



Week commencing 11th May 2020

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday	Sporty Saturday & Sunday
Activity	<p>Can you complete the Daily Mile at Home week 6 Challenge? The Daily Mile at home is an easy and fun way to keep fit and maintain good health and wellbeing for all the family.</p> <p>https://thedailymile.co.uk/at-home/</p>	<p>Why not try Dance Steps – It has fun and creative dance activities for children and young people and sessions designed for all ages through their Junior Steps and Big Steps videos on YouTube.</p> <p>https://dancesteps.co/inr-steps-2/</p> <p>Secondary students may enjoy this Hip Hop Dance routine https://youtu.be/Kd-Va1m4s1E</p>	<p>Chalk it day - Can you use chalk and draw a picture outside on your path of a sporting scene and put yourself or members of your family in it? Or can you draw a scene of something that makes you happy perhaps the beach, at a party or in the swimming pool.</p> <p>If you don't have chalk can you draw on some paper and make a scene.</p>	<p>We are getting involved with the Tees Valley 100 challenge this week and would like you to come up with creative ways of how you can do the traditional art of skipping!</p> <p>Try :</p> <ul style="list-style-type: none"> *Two-Foot skip *One-Foot skip *Turning on the spot to face a different direction whilst skipping *Cross Overs (cross the rope in front of you and jump through the loop) *Hopscotch Jump (each jump you swap from a 1 - foot hop to a 2-foot straddle) *Double Bounce (your feet touch the ground x2 each turn of the rope) *Scissors/Spotty Dog (jump and land with one foot forward and one foot back) <p>#TeesValley100</p>	<p>Have some fun with our 'Spin the bottle' workout .</p> <p>Use the workout card and find an empty plastic bottle and play this games with your family or friends (if you are at school)</p>	<p>For the weekend we have developed the Sportopoly for you to enjoy. Can you challenge your family.</p> <p>You might need a pen and piece of paper to keep the score.</p> <p>PDF of the board game should be attached.</p>

Challenge	Can you come up with others how you can walk a mile a day at home.	Can you create your own dance routine that last 60 seconds but only using 8 different moves.	See how many family members, animals , soft toys or books you can get into one 'chalk it scene' Don't forget to tweet us your scenes.	If you have 2 ropes you could get a family member to perform the routine with you at the same time.	Can you add some further challenges to the workout.	Increase or decrease the winning score to help you have a longer or quicker game.
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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

Throw Back Thursday – Skipping

Skipping has been around for hundreds of years and is still popular today. You can skip for fun and create your own routine or you can skip for fitness like many of today's boxers. Boxers use skipping in their training to improve their balance, footwork, stamina and timing.

If you fancy being creative why not make up a skipping routine of different moves and perform it to music? Try adding a variety of moves:

- Two-Foot skip
- One-Foot skip
- Turning on the spot to face a different direction whilst skipping
- Cross Overs (cross the rope in front of you and jump through the loop)
- Hopscotch Jump (each jump you swap from a 1-foot hop to a 2-foot straddle)
- Double Bounce (your feet touch the ground x2 each turn of the rope)
- Scissors/Spotty Dog) (jump and land with one foot forward and one foot back)

1. If you fancy skipping for fitness check out these challenges online '[Make your Move](#)'
2. You can find more moves and instructions online or by downloading the JUMP IT app (which is currently free)
3. If you don't have a skipping rope you could use an old washing line or make your own by recycling some old plastic carrier bags? <https://www.persil.com/uk/dirt-is-good/arts-crafts/make-homemade-skipping-rope.html>

Spin The Bottle Workout!

Run around
the outside of
your garden 5
times.

Set your own
challenge for this one!

Jump and
high 5 a
family
member 10
times

30 jumping
Jacks.

Stand back to back with a
partner. Pass a ball/pair of
socks 50 times around your
middle to your partner,
twisting, without moving
your feet.

60 seconds of your
best dance moves!

50 skips (with or
without a skipping
rope)

