

Wellbeing /Sports Week

Normally from the 22-26th of June we would be holding Wellbeing Week but not this year! This is not going to stop us from having fun! We are going to try and do it at home! I appreciate that this cannot be the sole part of your week but please dip into activities if you can. I would love photos to be sent in so we can share, please title them PE on home learning.

The following link will take you to a booklet explaining the week.

https://www.youthsporttrust.org/system/files/resources/documents/YST_NSSW_Parents.pdf

On page six it offers an empty plan like this!

The screenshot shows a PDF document titled "Plan your NSSW at Home 2020 - What will you choose to do?". The document is page 6 of 15. It features a table for planning activities and a rainbow coloring page.

| | Example | Sat 20th | Sun 21st | Mon 22nd | Tues 23rd | Wed 24th | Thurs 25th | Fri 26th |
|------------------|----------------------------------|---|----------|----------|-----------|----------|------------|----------|
| Choose | What activity will you try? | Egg and spoon race | | | | | | |
| | How will you play? | Outside, in teams of two, best of three races | | | | | | |
| | Who is playing? | My family | | | | | | |
| Challenge | Who will you challenge? | My Auntie's family | | | | | | |
| Capture | How will you capture the memory? | Photos, videos, and timing the races | | | | | | |
| Reflect | What did you learn? | My sister and I make a great team | | | | | | |

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?

#NSSWtogether

Logos for YOUTH SPORT TRUST and sky sports are visible at the bottom right.

I have filled this plan in with ideas for you to follow if you wish. Each activity has a links. There are links on the page after the table if you cannot find them.

| Resource Please look at key | Mon 22 nd | Tues 23 rd | Weds 24 th | Thurs 25 th | Fri 26 th |
|-----------------------------|---|---|---|---|--|
| Circuit workout | https://www.darebee.com/workouts.html Some circuit ideas you might like are :-Roundabout , Anywhere Anytime , Maximum Burn, All Out and Secret Agent | | | | |
| Imoves movement Link | https://imoves.com/home-learning/1257 Fit Challenge quick blast | https://imoves.com/home-learning/1259 Pumped Pilates | Sports Day!**** Hit The Spot Duster Dodge Stepping Stones On Track Shape Shifter | https://imoves.com/home-learning/1254 Samba Carnival | https://imoves.com/home-learning/1347 Disco |
| **REAL PE Remember log in! | Choose your day | Choose your day | | Choose your day | Choose your day |
| ***YST Activity | Athletics- You choose but I like Nutty Squirrels | Aiming Sports –You choose but I like In The Box | | Team Sports – You choose but I like Keepy Uppy Challenge | Artistic Sport- KIDZBOP |
| ****School Competition | Don't forget to add your activity to the school competition. | Don't forget to add your activity to the school competition. | Don't forget to add your activity to the school competition. | Don't forget to add your activity to the school competition. | Don't forget to add your activity to the school competition. |

**REAL PE-

The website address is: home.jasmineactive.com

Parent email: parent@tatworthpr-1.com

Password: [tatworthpr](#)

***YST Activity- <https://www.youthsporttrust.org/national-school-sport-week-resources-2020> please click on parents then activity ideas .

***Sports Day <https://www.getset.co.uk/resources/travel-to-tokyo/home-sports-day>

For the Sports Day resources scroll down and you can open the PDF on the activities. You can also get a score sheet and parent guide if you wish.

****School competition -<https://www.getset.co.uk/travel-tokyo>