

National School Sport Week at Home 2020

Celebrating the power of sport to bring people together

#NSSWtogether



Activity Ideas



YOUTH
SPORT
TRUST

NATIONAL SCHOOL
SPORT WEEK 2020

AT HOME

supercharged by

sky sports

Getting started with NSSW at Home 2020!

We have created ideas for activities and challenges to stimulate your child's/young person's engagement that draw from a range of existing online materials including the **#StayHomeStayActive** campaign.

Choose

Choose activities from:

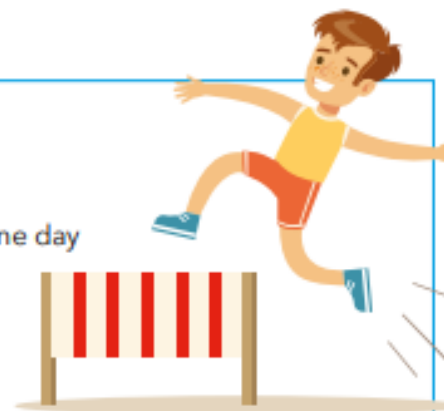
- **Track and field**
- **Aiming sports**
- **Team sports**
- **Adventure sports**
- **Artistic sports**



Challenge

Challenge yourself to complete:

- An activity a day for the week
- As many activities as you can in one day
- Activities with as many people as you can at the same time



Whichever activity and challenge you choose, the focus should be to promote **togetherness, inclusivity** and **wellbeing**.

Togetherness

Once you have chosen your challenge, see how many people you can encourage to take part together either within your home, outside or virtually. Throughout the week, we challenge you to connect with as many different people as possible, try as many different activities as you can and have fun setting new personal bests and creating memories which will last a lifetime.

Wellbeing

We have aligned the ideas for activities and challenges in this guide to the five ways to wellbeing*.

** The five ways to wellbeing were developed by the New Economics Foundation. Evidence suggests there are five steps you can take to improve your mental health and wellbeing. These have been used by the NHS as well as various mental health charities.*



Samantha Kinghorn, wheelchair racing

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Be active

Physical activity is great for your health and fitness, but by setting goals or challenges and achieving them, you raise your self-esteem which positively enhances your mood.



Connect

Connecting with others through a shared experience builds a sense of belonging and provides emotional support.



Give back

Simple acts of kindness and giving back to others helps create positive feelings and a sense of reward.



Take notice

Enjoy the moment, take notice and be mindful of everything that is going on around you. Take part with family and friends, capturing your activities with photos and videos so that you can relive the experience again.



Learn

Choosing to learn or try something new helps boost confidence, raises self-esteem and helps you to connect with others.

Plan your NSSW at Home 2020 - What will you choose to do?

| | <i>Example</i> | Sat 20th | Sun 21st | Mon 22nd | Tues 23rd | Wed 24th | Thurs 25th | Fri 26th |
|------------------|----------------------------------|--|----------|----------|-----------|----------|------------|----------|
| Choose | What activity will you try? | <i>Egg and spoon race</i> | | | | | | |
| | How will you play? | <i>Outside, in teams of two, best of three races</i> | | | | | | |
| | Who is playing? | <i>My family</i> | | | | | | |
| Challenge | Who will you challenge? | <i>My Auntie's family</i> | | | | | | |
| Capture | How will you capture the memory? | <i>Photos, videos, and timing the races</i> | | | | | | |
| Reflect | What did you learn? | <i>My sister and I make a great team</i> | | | | | | |

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?



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What is your Personal challenge?

My Personal challenge scorecard

| | | Sat | Sun | Mon | Tues | Wed | Thurs | Fri |
|--------------------------|-----------|--------------------------------|-------------------------------|-----|------|-----|-------|-----|
| Chosen activity | | Right Way Wrong Way | Fast Feet | | | | | |
| My scores | Attempt 1 | 33 | 15 | | | | | |
| | Attempt 2 | 35 | 14 | | | | | |
| | Attempt 3 | 38 | 16 | | | | | |
| My personal best | | 38 | 16 | | | | | |
| Who I played with | | My sister Katie | My Mum and my Aunty | | | | | |
| Our collective challenge | | To improve our score each time | To get more than 40 in one go | | | | | |

Ensure your activities result in **SMILES**:

Safe

Everyone feels physically and emotionally safe to take part

Maximum participation

Everyone is fully involved all of the time

Inclusive

Everyone can take part; activities are designed to suit and develop their abilities

Learning

Everyone can develop personal, social, creative, thinking and/or physical skills

Enjoyment

Activities recognise everyone's personal needs and interests

Success

Everyone feels they are making progress

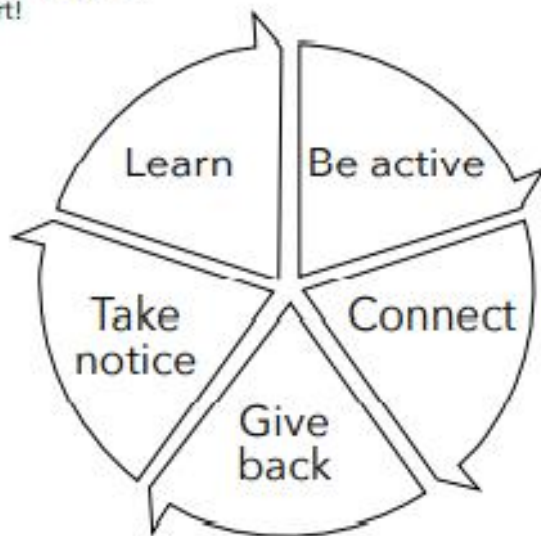
What is your Personal challenge?

Use this personal challenge card to track your wellbeing throughout the week and the school sporting values you choose to play by. Maybe you can print one out for everyone taking part!

Your wellbeing tracker

Colour in each segment to reflect how you feel you are progressing with each of the five ways of wellbeing.

E.g. colour in 50% if you feel you have more to give...



Our school sporting values:



Emily Appleton, tennis



My Personal challenge scorecard

Use this scorecard to record your personal bests throughout the week. Maybe you can print one out for everyone taking part!

| | | Sat | Sun | Mon | Tues | Wed | Thurs | Fri |
|--------------------------|-----------|-----|-----|-----|------|-----|-------|-----|
| Chosen activity | | | | | | | | |
| My scores | Attempt 1 | | | | | | | |
| | Attempt 2 | | | | | | | |
| | Attempt 3 | | | | | | | |
| My personal best | | | | | | | | |
| Who I played with | | | | | | | | |
| Our collective challenge | | | | | | | | |