



This Active Schools activity book belongs to

.....

Have fun taking part!

Moray Active Schools



Active schools and sport in moray



@sportinmoray



Moray Active Schools

Welcome to the Active Schools P4-P7 activity book.

**Inside you will learn about the different sports that the
Moray Active School Co-ordinators
like to do in their spare time.**

You will also find some fun activities to get involved with too!

You can:

- **jot your answers/drawings down in your school jotter or a piece of paper**
- **print pages out**
- **get a Word version from your teacher to fill out on your laptop/computer**

Be sure to let your teacher know if you are taking part.

Have fun 😊

ACTIVITY: 1

Can you fill in the missing letters and find the words?

A T _ L _ T E

_ X E _ C I S _

T _ A I _ _ R S

F I T _ E S _

_ C T _ V _

_ O C _ E Y

S W _ M

C R _ C K E _

_ E A L _ H _

_ O O _ B A _ _

G O _ L

G _ L F

S _ E E _

Take a look at the black letters. What does this spell out?

FACT SHEET – BASKETBALL

Basketball was first played in Massachusetts, USA, in the 1890s.

There are 5 players on a basketball team. Each player has a different position.

These are:

- ❖ **Centre**
- ❖ **Power forward**
- ❖ **Small forward**
- ❖ **Point guard**
- ❖ **Shooting guard**

Basic rules:

- ❖ **The ball is moved by dribbling and passing.**
- ❖ **Players cannot run with the ball.**
- ❖ **Points are scored by shooting the ball into a hoop.**

ACTIVITY: 2

There are 5 main types of passing in basketball. See if you can find out what they are called and list them here.

- ❖
- ❖
- ❖
- ❖
- ❖



ACTIVITY: 3

Have some fun colouring in these basketball players!



FACT SHEET – CROSS COUNTRY

- Cross country races take place outside and runners try to complete the course in the fastest possible time.
- The courses are usually in grassy fields, through woods or on a muddy track.
- Typically the courses for adults are 2.5-7.5 miles long, but you may have taken part in some Primary School races, which are much shorter.
- The cross country season takes place in autumn and winter each year, which means when you race, it is probably going to be wet and/or very cold!
- Active Schools holds a Moray Primary Schools Cross Country Race every year. Our last one in 2020 was at Gordon Castle in Fochabers.

FAMOUS CROSS COUNTRY RUNNERS

Kenenisa Bekele – An Ethiopian athlete who is described as ‘the most successful cross country runner of all time’. He has won 11 Cross Country World Championships.

Lynn Jennings – The best female long distance runner in US history. She won 9 USA National Cross Country Championships and 3 Cross Country World Championships.

Eliud Kipchoge – Although Kipchoge is regarded as the greatest marathon runner of modern times, he has also competed in Cross Country races across the world. He holds the World Record for completing a 26.2 mile marathon in 2:01:39. That means he ran at a pace of 13mph (sprinting) for the whole race!

ACTIVITY: 4

Can you unscramble the 5 cross country related words below?

RSTCNCYOUSOR	-	_____
RSNRENU	-	_____
ERSANRIT	-	_____
SSATTFE	-	_____
SRTINP	-	_____

ACTIVITY: 5

List all the sports played in these seasons. How many did you find?



I found sports for summer.



I found sports for winter.

FACT SHEET – FOOTBALL

- ❖ Football is one of the most played, watched and popular sports in the world
- ❖ The first ever games of football used a ball that was made of leather. The players had to kick the ball through a hole that was made in a piece of silk cloth.
- ❖ One of the highest scoring football matches ever had a score of 149-0.
- ❖ During the Football World Cup matches, more than one billion fans watch the game on television.
- ❖ The youngest professional football player to ever be signed on by a professional football club was aged only 20 months. The club was in Belgium.

ACTIVITY 6:

There are many football teams located across Moray. See if you can unscramble the letters to create some of the teams in the area!

etikh

firmccareehonss.....

clyii netg

eeith kcstulib

restoh

Next, use the following words to complete the sentences below:

Defenders	World Cup	11
Scotland	Midfielders	90 Minutes
Goal Keeper	Brazil	45 Minutes
European Championships		Forwards

1. A regular football match will last for _____ with both halves lasting for _____.
2. _____ have qualified for their first Major Tournament for the first time in 23 years.
3. The 2 Major Tournaments in European football are the _____ and the _____.
4. _____ are currently the nation to boast the most World Cup wins (5).
5. A football team is made up of _____ players with the main positions on the pitch being _____, _____, _____ and _____.

ACTIVITY: 7

How many sports and activities can you find in our word search? Draw a circle around each one as you find it to help you keep count.

If you need some help, look on the next page for the words that are hiding in the word search.

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

ACTIVITY: 7

How many of the words did you find?

Archery

Badminton

Basketball

Cricket

Cycling

Football

Golf

Martial Arts

Orienteering

Swimming

Tennis

Yoga

FACT SHEET – KARATE

Karate is a Martial Art that began life in Okinawa, a Japanese island. People who practice karate are called karate-ka.

Karate is a system of self-defence. However, as well as learning blocking techniques, karate-ka also learn attacking techniques.

Why?

To develop a strong block that would defend properly, karate-ka need to practice against strong attacks.

空
手
道

Kara - Empty

Te - Hand

Do - Way

Karate means 'empty hand'.
This can mean training with no weapons. It can also mean training with a clear mind and true purpose.

Throughout history, there have been times when karate had to be practiced secretly. So karate-ka would practice in the middle of the night, or in small spaces in their homes. During lockdown, karate-ka are again training in small spaces at home – with the help of online technology to bring us together!



ACTIVITY: 8

There are many other martial arts. Here are a few that have clubs in Moray. Can you find out which country each of these was first started?

Martial Art

Country of origin

Judo

Jiu-jitsu

Kung Fu

Taekwon-Do

Tang Soo Do

ACTIVITY: 9

Choose one of the countries you found on the karate fact sheet and draw the flag of that country here.

FACT SHEET – RUGBY

Rugby Football started in Warwickshire and about 50 years later it was split into two sports called Rugby League and Rugby Union. There are two types of games; 15s or 7s, named after the number of players you have in a team.

Basic rules:

- ❖ The oval ball must be passed backwards or sideways.
- ❖ Defenders must tackle a player by wrapping their arms around their waist/legs and taking them to the floor.
- ❖ Points are scored by kicking the ball through the posts or placing the ball over the try line.

ACTIVITY: 10

There are 4 ways to score points in rugby and there are 6 teams in the Six Nations Rugby. How many points would be awarded for the scoring:-



- a) A try? b) A conversion? c) A drop goal? d) Penalty kick?

Which Country/Team in the Six Nations wear the colours you see in each of the pictures above?

a) _____ and _____

b) _____

c) _____

d) _____

BONUS QUESTION: Which team from the Six Nations is missing from the pictures?

ACTIVITY: 11

Scotland has a great sporting history and culture.

It is said that the early versions of football, golf, hockey, rugby and tennis were played and improved here.

Other sports started life in Scotland, such as curling and shinty.

Each summer, Scotland hosts Highland Games around the country.

Can you think of any sports and activities that take place at Highland Games? Write them down and see how many you get.



FACT SHEET – SWIMMING

Swimming is a good all-round activity because it:

- ❖ Keeps your heart rate up but takes some of the impact stress off your body.
- ❖ Builds endurance, muscle strength and cardiovascular fitness.
- ❖ Helps maintain a healthy weight, healthy heart and lungs.

ACTIVITY: 12

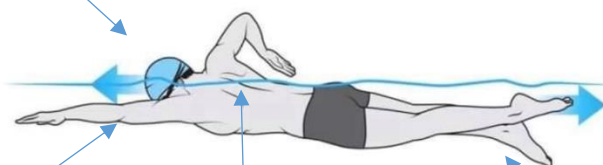
Front crawl is the most commonly used stroke. Can you name any other strokes?

Next, choose from these words to finish the sentences next to this swimmer swimming front crawl.

Down	Elbow	Spine	Reach	Hand	Close
Straight	Forward	Down	Breathing	Up	

Look _____ + _____
_____ every 3 strokes.

_____ high.



_____ your _____ forward
first before pulling back.

Legs _____ together.
Focus on both the _____ + _____ kick.

Keep your _____ + _____ as still as
possible. In a _____ line.

FACT SHEET – TENNIS

Tennis originated in France and started with no rackets, you would use the palm of the hand. At that time it was named “jeu de paume” which means “game of the palm”. The racket was introduced later.

There are different kinds of courts.



Grass court



Clay court



Hard court

The goal of tennis is to hit the ball over the net into the other player's court. When the other player cannot return the ball, a point is won. The game is played with two or four people. When it is played with two people, it is called “singles”, and when it is played with four people, it is called “doubles”.

There are many different types of shots you can use in order to win a point and to defend your court. These include:

- ❖ **Serve**: This is used to start a point. If your opponent cannot return a serve, this is called an Ace.
- ❖ **Volley**: The ball is hit before it bounces on the ground. Usually, a player hits a volley while standing near the net.
- ❖ **Lob**: This is used to get the ball high and deep over your opponent's head and into their court.
- ❖ **Drop Shot**: A good drop shot travels just far enough over the net that the opponent cannot run fast enough to get to it.

ACTIVITY: 13

Can you name the two types of strokes used in tennis?

1. _ _ _ _ H A N D
2. _ _ _ _ H A N D

ACTIVITY: 14

There are lots of different types of jobs in sports. What can you find out about these jobs?

COACH

PHYSIO

REFEREE

UMPIRE

ANSWERS

ACTIVITY 1

Athlete

Exercise

Trainers

Fitness

Active

Hockey

Swim

Cricket

Healthy

Football

Goal

Golf

Speed

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ACTIVITY 2

Baseball pass

Bounce pass

Chest pass

One hand push pass

Overhead pass

ACTIVITY 4

Cross country

Runners

Trainers

Fastest

Sprint

ACTIVITY 6

Keith

Elgin City

Buckie Thistle

Forres Mechanics

Roths

1. A regular football match will last for 90 Minutes with both halves lasting for 45 Minutes.
2. Scotland have qualified for their first Major Tournament for the first time in 23 years.
3. The two Major Tournaments in European football are the World Cup and the European Championship.
4. Brazil are currently the nation to boast the most World Cup wins (5).
5. A football team is made up of 11 players with the main positions on the pitch being Goalkeeper, Defenders, Midfielders and Forwards.

ACTIVITY 8

Japan

Japan

China

Korea

Korea

ACTIVITY 10

a) Try = 5 points

b) Conversion = 2 points

c) Drop goal = 3 points

d) Penalty = 3 points

a) England and France

b) Scotland

c) Wales

d) Italy

Bonus answer = Ireland

ACTIVITY 12

Back crawl - - Breast stroke - - Butterfly - - Side Stroke

*Look forward and down. Breathing every 3 strokes.

*Elbow high.

*Reach your arm forward first before pulling back.

*Keep your head and spine as still as possible. In a straight line.

*Legs close together. Focus on both the up and down kick.

ACTIVITY 13

Backhand

Forehand

Congratulations!

You have completed the
P4-P7 Active Schools activity book.

Thanks for joining us. We hope you had fun!

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