



Week commencing 20th April 2020:

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday	Sporty Saturday & Sunday
Activity	<p>Let's Get Moving with Les Mills workouts 'Born to Move' https://www.lesmills.com/uk/workouts/kids-classes/born-to-move-8-12-years/</p> <p>There are a variety of activities including Dance, Combat and Yoga sessions.</p>	<p>Why not try the Skip2bfit 2 minute skipping challenge. https://youtu.be/HCOk6o5PUrs</p> <p>You can also download the Free Skip2bfit App at http://skip2bfit.com/skip2bfit-app</p> <p>There is also info on YouTube about how to make your own rope out of recycled carrier bags.</p>	<p>Spread the Happiness TV – tune into Shonette Basonwood and try out some Dough Disco.</p> <p>There are live sessions every morning at 9.30am on YouTube .</p> <p>https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw</p> <p>We bet you smile during the session 😊</p>	<p>Hand Clapping Games - Remember to wash your hands before and after these games! Primary - Try a few simple hand clapping routines with your partner. https://youtu.be/QXJsX7T8fYM</p> <p>Try and make up your own. Can you do them on one foot or whilst hopping?</p> <p>Secondary - Make your own hand/feet tapping greetings like the footballers on the video! Who can make the longest one and perform it without a mistake? https://www.facebook.com/watc/?v=531239717486347</p>	<p>Why not try some of the Disney workouts and perform some moves from Descendants or Little Mermaid.</p> <p>https://www.thisgirlcan.co.uk/activities/disney-workouts/</p>	<p>Can you use your best Lego 'building' skills and let your imagination run wild and create something amazing under the theme :</p> <p>'Sporting moments' It could be a scene from the Olympics or Paralympics or from the FIFA World Cup.</p>

Challenge	There are lots more routines on YouTube – just search for ‘Les Mills’.	Increase or reduce your time depending on age or ability. How about trying different styles of skipping – one footed, alternative feet, skipping backwards.	Can you come up with your own Dough disco dance or activity session. If you don’t have any dough try to make some of your own or use a sponge or cotton wool.	Can you challenge your friends or family to make a ‘Hand clap or Foot stomp’ routine.	Can you design your own dance to your favourite movie or song?	If you haven’t got Lego could you use playdoh, paper, arts & crafts. We would love to see your creations.
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Don't forget to tweet us @northfieldssp or send us how active you have been on our Facebook Page ‘Stockton Schools Sport Partnership’.

#StayHomeStayActive

#StayInWorkOut

#GetTeesValleyActive