

National School Sports Week 2020

Home Learning Challenges

The annual National School Sport Week campaign led by the Youth Sport Trust takes place in the last week of June every year to celebrate the important role of Physical Education and school sport in enhancing young people's wellbeing.

To mark the occasion, below are a range of activities that you might like to complete during National School Sports week (20th – 26th June). There are also some challenge cards from the Youth Sport Trust that you can do at home including athletics, aiming sports, team sports, adventure sports and artistic sports! Why not see how many you can complete with your family.

Create your own sports challenge

We have been setting home learning PE challenges each week during lockdown. Now it's your turn to set us a PE challenge! Record yourself or write up a PE related challenge that can be done at home and send it in to Mr Webb (awebb@verwoodfirst.dorset.sch.uk). Maybe some of the teachers will try to complete your challenges as part of their next website videos. Now that's an incentive!

Research a Sports Star

In this activity, we'd like you to research a sports star that you know very little about. We'd love to find out a little more about some of the less well known sports stars out there who have done incredible things. Forget Messi, Neymar and Andy Murray. What about Will Bayley, the table tennis Paralympian and Strictly Come Dancing star? How about Jackie Robinson, the first ever black male to play professional baseball? There are so many inspirational sports stars past and present that we would love to learn more about.

You could present your learning as a poster, a fact file, a PowerPoint presentation or even as a video. Don't forget to send them in to your teachers!

Here are a few suggestions of who you might like to find out about.

- Will Bayley (Paralympian)
- Jackie Robinson (Baseball)
- Tanni Grey-Thompson (Paralympian)
- Manny Pacquiao (Boxer)
- Carl Lewis (Olympic Athlete)



Get Active Poster

Being active is really important for our health and there are lots of different ways we can do it. Did you know that children 6 and above should aim to be physically active for an hour a day?

In school we do our weekly mile, PE lessons, Go Noodle, active breaks and have lots of equipment to be active at play times but I'm sure there are lots of other ways you can think of being active too. Even walking or scooting to school counts!

Create a poster to tell people all of the different ways they can be active. Don't forget to say how active they need to try to be each day!

Maybe some of the best, most colourful and most informative posters will be displayed in school!

Physical Activity Connect 4

Check out this active twist on connect 4 from the Youth Sport Trust.

Physical Activity 4
Connect

Connecting families through physical activity
#StayHomeStayActive

Believing in every child's future

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 Bocce	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

How to play:

- Each player chooses a colour; red or yellow.
- Players take turns to choose an activity starting from the bottom row. Once they have completed the activity they mark it off with their colour.
- Players can not choose an activity from the row above until the one beneath has been completed.
- Can you be honest and complete each activity correctly?
- The first player to get 4 in a row; horizontal, vertical or diagonal is the winner.