

## Darlington School Sport Partnership weekly activity timetable week beginning 18<sup>th</sup> May 2020

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

Day Theme	Wake Up Activities	Physical Literacy & PE ideas	Competitions and Challenges
<b>Move It Monday</b>	<p>BBC 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>Early Years/Foundation – Boogie Beebies</p> <p><a href="https://www.bbc.co.uk/programmes/b006mvsc">https://www.bbc.co.uk/programmes/b006mvsc</a></p>	<p><b>Creative Movement</b> – Mirroring, Action and Reaction, Space Improvisation</p> <p>#ThisIsPE</p> <p><a href="https://youtu.be/_pWus22nTVI?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL">https://youtu.be/_pWus22nTVI?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL</a></p>	<p><b>#TeesValley100</b></p> <p><b>Skipping – creative ways</b></p> <p><b>School Games Active Championships</b></p> <p>@Darlingtonssp twitter</p> <p>@TopYa! Active app</p>
<b>Challenge Tuesday</b>	<p>Choose your own Disney-themed 10-minute wake up shake up activity</p> <p><a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a></p>	<p><b>Dribbling with your Feet</b></p> <p>Avoid the Defenders:</p> <p><a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Avoid%20the%20defenders.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Avoid%20the%20defenders.pdf</a></p> <p>video : <a href="https://youtu.be/ciN7RoiB9Lc">https://youtu.be/ciN7RoiB9Lc</a></p>	<p><b>#TeesValley100</b></p> <p><b>Skipping</b></p> <p><b>School Games Active Championships</b></p> <p>@Darlingtonssp twitter</p> <p>@TopYa! Active app</p>

<p><b>Work-Out Wednesday</b></p>	<p><b>Healthy Hearts Circuit 3</b>  <a href="https://www.youthsporttrust.org/sites/default/files/Super%20Strength.pdf">https://www.youthsporttrust.org/sites/default/files/Super%20Strength.pdf</a></p> <p>Older children can increase the repetitions to 15/20 How many times can you repeat the circuit in 15 minutes?</p> <ol style="list-style-type: none"> <li>1. 10 x Squat Jumps</li> <li>2. 10 x Lying Ball Lifts</li> <li>3. 10 x push outs</li> <li>4. 10 x sit ups</li> <li>5. 10 x box press ups</li> </ol>	<p>For Secondary aged pupils &amp; Adults try a Fitness Blender workout?</p> <p><a href="https://www.fitnessblender.com/">https://www.fitnessblender.com/</a></p>	<p><b>#TeesValley100 Skipping FINAL DAY</b></p> <p><b>School Games Active Championships</b>          @Darlingtonssp twitter          @TopYa! Active app</p>
<p><b>Try-It Thursday</b></p>	<p><b>#TeesValley100 Challenge</b>          Launch Week 4</p>	<p><b>Rock and Roll Gymnastics</b>          #ThisisPE</p> <p><a href="https://youtu.be/DcGFteFryoA">https://youtu.be/DcGFteFryoA</a></p>	<p><b>#TeesValley100</b></p>
<p><b>Feel Good Friday</b></p>	<p><b>National Walking Month</b></p> <p>Brisk walk for at least 30 minutes with deep slow breathing exercises</p>	<p>Can you conquer a mountain today?          You need a device that counts steps throughout the day</p> <p><b>Latrigg 368m = 5,000 steps</b>  <b>Blencathra – 868m = 15,000 steps</b>  <b>Snowdon – 1085m = 20,000 steps</b></p> <p><b>Can you find out where these mountains are in the UK?</b></p>	<p><b>#TeesValley100 Challenge</b></p> <p><b>School Games Active Championships</b>          @Darlingtonssp twitter          @TopYa! Active app</p>



<p><b>Weekend Walk About</b></p>	<p><b>Weekend Garden Scavenger Hunt 7</b> <b>National Children’s Gardening week starts today</b></p>		<p><b>Make a Fairyhouse Pot</b> <a href="https://www.childrensgardeningweek.co.uk/wp-content/uploads/2020/04/NCGW-Activity-Sheet-Fairy-House-Flowerpot.pdf">https://www.childrensgardeningweek.co.uk/wp-content/uploads/2020/04/NCGW-Activity-Sheet-Fairy-House-Flowerpot.pdf</a> OR Paint a Rock Bug <a href="https://www.childrensgardeningweek.co.uk/wp-content/uploads/2020/04/NCGW-Activity-Sheet-Rock-Painting-Bugs.pdf#page=1">https://www.childrensgardeningweek.co.uk/wp-content/uploads/2020/04/NCGW-Activity-Sheet-Rock-Painting-Bugs.pdf#page=1</a></p>
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