

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

Consider the five ways to wellbeing throughout your chosen activity:



Take part in individual skills challenges / events. Can you go faster, higher, stronger?



Encourage each other to improve your Personal Bests (PBs)



Show your acts of kindness through support for each other



Make a note of the progress and improvement you each make



Learn new skills and see self-improvement through preparation and practice

Choose



Challenge



Capture

Choose your event, these are just a few ideas:

Challenge yourself, your family, your friends:

Capture it, create memories and celebrate. Why not...



Take photos, videos and make memories. We would love to see them. [#NSSWtogether](#)

Sky Sports Scholar

Samantha Kinghorn, wheelchair racing

"Sport is amazing!

Give everything your best, try new things and never give up."

Consider the five ways to wellbeing throughout your chosen activity:



Practise target and rally games. How many can you do? Can you improve your personal best?



Work together to achieve a shared goal or score



Know yourself and how you can make a difference to help others



Take notice of the target and goal you are working towards



Develop your hand-eye coordination and aiming, as well as patience and control

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Sky Sports Scholar

Emily Appleton, tennis

"When I was at school I absolutely loved competition, and taking part in PE lessons was my favourite time of the week so I cannot imagine the thought of not being allowed to do this over the period of lockdown. As a result I am sure you are all itching to get back out there and be active which is why National School Sport Week at Home is the perfect opportunity to do so!"



Consider the five ways to wellbeing throughout your chosen activity:



Take part in team challenges



Work together as part of a team



Recreate that sense of belonging. What does it feel like to be part of a team?



Take notice of what it feels like to achieve as a team



Develop your passing, kicking and coordination skills. Don't forget the importance of teamwork

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Sky Sports Scholar

Imani Lansiquot, athletics

"In these unprecedented times, it's even more integral children are keeping fit not only for physical benefit but also for mental benefit."

Consider the five ways to wellbeing throughout your chosen activity:



Find new trails to explore and set yourself a personal challenge to beat



Get ready for an adventure. Use your chosen event to explore what is around you. Try something new together



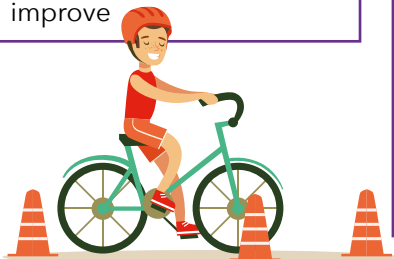
Share your experiences with others. Involve your family, friends and neighbours in your activities



Take notice of your environment. Use this as an opportunity to learn more about your surroundings



Challenge yourself to learn more about your limits and find creative ways to improve



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Sky Sports Scholar

Max Litchfield, swimming

"Sport is an absolutely incredible thing for so many reasons, but above all for living a happy and healthy lifestyle! As you have signed up to the National School Sport Week at Home you clearly agree with me and I would just like to say good luck with everything this week, learn, make friends (even if it is socially distanced friends) but most of all, have fun! "

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Challenge yourself, your family, your friends:

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Get creative and come up with fun new activities to try!



Create activities to perform together



Take part in your activities for pure entertainment. Have fun and put a smile on everyone's face



Take notice of your own and others' creativity. Be proud and have fun trying something new



Learn to choreograph and use your imagination. Challenge yourself to be creative

Take photos, videos and make memories. We would love to see them. [#NSSWtogether](#)



Sky Sports Scholar

Joe Fraser, gymnastics

"With it being National School Sport Week at Home, I think it's a great opportunity for us all to get active and involved! Giving us all the opportunity to try some new sports and experiences. Enjoy yourself, get involved and have fun"



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