



# NORTH SEFTON SCHOOL GAMES

## WEEKLY ACTIVITY TIMETABLE

### NATIONAL SCHOOL SPORTS WEEK AT HOME 2020



	Sat 20th June	Sun 21st June	Mon 22nd June	Tues 23rd June	Wed 24th June	Thurs 25th June	Fri 26th June
<b>Activity</b>	<b>Wacky Races</b> Can you create your own wacky race or obstacle course indoors or outdoors? Find different ways to move and beat the clock.	<b>Cool Catcher</b> How many throws/catches can you do with a partner in 60 secs? Could you make it more challenging?	<b>Tap Up Tennis</b> How many times can you tap up a ball in 60 Sec? using something different like a, frying pan, book. Etc. How many times can you rally with a partner in 60sec.	<b>Swipe &amp; Swap</b> Move 5 objects with your feet from one space to another whilst sat down pivoting on your bottom? This is great for balance and core stability. Have 3 attempts can you beat your time?	<b>Sock Wars</b> A bit like Tag Rugby. Can you stop your opponent stealing 2 socks that are tucked into your waist band one sock on each side.	<b>KIDZBOP</b> Choose your favourite song, gather your backing dancers, watch the video recreate the dance. Could you use this as inspiration to create your own dance	<b>Go 4 a bike ride/Walk</b> Can you find a new route? Challenge yourself to go further.
<b>Who will you challenge?</b>	?	?	?	?	?	?	?
<b>Capture</b>   	Have a parent/guardian race	Create a team celebration	Dress like your favourite sports person	Beat your time	Create a team photo	Have a dance off!! Video your dance	Can you draw a map of the route you took
<b>Reflect: What did you learn??</b>							



Please share your celebrations, videos, photos from National School Sports at Home 2020 via twitter @NorthSeftonSG.

It would be fantastic to see as many young people and their families from across North Sefton having fun and taking part #NSSWtogether

