



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
Activity	Wacky Races Can you create your own wacky race or obstacle course indoors or outdoors? Find different ways to move and beat the clock.	Cool Catcher How many throws/catches can you do with a partner in 60 secs? Could you make it more challenging?	Tap Up Tennis 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.	Swipe & Swap 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?	Sock Wars 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.	KIDZBOP 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	Go 4 a bike ride/Walk Can you find a new route? Challenge yourself to go further.
Who will you challenge?	?	?	?	?	?	?	?
Capture 	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
Reflect: What did you learn??							



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

