



Week commencing 4th May 2020

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday	Sporty Saturday & Sunday
Activity	<p>Can you move it with Get Set 4 PE and try their '3 minute Challenge' How many times can you complete the circuit in 3 minutes?</p> <p>10 x star jumps 10 x Burpees 10 x Press ups 10 x Squats</p>	<p>'Try' Home Pentathlon. It is a fun way for families to take part in adapted Sportshall Athletics events within the home environment. Full details and resources can be found on the following link: http://www.sportshall.org/homepentathlon</p>	<p>Today it is Rainbow Yoga with Adriene. The perfect 17-minute practice to brighten your day, to help turn darkness into light. Great for ALL AGES!</p> <p>https://youtu.be/dF706-Qab1g</p> <p>Yoga for Teens with Adriene https://youtu.be/7kg2n1qNaU</p>	<p>Why not play your own game of active battleships in the house or garden?</p> <p>*With a partner, each player places three targets (battleships) in front of them. *Players take turns to throw a missile (ball, beanbag, socks, soft toy) towards their opponent's battleships. *Each time a battleship is hit, it is removed. Players are not allowed to stop the object from hitting a battleship. *The winner is the first player to hit all of their partner's battleships</p>	<p>75 Challenge – In support of the 75th Anniversary of VE day we would like you to dress up in red, white or blue and do an activity that involves 75. It could be to walk 7.5 laps round your garden, do 75 star jumps, pick up 75 socks, walk for 7.5 minutes. The activity needs to be physical but you can decide what you do.</p>	<p>Try out our walking Bingo activity and see if you can find all the items on the bingo card.</p>

				<p>You can watch a video demonstration on youtube here</p> <p>Older students could make it harder by kicking the missile (ball, socks, beanbag) or using a bat or racquet to launch your missile (shuttlecock, tennis ball, soft cricket ball). Make sure you have plenty of space and have removed any ornaments if you are playing inside.</p>		
Challenge	<p>Can you add more exercises to the circuit.</p> <p>Can you beat your Personal Best.</p> <p>Can you make a new circuit and time a family member or friend.</p>	<p>Can you come up with more athletics activities that you can do at home with limited equipment and space.</p>	<p>Can you design your own Yoga routine using some of the ideas from the internet.</p>	<p>Can you add more battleships or can you use different ways of throwing safely to sink your opponents battleship.</p>	<p>Can you get your friends and family involved.</p>	<p>Can you design your own Walking Bingo card.</p>

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

Walking Bingo

If you are going out for a walk for your daily exercise, see how many of the following things you can see. Tick them off when you have seen them. Remember to only go out with a grown up and people you live with. Stay at least 2 metres away from anyone else you see.

 <p>Robin</p>	 <p>Seagull</p>	 <p>Dog</p>	 <p>Speed Sign</p>	 <p>Hanging Basket</p>	 <p>House Alarm</p>
 <p>Post Box</p>	 <p>Yellow Car</p>	 <p>Blue flower</p>	 <p>Green Door</p>	 <p>Road Sign</p>	 <p>Birds Nest</p>
 <p>Number Plate With A Double Number</p>	 <p>Double or Single Yellow Line</p>	 <p>2 Bikes</p>	 <p>A Bird Box</p>	 <p>Dandelion</p>	 <p>Door number with 2 odd numbers</p>