



YOUTH
SPORT
TRUST

NATIONAL SCHOOL

SPORT WEEK 2020

AT HOME

supercharged by

sky sports



Saturday 20 – Friday 26 June

#NSSWtogether

Join us and take part in National School Sport Week

Below find a prepared template for you to complete and achieve your Personal Best or as a family design your own Sport week and compete against each other.

What is your Personal challenge?

My Personal challenge scorecard

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity		Right Way Wrong Way	Fast Feet	Speed Bounce	Catch and clap	Fast Feet	Star Jumps	Squat Jumps
My scores	Attempt 1	33	15					
	Attempt 2	35	14					
	Attempt 3	38	16					
My personal best		38	16					
Who I played with		My sister Katie	My Mum and my Aunty					
Our collective challenge		To improve our score each time	To get more than 40 in one go					

Ensure your activities result in **SMILES**:

Safe

Everyone feels physically and emotionally safe to take part

Maximum participation

Everyone is fully involved all of the time

Inclusive

Everyone can take part; activities are designed to suit and develop their abilities

Learning

Everyone can develop personal, social, creative, thinking and/or physical skills

Enjoyment

Activities recognise everyone's personal needs and interests

Success

Everyone feels they are making progress

Monday

60 Second Challenge

Speed Bounce

Are you honest?
Only count the jumps that are completed properly.

The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.



#StayHomeStayActive

Equipment

A pillow

If you do not have a pillow, jump over a safe object!

Achieve Gold 80 Bounces	
Achieve Silver 60 Bounces	
Achieve Bronze 40 Bounces	

Tuesday

60 Second Challenge

Catch and Clap

Which skills
do you think
will be key to
succeed?

The Physical Challenge

How many times can you
throw a ball up, clap once
and catch it in 60 seconds?

The ball must go above your head.
If you drop the ball, carry on
counting your score from where you
left off.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball
use a toilet roll or pair of
socks.

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps



Wednesday

60 Second Challenge

Fast Feet

Can you keep going even if you lose control of the ball?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



#StayHomeStayActive

Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back



Thursday

60 Second Challenge

Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge

How many star jumps can you complete in 60 seconds?

Make sure you clap your hands above your head and bring your feet together.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

60 Star Jumps



Achieve Silver

45 Star Jumps



Achieve Bronze

30 Star Jumps



Friday

60 Second Challenge

Squat Jumps

Can you be honest when counting your score?

The Physical Challenge

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

30 Squat Jumps



Achieve Silver

20 Squat Jumps



Achieve Bronze

10 Squat Jumps



Plan your own.

If you do not want to follow the planned activities above.

Use the planner below to come up with your own activities.

You can use the link below to find a range of activities and task cards to show you how to complete each of the activities.

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Plan your NSSW at Home 2020 - What will you choose to do?

		<i>Example</i>	Sat 20th	Sun 21st	Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
Choose	What activity will you try?	<i>Egg and spoon race</i>							
	How will you play?	<i>Outside, in teams of two, best of three races</i>							
	Who is playing?	<i>My family</i>							
Challenge	Who will you challenge?	<i>My Auntie's family</i>							
Capture	How will you capture the memory?	<i>Photos, videos, and timing the races</i>							
Reflect	What did you learn?	<i>My sister and I make a great team</i>							

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?

#NSSWtogether



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Wellbeing

We have aligned the ideas for activities and challenges in this guide to the five ways to wellbeing*.

** The five ways to wellbeing were developed by the New Economics Foundation. Evidence suggests there are five steps you can take to improve your mental health and wellbeing. These have been by the NHS as well as various mental health charities.*



Samantha Kinghorn, wheelchair racing



Be active

Physical activity is great for your health and fitness, but by setting goals or challenges and achieving them, you raise your self-esteem which positively enhances your mood.



Connect

Connecting with others through a shared experience builds a sense of belonging and provides emotional support.



Give back

Simple acts of kindness and giving back to others helps create positive feelings and a sense of reward.



Take notice

Enjoy the moment, take notice and be mindful of everything that is going on around you. Take part with family and friends, capturing your activities with photos and videos so that you can relive the experience again.



Learn

Choosing to learn or try something new helps boost confidence, raises self-esteem and helps you to connect with others.

Staying safe whilst having fun...

Our ideas and principles should be considered alongside Government published guidance on Covid-19.

Things to consider:



Plan

You can exercise more than once a day, so plan when and where you will take part.



Venue

It is safest to exercise at home, so connect with other challengers outside your household virtually, or in an open space if that is possible.



People

You can exercise alone, with members of your household or at a safe distance with other people outside your household following current government guidance.



Equipment

Use your own equipment. Only share equipment if you are from the same household.



Wash your hands

It is important to wash your hands before and after each activity. Try not to touch your eyes, nose and mouth with unwashed hands.



Catch it, bin it, kill it!

If you need to sneeze or cough, make sure you catch it with a tissue, bin it and kill it by washing your hands with soap and water for 20 seconds or hand sanitiser.



Stay safe in the sun!

Apply sun cream, wear a hat and sunglasses and look out for shade.



Keep hydrated

Stay hydrated by drinking plenty of water as you exercise.