



## Darlington School Sport Partnership weekly activity timetable week beginning 8<sup>th</sup> June 2020

Weekly PERSONAL CHALLENGE : #TeesValley100 is Wheelie Good pedal and wheels challenge (be creative finding different ways to move on wheels: cycling, scooter, skateboard, rollerblade, pushing a pushchair/pram, go-kart, unicycle! keep safe!) How far can you go?

Show us your best Wheels by posting on Twitter @darlingtonSSP

See Jenna go [https://www.youtube.com/watch?v=5WisoF\\_Yx0](https://www.youtube.com/watch?v=5WisoF_Yx0)

Day Theme	Theme & Activities	Competitions and Challenges
Move It Monday	<p><b>Mass Dance Mayhem – Week 1</b></p> <p>The first of 6 weeks short video tutorials building up to the Mass Lockdown Dance Showcase during the last week of term!</p>	#TeesValley100 pedal & wheels
Challenge Tuesday	<p>Chalk Games and Activities</p> <p><a href="https://activeforlife.com/8-active-chalk-games/?utm_campaign=shareaholic&amp;utm_medium=email_this&amp;utm_source=email">https://activeforlife.com/8-active-chalk-games/?utm_campaign=shareaholic&amp;utm_medium=email_this&amp;utm_source=email</a></p>	#TeesValley100 pedal & wheels
Well-Being Wednesday	<p><b>Create your own challenging Obstacle Course</b></p> <p>Do either indoors or outdoors – try to include something to jump over, crawl or duck under, a balance, moving in different directions, use different parts of your body, and something that requires co-ordination</p>	#TeesValley100 Laps FINAL DAY
Try-It Thursday	<p>#TeesValley100 Launch Week 7</p>	#TeesValley100 Launch Week 7
Feel Good Friday	<p><b>Family Fitness</b> Card attached</p>	#TeesValley100 Challenge
Weekend Walk Out		

