

## Darlington School Sport Partnership weekly activity timetable week beginning 1<sup>st</sup> June 2020

Weekly PERSONAL CHALLENGE : #TeesValley100 100 Laps Challenge (be creative finding different ways to make 100 laps of your garden or yard!)

Day Theme	Theme & Activities	Competitions and Challenges
<b>Move It Monday</b>	<p><b>Garden Wildlife and Rabbit Awareness Week</b> Find different ways of moving around your garden or yard Hop like a rabbit; Slither like a snail; Crawl like a caterpillar; Leap like a squirrel; Trot like a fox What other wildlife might you find in your garden and can you find ways of moving like these?</p>	<p>#TeesValley100 Find creative ways of completing 100 laps of your garden or yard</p>
<b>Challenge Tuesday</b>	<p><b>Garden Wildlife Activity Challenge</b> Sheet attached. Spell out creatures in your garden or your own name</p>	<p>#TeesValley100 laps</p>
<b>Well-Being Wednesday</b>	<p><b>Make up an exercise routine of your own to your favourite music</b> Teach it to someone in your family and then do it together</p>	<p>#TeesValley100 Laps FINAL DAY</p>
<b>Try-It Thursday</b>	<p>#TeesValley100 Launch Week 6</p>	<p>#TeesValley100 Launch Week 6</p>
<b>Feel Good Friday</b>	<p><b>Draw your own Map</b> of your garden or yard. Take 6 toys or objects and hide them and make on the map. Challenge different people in your to try you orienteering course</p>	<p>#TeesValley100 Challenge</p>
<b>Weekend Walk Out</b>	<p><b>Weekend Garden Wildlife Week Scavenger Hunt</b></p>	