

Darlington School Sport Partnership weekly activity timetable week beginning 11th May 2020

Weekly PERSONAL CHALLENGE : #TeesValley100 Throw & Catch Challenge (be as creative as possible finding different ways to Throw & Catch 100 times each day!)

Day Theme	Wake Up Activities	Physical Literacy & PE ideas	Competitions and Challenges
Move It Monday	BBC Supermovers - Just for Fun https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr	Yorkshire Sport Foundation Dance Exercise session https://yorkshire.sportsuite.co.uk/activities/activity/move-and-create-with-ajdance-company OR Matthew Rawcliffe Contemporary Dance session https://yorkshire.sportsuite.co.uk/activities/activity/contemporary-dance-with-matthew-rawcliffe	#TeesValley100 Throw and Catch – creative ways School Games Active Championships @Darlingtonssp twitter @TopYa! Active app
Challenge Tuesday	C4L Wake Up Shake Up Crush and Squirts Turtle Travel https://www.nhs.uk/10-minute-shake-up/shake-ups/crush-and-squirts-turtle-travel	Youth Sport Trust Early Years – Choo Choo Movers https://www.youthsporttrust.org/sites/default/files/Card%201%20Choo%20Choo%20UPDATED.pdf#page=1	#TeesValley100 Throw and Catch School Games Active Championships @Darlingtonssp twitter @TopYa! Active app

		<p>Primary – Catching -Top Ten https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Top%20Ten.pdf#page=1 Catching - Blast Off https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Blast%20Off.pdf#page=1</p>	
<p>Work-Out Wednesday</p>	<p>Healthy Hearts Circuit 2 https://www.youthsporttrust.org/sites/default/files/Healthy%20Hearts.pdf Older children can increase the time to 20 or 30 seconds. How many times can you repeat the circuit in 15 minutes?</p> <ol style="list-style-type: none"> 1. 10 x Star Jumps 2. 10 x Mountain Climbers 3. Skip or Jump for 10 seconds 4. Burpees x 10 5. Jog on the spot for 10 seconds 	<p>For Secondary aged pupils & Adults why not try Fitness Blender? https://www.fitnessblender.com/</p>	<p>#TeesValley100 Throw and Catch FINAL DAY</p> <p>School Games Active Championships @Darlingtonssp twitter @TopYa! Active app</p>
<p>Try-It Thursday</p>	<p>#TeesValley100 Challenge Launch Week 3 Skipping</p>	<p>Can you find different, creative ways of completing the #Tees Valley100 challenge?</p>	<p>#TeesValley100 Skipping Challenge</p>



<p>Feel Good Friday</p>	<p>National Walking Month</p> <p>Brisk walk for at least 30 minutes</p>	<p>Can you conquer a mountain today? You need a device that counts steps throughout the day eg a watch or phone...</p> <p>Catbells 451m = 5,500 steps Cross Fell – 736m = 10,200 steps Bow Fell – 902m = 15,500 steps</p> <p>Can you find out where these mountains are in the UK?</p>	<p>#TeesValley100</p> <p>Skipping Challenge</p> <p>School Games Active Championships @Darlingtonssp twitter @TopYa! Active app</p>
<p>Weekend Walk About</p>	<p>Weekend Scavenger Hunt 6</p>		<p>#TeesValley100</p> <p>Skipping Challenge</p>

