
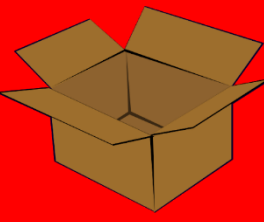



# National Sports Week

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Family Fun Sport	Athletics	Artistic Sports	Team sports	Athletics	Adventure Sport	Aiming Sport
<b>Cereal Box Challenge</b>  With your household, use a cereal box to test your flexibility. Pick up the cereal box with your mouth and then after each round, rip a bit off. Keep going until no one can pick it up.	<b>Wacky Races</b>  Can you create your own Wacky race? Add obstacles, find different ways to move and compete against the clock?  	<b>Disney Dance Along</b> Pick your favourite Disney Dance, practise and perform.  You can find a range of Disney dances on youtube. Here is an example: <a href="https://www.youtube.com/watch?v=SH-7A3NVQbY">https://www.youtube.com/watch?v=SH-7A3NVQbY</a>	<b>Fast Feet</b>  How many times can you dribble a ball around a marker and back in 60 seconds?  	<b>Standing Toilet Roll Long Jump</b>  How many toilet rolls can you jump over?  Start with 1 and add another after each successful jump.	<b>Go for a bike ride</b>    Find a new route, challenge yourself to cycle further or faster in a time trial. Stay safe and take notice of your environment.	<b>In the box</b>  How far away from the box, can you throw your ball on target? Challenge yourself to improve your personal best.  
<b>Limbo</b>  'How low can you go?'  Use a broom or a dressing gown rope and off you go.		<b>KIDZBOP</b> Choose your favourite song, gather your backing dancers, watch the video and recreate the dance. Could you use this as inspiration to create your own dance?	<b>Keepy Uppy Challenge</b> How many can you do in a pair, as a team? Try using different types of balls or objects.			
	<b>Challenge</b>  Challenge someone in your home, or virtually to take part too.	<b>Challenge</b>  Showcase your performances and hold up scores like you are on Strictly Come Dancing! Don't forget to share top tips to help someone improve.	<b>Challenge</b>  Can you create a ball trick, including dribbling, clapping, spinning? Be creative!	<b>Challenge</b>  Have fun with it - you could wear fancy-dress	<b>Challenge</b>  Can you draw a map of the route you take on your journey?	<b>Challenge</b>  Send your video to friends and family challenging them to beat your score



# **National Sports Week**

