



**Saturday 20<sup>th</sup> June-Friday 26<sup>th</sup> June**

## Sports week Challenge!

This year we are challenging pupils to take on their families, friends and neighbours in sporting challenges – helping them to connect in an unprecedented period of school closures and social distancing.

Promoting an emphasis on togetherness, inclusivity and wellbeing.

**Choose your event, challenge yourself, your family or your friends.**

## Activity ideas

### Choose your event:

For example-

How far can you walk?

How far can you run?

How fast can you run?

How far can you throw?

Can you throw on target?

Can you complete your own obstacle course? How fast can you complete it?

How many jumps/throw and catch/ skips can you complete in 60 seconds?

Ride your bike, how far can you go?

Can you make up your own dance to your favourite piece of music?

Can you balance something on your body? How long for?

**Challenge** yourself, your family or your friends:

For example-

How far can you run together?

How many people can you challenge to complete your obstacle course with you?

Can you beat your personal bests?

Can you make up a dance together?

How many backing dancers can you get to join you?

Can you visit a new outdoor space to complete your challenge?

## **Capture** it, record memories and celebrate:

For example:

Create and stage your own celebration ceremony.

Create a 'Sports Week at Home 2020' scrapbook.

Take a team challenge photo.

Dress up like a famous athlete to complete your challenge.

Go outdoors and find a new space to complete your challenge.

