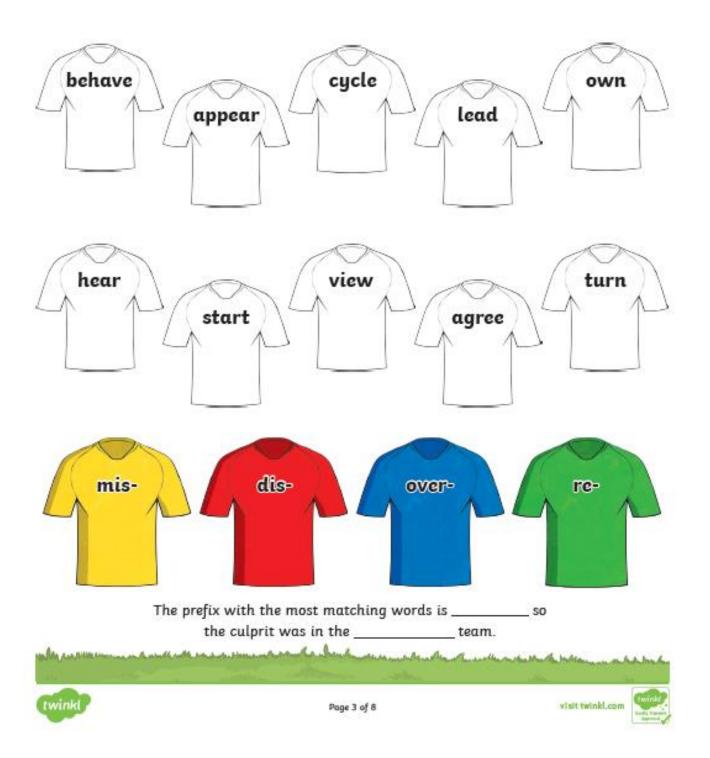
The obstacle course was tampered with by





### Clue 1 Prefix Participants

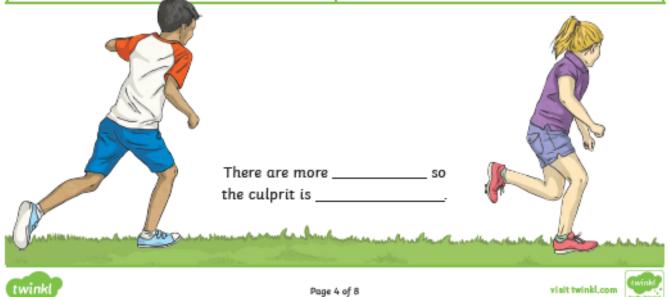
Match the words below to the correct prefix to make a verb. Some of the words will match with more than one prefix. The prefix with the most matching words will reveal the colour of the culprit's sports day team.



### Clue 2 Is It Possible?

These statements all indicate degrees of possibility, but do they use **adverbs** or **modal verbs**? If there are more adverbs, then the culprit is female. If there are more modal verbs then the culprit is male.

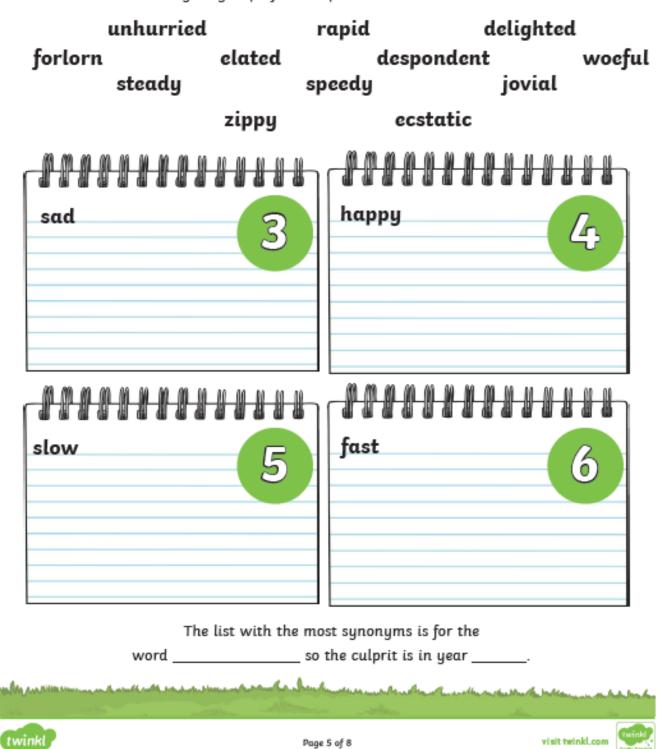
Statement	Adverb or Modal Verb?
Certainly, I helped to set up the obstacle course this morning.	
My mum is probably going to take part in the parents' race - she loves running.	
I cannot wait to take part in the races this afternoon.	
We might be able to sew the net back together.	
As I was setting up the egg and spoon race, I saw a boy with some scissors – maybe he was the one who cut the net.	
I am definitely winning the skipping race after all the practice I've put in.	



### Clue 3

### **Sporty Synonyms**

While they wait for the mystery to be solved, the KS2 pupils have been thinking of exciting synonyms for different words. The year group that has thought of the most synonyms for their word will reveal the year group of the culprit.



### Clue 4

### Catch the Correct Clause

Within the police descriptions of the children, many of the relative pronouns are missing!

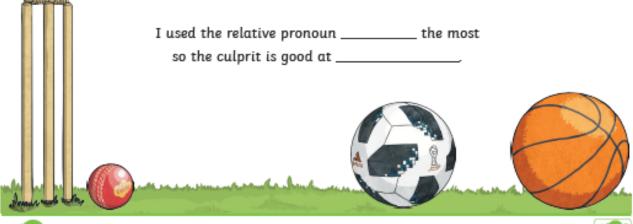
Can you fill in the gaps with who, whose or which?

If you use who most, the culprit is great at cricket.

If you use whose most, the culprit is amazing at basketball.

If you use which most, the culprit is phenomenal at football.

Sentence with Relative Pronoun Missing	Who, Whose or Which?
Bert, is in the Blue team, loves playing football.	
The basketballs, were in the PE cupboard, have all been pumped up ready for Sports Day.	
Frida, parents are coming to watch Sports Day, is most excited about the obstacle course.	
Despite missing out on the final relay place, Kali,is new to the school, wasn't too upset.	
Zeta, favourite sport is tennis, is most excited about the egg and spoon race.	
Henrietta is wearing her dad's yellow t-shirt, is too big for her.	
Tomasz, is very tall, can't wait for the basketball game.	



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### Clue 5

### Race to the Finish Line

Find your way through this maze of sentences (vertically or horizontally) by following the passive pathway and avoiding the active accidents.

At the end of your journey, you will discover whether or not the culprit wears glasses.

Start			
The net was cut by one of the pupils.	Sports Day was delayed by the incident.	Renee Cruz has been practising for the egg and spoon race all week.	The delayed Sports Day devastated the pupils of Wittenberry Junior School.
The incident delayed Sports Day.	The culprit will be discovered by the Detective Chief Inspector.	One of the pupils cut the net.	Mr Clarke is very excited about the teachers' race!
The Detective Chief Inspector will discover the culprit.	The yellow team will be captained by Mitchell Osborne this year.	The headteacher will present the medals.	Penelope Price is the captain of the green team this year.
Keiko Fujisawa is the red team's captain this year.	The pupils of Wittenberry Junior school were devastated by the delayed Sports Day.	The medals will be presented by the headteacher.	Mrs Smith loves marshalling the event.
This year, Pawel Gustav will captain the blue team.	Lots of parents will soon arrive to watch their children compete in the races.	Every skipping race has been won by Erin Gael since she started at Wittenberry Junior School.	Sports Day should start at 1 p.m.
	00		00

The culprit \_\_\_\_\_ wear glasses.





### Y5 Example Text - Recounts: Newspaper Reports

### The Sporting Telegraph

www.sporting-telegraph.com

The Number One Sports Newspaper

### **Brilliant Bolt Grabs Gold Again!**

Jamaican Sprinter Takes London by Storm Winning Three Olympic Gold Medals

Exclusive Report by John Stevenson

Usain Bolt reaffirmed his title as the World's Fastest Man by achieving a marvellous third gold medal of the games this week. In front of a deafening capacity crowd in London's Olympic Stadium, the 25-year-old world record holder completed a remarkable set of victories to establish himself as one of the greatest sprinters of all time.

Following earlier victories in both the 100m and 200m individual sprint, Bolt inspired his Jamaica team-mates to a third triumph in the 4x100m relay. The three gold medals are added to his personal collection alongside similar achievements in the corresponding individual events of Beijing in 2008.

Afterwards, the reigning 100m and 200m world champion was understandably buoyant in his celebrations.

"It's a brilliant feeling. It's been a long road. I'm happy, but I'm relieved. It's great to be in the history books as one of the greatest. I'm proud of myself," he told reporters.

Although other athletes have won more medals than Bolt, including American sprinter Carl Lewis who was commentating for a television network, no-one else can match the explosive power and unrivalled pace exhibited by Bolt.



Usain Balt: winner of three Olympic gold medals in Landon

The sprinter's Jamaican team-mates were equally jubilant following their relay victory, describing it as a momentous day in Athletics history. Even the American team, who were disqualified from the relay following a disastrous illegal baton handover, were gracious in defeat. Admitting disappointment at missing out on a team medal, Justin Gatlin promised supporters that the team had given it all they could and refused to criticise the officials' decision, but did apologise to the US fans.

Now thinking ahead to his future and the potential of bringing down the curtain on a glittering Athletics career, Bolt confirmed that he intends to compete in 2016 but retire before the next Olympic Games in 2020. Instead, he will focus on charity work, a likely ambassador role in the sport or could even consider a dramatic switch to another sport such as football. As the crowds filtered out of the magnificent stadium, the talk was all about just one man - the incredible Usain Bolt, who is surely already an Olympic legend.





### Y5 Recounts: Newspaper Reports Genre Features Checklist



Did I include	Child	Friend	Teacher
:	Structure and Lo	anguage	
the name of the newspaper			
a headline that uses pun, rhyme or alliteration			
a sub-headline which gives a bit more information			
a 'byline' (the writer's name)			
an introductory paragraph that includes the 5 W's			
pictures with captions			
a commentary of the main events			
write in third person and past tense			
direct and reported speech			
a conclusion paragraph to explain what might happen next			

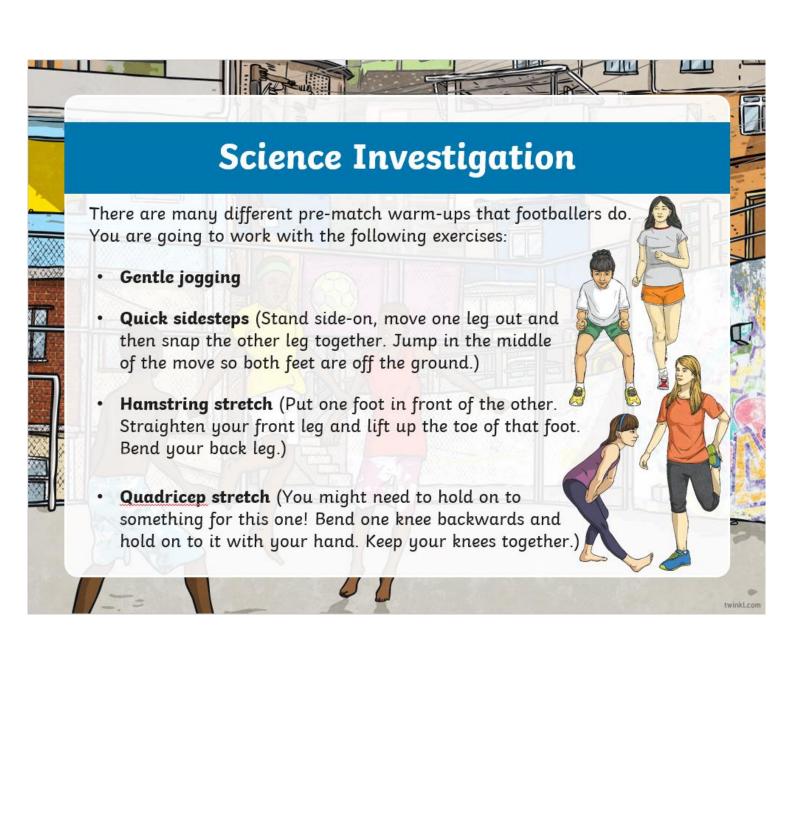




### Vocabulary List

English	French	Phonetic Pronunciation
Coffee	Le café	Luh kafay
Milk	Le lait	Luh lay
Orange juice	Le jus d'orange	Luh jhew doronjh
Toast	Le pain grillé	Luh pang gree-yay
Butter	Le beurre	Luh beur
Jam	La confiture	La confityur
Croissant Le croissant		Luh crwassong
Pain au chocolat	Le pain au chocolat	Luh pang oh shokolah
Hot chocolate	Le chocolat chaud	Luh shokolah show
Cereal	Les céréales	Lay sayrayal

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### Year 5 - A week of Sporting Activities!

Day	Activity	Equipment needed	Instructions
Monday	Target throw	Bin or bucket or box Ball or scrunched up paper	Set a target (a bin, bucket or box) and stand around 3-5 metres away (make a mark where you are going to throw from). Try to throw a ball (if you don't have one be creative – you could scrunch some paper up, use something from the recycling bin (washed of course!) or maybe even a suitable sized cuddly toy (make sure your target is clean) into the target.  How many times can you do it in a row?  How many times in one minute?
Tuesday	Obstacle run	Whatever you can find!	Set up an obstacle course in the garden or somewhere outside. Be creative! What can you use to run around, go under or over, are you going to add skills elements such as carrying and egg (hard boiled!) on a spoon (if eggs are too valuable, maybe a pebble could be substituted). Use a stopwatch (most phones have these) to time yourself.
Wednesday	Speed Bounce		Make a short line (chalk on the patio or even the lines between slabs or a piece of string on the lawn) and stand with feet just apart on one side of the line. In one minute, count how many times you can jump from one side of the line to the other – try to keep your feet together so that they land at the same time.
Thursday	Keepie Uppies	Ball Cuddly toy Scrunched up paper	How many times can you keep the ball (or other object) in the air without it touching the floor? Depending on the ball, you could use your hands, feet or even your head to do this. You could also use different items (tennis rackets, cricket bats or other creative solutions). How many can you do in a row? How many in a minute?

Friday	Circuits	Choose five fitness activities and create
		a circuit. Do each activity for 20
		seconds each to start with, then 40
		seconds and finally 1 minute per activity
		(5 minutes per circuit). You could have
		a 20 second rest between each activity.
		It may not sound a lot but if you put the
		effort in, even the fittest of people will
		be physically challenged!
		You could choose sit-ups, press-ups,
		sprint on the spot, squats, star jumps or
		any other activities which you would
		like to have a go at (Joe Wickes
		followers I am sure you won't be short
		of ideas!).

### Additional ideas you could do this week

Standing long jump – stand with feet shoulder width apart, swing arms, bend knees and see how far you can jump.

Throwing – if you have space (maybe in a local playing field) see how far you can throw a ball (vary the size of the ball). You could do over arm, under arm or even a goalkeeper throw or a football throw in.

Dribbling – if you have a football or basketball or even a hockey stick and ball, set up a course for dribbling round – how fast can you go?

Golf – maybe some putting in the garden (definitely with adult supervision!).

Play any other sport you have access to – how about a family game of cricket or rounders?!

Please remember that you should always ask to use equipment or items which don't belong to you and should be supervised if you are using hard balls or potentially dangerous equipment.

Make sure you drink lots whilst exercising and remember to have FUN!

Please post a video or photo of you in action on Twitter - @oldburypark

GOOD LUCK!