



Week commencing 8th June 2020

NEXT WEEK IS THE TEES VALLEY VIRTUAL SCHOOL GAMES 2020

<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 Premier league primary stars team have a selection of fun Physical Activity resources to be used at home.</p> <p>Try out their 12 star challenge : https://plprimarystars.com/families/activity-pack</p> <p>or some of their physical activity home activities: https://plprimarystars.com/home-learning/physical-activity</p>	<p>Why not try some Indoor Golf.</p> <p>What you need: Markers (these can be tin cans, toilet rolls) A ball or a rolled up pair of socks per player and a frying pan, some paper & a pen.</p> <p>How to play : Create your golf course by placing 2 markers in each room of your home. Place the markers slightly apart to create a gate or 'hole'. *Begin the opposite end of the room. Using your frying pan, count how many attempts it takes for you to hit your ball through the hole.</p>	<p>Staying happy as a family whilst at home can be really challenging so Every Mind Matters website has simple tips to support families with ideas for Health & Wellbeing and physical activity.</p> <p>https://www.nhs.uk/oneyou/for-your-body/</p>	<p>Active Fortune Teller</p> <p>Do you remember making and playing with a paper fortune teller when you were at school? Why not try our Throw Back Thursday idea and make an Active Fortune Teller with your children/students?</p> <p>You can download and print out our attached version from Active for Life, or even better ask the children to design their own activities and challenges to be included to get everyone active. Instructions for folding are below and you can see how to play here: https://youtu.be/yF1v_cQREbU</p>	<p>TopYa! Active Championships is a fun, engaging national activity campaign for kids across the UK to get active. Utilising the cutting edge video-based platform. The School Games Active Championships is a new way to engage - transforming their time spent on-screen into time spent physically active.</p> <p>Primary and Secondary aged children can join the School Games Active Championships at any time with FREE active challenges being set via videos within a special version of the TopYa! Active App. Children of all ages can practice the challenge and submit using a mobile device to receive FREE personal coaching feedback from the TopYa team of experienced virtual</p>	<p>For the weekend try our Emoji pairs challenge.</p> <p>Using the template below either print out, draw or write out the sports.</p> <p>Either play on your own and see how quick you can match up the pairs or play someone and see who gets the most pairs the quickest.</p> <p>Rules for the activity are in the template.</p>

		<p>*You cannot move the ball with your hands.</p> <p>*Write down how many hits it took for you to get the ball through each hole and add up your total at the end.</p> <p>*Can you complete the course again and complete it with less hits?</p>			<p>coaches, earning points for each video submitted, climbing leader boards and winning prizes!</p> <p>https://topya.com/sgac/ Parents and pupils over 13 yrs can set up using invite code: 23880</p> <p>The TopYa! Active app is committed to online safety and meets rigorous COPPA and GDPR safeguarding standards. No one can communicate within the app.</p>	
Challenge	Can you try their 'Train like a Footballer' activity and see if you can master simple football movements.	Playing with someone else? Who can complete the course with the least number of hits?	Can you come up with different ideas to make someone happy in your family?	Instead of just writing numbers on your fortune teller, why not add a question where a number is the answer? E.g. How many balls are bowled in an over in cricket? Players give you the answer (6) which is the number you use for the next stage of your game.	Can you take on your previous weeks' challenge or try to improve your score.	Can you act out the sport and let your partner guess which matching pair you have.

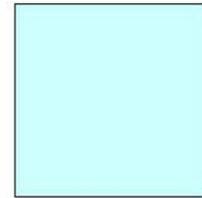
Don't forget to tweet us @northfieldssp or send us how active you have been on our Facebook Page 'Stockton Schools Sport Partnership'.

#StayHomeStayActive

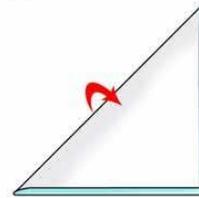
#StayInWorkOut

#GetTeesValleyActive

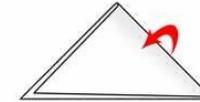
Origami Fortune Teller



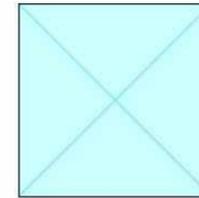
1. Take a square piece of paper



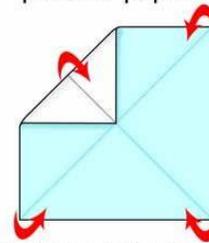
2. Fold it along a diagonal



3. Fold again along the middle



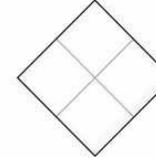
4. Unfold the paper showing an X crease



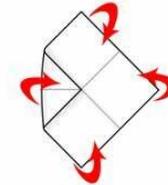
5. Fold each corner to meet at the center



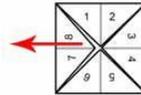
6. Flip the resulting smaller square



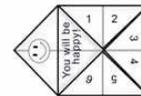
7. This side shows the initial X crease



8. Fold each corner again to the center



9. Number the 8 flaps that open in pairs



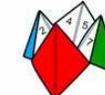
10. Write any message or fortune inside



11. Flip and color the square flaps



12. Fold it in half



13. Slip fingers inside the flaps to open it up

STOCKTON SSP EMOJI PAIRS CHALLENGE

Create 2 cards for each of the sports below. You can keep it simple and just write the name on a square of paper or you can do your own epic design.

Shuffle them and place them face down on the floor (house or garden). Take turns to run up to the cards and turn 2 over to make a pair. If they are not a matching pair turn them back to face down. Most pairs wins!

Extra challenge: When you turn the card over you need to do an impression of the activity.

