



SPORTS ACTIVITY BOOK

Volume 003

Sports Theme: Hockey

Date: Wednesday 15th April 2020

Next Volume date: 22nd April 2020

Activity schedule:

Educational section:

- 1) Hockey word search – can you find all of the words in under 10 minutes?
- 2) Spot the difference – testing your on-pitch vision to see if you are captain material.
- 3) Maths challenge – Can you help calculate the costs of being in a cup final?

Activity section:

- 4) Exercises – practise these to keep your hockey skills on point.
- 5) Fun challenge – Test your creativity in this activity and share it with us after.
- 6) The Coaches cookbook – What can you make using these simple ingredients.

Wellbeing Section:

- 7) Reflection – what have you done to be proud of this week...
 - 8) How are you helping other people to feel good in this tough time?
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This weekly workbook is designed to provide some fun content for children and parents to stay active, keep learning and stay strong during these difficult circumstances. Hopefully its of value and your family enjoy taking part. Have fun everyone!

(Sports development Officer)

Educational section:

Activity 1 – Word search


Task: find as many of the words listed below in our word search in under 10 minutes.

N L H V X T U B Z I P X C K J
L O L I Y M M S L A P O O C N
E L S A O V P O S O R S P I I
M R I W B K I S S N C K Z T O
X F V H A H R C E D C K M S P
L P P S S D E R L A C O A C H
B C G O I E F E B S K C I L F
J Y A G Q V I H T A C K L E X
S O H N L F S Z M X E G C G X
B T W I K U Z F N M X C N W X
P Q R N P T U M M E W T G I D
P O P I R G S R H Y M S R O A
R W E A P I N C M X Y C O B H
E A O R N S X C X C P W V G C
O M C T V B G G E R M P E D Y



Block	Coach	Corner	Dawson
Field	Flicks	Grip	Grove
Menziesshill	Pass	Pushback	stick
Strips	Tackle	Training	Umpire

Activity 2 – Spot the difference

Task: Spot the three differences between the pictures below!


HOCKEY INDIA

SPOT THE DIFFERENCE



#IndiaKaGame

****Bonus Task****

Can you design your own “spot the difference” images at home? Collect some items, arrange them the way you’d like them to be, then take a photo using a phone / tablet. Once you’ve done this, add in another 5 items – disguising them as best as you can – and take a second photo once you’ve finished. Now you have two photos to compare, challenge your family members to take part and see how many they can find! Have fun!

Activity 3 – Maths Challenge

Task: Solve the number challenges below to help Grove Menzieshill coaches Harry and Ryan work out how many spectators they can bring to the national hockey finals to support Grove!

“change for the bus”

- 1.1 – Grove want to hire a coach for their players and staff to travel to the national hockey finals. The coach costs £450 to hire, and there are 30 seats on the coach. How much is the cost of each seat towards the price of the coach hire?
- 1.2 – If only 24 players and coaches use the transport, (a) how many seats are spare on the bus, and (b) how much will each travelling player / coach be charged to cover the £450 price?
- 1.3 – If Grove wanted a second bus for spectators, the price for two buses would be £800. Can you work out (a) how much of a discount they receive (£), (b) how many people they can fit across the two buses to come along, and (c) what would the price be for each person if 11 seats were not taken between the two buses?

Answer 1.1

Answer 1.2

Answer 1.3

Cup Final kits

- 2.1 – To represent Grove in the national final, Kit Sponsors Errea are willing to produce special one-off shirts for 18 nominated players. Shirts normally costs £21 to make; however, the special editions shirts TOTAL COST is £432. How much does each special edition shirt cost?
- 2.2 – Errea have offered to make special edition shorts and socks to wear on the day too. The cost of the whole special edition kit (per player) is £40, with socks costing a $\frac{1}{4}$ of the price of a special edition top. How much do shorts cost?
- 2.3 – To add initials to the tops, it costs £1.50 per letter. Grove have confirmed players will only have two initials on their top. How much extra will it cost (in total) to print initials on each of the 18 players tops?

Answer 2.1

Answer 2.2

Answer 2.3

Activity section:

Activity 4 – Hockey fun at home

Reading star Ciaran O'Connell puts you through your paces - <https://vimeo.com/405031371>

Test your skills using this cool video <https://www.youtube.com/watch?v=2HknbpzEOhw>

Activity 5 – Fun challenge

Challenge: Make your own hockey pitch at home using items from around your house... big or small, it doesn't matter! Aim to create two goals, corner areas and a half way line, then send in your photos to ross@forthillcsc.co.uk who can share them on social media!

Activity 6 – The Coaches cookbook

At coaches HQ, we have been getting creative with our food items to make sure we are eating healthily while we are not on court. Each week I will post one recipe to help you create something super tasty to try at home!

Recipe: Roasted Sweet Potato and Chorizo Soup!

Ingredients: Sweet potato, carrots, Chorizo, red onion, veg stock, salt and pepper (Add chilli or paprika powder for an additional heat).

Method:

- 1) . Pre heat your oven to 180 degrees
- 2) Slice your veg and chorizo, then roast it in the oven for around 30 mins or until the veg is soft.
- 3) Transfer the ingredients to a pot, adding veg stock and boiling water and reduce to a simmer, cooking until the water has reduced by half.
- 4) Blend the soup and serve with a slice of crusty bread... and enjoy!

Activity 7 – Reflective practise

To improve at hockey, or any sport in fact, we need to record our feelings and activity so we can look back and learn from them. It's very important to look back on our activities each day and record what we have done well. Whether a player or a coach, recognising our achievements can make us feel happy and confident, and so we challenge you to write down 7 things you've done well this week that makes you happy – one for each day of the week.

Day of the week	What made you proud?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Activity 8 – Your good turn for the week

Task: In the next 7 days, tick off as many of these boxes as you can to help your parents out at home, showing them what an amazing tennis star you really are!

Tidy your bedroom Clearing the dishes Cooking a meal

Exercising once a day Hoovering the floors

You've done it - well done for completing this week's workbook! Look out for next week's edition with more activities and more challenges to keep up the sports fun, and feel free to pass on to friends and family!