



Week commencing 22nd June 2020

#NSSW National School Sports Week at Home Saturday 20<sup>th</sup> – Friday 26<sup>th</sup> June 2020

**\*\*\* New Challenge - as it is National School Sports week we would love you to enter our Young Sports Reporter competition. Details and a template are below \*\*\***

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday	Sporty Saturday & Sunday
Primary Activity	<p>Following last week's Tees Valley Virtual competition, we thought we would keep the momentum going and run a Stockton Virtual Event.</p> <p>Monday's activity is the 60 second <b>Fast Feet</b> challenge:</p> <p>How many times can you dribble a ball with your feet around a marker and back in 60 seconds?</p> <p>Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around your marker and back you score 1 point.</p>	<p><b>Did you know today is International Olympic Day</b> - so try the 60 second <b>Super Slalom Run</b>.</p> <p>How many slalom runs can you complete in 60 seconds?</p> <p>Layout 3 objects 3 steps apart, you must run, jog or fast walk in and out of the objects and back to the start to complete 1 slalom run.</p> <p><b>Achieve Bronze: 12 runs</b> <b>Silver :18 runs</b> <b>Gold: 20 runs.</b></p>	<p>How <b>WELL</b> can you hold the <b>Plank</b> position for 60 seconds?</p> <p>Make sure you keep your bottom down and back straight. Keep your forearms on the floor.</p> <p><b>Achieve Bronze: 30 seconds or more</b> <b>Silver :45seconds</b> <b>Gold : 60 seconds or more.</b></p> <p>Who can hold the plank position the longest in your school or family?</p>	<p>An old fairground favourite target game that is simple to make and play at home! You can make your targets using old tin cans or paper cups (please take care if there are sharp edges on cans and cover with tape before allowing children to play). Wrap your cans in decorated paper or paint them instead. Add numbers and patterns and line them up on a bench, wall or box to make your target. Using balls, beanbags or rolled up socks each player gets 3 turns to try and remove all the cans. Add up the numbers of each can that is knocked off and that is your score!</p>	<p>Why not try the <b>Tap Up Tennis</b> challenge this Friday.</p> <p>How many times can you tap up a ball on a racket in 60 seconds?</p> <p>Equipment can be adapted for children in school for example can they tap up a crunched up piece of paper on their hand for 60 seconds? At home can it be a balled up pair of socks and a pan?</p> <p><b>Achieve Bronze: 30 tap ups</b> <b>Silver: 45 tap ups</b> <b>Gold: 60 tap ups</b></p>	<p>For the weekend try writing a sports article about the events you have taken part in this week or about the sporting activities you have done throughout lockdown.</p> <p>There are some more ideas and a template below or you can design your own and be as creative as you want.</p> <p>Please make sure you return your article to your teacher and if you wish they can enter</p>

	<p><b>Achieve Bronze : 12 dribbles</b>  <b>Silver : 18 dribbles</b>  <b>Gold : 24 dribbles around the marker &amp; back.</b></p>			<p>Make it easier – stand closer to the target and use heavier balls  Make it harder – stand further away, add more cans or use a lighter ball</p>		<p>it in to our competition.</p>
<p><b>Secondary Activity</b></p>	<p>Following last week's Tees Valley Virtual competition, we thought we would keep the momentum going and run a Stockton Virtual Event.</p> <p>For Move it Monday try the 60 second Star Jump challenge.</p> <p>How many <b>star jumps</b> can you complete in 60 seconds?</p> <p>Make sure you clap your hands above your head and bring your feet together.</p> <p><b>Achieve Bronze: 30 jumps</b>  <b>Silver : 45 jumps</b>  <b>Gold: 60 jumps</b></p> <p>Why not compete against a family member?</p>	<p>Try It Tuesday is <b>Tuck In Tuck Out</b> challenge day.</p> <p>How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?</p> <p>Bring your legs up to your chest and then fully extend them out.</p> <p>If you don't have a bench or step complete the challenge in a raised position on the floor.</p> <p><b>Achieve Bronze: 5 Tuck in tuck outs</b>  <b>Silver: 10 tuck in tuck outs</b>  <b>Gold: 15 tuck in tuck outs.</b></p>	<p>How WELL can you hold the <b>Plank</b> position for 60 seconds?</p> <p>Make sure you keep your bottom down and back straight. Keep your forearms on the floor.</p> <p><b>Achieve Bronze: 30 seconds or more,</b>  <b>Silver :45seconds</b>  <b>Gold : 60 seconds or more.</b></p> <p>Who can hold the plank position the longest in your school or family?</p>	<p>Why not add different physical activity challenges (e.g 10 jumping jacks) to the can labels and which ever cans get knocked off – your opponent has to complete the challenge OR which ever cans remain standing after 3 ball, you have to complete the challenges!</p>	<p>For Friday's challenge <b>Climb a Mountain.</b></p> <p>How many mountain climbers can you complete in 60 seconds?</p> <p><b>Achieve Bronze: 20 mountain climbers</b>  <b>Silver: 30 mountain climbers</b>  <b>Gold: 40 mountain climbers</b></p> <p>Make it harder by performing a press up after you bring both legs in.</p>	<p>For the weekend try writing a sports article about the events you have taken part in this week or about the sporting activities you have done throughout lockdown.</p> <p>There are some more ideas and a template below or you can design your own and be as creative as you want.</p> <p>Please make sure you return your article to your teacher so they can enter it to win a prize.</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

Primary Virtual Challenge				
Score Sheet		School Name:		
		Year Group:		
Name	Fast Feet	Super Slalom	Plank	Tap-ups
First Name & initial	Level achieved			
Deadline for all scores are Friday 26th June 9pm.				

If working from home don't forget to send your teacher your results so they can forward them to us or ask a parent or guardian to email them to [rmullis@northfieldssc.org](mailto:rmullis@northfieldssc.org)

Secondary Virtual Challenge Score Sheet				
		School Name:		
		Year Group:		
Name	Star Jumps	Tuck in Tuck Out	Plank	Climb a Mountain
First Name & initial	Level achieved			
Deadline for all scores are Friday 26th June 9pm.				



## Title/Headline

Introduction: Briefly say what the article's about to grab the readers attention.

Main story: Tell the reader exactly what happened, who was involved etc.

Conclusion: What can we expect in the future.

Photograph 1 (or draw a picture)

Caption 1 (A brief explanation)

Photograph 2 (or draw a picture)

Caption 2 (A brief explanation)



Our colleagues at Funky Feet are offering activities for the under 5's. They host a live physical activity session on a Monday at 11am, offer a weekly challenge on a Tuesday, Arts & crafts on a Wednesday, Football or Dance on Thursday and then Show and Tell on a Friday. Further details and information can be found on their Facebook page <https://www.facebook.com/Funkyfeetearlyyearsstockton/>