

## Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **SPORT**



“You’re not allowed to use your thumb – that’s cheating!”

Photo source: Pinterest

Here at Memory Matters, we have been talking about some of our favourite sporting memories:

**Annie** remembers her mum jumping for joy when Ann Jones from England beat American Billie-Jean King in the 1969 Wimbledon Ladies’ Final. They then went out to play tennis in the back yard with a skipping rope tied to two dustbin lids for a net!

**Lynn** loved going swimming but always hated the outside pool at school because it was freezing cold. They were warned if they did anything in the water it would turn purple!

**Kate** remembers the excitement of being at school and watching Sebastian Coe winning the gold medal in the 1500 metres at the Moscow Olympics in 1980. Everyone at sports day that year thought anything was possible.

- We wonder what events you enjoyed at your school sports day?  
We liked the sack race, the three-legged race and throwing the cricket ball.
- How did you feel about school PE lessons – did you look forward to playing games or would you rather have had a note from your mum to be excused?!
- What were some of your favourite sports when you were young and which sporting activities do you enjoy now?

## **A – Z of Sports**

A popular word warm up with all our groups is a topic related A – Z.

- See how many different sports you can think of...
- Tell us about any trophies or medals you have won in your sporting career?
- If you could attend any sporting event in the world, what would you like to go and see?

We might be tempted by some of these:

**Tour de France** **Olympic Games** **FA Cup Final at Wembley** **Monaco Grand Prix**

## **Sporting Quotes**

We think some of these famous phrases might sound familiar:

### **Boxing**

“I float like a butterfly and sting like a bee”

### **Snooker**

“For those of you watching in black and white, the pink is next to the green”

### **Tennis**

“You cannot be serious!”

### **Football**

“Some people are on the pitch, they think it’s all over – it is now!”

- Who was your favourite sports star when you were growing up – what did you admire about them?
- How do you feel about the top sportsmen and women of today earning so much money?
- Which of the following adrenaline-filled activities would you be prepared to have a go at?!
- Riding on a rollercoaster
- Abseiling from a mountain top
- A tandem parachute jump
- Driving a formula one racing car
- Riding a racehorse
- Jumping or diving off the high board at the swimming pool

## **Match the word with a sport**

Guess which sports use the following terms:

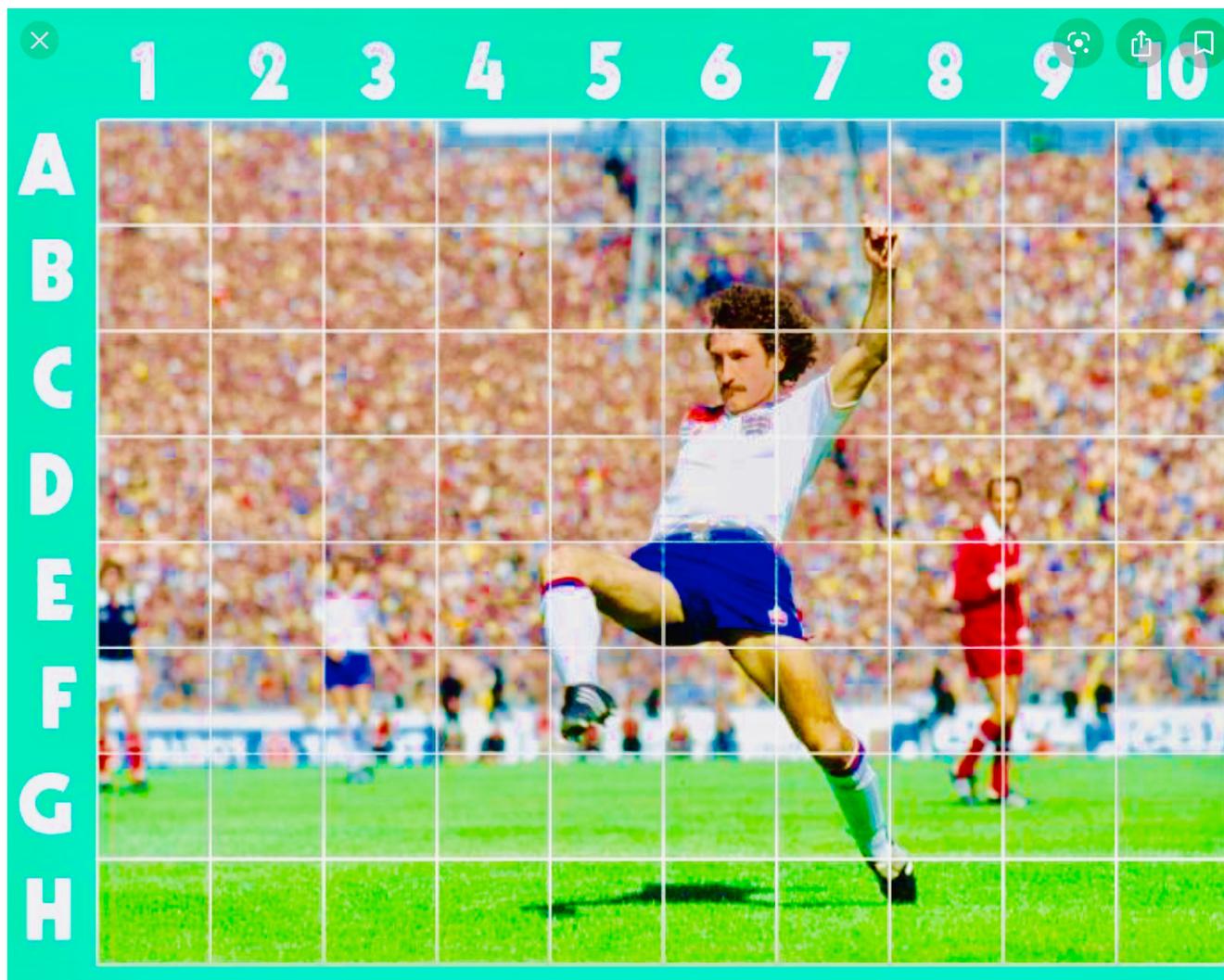
- Shuttlecock
- Scrum
- Googly
- Fosbury Flop
- Double Fault
- Red Card

**Football** **High Jump** **Badminton** **Tennis** **Rugby** **Cricket**

## Spot the Ball

In its seventies heyday, Spot the Ball was played by around three million people a week, all chasing a jackpot of £250,000 – although it was rarely won. All punters had to do was look at an action photograph taken at a football match, with the ball removed and try to put a cross in the exact centre of the ball's position.

- Which square do you think the football should be in?



**What is a horse's favourite sport?**

- Stable tennis

**Photo Archive:**



Mick aiming for a "bullseye" at Newquay.