

Monday

Organise the children into research teams and set them a champion challenge. Provide the [Champion challenge question sheet](#) for them to complete and set an appropriate time limit. Before they start, share tips for effective internet searching, such as using unique or specific search terms, including quote marks for exact matches and excluding common words and punctuation. As the children work, discuss the websites that they are using to find their information. Ask them to verify the facts they have found on a website by using further internet searches and discuss the use of trusted sites. At the end of the session, ask the children to swap their sheets and mark each other's work. Ask, 'Did you all get the same answers? Which websites were the most useful? How can we be sure that the information we find online is reliable?'

Resource Question sheet

Tuesday

## Lesson brief

Organise the children into small groups. Direct each group to draw around one person's body on a large roll of paper. Provide the [Muscle group word cards](#) for the 11 major muscle groups and challenge the children to place the cards in the correct place on the outline. Reveal the answers by looking at a model of the muscular system or the [Muscle groups diagram](#). Allow children time to edit their life-size diagrams. Then ask them to use their research skills to find out more about muscles, such as the types and how they work, adding their research to their diagrams. When the children have completed their research, instruct them to research a stretch or exercise that works each muscle group.

Resource- muscle word cards and muscle diagram afterwards.

Wednesday

Watch footage of Olympic or world records being broken using the links below, then take the children into the hall or outdoors. Choose a range of events from the [Record breakers table](#) and mark them out in the space, or create a carousel of activities. Lead the children through a series of gentle exercises to warm up before allowing them to practise each event. Ask the children to take part in each event three times. Encourage them to measure and record each of their results accurately on the record breakers table. At the end of the session, ask the children to identify their best results and share them with the class. Talk about strategies for improving their performances. To extend this session, challenge the children to repeat the activities each week to see if their results improve over time. The children could record their results on a spreadsheet and analyse the data at the end of the project.

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

<https://www.youtube.com/watch?v=VLuX2pLAW7E>

<https://www.youtube.com/watch?v=JQ9cBQANjiw>

<https://www.youtube.com/watch?v=JYx1fnNIRu4>

<https://www.youtube.com/watch?v=ewj5DzXWn7U&t=566s>

<https://www.youtube.com/watch?v=G3mhm8rjtt0>

Thursday

Map the Olympic Host Cities.

Resource- Map

Compare countries England and Japan