



Week commencing 29th June 2020

School Games Values Week

	Move it Monday (Passion)	Try it Tuesday (Determination)	Wellness Wednesday (Self Belief)	Throwback Thursday (Honesty)	Fit & Funky Friday (Respect)	Sporty Saturday & Sunday (Teamwork)
Activity	<p><i>Passion in sport means you have a very strong interest in something – you are excited and enthusiastic about it.</i></p> <p>When taking part in this week's challenges try and think about how you show you are passionate about something – could this be through your celebrations of your success, your body language, your sportsmanship?</p> <p>For today's activity try England Hockey's Dribbling the ball challenge. Using any appropriate object as a hockey stick (umbrella, pan) dribble a</p>	<p><i>Determination helps us define and decide our goals as well as find the resolve to see those goals achieved.</i></p> <p>To demonstrate your determination try the Down from 10 Up from 5 activity.</p> <p>How to play:</p> <p>*Complete 10 burpees, then 5 star jumps.</p> <p>*Then go down by 1 burpee each time and up by 5 star jumps until you get to 0 burpees and 50 star jumps.</p> <p>*Round 1: 10 burpees, 5 star jumps *Round 2: 9 burpees, 10 star jumps</p>	<p><i>Self Belief is about believing in yourself so that you can achieve and reach your personal best.</i></p> <p>To show you have self belief try to make it through the maze with British Triathlon.</p> <p>Create a maze with different turns and widths by using chalks, markers, sticks or socks. Try to get to the other end of the maze without touching the lines.</p> <p>This can be done in any space from your local park to your back garden (remember to keep your social distance)</p>	<p>For Throwback day try Kerby - You will have to keep your own score when playing Kerby. Make sure you are <u>honest</u> when adding points, keeping the score and deciding who wins.</p> <p>A game for two players. You'll need a large ball (e.g. football) and a road with two kerbs on either side. DO NOT play where there is traffic – try and find a quiet space with two kerbs or ask an adult to help you make some temporary kerbs in the garden using blocks of wood (this might work better using a smaller ball).</p> <p>Player 1 stands on one side of the road and player 2 stands opposite</p>	<p><i>Respect means thinking about how what you do or say might affect others ; listening to others and appreciating who they are and what they do.</i></p> <p>Try this activity from the Lawn Tennis Association (LTA)</p> <p>Create a tennis game that people who are blind, partially sighted and sighted could play together. The game must be fair for everyone. Think about equipment, the area to play in, how to play and how to score and win the game.</p> <p>Have a go at the game and do you think it would involve everyone.</p>	<p><i>Teamwork is really important especially in sport it helps us achieve a common goal or purpose.</i></p> <p>Try our Teamwork Sandwich activity</p> <p>Make a sandwich using your hands (make sure you wash your hands before hand) and tennis balls and show off your awesome teamwork!</p> <p>You need a family member to make a sandwich with. If there are 4 of you, challenge the other pair to see who is first.</p> <p>If there are 3 of you try making the double or triple decker sandwich</p>

	<p>ball around your garden or house.</p> <p>Try to make different shapes when dribbling the ball e.g. circle, square, your name , figures of 8 etc</p> <p>Try the activity whilst walking and then get faster if your space allows you to do so.</p> <p>Try your hands in different positions on your 'stick'.</p> <p>Try to see how quick you can dribble around your garden or house.</p>	<p>* Round 3: 8 burpees, 15 star jumps and so on</p> <p>If you can't do burpees try another exercise e.g. squats, lunges, mountain climbers</p> <p>Make it easier by spreading it out throughout the day.</p>	<p>You can use the maze to run around or on your bike if you have one. You could even try it on your scooter or roller skates.</p> <p>Change the maze after every round and record your time it takes you to complete each maze.</p> <p>You can do this challenge by yourself or with a member of your family / bubble.</p>	<p>on the other side of the road.</p> <p>Agree a target number of points to get to in order to win the game E.g First to 100 points wins.</p> <p>The person with the ball throws it aiming to hit the kerb on the other side in order to get the ball to bounce back at them to catch. If this occurs this player receives a certain amount of points (e.g. 10 points if they throw AND catch it, 5 points if they fail to catch it) and they also win the chance to move into the centre of the road and aim for the kerb again to score 5 bonus points (the bonus points are won if the player manages to hit the kerb from the new playing position and catch the ball).</p> <p>The winner is the first person to reach the agreed total of points first.</p>	<p>Present the game in whatever way you like: a drawing, a set of instructions , photos or video.</p> <p>Challenge your family to play the game with you.</p> <p>If you are working as an individual what could you use so that you could play a game of tennis?</p> <p>Think of equipment you can use in your house and can you try to make the activity easier or harder using some of this equipment.</p>	<p>using 3 people, this is super hard!</p> <p>Work together to make your sandwich.</p> <p>Challenge 1: Cheese sandwich Squat down and up 10 times in a row without dropping the ball.</p> <p>Challenge 2: Cheese & Tomatoe Sandwich Jump in the air together 10 times in a row without dropping the ball.</p> <p>Challenge 3: Cheese & Ham Sandwich Squat down and jump up in the air 10 times in a row without dropping the ball.</p> <p>Challenge 4: Super Vegi Runner Bean Deluxe Sandwich Place 2 cones (or other markers) on the ground 10m apart. Start at 1 cone and run there and back 5 times, if your sandwich falls apart you must rebuild it before you start running again. Further challenges are on the activity sheet below.</p>
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Challenge	<p>Try doing the activity on your knees or dribble with the ball in front of you or to the side.</p> <p>Can you spell the word Passion when you are dribbling your ball.</p>	<p>Can you time how long the activity takes and show your Determination by trying to beat your time.</p>	<p>Award bonus points for not putting feet down , for not stopping, not stepping on lines and for self belief.</p> <p>Complete the maze as many times as possible and believe in yourself that you can beat your PB.</p>	<p>When the player is throwing from the middle of the road (to try and score the bonus points) and they miss the kerb - their opponent can choose to throw the ball his/her opponent before he/she gets back to their side of the road. If the opponent is hit by the ball, the other player gets to steal all their points, but if that player decides he/she cannot hit their opponent they then keep the ball and takes their normal turn to throw the ball at the kerb across the road.</p> <p>The winner is whoever gets to the target point mark.</p>	<p>Can you make a list or design a poster of how you would show someone respect in a sporting event or activity.</p>	<p>Light Bite: (Easy) Make a single decker sandwich using 1 hand each and a tennis ball in the middle.</p> <p>Lunch: (Medium) Make a double decker sandwich using 1 hand, then a ball, a hand, a ball, then another hand.</p> <p>Dinner: (Hard) Make a triple decker sandwich using 1 hand, then a ball, a hand, a ball, a hand, a ball, then another hand.</p> <p>How well did you work as a team?</p>
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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



School Games Values

There are six values that are important in sport: Passion, Self-belief, Respect, Honesty, Teamwork, Determination.



Passion...

Giving it 100%, putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Respect...

For the referee, for the opposition, for your team mates, for yourself and for The Game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



Honesty...

With others and with yourself. Have the courage to do the right thing and what you know is right. Let the best person win, not the best cheat!



Self-belief...

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Teamwork...

Treating every one equally, supporting each other and working together to have fun and achieve. Celebrate each other's success and be a positive team player.



Determination...

Never giving up on trying to achieve your goals. Putting in 100% even at difficult times and being the very best they can be.

STARTER:

You need a partner to make a sandwich with. If there are 4 of you, challenge the other pair to see who is first.

If there are 3 of you try making the double or triple decker sandwich using 3 people. This is super hard!

LUNCH

Light Bite: (Easy)

Make a single decker sandwich using 1 hand each and a tennis ball in the middle.

Lunch: (Medium)

Make a double decker sandwich using 1 hand, then a ball, a hand, a ball, then another hand.

Dinner: (Hard)

Make a triple decker sandwich using 1 hand, then a ball, a hand, a ball, a hand, a ball, then another hand.

Sandwich Menu

(Make a sandwich using your hands and tennis balls and show off your awesome teamwork!)

STOCKTON SSP DELI



Challenge 1: Cheese sandwich

Squat down and up 10 times in a row without dropping the ball.

Challenge 2: Cheese & Tomatoe Sandwich



Jump in the air together 10 times in a row without dropping the ball.

Challenge 3: Cheese & Ham Sandwich

Squat down and jump up in the air 10 times in a row without dropping the ball.



Challenge 4: Super Vegi Runner Bean Deluxe Sandwich

Place 2 cones (or other markers) on the ground 10m apart. Start at 1 cone and run there and back 5 times, if your sandwich falls apart you must rebuild it before you start running again.

Challenge 5: BBQ Pulled Pork Sandwich



Place 2 cones (or other markers) on the ground 10m apart. Start at 1 cone and run to the other one and back 5 times. You must also do a full circle around the cones when you run to them. If your sandwich falls apart you must rebuild it before you start running again.

Challenge 6: Philly Cheese Steak Stack



Place 2 cones (or other markers) on the ground 10m apart. Start at 1 cone and run to the other one and back 5 times. You must also do a squat and jump in the air at each cone when you run to them. If your sandwich falls apart you must rebuild it before you start running again.