



Week commencing 1<sup>st</sup> June 2020

**SAVE THE DATE:** TEES VALLEY VIRTUAL SCHOOL GAMES 2020 15th June – 18th June

<https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/>

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday	Sporty Saturday & Sunday
Activity	<p>The Olympic &amp; Paralympics Games may not be going ahead this year but you can still Travel to Tokyo. Get Set have put together a range of free activities, challenges and learning resources for families &amp; schools to do indoors or outside with their children/pupils.</p> <p><a href="https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity">https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity</a></p>	<p>Try Get Set 4 PE Cereal Box Challenge.</p> <p><b>What you need:</b> An empty cereal box, one or more players.</p> <p><b>How to play:</b></p> <ul style="list-style-type: none"> <li>*Place the cereal box on the floor.</li> <li>*Pick the cereal box up using only your mouth.</li> <li>*Nothing but your feet can touch the floor.</li> <li>*If successful tear an inch from the top of the cereal box and play the game again.</li> <li>*Repeat the challenge, taking an inch from the box each time.</li> <li>*Top tip: hold onto your leg/s to help you to balance.</li> </ul>	<p>Staying Positive – Young Minds have created a lovely activity for both adults and children to help each other remain positive.</p> <p><a href="https://youngminds.org.uk/media/3554/how-many-positives-360-activity.pdf">https://youngminds.org.uk/media/3554/how-many-positives-360-activity.pdf</a></p>	<p><b>Active Connect 4</b></p> <p>Many of you will have played Connect 4 before with friends or family. However, this is Connect 4 with a twist created by YST &amp; Complete PE.</p> <ul style="list-style-type: none"> <li>*Print out the playing board or be creative and make your own (6x7 circles with activities in each one)</li> <li>*Each Player chooses a colour (usually red or yellow but you just pick your favourite)</li> <li>*Take it in turns to choose a circle and complete the activity listed. Once that activity is completed you claim that square and mark it with your colour.</li> <li>*You cannot attempt a circle unless the circle underneath it has already been claimed.</li> </ul>	<p>Kick off the weekend the right way and get moving with Activ8 Health &amp; Fitness workout!</p> <p>Don't be put off by the name – HIIT, or high intensity interval training, video uses quick bursts of exercise to get your heart pumping and are good for the body and mind.</p> <p><a href="https://www.youtube.com/watch?v=rCylKw3VGaE">https://www.youtube.com/watch?v=rCylKw3VGaE</a></p>	<p>Have some fun with the spiders web challenge and see how flexible and agile you are.</p> <p>This game would be great to play in the garden but can also be played inside.</p> <p>Use some string and loop it and cross it over from one side of the garden to the other to try and make a spiders web. Younger children may need some adult help.</p> <p>Once it is set up try and climb through the string to get to the other side. Try and do this without touching or knocking the string. If you do knock it you will lose a life.</p> <p>If indoors please be careful of what you tie it to (nothing moveable or breakable) Also make sure you are careful not</p>

				*The first player to claim 4 circles in a row in their colour (in any direction) is the winner.		to get the string caught on you or around you.
<b>Challenge</b>	Can you play a game of charades and mime the Olympic & Paralympics sports and try and get your family or friends to guess what they are.	How low can you go? Can you try some smaller items like a kitchen roll or toilet roll tube?	Can you come up with more positives throughout the week? Can you write them down and display them at home or in school.	You can make this even bigger and better by creating your own playing board and activities and mark it out on the floor in chalk. Check out the Youtube video here: <a href="https://youtu.be/EN0uy0nb1Y">https://youtu.be/EN0uy0nb1Y</a>	There are lots more activities on the Home Workout Hub: <a href="https://active8fitness.co.uk/home-workouts/">https://active8fitness.co.uk/home-workouts/</a>	How quick can you climb through the web and try and beat your score.

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

## Active Connect 4

The image displays a 6x7 grid of 42 activity cards, each contained within a white circle on a dark blue background. The activities are as follows:

Throw/Roll an object into a target 15 times in a row	Complete 25 shuttle runs	Perform 50 sit ups	Balance in a plank position as long as possible	Perform 50 mountain climbers	Pass a ball around your waist 50 times	Move up and down 200 steps
Play a game of Boccia	Create a short gymnastics sequence	Learn a karate sequence	Play a game of throw tennis	Write and perform a sports anthem	Plan and make a healthy meal	Design a new sports kit
Play a game of charades	Squat the 3, 5 or 9 times table	Find 5 verbs in a book and perform the actions	Research the rules of a new sport	Jump and call out prime numbers	Hop / Lift Knee and complete 5 subtractions	Watch a sports event and write a review
Tap a ball on a racket 50 times	Balance on both legs for 60 seconds	Jump over a pillow 60 times	Dribble a ball through 3 objects, 10 times	Throw and catch a ball 25 times	Perform an online fitness exercise	Play 10 pin bowling
Paint or draw a sports picture	Play active noughts & crosses	Research and perform the Haka	Create a tower with Lego or blocks	Play musical statues or musical chairs	Have a running race	Build a den
Run/Move on the spot for 60 seconds	Jump on the spot 25 times	Perform 25 squats	Skip for 60 seconds	Perform 25 star jumps	Speed bounce for 60 seconds	Hop / Lift Knee for 60 seconds