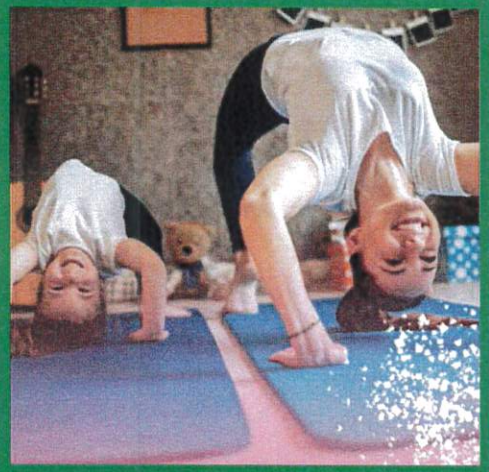
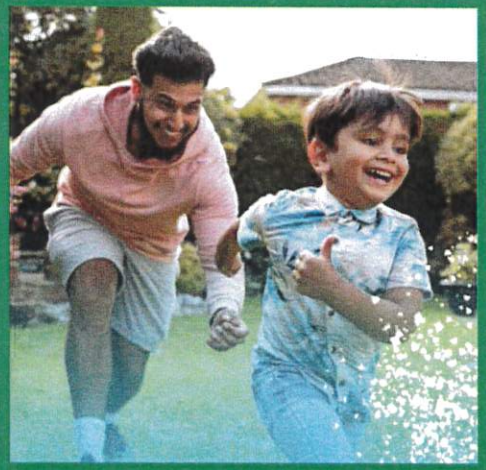
National School Sport Week at Home 2020

Celebrating the power of sport to bring people together

#NSSWtogether

Activity Ideas

YOUTH SPORT TRUST

NATIONAL SCHOOL SPORT WEEK 2020 AT HOME

supercharged by sky sports

GET AHEAD PARTNERSHIP
EDUCATION. SPORT. WELLBEING

HAS

Lincolnshire SSP

EAST RIDING SSP (WEST)
hosted by Cottingham High School

THE SCHOOL SPORT PARTNERSHIP

ACTIVE HUMBER

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Monday

Athletics (Track and Field)

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Consider the five ways to wellbeing throughout your chosen activity:

- Take part in individual skills challenges / events. Can you go faster, higher, stronger?
- Encourage each other to improve your Personal Bests (PBs)
- Show your acts of kindness through support for each other
- Make a note of the progress and improvement you each make
- Learn new skills and see self-improvement through preparation and practice

Choose

Choose your event, these are just a few ideas:

- **Quick Start** – How fast can you react from different starting positions to sprint a set distance?
- **Speed bounce** – this will certainly get your heart racing. How many times can you jump side to side in 60 seconds?
- **Right Way Wrong Way** – in 60 seconds, can you challenge someone to turn everything the right way, as you turn everything the wrong way? You could play this in teams, or as a relay.
- **Wacky races** – can you create your own Wacky race? Add obstacles, find different ways to move and compete against the clock? Challenge someone in your home, or virtually to take part too.
- **Running cards** – race against the clock and an opponent to reveal the Ace to the King in a suit of cards. How quickly can you complete the challenge? Can you improve your time?
- **Nutty squirrels** – as a team or individually, how many items can you collect before they are all gone?

Challenge

Challenge yourself, your family, your friends:

- How far could you run with all your quick start attempts
- How many people could you challenge to do speed bounce at the same time?
- Can you support each other to improve your personal best?

Capture

Capture it, create memories and celebrate. Why not…

- Create and stage your own 'old school' sports day using multiple activities
- Have fun with it – you could wear fancy-dress
- Have a parents'/guardians' race
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether

Sky Sports Scholar

Samantha Kinghorn, wheelchair racing

"Sport is amazing!

Give everything your best, try new things and never give up."

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Tuesday

Aiming Sports

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Consider the five ways to wellbeing throughout your chosen activity:

Practise target and rally games. How many can you do? Can you improve your personal best?

Work together to achieve a shared goal or score

Know yourself and how you can make a difference to help others

Take notice of the target and goal you are working towards

Develop your hand-eye coordination and aiming, as well as patience and control

Choose

Choose your event, these are just a few ideas:

- **Frisbee golf** – get creative with setting up a course around your house, either indoors or out. Decide how many shots to allow per hole and have fun.
- **Target games** – there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, then attempt to beat your personal best.
- **King of the cones** – can you be the king or queen of the cones? Hit your opponent's cone, collect it and add it to yours. Can you hit them all to win?
- **In the box** – how far away from the box can you get and still land your ball on target? Challenge yourself to improve your personal best.
- **Tap up tennis** – how many times can you tap up a tennis ball in 60 seconds? How many times can you rally with a partner to keep the ball up in 60 seconds?

Challenge

Challenge yourself, your family, your friends:

- What is the highest score you can achieve together in a set time?
- How many can you do or how far can you go without stopping?
- Can you work together to improve your score over three attempts?

Capture

Capture it, create memories and celebrate. Why not…

- Take part dressed up like a famous sports person from your chosen activity
- Add a theme and pretend to be Robin Hood
- Send your video to friends and family challenging them to beat your score
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether

Sky Sports Scholar

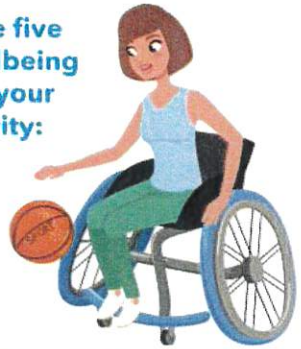
Emily Appleton, tennis

"When I was at school I absolutely loved competition, and taking part in PE lessons was my favourite time of the week so I cannot imagine the thought of not being allowed to do this over the period of lockdown. As a result I am sure you are all itching to get back out there and be active which is why National School Sport Week at Home is the perfect opportunity to do so! "

Wednesday

Team Sports

Consider the five ways to wellbeing throughout your chosen activity:



- Take part in team challenges
- Work together as part of a team
- Recreate that sense of belonging. What does it feel like to be part of a team?
- Take notice of what it feels like to achieve as a team
- Develop your passing, kicking and coordination skills. Don't forget the importance of teamwork

Choose

Choose your event, these are just a few ideas:

- **Super session** – there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, work together and aim to beat your personal best.
- **Fast feet** – how many times can you dribble a ball around a marker and back in 60 seconds? Does this improve when you are part of a team? Try using different types of ball!
- **Wastepaper Basketball** – how far can you shoot a basket from into a bin? Challenge someone to beat your distance and find new ways to throw it in!
- **Keepy uppy challenge** – an oldie but a goodie! How many can you do in a pair, as a team? Try using different types of balls or objects.
- **Cool catcher** – how many throws and catches can you do with a partner in 60 seconds? Could you make it more challenging? E.g. turn around after each throw.
- **Sock wars** – a bit like tag rugby, can you protect your socks from capture by your opponents?

Challenge

Challenge yourself, your family, your friends:

- How many can you do without stopping?
- Can you work together to improve over three attempts?
- Can you adapt the challenge to make it more creative or encourage more family members to be involved?

Capture

Capture it, create memories and celebrate. Why not…

- Create a team celebration to complete after the challenge? Film it and share it.
- Take a 'professional' team photo to include everyone who took part in your activity.
- Create a team identity and dress the same to play.
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether

Sky Sports Scholar

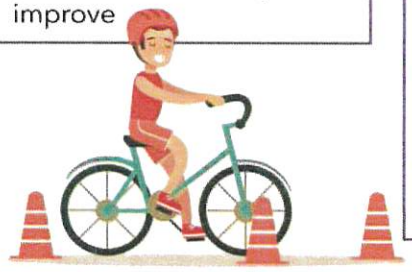
Imani Lansiquot, athletics

"In these unprecedented times, it's even more integral children are keeping fit not only for physical benefit but also for mental benefit."

Thursday — Adventure Sports

Consider the five ways to wellbeing throughout your chosen activity:

- Find new trails to explore and set yourself a personal challenge to beat
- Get ready for an adventure. Use your chosen event to explore what is around you. Try something new together
- Share your experiences with others. Involve your family, friends and neighbours in your activities
- Take notice of your environment. Use this as an opportunity to learn more about your surroundings
- Challenge yourself to learn more about your limits and find creative ways to improve



Choose

Choose your event, these are just a few ideas:

- **Race across the river** – using only two flat objects can you cross the river without touching the floor? Challenge yourself to find new ways to move, can you get faster?
- **Orienteering challenge** – create an orienteering treasure hunt in your own home or local surroundings. Can you make the challenge more difficult by hiding items that spell out a hidden word?
- **Swipe and swap** – how good are you at moving objects with different parts of your body? This is a great activity for core stability and balance. Can you challenge yourself to beat your personal best in three attempts?
- **Horizontal climbing** – don't worry you don't need to climb the side of your house for this one! Just use socks and gloves and remember to maintain three points of contact!
- **Go for a bike ride** – find a new route, challenge yourself to cycle further or faster in a time trial. Stay safe and take notice of your environment.

Challenge

Challenge yourself, your family, your friends:

- Creativity is key, challenge yourself to set up exciting routes and give them a try.
- Time yourself from start to finish, then try to improve your time.
- Find new creative ways to move, test your limits to improve.

Capture

Capture it, create memories and celebrate. Why not…

- Go outdoors and find a new space to take part in your activity.
- Take pictures along your journey, can you find all the colours in the rainbow?
- Can you draw a map of the route you take on your journey?
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether

Sky Sports Scholar

Max Litchfield, swimming

"Sport is an absolutely incredible thing for so many reasons, but above all for living a happy and healthy lifestyle! As you have signed up to the National School Sport Week at Home you clearly agree with me and I would just like to say good luck with everything this week, learn, make friends (even if it is socially distanced friends) but most of all, have fun! "

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Friday

Artistic Sports

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Consider the five ways to wellbeing throughout your chosen activity:

Get creative and come up with fun new activities to try!

Create activities to perform together

Take part in your activities for pure entertainment. Have fun and put a smile on everyone's face

Take notice of your own and others' creativity. Be proud and have fun trying something new

Learn to choreograph and use your imagination. Challenge yourself to be creative

Choose

Choose your event, these are just a few ideas:

- **Partner dance** – find a partner and have fun. Either copy this dance or get creative and choreograph your own.
- **Disney Dance Along** – looking for inspiration, then check out these Disney themed dances. Find a partner, pick your favourite Disney Dance, practise and perform.
- **Cosmic Kids Yoga** – relax and practise your poses with some Yoga. Can you get your whole family involved? Could you then create your own Yoga flow?
- **KIDZBOP** – choose your favourite song, gather your backing dancers, watch the video and recreate the dance. Could you use this as inspiration to create your own dance?
- **Upside down challenge** – can you balance something on your body as you turn upside down? Head stands, handstands, balances – get creative.
- **Become a super mover!** – there are lots of ideas here for you to try. Dance with Alex Scott, Max and Harvey or The Vamps! Get the whole family involved in the dance mat fun. Follow the moves and feel the groove!

Challenge

Challenge yourself, your family, your friends:

- Can you support each other to try new activities?
- Pick your favourite song and choreograph a new routine.
- Showcase your performances and hold up scores like you are on Strictly Come Dancing! Don't forget to share top tips to help someone improve.

Capture

Capture it, create memories and celebrate. Why not...

- Put on a performance, film it and share it with family and friends.
- Have a dance off! Who has the best moves? Would you put this on TikTok?
- Create a poster to showcase your performance.
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether

Sky Sports Scholar

Joe Fraser, gymnastics

"With it being National School Sport Week at Home, I think it's a great opportunity for us all to get active and involved! Giving us all the opportunity to try some new sports and experiences. Enjoy yourself, get involved and have fun"

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

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

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?

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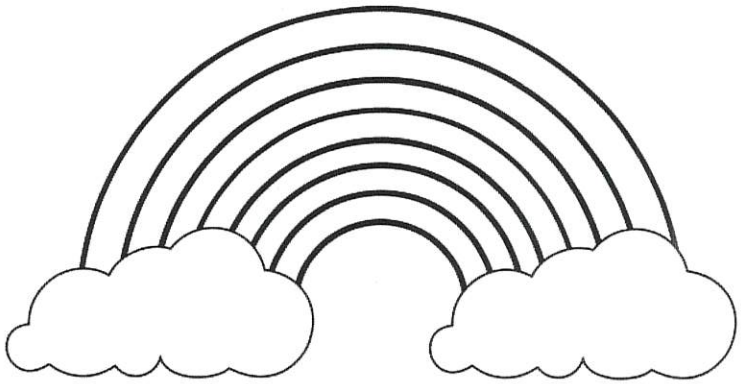

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What is your Personal challenge?

My Personal challenge scorecard

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity		Right Way Wrong Way	Fast Feet					
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

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My Personal challenge scorecard

Jse this scorecard to record your personal bests throughout the week. Maybe you can print one out for everyone taking part!

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity								
My scores	Attempt 1							
	Attempt 2							
	Attempt 3							
My personal best								
Who I played with								
Our collective challenge								

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Staying safe whilst having fun...

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

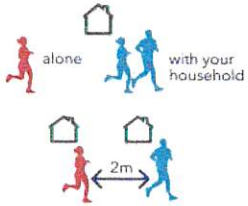
Things to consider:

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

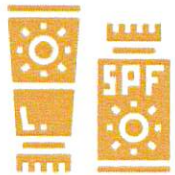
Use your own equipment. Only share equipment if you are from the same household.

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.

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