



Photo: E-sports are sports that are played usually on computer games, usually online, against other competitors.

Explore



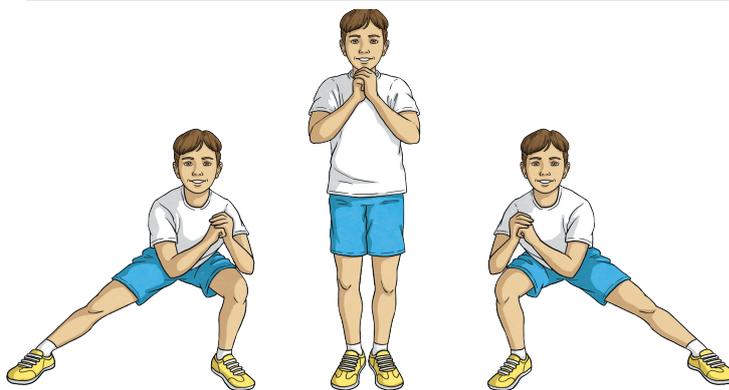
Sportspeople have found clever ways to keep competing against each other. Explore a way you could keep a competition going between you and someone else.

You could see how many times you can keep a football in the air or find a game on Twinkl Go, such as **the Arithmagic game**. Record your score. Then find a way of letting a friend or relative know your score and challenge them to beat it.

Write



You may have been exercising along with Joe Wicks to keep yourself moving indoors. Have a look at one of Joe's workouts **here**. Then, have a go at writing one for yourself. Can you make a routine for people to stay active? Make sure there is some variety of movement. Finally, see if you can teach it to someone else.



Investigate



When we exercise, our heart rate changes to keep blood pumping around our body. Have a go at **this experiment** to see what happens to your heart rate when you get moving. Why does this happen? Can you create a poster to explain this to someone else?

See if you can investigate why. The explanation is really interesting!

