

English – 4 day plan of activities

Out of the blocks



Story starter!

Like a venomous snake coiled before making a deadly strike, they waited...

Bang! The gunshot echoed around the stadium, and the athletes sprang out of the starting blocks. Within moments, they were tearing up the track with ferocious speed.

She could hear the pounding footsteps of the athletes around her, and out of the corner of each eye she caught a glimpse of their presence beside her.

She streamlined her thoughts, channelled her energy, and focused on the one thing that meant more to her than anything: winning the gold medal...

[See Activities on the next page – linked to this image!](#)

Question time!

- ▶ Have you ever taken part in a race?
- ▶ How might it feel to be standing in the starting blocks before the race starts?
- ▶ How might your emotions change at different stages of the race?
- ▶ Why do you think athletes crouch down at the start of a race?
- ▶ How do you get better at running?
- ▶ How do you get better at anything in life?
- ▶ What might happen next in this race?
- ▶ Why is the athlete trying not to think about what the other athletes are doing?

Sentence challenge!

'Bang!' is an example of onomatopoeia – a word that sounds like its meaning.

Can you think of any other such words that you might be able to use in this story?

Can you think of any other sounds you might hear during the race?

Sick sentences!

These sentences are 'sick' and need help to get better. Can you help?

- ▶ The race started.
- ▶ The athlete ran really fast.
- ▶ She could hear the other runners.
- ▶ She thought about winning.

Perfect picture!

Can you draw a picture of the athlete's thoughts at this moment in time?

WRITING++

Imagine you were an athlete / Olympian preparing for this year's Olympics and your specialist race e.g 100m sprint. Write a diary recount at the end of the day of what has happened.

WRITING – CHALLENGE BY CHOICE

Can you write an explanation of the pentathlon race? What is it? Where are its origins? What events make up this event? What does the athlete have to do? How is the overall winner determined?