



Sheffield Schools Get Active

Active Home Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1	<p>Marathon Mondays</p> <p>Run, walk or jog for 30 mins</p> <p>Map a route around the local area- go out with your family</p> <p>Go on an outdoor Scavenger Hunt</p> <p>How many laps of your garden would it take to do 5km, 10km and a marathon?</p>	<p>Twirling Tuesdays</p> <p>Do an online Dance Routine</p> <p>Go Noodle Just Dance Oti Mabuse (Strictly) Dancing at Home Imoves- Imovement BBC Supermovers</p>	<p>Wheelie Wednesday</p> <p>Get out on your bikes, scooters or skates</p> <p>Remember to stay safe</p> <p>British Cycling- Ready Set Ride</p>	<p>Thinking Thursdays</p> <p>Active Learning at home</p> <p>Burn 2 Learn Teach Active Mighty Maths Questr Tagtiv8</p> <p>Active Story Time BBC Supermovers</p>	<p>Fitness Friday</p> <p>Undertake a home fitness class</p> <p>TV Body Coach - Joe Wicks</p> <p>Sheffield Physical Activity Challenge</p>	<p>Skills on Saturday</p> <p>Practice your Fundamental Movement Skills</p> <p>These include: Running, Jumping, Hopping, Skipping, Throwing, Catching, Striking an object, Agility, Balance, Coordination</p> <p>Activity Cards/ Challenges</p>	<p>Sporty Sunday</p> <p>Choose your favourite sport and practice those skills needed to become a professional!</p> <p>Most sports have videos available online</p>
Option 2	<p>Motivation Mondays</p> <p>Set yourself a Personal Challenge for the week. What can you learn this week?</p> <p>Skipping, Juggling, Catching with your weak hand, beating your best score... (tap up challenges, keepie uppie challenge etc.)</p>	<p>Time Out Tuesdays</p> <p>Yoga & Active Mindfulness Activities</p> <p>Stretches- Thinking about which parts of the body you use for different exercises</p> <p>Cosmic Kids Yoga Imoves- Mindfulness</p>	<p>Workout Wednesday</p> <p>Undertake a home fitness class or Create your own fitness circuit</p> <p>TV Body Coach - Joe Wicks</p> <p>Undertake Sheffield Physical Activity Challenge</p>	<p>Team Games Thursdays</p> <p>Active Games with members of your family can be fun</p> <p>Active Monopoly Active Uno Active Snakes & Ladders Youth Sport Trust- PE at home Cards Real Play at Home with Real PE</p>	<p>Fun Time Friday</p> <p>Create your own active game- write the rules</p> <p>Chose your favourite activity of the week</p>	<p>Ask your children the following KEY QUESTIONS:</p> <p>What have you learned?</p> <p>And why is it important?</p> <p>What key words would you use to teach this to a friend?</p> <p>How does this make your body feel & why?</p>	



Why not get your parents to tweet us photos and video updates?

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@PointsLN
@ArchesSSP
@LinksSSP
@WestfieldSGO

#SheffieldSchoolsGetActive
#StayInWorkOut

