



Week commencing 18th May 2020:

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday	Sporty Saturday & Sunday
Activity	<p>Can you climb a mountain at home or school? Can you see how many days it will take you to climb one of our mountains:</p> <p>Scafell Pike – 280floors – 18,000 steps</p> <p>Ben Nevis – 390floors – 28,000 steps</p> <p>Snowdon – 300 floors – 20,000</p>	<p>Play the Deck – Using a pack of cards can you assign an exercise to each suit e.g. Clubs are Star Jumps, Hearts are squats , Spades are sit ups and Diamonds are lunges.</p> <p>Place all cards face down and take turns to choose a card from the deck.</p> <p>Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.</p> <p>If a King, Queen or Jack are chosen run on the sport for 30 seconds.</p>	<p>Try today's Ultimate Beginner Flow Yoga moves. Hold each pose for 15 seconds & repeat x 4 and rest 1 minute between sets.</p> <p>Can you try the Cat-Cow, Warrior, Triangle, Half moon, the chair or the extended side angle.</p> <p><i>We will add the Yoga Flow chart on our Facebook and Twitter page.</i></p>	<p>Let's play Marbles! The game of Marbles is considered to be one of the oldest games in the world. No one really knows when the first marble was made or when the game of marbles began. Many ancient civilizations played with marbles like the Greeks, Romans, and the Egyptians!</p> <p>For our game of Active Marbles follow these instructions:</p> <ol style="list-style-type: none"> 1. Collect as many balls as you can (football, beachball, basketballs etc). 2. Make a large circle with rope on grass or chalk on a pavement 3. Place all the balls into the circle and spread them out a little. 4. Players use one ball as the shooter (a heavier basketball or football is best for this). 5. Standing four metres away from the centre 	<p>Can you move like a Ninja, Master the Pokemon or feel the force of the Jedi? Why not try out the workouts and see how athletic you are.</p> <p><i>We will add the work outs on to our Facebook and Twitter page.</i></p>	<p>Let's Get Creative this weekend and can you draw, paint or collage a picture of your sporting hero?</p>

				<p>of the circle, players take turns rolling their shooter at the balls inside the circle, to try and knock as many of them as they can outside the circle without the shooter going outside the ring. 6.If a player knocks balls outside of the circle, they keep them and get to have another turn. 7. When the circle is empty, the player with the most balls wins!</p> <p>If you are playing indoors you can use rolled up socks, bits of blu tac or balloons as your marbles.</p>		
Challenge	Can you challenge a family member to climb a mountain with you.	<p>Can you change the exercise which relates to each suit and make it harder e.g. Hearts are burpees, Spades are jumping lunges and so on.</p> <p>For secondary students can you assign a cardio and a strength exercise to each suit and on an even number do a cardio exercise and on an odd number perform a strength exercise.</p>	<p>Increase or decrease the length of time you hold the pose.</p> <p>Try and teach someone your new Yoga poses.</p>		Can you design your own fitness workout for a movie or cartoon character.	We would love to see your designs 😊 Could you ask a parent or carer to share your designs with us on our Facebook or Twitter page.

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