



Week commencing 27th April 2020

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday	Sporty Saturday & Sunday
Activity	<p>Get involved with UK Active kids through their 'Move Crew' programme https://ukactivekids.com/movecrew/ Participate in their daily activity missions with weekly themes.</p>	<p>Its 'Trick Shot' Tuesday can you develop a trick shot activity that you can challenge your friends our family to complete. Could you bounce a table tennis ball down the stairs and get it to land in pan at the bottom? Could you throw a balled up pair socks over your shoulder into a bucket? There are lots of ideas on YouTube. https://youtu.be/tijZgpfo414</p>	<p>Try the Head Space app which is currently free. The 'Weathering the Storm' collection has meditations, sleep and movement exercises to help you out.</p>	<p>Host an '<i>old school sports day</i>' Children can plan the order of events and the rules for each of the activities. These could include: Egg & Spoon Race (you could use a wooden spoon and rolled up socks inside) Three -Legged Race (make sure you do this safely) Sack Race (use a bin bag or pillow case as a sack or ditch the sack and get children to jump with a rolled-up pair of socks held between their knees without dropping) Obstacle Race (be creative with your obstacles to go over, under or around) Wheel Barrow Race (make sure the person</p>	<p>Kidz R Fit –Do you wanna do a workout? Today's challenge 'It's all in the roll of a dice' Roll the dice and add the numbers together. The sum of the dice determines the exercise movement.</p>	<p>Try out our Active scavenger hunt using A-Z , colours of the Rainbows and words.</p>

				taking on the role of the barrow can support their weight on their hands) Hoopla (use drinks bottles or cans of beans as the targets and make your hoops out of rolled up newspaper/plastic bags made into a hoop and secured with tape) Alternatively, set up your targets and see how many you can hit using a ball or rolled up socks.		
Challenge	Can you develop your own 'Move Crew' mission and share it with friends and family.	Can you do a domino rally trick shot and try to add more sections to your activity. Can you set a challenge for your friends or family.	Can you come up with other ways that you can relax . Can you show a family member different ways of meditating.	Time each race or activity and try to see if you can beat your score.	Can you come up with more moves or can multiple the number of exercises you do by the lowest dice number.	Can you take on the Usian Bolt challenge – and beat your Personal Best in 10 seconds .

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



Stay Home Stay Active Weekend Fun

1. **Alphabet** treasure hunt.

- Find a place to start your treasure hunt. (house, garden or both)
- When someone says GO! you have to find an object from the house or garden that begins with the letter A. This must be no bigger than a shoe box and safe to handle!
- Once you have found it bring it back safely, no running on the stairs!
- You must place the object back where you got it before moving to the next one! Help those adults keep the place tidy!
- Now move on to the letter B.
- If you want to be more active then add some star jumps to your thinking time before you go for your objects.

2. **Rainbow** treasure hunt.

- If you want to make it different or easier then try the above game but use the colours of the rainbow.

3. **Word** or name treasure hunt.

- Make it shorter or different by using names or words instead of the alphabet or rainbow.
- For example find objects in the word ACTIVE or EMILY.