



## Kew Woods Timetable for School Sports Week 2020

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Adventure Sports</b> Choose any activity.	<b>Artistic Sports:</b> Choose any activity.	<b>Team Sports:</b> Keepy Uppy Challenge	<b>Athletics:</b> Speed Bounce	<b>Aiming Sports:</b> Tap up Tennis	<b>Team Sports:</b> Cool Catcher	<b>Aiming Sports:</b> In the box
Not recorded	Not recorded	How many?	How many in 30 seconds?	How many in 60 seconds?	How many in 60 seconds?	How far away?

Please use the following link to access the activity cards (as below) for each day's activity.

Click on the coloured writing on the card to open further instructions and a video example of the task.

[https://www.youthsporttrust.org/system/files/resources/documents/YST\\_NSSW\\_Activities.pdf](https://www.youthsporttrust.org/system/files/resources/documents/YST_NSSW_Activities.pdf)

You will get a link from school each day, Monday to Friday with the task reminder and a chance to record and return your score each day.  
Don't forget to practice before you submit your best score.

Have fun!!

Remember to watch out for staff trying the challenges! and you may earn extra points if you can involve other family members especially parents in your challenge. Remember we would love to see photo and video's of them too.



# Athletics (Track and Field)



Consider the five ways to wellbeing throughout your chosen activity:





Take part in individual skills challenges / events. Can you go faster, higher, stronger?



Encourage your actions through your Personal Bests (PSB)



Show your acts of kindness through support for each other



Make a note of the progress and improvement you each make



Learn new skills and use self-improvement through preparation and practice

## Choose

Choose your event, these are just a few ideas:

- Quick Start** - How fast can you must from different starting positions to sprint a set distance?
- Speed bounce** - This will certainly get your heart racing. How many times can you go one side to side in 60 seconds?
- Right Way Wrong Way** - in 60 seconds, can you challenge someone to turn everything the right way, so you turn everything the wrong way? You could play this in teams, or as a relay
- Wacky race** - can you create your own Wacky race? Add obstacles, find different ways to move and compete against the clock? Challenge someone in your home, or more to make part too.
- Reversing cards** - race against the clock and an opponent to reveal the Ace to the King in a suit of cards. How quickly can you complete the challenge? Can you improve your time?
- Notly** equals... as a team or individually, how many items can you collect before they are all gone?

## Challenge

Challenge yourself, your family, your friends:

- How far could you run with all your quick start attempts
- How many people could you challenge to do speed bounces at the same time?
- Can you support each other to improve your personal best?

## Capture

Capture it, create memories and celebrate. Why not...

- Create and stage your own 'old school' sports day using multiple activities
- Have fun with it - you could wear fancy-dress
- Have a parents'/guardians' race
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #KSTWELLbeing



**Samantha Kinghorn, wheelchair racing**

"Sport is amazing! Give everything your best, try new things and never give up."

**sky sports**



YOUTH  
SPORT  
TRUST

# Aiming Sports

sky sports

Consider the five ways to wellbeing through your chosen activity:





Practice target and rally games. How many can you do? Can you improve your personal best?



Work together to achieve a shared goal or score



Know yourself and how you can make a difference to help others



Take notice of the target and goal you are working towards



Develop your hand-eye coordination and aiming, as well as patience and control

## Choose

Choose your event, these are just a few ideas:

- Fitness golf** - get creative with setting up a course around your house, either indoors or out. Decide how many shots to allow per hole and have fun.
- Target games** - there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, then attempt to beat your personal best.

King of the cones - can you be the king or queen of the cone? Hit your opponent's cone, collect it and sit to it to you. Can you get it and do it with the best - how far away from the box can you get? Challenge and still land your ball on target! Challenge yourself to improve your personal best.

**• Tap up tennis** - how many times can you tap up a tennis ball in 60 seconds? How many times can you rally with a partner to keep the ball up in 60 seconds?

## Challenge

Challenge yourself, your family, your friends:

- What is the highest score you can achieve together in a set time?
- How many can you do or how far can you go without stopping?
- Can you work together to improve your score over three attempts?

## Capture

Capture it, create memories and celebrate. Why not...

- Take part dressed up like a famous sports person from your chosen activity
- Add a theme and pretend to be Robin Hood
- Send your sides to friends and family challenging them to beat your score
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. <https://www.youthsporttrust.org>



**Emily Appleton, tennis**

*Sky Sports School*

"When I was at school I absolutely loved competition, and taking part in PE lessons was my favourite time of the week so I cannot imagine the thought of not being allowed to do this one of the periods of lockdown. As a result I am sure you are all itching to get back out there and be active which is why National School Sport Week at Home is the perfect opportunity to do so!"