

Gateshead School Sport Partnership



Activities For All Resource Pack!

FOLLOW US ON:



@GATESHEADSSP

Gateshead School Sports Partnership Resource Pack

We want to help you through these uncertain times with lots of activities to keep children busy whether they are still in school or at home.

In this pack you'll find resources we think are the most useful and entertaining as well as a few of our own activities called 'SSP Challenges'.

You will find a Glossary full of website links to some fantastic free activities if you run out of things to do at the back of this resource pack.

Stay safe and keep as active as you can!

Let us know if you get involved with these activities at any time, tag us @gatesheadssp on Twitter, Facebook and Instagram!



Contents Page

1— YOUTH SPORT TRUST 60 SECOND CHALLENGES	4
2— SSP CHALLENGE 1: CLIMB THE ANGEL OF THE NORTH	5
3— GREAT NORTH RUN HALF MARATHON CHALLENGE	6
4— SSP CHALLENGE 2: TRAVEL THE RIVER TYNE	7
5— GET SET TOKYO ACTIVE TEN CHALLENGES	8
6— GREAT NORTH RUN T SHIRT DESIGN COMPETITION	9
7— SSP CHALLENGE 3: SPORT CHARADES	10
8— DISNEY'S CHANGE 4 LIFE CHALLENGE	11
9— SSP CHALLENGE 4: GATESHEAD ACTIVE WORDSEARCH	12
10— PE & SPORT NETWORK'S ACTIVE CONNECT 4	13
11— THE PE CHALLENGE SUPER DECK CARD FITNESS GAME	14
12— SSP SPORT EMOJI PAIR GAME	15
13— SPORTS SCRAMBLE CHALLENGE	16
14— PE & SPORT NETWORK'S 60 MINUTE PICK 'n' MIX	17
GLOSSARY	18-20

RESOURCE 1:

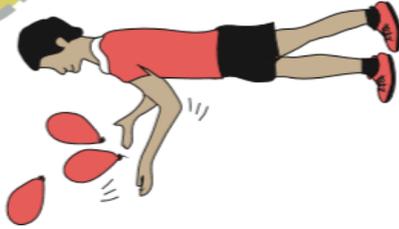
Here are just a couple of the Youth Sport Trust 60 Second Challenges. Why don't you give these a go? You can use any equipment you have available!

You can find more 60 second challenges on their website - just check out the glossary!

60 Second Challenge

Air Balloon

Can you keep trying even if you lose a life?



The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

#StayHomeStayActive



Achieve Gold

Lose 0 lives



Achieve Silver

Lose 1 life



Achieve Bronze

Lose 2 lives

Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

60 Second Challenge

Super Slalom Run

Can you try and run as fast as possible?



The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.

#StayHomeStayActive



Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs

Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.



Believing in every child's future



Believing in every child's future

RESOURCE 2:

Give this SSP Gateshead Challenge a go...
Why not time yourself to see how quick
you can complete it!



SSP CHALLENGE 1 - CLIMB THE HEIGHT OF THE ANGEL OF THE NORTH

The Angel of the North is 20m high. Each movement you do listed below gets you 5 metres closer to the top. How long will it take you to complete these challenges to reach the top?

-  Mountain Climbers x 50
-  Star Jumps x 30
-  Frog Jumps x 20
-  Burpees x 20

Well done if you reached the top! If you get involved with these activities at any time, tag us @gatesheadssp on Twitter, Facebook and Instagram!

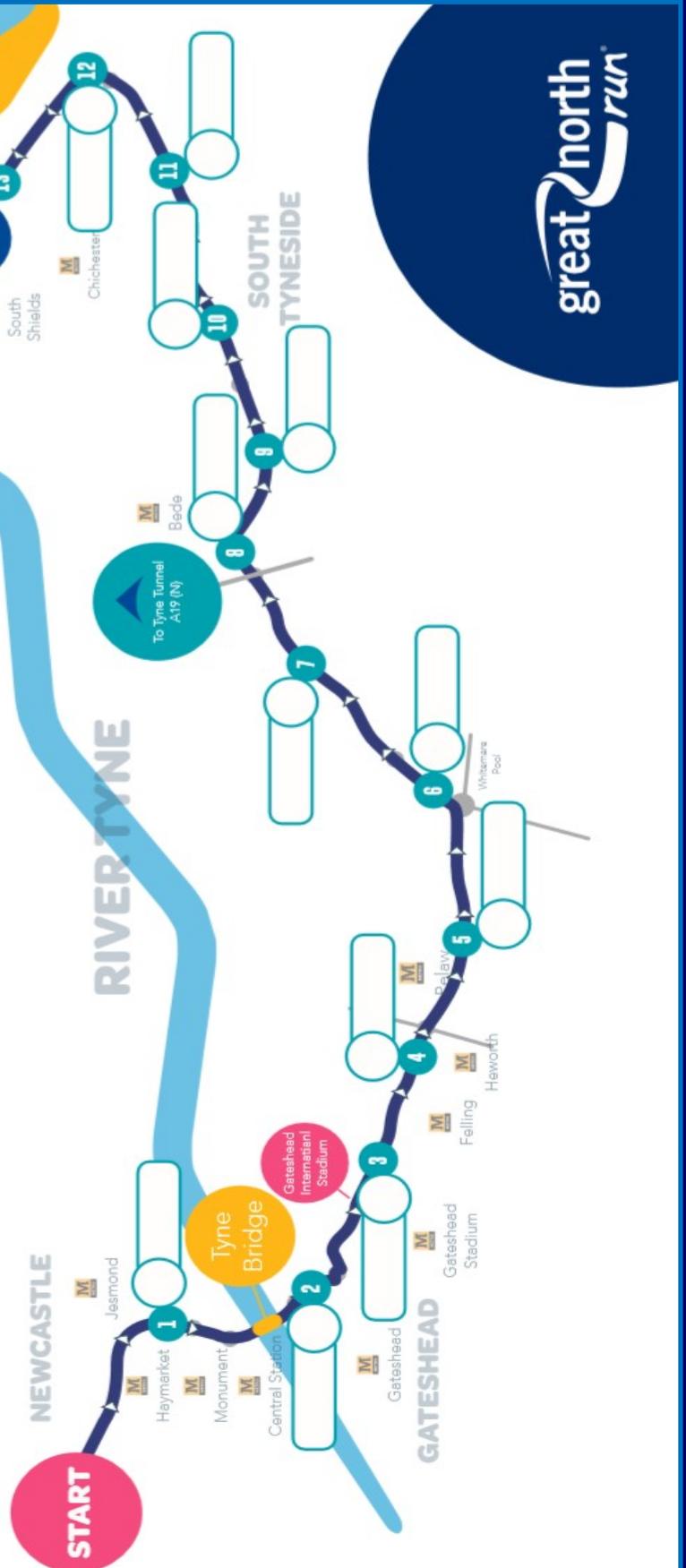


RESOURCE 3:

This is the Great North Run Half Marathon Challenge. Why don't you try do a mile daily in your garden or if you go out for a daily walk or run with your household. Let us know if you reach 13 miles!

Great North Run Half Marathon Challenge

Walk or run the Great North Run course 1 mile at a time. This tracker will guide you on your journey. Colour in the mile marker and write a word in the box that described how you felt during your run. Complete all 13 miles of the course to conquer the Great North Run Half Marathon Challenge.



RESOURCE 4:

Give this SSP Gateshead Challenge a go and try do it in the quickest time you can! You have to complete all of the activities to the best of your ability to travel the river.



SSP CHALLENGE 2 - TRAVEL THE RIVER TYNE

The River Tyne is 73 Miles Long. You have to complete these little activities that add up to 73 to complete the journey as quickly as you can!

- **10 sprints up and down a space in your garden or house = 10 miles**
- **Throw and catch a ball or a random household object 20 times = 20 miles**
- **Hop on each leg 10 times = 20 miles**
- **5 Press-ups = 5 miles**
- **5 Sit-ups = 5 miles**
- **10 lunges = 10 miles**
- **3 x 20 second plank holds = 3 miles to finish!**

Well done if you completed this challenge and let us know how quickly you finished it! If you get involved with these activities at any time, tag us @gatesheadssp on Twitter, Facebook and Instagram!



RESOURCE 5:

This is just one of Get Set Tokyo's Ten Minute Challenges that you can do at home with just a piece of paper and a pencil. Take part with another member of your household while practicing your adverb knowledge! Karuta is a very popular game in Japan! You can find more activities / 10 minute challenges on Get Set website in the glossary!

10 Mins



KARUTA

かるた

Karuta

Move and Dance



Activity type

Home

Away

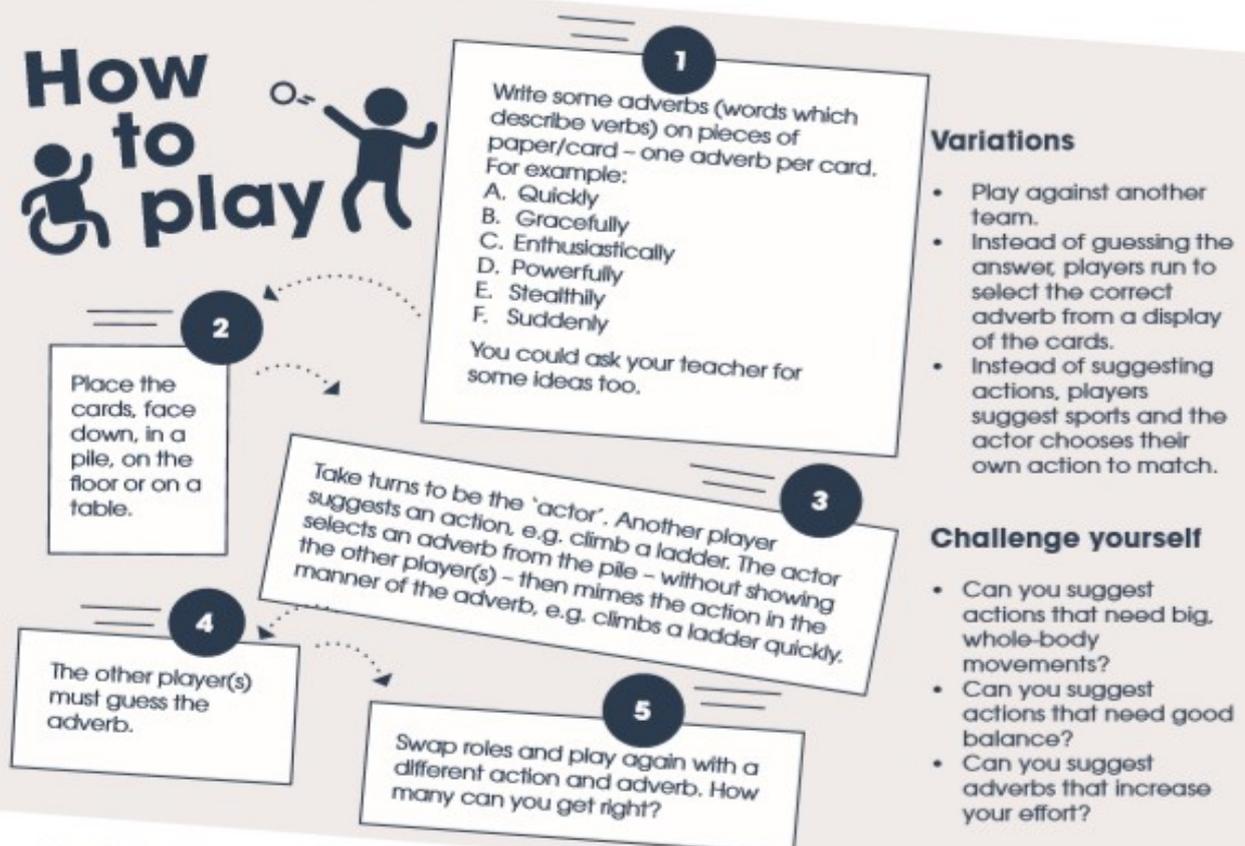
Indoor

Outdoor

Equipment

- Small squares of paper/card
- Pencil

How to play



Variations

- Play against another team.
- Instead of guessing the answer, players run to select the correct adverb from a display of the cards.
- Instead of suggesting actions, players suggest sports and the actor chooses their own action to match.

Challenge yourself

- Can you suggest actions that need big, whole-body movements?
- Can you suggest actions that need good balance?
- Can you suggest adverbs that increase your effort?

What next?



Try something similar
Aerobics, boxercise, gymnastics, dance



Try something different
Archery, boccia, bowls, golf



Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo

getset.co.uk/travel-tokyo



TRAVEL
TOKYO



SPORT
ENGLAND
LOTTERY FUNDED

#TravelToTokyo

RESOURCE 6:

This is the Great North Run T-Shirt Design Competition. The winning design will be printed onto all 10,000 t-shirts for children running the Junior & Mini Great North Run.

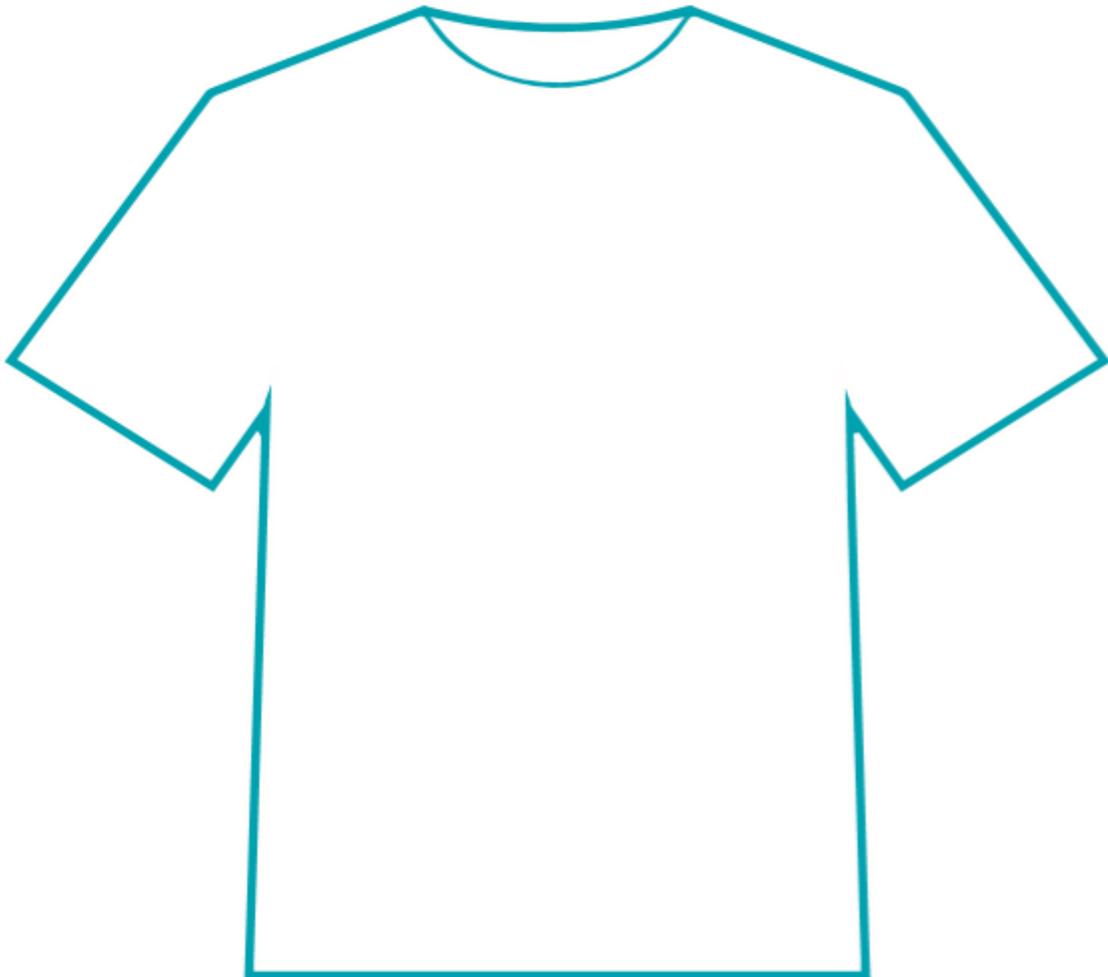
Pupils need to complete their design on the t shirt template provided by Great Run which you can access on our website [here](#). Please ensure you include the contact details for a teacher with the competition submissions.

All entries are to be submitted via email to schools@greatrun.org or via post to the following address:

T Shirt Competition, The Great Run Company, Newcastle House, Albany Court, Newcastle upon Tyne, NE4 7YB

Step 2 - Your Design

Practise your designs on some spare paper, and when you've decided, draw your final design onto the template below.



Entrant's Name

School

RESOURCE 7:

Try the third SSP Challenge—Sport Charades! Test out your acting skills in front of people at home. Try to do this in the quickest time possible without cheating! If you manage to complete them all why not think of your own sports to act out!

SSP CHALLENGE 3 - SPORT CHARADES

Can you act out these sports to someone in your house? They have to guess what sport you are doing before you can move on. See how quick you can do it! Remember, no talking!



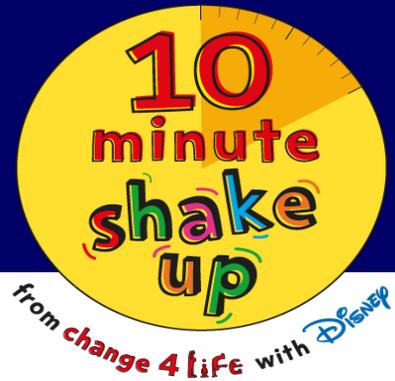
Football
Netball
Gymnastics
Hockey
Tennis
Cricket
Skiing
Skeleton Bob

Let us know if you get involved with these activities at any time, tag us @gatesheadssp on Twitter, Facebook and Instagram!



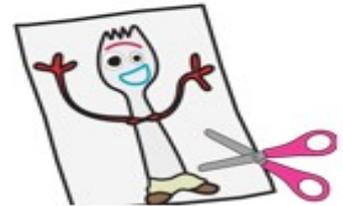
RESOURCE 8:

Can you do one of Disney's Change 4 Life 10 Minute activities - Find Forky?
Head to the glossary to find loads more activities on their website!



How to play...

- 1 Draw Forky on a piece of paper and get an adult to help you cut him out.



- 2 One player hides Forky while everyone else closes their eyes.



- 3 Open your eyes and hop your way around the room to try to find Forky.



- 4 The player who finds Forky is the winner.



- 5 Everyone celebrates with 10 star jumps. Let the winner take a turn to hide Forky, and play again!



RESOURCE 9:

Why don't you take part in the SSP Gateshead word search. See how long it takes you to find all of the words!

SSP CHALLENGE 4 - GATESHEAD ACTIVE WORDSEARCH

A N G E L G Z F J D E V I H W Y D F S Q
W T K T P P P X Q Z H P F X K O N G C L
J H K Y O E C I J H N V C T H I X A M E
P L C A M A X T U D H E G M V Z T T J J
G H G Q W H Z Y V F Q U F W J L B E N C
X J K E F S L N F Q P G A R T H Z S X B
D E C R Z B X E G L R I C F U S F H D S
W E D I I Q J I P C G E R F G W T E T G
Y Q A I W C I T L A B A V R J R P A R K
F J L A T T H Y L E Y K M I O N D D N F
I X M S Z J U L G X Y S H N R I N I B T
T L A J G M E P E A H Z E S U F P X G W
N G B J B R I D G E B E B M E F N W X Q
E R I P Y T F S A L T W E L L I Z L Q S
S M Z B M R A L K D U R D Z T G L D I Q
S V B N U F T R V P L H O Z Y W Z T J K
T I S U Q H P D S Q U D D P T J X B X M
A G W R M T H U B R R W A C S P T E D P
C Z C P T Z P I E J G Q W Q J T C I W F
U Y F M I L L E N I U M L N B E X E J H

SAGE
GATESHEAD
BALTIC
TYNE
RIVER
MILLENIUM
SALTWELL
PARK
STADIUM
ANGEL
NORTH
SPORT
HEALTH
FITNESS
BRIDGE
GALLERY

When you find your first word you have to do 5 star jumps and you have to add 5 on each time you find your next word until you finish!



RESOURCE 10:

The PE & Sport Network have LOADS of fun challenges to get involved with on their social media but we've picked one of our favourites for you to try—Active Connect 4! You can find all their other activities on their website in the glossary!

Active Connect 4



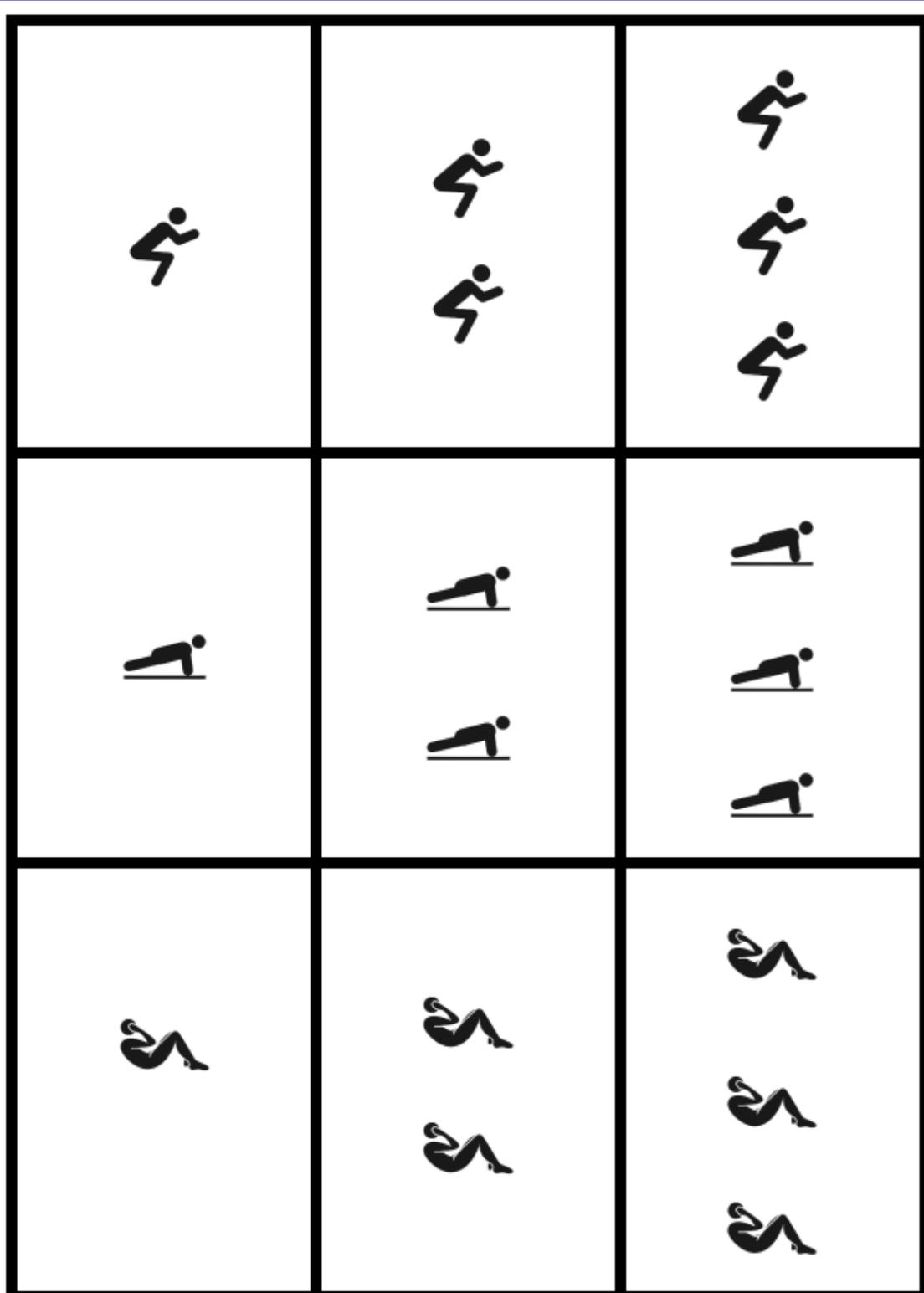
Rules

- Two player game
- First player to complete 4 activities in a row wins
- Use a pencil or marker to tick the activity once player has completed it
- Player has to complete activity before moving to next activity

Jump on the spot 50 times	Perform a safe forward roll	Perform a counter balance with the person you are playing against	Complete 20 shuttle runs	Can you think of 3 different ways to perform a pike shape?	Hold a seated balance for 30 seconds. No hands or feet on the floor
Keep a balloon in the air while also balancing equipment on your head	Hop on the spot for 60 seconds	Dribble a ball with your feet in and out of objects	Can you think of 3 different ways to perform a tuck shape?	Perform a safe egg roll	Perform 30 push ups
Can you think of 3 different ways to perform a star shape?	Starting with egg rights knee, roll it out in front of you. Can you draw 3 backwards over your head and catch it behind you?	Hopscootch for 60 seconds	Balance in a plank position for 60 seconds	Roll a ball out in front of you and stop it with your bum	Can you think of and perform 3 different ways to perform a straight shape?
Balance on one leg and close your eyes for 20 seconds	Perform a safe pencil roll	Roll a ball out in front of you and stop it while holding a balance	Dribble a ball with your hands in and out of objects	How many kick ups can you do with a toilet roll in 30 seconds?	Who does on a piece of paper all 20 names that play in the premiership in 1 minute
Keep a balloon in the air for 60 seconds using head only	Skip for 2 minutes	Perform a balance using one hand and one foot	Perform 3 different types of jumps	Draw and design a new football in 20 seconds	Jumping side to side, how many jumps can you do in 30 seconds?
Perform a one foot to two feet jump	Flanking up, can you make a figure of eight around your legs with a piece of equipment 10 times?	Jump forwards and backwards over a pillow 30 times	Keep a balloon in the air for 60 seconds	Holding a ball high out in front of you, can you drop it and catch it without it bouncing?	In a seated position, can you roll a ball around your head? Ball must stay connected to the floor
Throw or roll a soft ball against a wall and catch it 10 times	Pass a ball around your waist 25 times	Balance an object on your head for 30 seconds	Perform 40 squat jumps	Throw an object into a target 10 times in a row	How many toilet rolls can you balance on your body?
Perform 40 star jumps	Balance on 1 leg for 60 seconds	Perform 30 sit ups	Jump side to side over a pillow 40 times	Perform a two feet to one foot jump	Create and perform a 2 minute dance routine

RESOURCE 11:

Shape America have created a Multi-Fitness Card Game and we thought you could give it a try! Either using the card template below or creating your own cards you need to create a deck of 54 cards! Each player takes a card from the pack and must complete the activity on that card e.g. 3 sit ups / push ups / squats. Once they have completed that task they can then pick another card. Once there are no cards left in the pack, each player counts up their cards and the person who completed the most wins the game!



RESOURCE 12:

Why not give our fourth SSP Activity a go! The SSP Sport Pair Game is one for the whole family! Simply create your sports cards, put them all face down on the floor at one end of the room and you have to try and match the pairs, taking it in turns to turn one card over at a time!

SSP Challenge 4 - SPORT EMOJI PAIRS

Create a pair of cards for each of the sports below. Once you've got your pack of cards ready, shuffle them up and place them face down on the floor. Then each take it in turns to run to the cards and turn two over to try and make a pair!



Football



Rugby



Hockey



Volleyball



Table Tennis



Golf



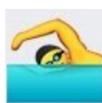
Cricket



Gymnastics



Athletics



Swimming



Basketball



Cycling



Tennis



Badminton

Why not think of some more sports that you could add too...

RESOURCE 13:

Printable Paradise have loads of free downloadable activities to download and you can find the link to their website in the glossary. Why not see if you can complete this Sport Scramble Challenge below? Can you unscramble all of the sports?



Sports Word Scramble



1. lfog _____
2. elkbaatbls _____
3. ocserc _____
4. nntsie _____
5. balsable _____
6. teaark _____
7. gbryu _____
8. botafoll _____
9. rwate oopl _____
10. igsnrwetl _____
11. hoceyk _____
12. scroasel _____
13. rkatec _____
14. lbfsltoa _____
15. gwimnsim _____
16. srocs uroyctn _____
17. xoinbg _____
18. lqutlrecbaa _____
19. ivgnid _____
20. ngnecef _____

RESOURCE 14:

This is another challenge from the PE & Sport Network. See if you can complete the 60 minutes Pick 'n' Mix by choosing different workouts from the card options! You can find the rules for each of the 5, 10, 15, 20 and 30 minute activities below [here](#).

60 Minute Pick 'n' Mix

Pick a selection of activities from below that equals 60 minutes of active learning. These can be completed at various times throughout the day.



30 Minutes	The Keepy-Uppy Card Game	Bag the Beans	Balloon Keepy Ups	Tabletop Tennis	Bear Hunt
20 Minutes	Wacky Races	Jumping Dice	Battleships	Keep on the Move	Topic Run (Subject Based)
15 Minutes	In The River	Top Ten	Towel Jumping	Beach Volleyball	Tabletop Football
10 Minutes	Standing Long Jump	River Bank	Kangaroo Jumping	Standing Long Jump 2	Morning Breathing
5 Minutes	Around the World	Socks in the Box	Times Tables Squats	Toilet Roll Balance	Climb the Mountain

Games/Activities



(5 Minutes)

<p>Around the World</p> <ul style="list-style-type: none"> - How many times can you pass an object around your waist in 60 seconds? - If you drop the object you need to start again. - Repeat activity to try and beat previous score. - Can you use a different size/shape object? - Can you move the object around a different part of your body? 	<p>Socks in the Box</p> <ul style="list-style-type: none"> - How many socks can you pair up and put in the box in 60 seconds? - Place unpaired socks 5 steps away from a box. - Children run, match up a pair of socks and place them in the box. - Keep count of score and repeat to see if you can beat previous score. - Challenge yourself to pair different colour socks or even different types of socks before placing them in the box. 	<p>Times Tables Squats</p> <ul style="list-style-type: none"> - With a partner or in a small group decide on a focus times table. - Take it in turns to squat and shout out the correct multiples in order e.g. 5, 10, 15, 20, etc. - Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go. - Maybe one player could squat and call the sum and the other player squats and calls out the answers 	<p>Toilet Roll Balance</p> <ul style="list-style-type: none"> - Can you balance a toilet roll on your head while standing still? - Challenge yourself to balance in on your head while moving? - How many different types of movement can you do with the toilet roll on your head? - How many different static balances can you perform with toilet roll? - How many toilet rolls can you balance on different parts of your body? 	<p>Climb the Mountain</p> <ul style="list-style-type: none"> - How many mountain climbs can you complete in 60 seconds. - Repeat activity to try and beat previous score. - Challenge yourself to do it with just one foot or both feet at the same time. - Can you complete it while holding a piece of equipment between your feet?
--	--	--	---	--

(10 Minutes)

<p>Standing Long Jump</p> <ul style="list-style-type: none"> - Place a starting marker on the floor. - Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet? - Challenge a partner to see who can jump the furthest. - If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. - How many jumps does it take to jump that distance? 	<p>River Bank</p> <ul style="list-style-type: none"> - Find a line on the ground, or stretch out a rope on the ground. - Designate one side of the rope or line to be the bank. The other side is the river. - When someone shouts "river," you must jump with both feet together to the river side, and vice versa for "bank." - Be careful the person calling the instructions doesn't try to trick you. 	<p>Kangaroo Jumping</p> <ul style="list-style-type: none"> - Talk about how kangaroos move. - Demonstrate how to jump like a kangaroo. Hands are held in front of chest with elbows bent. - Practice hopping. make sure you take off with both feet and land with both feet, bending knees slightly when they land. - Play follow the leader. Hopping like a kangaroo. - Try and hop around obstacles. 	<p>Standing Long Jump 2</p> <ul style="list-style-type: none"> - Place a starting marker on the floor. - Set up 2 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker. - Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet? - How can we use our bodies to reach the marker furthest away? 	<p>Morning Breathing</p> <ul style="list-style-type: none"> - From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor. - As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last. - Hold your breath for just a few seconds in this standing position. - Exhale slowly as you return to the original position, bending forward from the waist. - Notice how you feel at the end of the exercise. - Repeat this exercise 3-5 times.
--	---	--	---	--

GLOSSARY

Please see the list of external resources included in this pack and links to their website below. You can also access these and additional resources through the Gateshead SSP Website [here](#).

1 — YOUTH SPORT TRUST 60 SECOND CHALLENGES

www.youthsporttrust.org/60-second-physical-activity-challenges

3 — GREAT NORTH RUN HALF MARATHON CHALLENGE

[www.gatesheadssp.org.uk/files/4.%20GNR%20Half%20Marathon%](http://www.gatesheadssp.org.uk/files/4.%20GNR%20Half%20Marathon%20Challenge.pdf)

5 — GET SET TOKYO ACTIVE TEN CHALLENGES

www.getset.co.uk/resources/travel-to-tokyo/indoor-activity

6 — GREAT NORTH RUN T SHIRT DESIGN COMPETITION

[www.gatesheadssp.org.uk/files/5.%20GNR%20T%20Shirt%20Competition%](http://www.gatesheadssp.org.uk/files/5.%20GNR%20T%20Shirt%20Competition%20Design%20Competition.pdf)

8 — DISNEY'S CHANGE 4 LIFE CHALLENGE

www.nhs.uk/10-minute-shake-up/shake-ups

10 — PE & SPORT NETWORK'S ACTIVE CONNECT 4

<https://twitter.com/LPESSN/status/1245669292743499776/photo/1>

11 — THE PE CHALLENGE SUPER DECK CARD FITNESS GAME

[www.shapeamerica.org/uploads/pdfs/2020/resources/SuperDeck-Color-Your-](http://www.shapeamerica.org/uploads/pdfs/2020/resources/SuperDeck-Color-Your-Deck.pdf)

13 — SPORTS SCRAMBLE CHALLENGE

www.printableparadise.com/printable-sports-word-scramble.html

14 — PE & SPORT NETWORK'S 60 MINUTE PICK 'n' MIX

www.gatesheadssp.org.uk/files/60%20Mins%20Pick%20N%20Mix.pdf

GLOSSARY

Here's a full A-Z list of fun activities and resources that you can access through our Gateshead School Sport Partnership Website.

www.gatesheadssp.org.uk

Chance to Shine School Cricket Resources

Change 4 Life Fun Generator

Cosmic Kids Yoga

Cricket For Girls Weekly Cricket Challenges

England Athletics — Funetics Activity Videos

Fit to Dance—Disney on Ice Education Programme

Get Set - Travel To Tokyo

Go Noodle

Great North Run 40 Competition & Resources

Joe Wicks - The Nation's PE Teacher

Mega-Fest Rugby Resources

PE & School Sport Network

PE Umbrella Little Movers

Premier League Primary Stars

Primary Tennis Activities

School Games Sport Specific Resources

The Daily Mile Initiative

Tyne & Wear Sport

Yorkshire Sport Foundation

Youth Sport Trust

GLOSSARY

We haven't forgotten about Health & Wellbeing either! Health and wellbeing is probably more prevalent than ever at the moment so please also see the list below of wellbeing and mindfulness resources that you can also access via the Gateshead School Sports Partnership website.

www.gatesheadssp.org.uk

British Red Cross—Corona Virus Teaching Pack

Calm—The Mindfulness & Wellbeing App

Food a Fact Of Life Resources

Headspace—The Mindfulness & Wellbeing App

NSPCC Learning Resources

PSHE Home Learning Lessons & CPD Resources

We hope that you've found this resource pack useful and you enjoy the activities!

For more ideas and further information please visit our website [here](#).

Please also don't forget to share your involvement in the activities with us on social media! You can follow us @GatesheadSSP on Facebook, Twitter and Instagram.

Enjoy & stay safe!

Gateshead School Sport Partnership Team



FOLLOW US ON:



@GATESHEADSSP