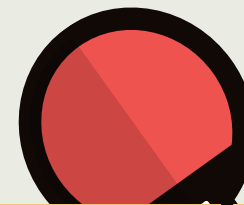




Sheffield Schools Get Active

Active Home Timetable



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Marathon Mondays

Run, walk or jog for 30 mins

Map a route around the local area- go out with your family

Go on an outdoor Scavenger Hunt

How many laps of your garden would it take to do 5km, 10km and a marathon?

Twirling Tuesdays

Do an online Dance Routine

Go Noodle
Just Dance
Oti Mabuse (Strictly)
Dancing at Home
Imoves- Imovement
BBC Supermovers

Wheelie Wednesday

Get out on your bikes, scooters or skates

Remember to stay safe

British Cycling- Ready Set Ride

Thinking Thursdays

Active Learning at home

Burn 2 Learn
Teach Active
Mighty Maths
Questr
Tagtiv8

Active Story Time
BBC Supermovers

Fitness Friday

Undertake a home fitness class

TV Body Coach - Joe Wicks
Sheffield Physical Activity Challenge

Skills on Saturday

Practice your Fundamental Movement Skills

These include: Running, Jumping, Hopping, Skipping, Throwing, Catching, Striking an object, Agility, Balance, Coordination

Activity Cards/ Challenges

Sporty Sunday

Choose your favourite sport and practice those skills needed to become a professional!

Most sports have videos available online

Option 1

Motivation Mondays

Set yourself a Personal Challenge for the week.
What can you learn this week?

Skipping, Juggling, Catching with your weak hand, beating your best score... (tap up challenges, keepie uppie challenge etc.)

Time Out Tuesdays

Yoga & Active Mindfulness Activities

Stretches- Thinking about which parts of the body you use for different exercises

Cosmic Kids Yoga
Imoves- Mindfulness

Workout Wednesday

Undertake a home fitness class or
Create your own fitness circuit

TV Body Coach- Joe Wicks

Undertake Sheffield Physical Activity Challenge

Team Games Thursdays

Active Games with members of your family can be fun

Active Monopoly
Active Uno
Active Snakes & Ladders
Youth Sport Trust- PE at home Cards
Real Play at Home with Real PE

Fun Time Friday

Create your own active game- write the rules

Choose your favourite activity of the week

Ask your children the following KEY QUESTIONS:

What have you learned?

And why is it important?

What key words would you use to teach this to a friend?

How does this make your body feel & why?

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

@ForgeSSP
@PointsLN
@ArchesSSP
@LinksSSP
@WestfieldSGO

#SheffieldSchoolsGetActive
#StayInWorkOut

