

## Darlington School Sport Partnership weekly activity timetable week beginning 4<sup>th</sup> May 2020

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

Day Theme	Wake Up Activities	Physical Literacy & PE ideas	Competitions and Challenges	Active learning & other ideas
<b>Move It Monday</b>	<p>Supermovers - Just for Fun</p> <p><a href="https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr">https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr</a></p>	<p>Creative Steps at Home <a href="https://creativesteps.co/courses/remote-learning/">https://creativesteps.co/courses/remote-learning/</a> Week 2 EYFS Spring Time Poem KS1 Space Travel Poem KS2 The Music of the Wind Poem Secondary/adult <a href="https://www.bing.com/videos/search?q=dance+fitness+online&amp;docid=608056313763923753&amp;mid=A3F1D0187098246129DAA3F1D0187098246129DA&amp;view=detail&amp;FORM=VIRE">https://www.bing.com/videos/search?q=dance+fitness+online&amp;docid=608056313763923753&amp;mid=A3F1D0187098246129DAA3F1D0187098246129DA&amp;view=detail&amp;FORM=VIRE</a></p>	<p><b>#TeesValley100 Bounce</b></p> <p><b>School Games Active Championships</b> @Darlingtonssp twitter @TopYa! Active app</p>	
<b>Challenge Tuesday</b>	<p>The Body Coach TV/ PE with Joe Wicks</p> <p><a href="http://www.youtube.com/watch?v=PEwithJoe">www.youtube.com/watch?v=PEwithJoe</a></p>	<p>Youth Sport trust</p> <p>Early Years – Balancing My Little Friend <a href="https://www.youthsporttrust.org/sites/default/files/Balancing%20-%20My%20Little%20Friend.pdf#page=1">https://www.youthsporttrust.org/sites/default/files/Balancing%20-%20My%20Little%20Friend.pdf#page=1</a></p>	<p><b>#TeesValley100 Bounce</b></p>	

		<p>Primary – agility moving on balls of feet</p> <p><a href="https://www.youthsporttrust.org/sites/default/files/Right%20Way%20Wrong%20Way.pdf#page=1">https://www.youthsporttrust.org/sites/default/files/Right%20Way%20Wrong%20Way.pdf#page=1</a></p> <p><a href="https://www.youthsporttrust.org/sites/default/files/Right%20Way%20Wrong%20Way%20The%20Race.pdf">https://www.youthsporttrust.org/sites/default/files/Right%20Way%20Wrong%20Way%20The%20Race.pdf</a></p>		
<b>Work-Out Wednesday</b>	<p>Work out Circuit</p> <ol style="list-style-type: none"> <li>1. Tuck Jumps x 10 (high)</li> <li>2. Toe Taps 2 x 30 secs fast!</li> <li>3. Bunny Hops 2 x 30 secs</li> <li>4. Sofa Press Ups x 30 secs</li> <li>5. Frog Jumps x 10</li> <li>6. Get Ups x 30 secs</li> </ol> <p>Repeat 2 /3 times through!</p> <p><a href="https://prosportcoaching.co.uk/2020/03/27/6-simple-exercises-to-do-at-home-sheet-2/">https://prosportcoaching.co.uk/2020/03/27/6-simple-exercises-to-do-at-home-sheet-2/</a></p>	<p>Feeling Flexible – Circuit 1</p> <p><a href="https://www.youthsporttrust.org/sites/default/files/Feeling%20Flexible.pdf#page=1">https://www.youthsporttrust.org/sites/default/files/Feeling%20Flexible.pdf#page=1</a></p>	<p><b>#TeesValley100 Bounce</b></p> <p><b>School Games Active Championships</b> @Darlingtonssp twitter @TopYa! Active app</p>	
<b>Try-It Thursday</b>	#TeesValley100 Challenge Launch Week 2	Can you find different, creative ways of completing the #Tees Valley100 challenge?	<b>#TeesValley100</b>	
<b>Feel Good Friday</b>  <b>Bank Holiday &amp; VE Day</b>	<p><b>National Walking Month &amp; May Bank Holiday</b></p> <p>We are challenging you all to celebrate VE Day and wear red, white and blue all day and for your activity!</p> <p>Brisk walk for at least 30 minutes #2.6 Challenge - 2.6 kilometres or miles</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><b>Cringle Moor &amp; Lord Stones 434m = 5,000steps</b> <b>Fan Y Big – 596m = 10,000 steps</b> <b>Helvellyn – 950m = 17,000 steps</b></p> <p><b>Can you find out where these mountains</b></p>	<p><b>#TeesValley100</b></p> <p><b>School Games Active Championships</b> @Darlingtonssp twitter @TopYa! Active app</p>	<p>VE Day – wear Red White and Blue in as many bright and crazy as you can think of!</p>



		are in the UK?		
<b>Weekend Walk Out</b>	<b>Weekend Scavenger Hunt 5</b>		<b>#TeesValley100</b>	

