



ACTIVE TOGETHER 2021

THE FAMILY PHYSICAL ACTIVITY CHALLENGE

MONDAY 11TH JANUARY – SUNDAY 14TH FEBRUARY

PRIZES TO BE WON FOR SCHOOLS AND FAMILIES!

School Prize

1st place - 1 set of Dodgeballs

2nd place - 2 Soft Archery sets

3rd place - 4 sets of Speed Stacking cups

Family prizes - Selected by raffle

1st place - Family activity hamper worth £100

2nd place - Family activity hamper worth £50

3rd place - Family activity hamper worth £30



BENEFITS OF PHYSICAL ACTIVITY



Improves Health & Fitness



Promotes Brain development



Helps to Improve sleep



Improved self-confidence, behaviour and social skills



Improved mood and makes you feel good.

At home or at school - get involved and get active!

PHYSICAL ACTIVITY IDEAS

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| <p>YST After School Club Adventure Monday</p> <p>https://youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b</p> | <p>Get Set 4 PE Active Families – ball or socks</p> <p>Get Set 4 PE - Resource Bank</p> | <p>Chance to Shine – LIVE!</p> <p>https://www.chancetoshine.org/live</p> | <p>Joe Wicks</p> <p>https://www.youtube.com/c/TheBodyCoachTV</p> | <p>Dodgeball</p> <p>PowerPoint Presentation (britishdodgeball.org)</p> | <p>Get on your wheels Bike, Scoot, or Roller skate!</p> <p>Parks in Solihull solihull.gov.uk</p> | <p>Couch to 5k</p> <p>https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</p> |
| <p>Institute of swimming indoor activity</p> <p>https://www.swimming.org/ios/2021/01/07/family-fun-activities/</p> | <p>YST After School Club Play Tuesday</p> <p>https://youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b</p> | <p>Get Set 4 PE Active Families – Creative</p> <p>Get Set 4 PE - Resource Bank</p> | <p>Disney Dancealongs</p> <p>https://www.thisgirlcan.co.uk/activities/disney-workouts/</p> | <p>NHS – 10 mins wake up shake up</p> <p>Disney Shake Up Games 10 Minute Shake Up Change4Life (www.nhs.uk)</p> | <p>Orienteering</p> <p>British Orienteering</p> <p>British Orienteering</p> | <p>School Games A-Z</p> <p>INCLUSION</p> <p>https://www.yourschoolgames.com/sgo/south-solihull/</p> |
| <p>Just Dance</p> <p>Just Dance - YouTube</p> | <p>Get Set 4 PE Active Families – Fitness Games</p> <p>Get Set 4 PE - Resource Bank</p> | <p>YST After School Club Wild Wednesday</p> <p>https://youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b</p> | <p>Get Kids Moving</p> <p>GET KIDS MOVING - YouTube</p> | <p>YST Wonder Woman Quest</p> <p>Wonder Woman 1984 Youth Sport Trust</p> | <p>Go for a Walk & Take a healthy Selfie</p> <p>Solihull-Walking-Guide-pdf.pdf (solihullactive.co.uk)</p> | <p>School Games A-Z</p> <p>LEADERSHIP</p> <p>https://www.yourschoolgames.com/sgo/south-solihull/</p> |



South Solihull
School Sport Partnership



THANKYOU FOR TAKING PART!



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| <p>60 Seconds Challenges</p> <p>60 Second Physical Activity Challenges Youth Sport Trust</p> | <p>Get Set 4 PE Active Families – Fundamental Movement Skills</p> <p>Get Set 4 PE - Resource Bank</p> | <p>Cosmic Yoga</p> <p>Cosmic Kids Yoga - YouTube</p> | <p>YST After School Club Thinking Thursday</p> <p>https://youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b</p> | <p>Send ideas</p> <p>#ThisIsPE SEND Activities Youth Sport Trust</p> | <p>Change 4 Life A-Z of sport and activities</p> <p>https://www.nhs.uk/change4life/activities/sports-and-activities</p> | <p>Try a new Commonwealth Games sport</p> <p>https://www.birmingham2022.com/the-games/sports/</p> |
| <p>Gymnastics at Home challenges</p> <p>https://www.youtube.com/playlist?list=PLLDamoj-y6y9RqPWZPS8TMSoZIWO2PZ9G</p> | <p>Get Set 4 PE Active Families – Tactical Games</p> <p>Get Set 4 PE - Resource Bank</p> | <p>Go Noodle</p> <p>Home - GoNoodle</p> | <p>Football</p> <p>Extra Time - Football's Staying Home - Get Involved The Football Association (thefa.com)</p> | <p>YST After School Club Fun Friday</p> <p>https://youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b</p> | <p>Scavenger Hunt</p> <p>https://theinspiredtreehouse.com/wp-content/uploads/2014/06/sensory-motor-scavenger-hunt-printable.pdf</p> | <p>Complete PE Family Bingo Card</p> <p>https://www.yourschoolgames.com/sgo/south-solihull/</p> |

