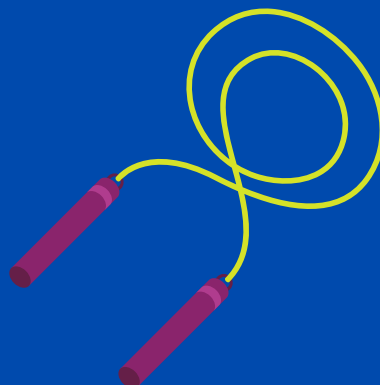
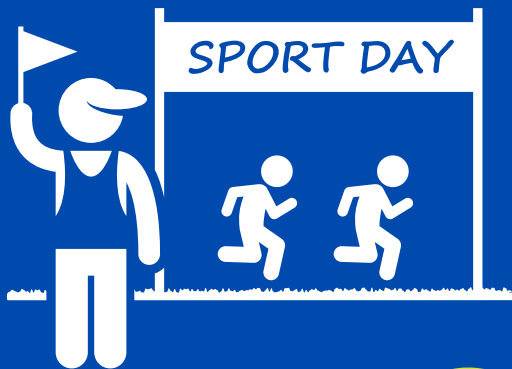
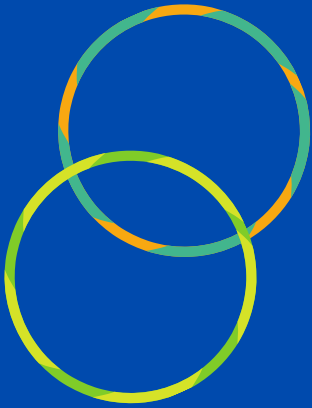


GATESHEAD SSP SUMMER RESOURCE PACK



@GATESHEADSSP

GATESHEAD SCHOOL SPORTS PARTNERSHIP SUMMER RESOURCE PACK

We want to keep you all busy and active during the summer holidays this year.

In this pack you will find resources and fun activities to keep you entertained until September!

You can also find a full glossary of website links to some fantastic free activities if you run out of things to do on our website [here](#)

Let us know if you get involved with any of these activities by tagging us @gatesheadssp on Twitter, Instagram and Facebook.



CONTENTS

Sports Day Challenges	Page 4- 8
SSP Challenges	Page 9-13
Summer Sport Challenges	Page 14-18
#UNITE Activities	Page 19 -24
Outdoor And Adventurous	Page 25-29
Personal Best Challenges	Page 30-34
Leadership Challenges	Page 35-39
Health & Wellbeing Glossary	Page 40



SPORTS DAY CHALLENGES

RESOURCE 1



TRADITIONAL SPORTS DAY CHALLENGES AT HOME



EGG AND SPOON RACE

RACE AGAINST SOMEONE IN YOUR HOUSE. CAN YOU KEEP YOUR EGG OFF THE GROUND?



THE SACK RACE

YOU CAN USE A SIMPLE PILLOW CASE FOR THIS RACE! GO AGAINST A FAMILY MEMBER IN THE GARDEN AND TRY NOT TO FALL!



RUNNING RACE

A SIMPLE BUT TRADITIONAL SPORTS DAY EVENT. HOW MANY SHUTTLES OF YOUR GARDEN OR A ROOM IN YOUR HOUSE CAN YOU DO IN A MINUTE?

SPORTS DAY CHALLENGES

RESOURCE 2



SPORTS DAY CHALLENGES AT HOME RACE STARTS AND DIRECTION CHANGES



RUNNING CHALLENGE 1 – ACCELERATION

FOLLOW THE FUNETICS YOUTUBE VIDEO 'QUICKSTART' TO PRACTICE YOUR ACCELERATION FOR STARTING RACES AND SPRINT SHUTTLES!



RUNNING CHALLENGE 2 – RUNNING SLALOM OR WHEELCHAIR SLALOM

CAN YOU CREATE A SLALOM IN YOUR GARDEN OR HOUSE USING CLOTHES OR CUSHIONS TO RUN /MANOEUVRE IN AND OUT OF? RACE AGAINST A FAMILY MEMBER TO PRACTICE YOUR QUICK CHANGES OF DIRECTION.



RUNNING CHALLENGE 3 – SHUTTLES

NOW YOU HAVE PRACTICED CHANGING DIRECTION AND YOUR QUICK STARTS, CAN YOU SEE IF YOU CAN GET AN EVEN QUICKER SHUTTLE TIME? GOOD LUCK!

SPORTS DAY CHALLENGES

RESOURCE 3



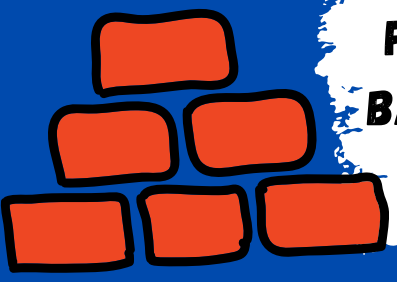
SPORTS DAY CHALLENGES AT HOME



THROWING & CATCHING

WALL BALL / CLAP CATCH

FIND A WALL THAT YOU CAN THROW / BOUNCE A TENNIS BALL OFF – HOW MANY TIMES CAN YOU CLAP BEFORE THE BALL BOUNCES BACK TO YOU WITHOUT DROPPING IT?!



HOOP THROW

USING HOOPS OR CARDBOARD CUT OUTS CREATE YOUR TARGET HOOPS THEN TRY AND THROW THE BALL THROUGH THE HOOP! 5 POINTS PER HOOP & FIRST TO 50 POINTS WINS!



500

500

THROW THE BALL AS HIGH IN THE AIR AS YOU CAN AND SHOUT OUT A NUMBER BETWEEN 1 & 500. IF YOU CATCH THE BALL YOU GET THAT NUMBER OF POINTS, IF YOU DROP THE BALL YOU LOSE THE POINTS! SEE WHO CAN GET TO 1000 POINTS FIRST!

SPORTS DAY CHALLENGES

RESOURCE 4

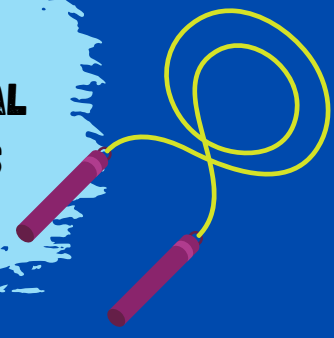


SPORTS DAY CHALLENGES AT HOME JUMPING!



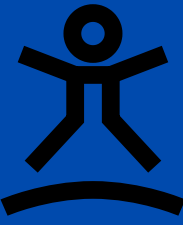
SKIPPING RACE!

THE SKIPPING RACE AT OUR ANNUAL ATHLETICS FESTIVAL IS ONE OF THE HIGHLIGHTS SO WHY NOT RECREATE THIS SKIPPING RACE AT HOME!



SPEED BOUNCE!

SET YOURSELF A TIMER AND SEE HOW MANY JUMPS YOU CAN DO IN 30 SECONDS FROM SIDE TO SIDE! IF IT'S TOO EASY AND YOU WANT A CHALLENGE THEN DRAW YOURSELF A LINE IN THE MIDDLE AND IF YOU HIT THAT LINE ON ONE OF YOUR JUMPS YOU HAVE TO START AGAIN!



LONG JUMP!

LONG JUMP IS A SPORTS DAY FAVOURITE SO DRAW A LINE IN YOUR BACK GARDEN/DRIVEWAY, LEAVE SPACE FOR A RUN UP AND SEE HOW FAR YOU CAN JUMP!

SPORTS DAY CHALLENGES

RESOURCE 5

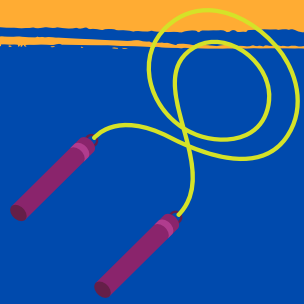
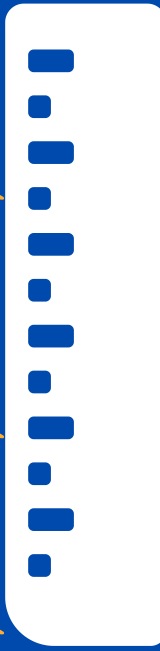


SPORTS DAY CHALLENGES AT HOME

CREATE YOUR OWN!



We've given you some sports day activities ideas but now it's over to you! We would love to see you come up with your own sports day at home - create your own obstacle course, races or anything else you can think of - it's completely up to you!



SSP CHALLENGES

RESOURCE 1

CLIMB 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?



MOUNTAIN CLIMBERS X 50



STAR JUMPS X 30



FROG JUMPS X 20



BURPEES X 20



**WELL DONE IF YOU REACHED THE TOP! LET US KNOW
YOUR TIME IF YOU TOOK PART!**



SSP CHALLENGES

RESOURCE 2

TRAVEL THE RIVER TYNE


THE RIVER TYNE IS 73 MILES LONG. YOU HAVE TO COMPLETE THESE ACTIVITIES THAT ADD UPTO 73 TO FINISH YOUR JOURNEY IN THE QUICKEST TIME POSSIBLE!


 10 SPRINT SHUTTLES IN YOUR GARDEN OR HOUSE = 10 MILES

 THROW AND CATCH A BALL OR 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



SSP CHALLENGES

RESOURCE 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 AND NO TALKING!

 **FOOTBALL**

 **NETBALL**

 **GYMNASTICS**

 **HOCKEY**

 **TENNIS**

 **SKIING**

 **CRICKET**



SSP CHALLENGES

RESOURCE 4

GATESHEAD ACTIVE WORDSEARCH

WHEN YOU FIND YOUR FIRST WORD YOU DO 5 STAR JUMPS! THEN EVERY TIME YOU FIND ANOTHER WORD ADD 5 MORE ON – GOOD LUCK!

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

SSP CHALLENGES

RESOURCE 5

SPORT CHARADES

CREATE A PAIR OF CARDS FOR EACH OF THE SPORTS BELOW. ONCE YOU HAVE YOUR PACK OF CARDS READY, SHUFFLE THEM UP AND PUT THEM FACE DOWN ON THE FLOOR. THEN TAKE IT IN TURNS WITH A FAMILY MEMBER TO RUN TO THE CARDS AND TURN TWO OVER TO TRY MAKE A PAIR!



FOOTBALL

RUGBY



HOCKEY

VOLLEYBALL



TABLE TENNIS

GOLF



CRICKET

GYMNASTICS



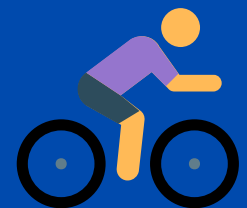
ATHLETICS

SWIMMING



BASKETBALL

CYCLING



TENNIS

BADMINTON



SUMMER SPORT CHALLENGES

RESOURCE 1 – ORIENTEERING CHALLENGE

TREASURE HUNT IN YOUR HOME



STEP 1: Create a map of your house similar to the map below.

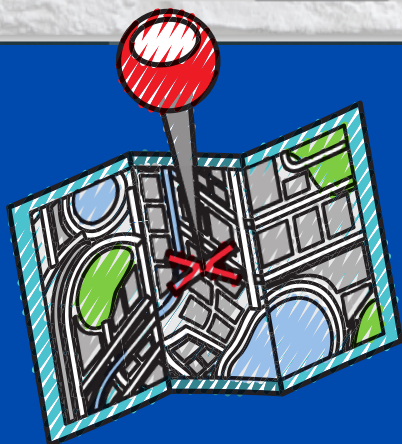
STEP 2: Write the numbers 1-10 on your map in different places where you will hide your treasure.

STEP 3: Use the sports below to write or draw on 10 different pieces of paper and hide where the numbers are on the map as the treasure! (For e.g. Football would be hidden at number 1)

STEP 4: Make sure the map is clear for whoever is going to find the hidden words or pictures! Will they get the right word for the number?

STEP 5: Time a family member to see how long it takes them to find all of your words/pictures! When a family member reaches a number from your map, they have to write down what word or drawing they have found. You can test them at the end to see if they got it all right!

1. Football
2. Swimming
3. Gymnastics
4. Netball
5. Golf
6. Rugby
7. Basketball
8. Cricket
9. Archery
10. Athletics



SUMMER SPORT CHALLENGES

RESOURCE 2 – FITNESS CHALLENGE

HOW LONG WILL IT TAKE YOU TO COMPLETE
THESE EXERCISES?



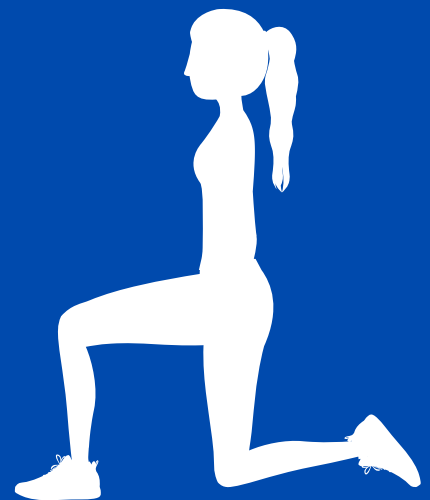
1.50 STAR JUMPS

2. 40 HIGH KNEES

3. 30 MOUNTAIN CLIMBERS

**4. JOG ON THE SPOT FOR
20 SECONDS**

5. 10 SQUAT JUMPS



SUMMER SPORT CHALLENGES

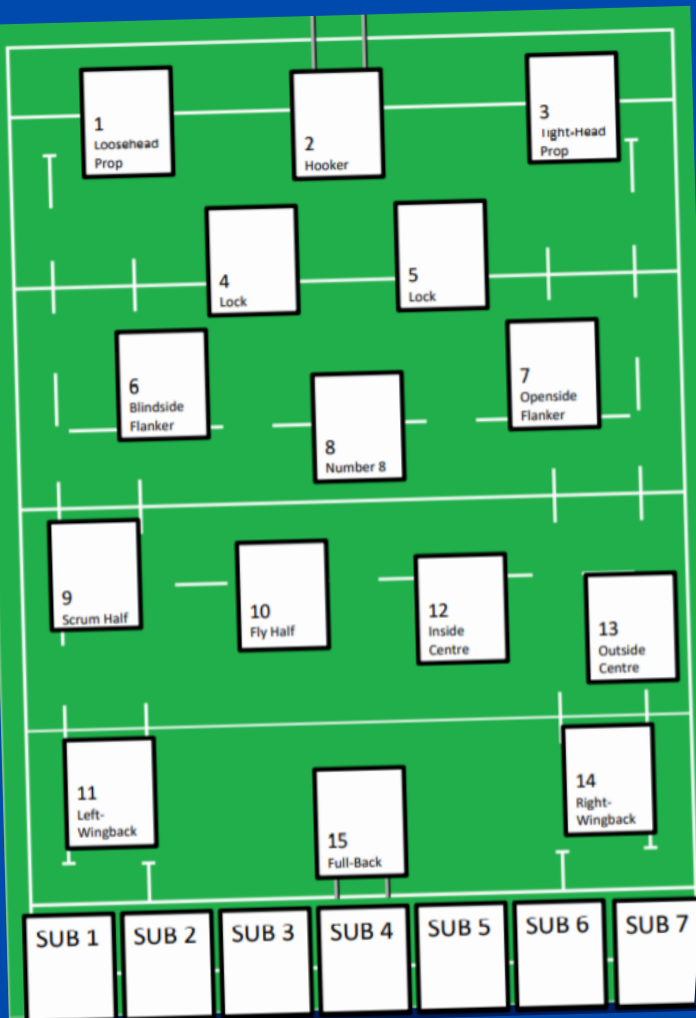
RESOURCE 3 – CREATE YOUR OWN RUGBY TEAM

BUDGET : £1,000,000

Using your budget you have the choice of the world's TOP 30 Rugby players, and we want you to select your best squad using our shortlist [here](#).

Squads are made up of your first 15 players and then an extra 7 substitutes. Remember not to go over your budget!

Follow the link above to access the full document with the costs of players and a squad template!



£££ - World's Top Players (1 to 10)

World Position	Player	Position	Cost
	1 Alun Wyn Jones	Lock	£200,000
	2 Beauden Barrett	Fly-Half	£190,000
	3 Mako Vunipola	Prop	£180,000
	4 Brodie Retallick	Lock	£170,000
	5 Liam Williams	Full/Left/Right Back	£160,000
	6 Owen Farrell	Fly-Half	£150,000
	7 Ben Smith	Full/Left/Right Back	£140,000
	8 Finn Russell	Fly-Half	£130,000
	9 Villame Mata	No. 8	£120,000
	10 Tadhg Furlong	Prop	£110,000

SUMMER SPORT CHALLENGES

RESOURCE 4 – BOCCIA AT HOME

#StayInWorkOut

Sock-ia

Primary or secondary challenge card

A game of precision, skill and tactics. The aim of the game is to get the ball (or socks!) as close to a white target ball (or socks!) as possible.

S T I E P

Ideas on how to adapt the activity in a national lockdown.

S

Space

- This could be played in whatever space is available. As a tabletop game, in the living room or in the garden
- Change the size of the space to make it easier or harder

T

Task

- If the end is won, for the next one lose a sock. The winner is the first person to have no socks left
- Try playing a team game, you could be sat in different parts of the space

T

Time

- Set a time limit to play each shot

E

Equipment

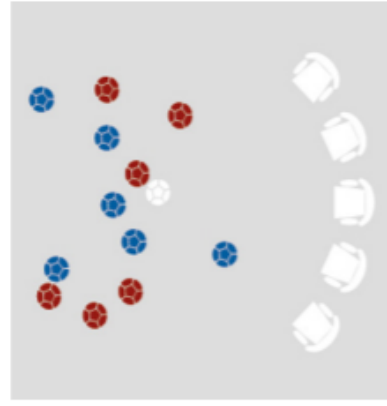
- If you can't throw the socks yourself, you could use a chopping board or box lid to act like a ramp to roll your socks down
- Throw the socks with the opposite hand to how you would normally

P

People

- Make a house league with everyone in your house having to play each other
- Play individually, in pairs or teams

In action



SCHOOL GAMES

www.bocciaengland.org.uk

www.yourschoolgames.com



SUMMER SPORT CHALLENGES

RESOURCE 5 – INCLUSIVE TENNIS ACTIVITIES

Intro to Tennis!



1. Bounce Catch Rallies

Good to start looking at the ball, standing sideways on and throwing to where you want it to go - accuracy.

- Ready/Warrior position: feet apart, bend knees, arms outstretched at hip height, ball between your palms.
- Drop the ball and catch it after it bounces with both or 1 hand(s). Moving your hands to come under the ball – x10 in a row.
- Same again with a partner taking it in turns to catch and pop up the ball – the start of a rally. Move around to make it harder.
- Hold the ball in both hands, turn your body and throw the ball from the side - partner can catch either with 2 rackets or mitts or both hands or one of each.

Tip: Bend your knees when catching – always keep your eyes on the ball to track it into your hands for a successful catch

2. Floor Tennis / Handball Rally

Great way to get control of the ball and introduce a cooperative rally

- Standing or sitting sideways on
- Roll the ball back and forth with your hand or a racket to a partner or a target
- Splat the ball with a racket or your hand to stop it before sending it back - this is sending and receiving the ball – a rally!
- Make a goal with two cones and aim to roll it through. How accurate are you with your hitting?
- Increase or decrease the size of the goal, or move closer/further away from your partner to make it easier/harder. Can you successfully hit 10 in a row through the goal?

Extra challenge! Try hitting with the other side of the racket across your body – This is the backhand

For video examples and more resources visit:

<https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

#UNITE ACTIVITIES

RESOURCE 1

  
#GATESHEADSSP

#DANCEUNITE

CONNECT | BE ACTIVE | GIVE | LEARN | TAKE NOTICE

WHAT IS #DANCEUNITE?

DANCEUNITE WAS OUR VIRTUAL DANCE FESTIVAL FOR 2020. THIS TOOK PLACE IN MAY AND WE HAD OVER HALF OF THE SCHOOLS IN GATESHEAD INVOLVED. OUR FRIEND CHERYL FROM THE CREATIVE DANCE CENTRE CREATED TUTORIALS TO HELP CHILDREN LEARN A FULL DANCE TO THE SONG 'BE WHO YOU ARE' BY SINGER CHANNY THOMPSON.

HOW TO GET INVOLVED...

YOU CAN STILL LEARN THE DANCE AND ACCESS THE TUTORIAL VIDEOS VIA OUR YOUTUBE CHANNEL [HERE](#).

FOLLOW THE TUTORIALS TO LEAD UP TO YOUR FINAL PERFORMANCE! MAKE SURE YOU LIKE, SHARE, TWEET US WITH YOUR VIDEOS AS YOU PROGRESS!



#UNITE ACTIVITIES

RESOURCE 2

  
#GATESHEADSSP

#RUNUNITE

CONNECT | BE ACTIVE | GIVE | LEARN | TAKE NOTICE

#RUNUNITE WAS THE SECOND #UNITE PROJECT THAT WE LAUNCHED AFTER THE SUCCESS OF #DANCEUNITE. WE BROUGHT MATT BACK AND ALSO FORMER OLYMPIAN PETER BAKARE AS YOUR VIRTUAL RUNNING BUDDIES. THE IDEA BEHIND #RUNUNITE WAS TO GET YOU ACTIVE AND OUT RUNNING/WALKING A 1 MILE ROUTE AROUND YOUR HOUSE WITH YOUR RUNNING BUDDY!

#RUNUNITE LASTED 1 WEEK AND EACH DAY THERE WAS A DIFFERENT THEME SHOWN BELOW, BUT WHY NOT SEE IF YOU CAN COME UP WITH YOUR OWN?

ALL THE #RUNUNITE VIDEOS ARE AVAILABLE TO WATCH ON OUR [#RUNUNITE PLAYLIST HERE!](#)

HOW TO GET INVOLVED...

1. CREATE A SAFE 1 MILE ROUTE WITH YOUR RUNNING BUDDY (PARENT/GUARDIAN) OR TAKE PART AT SCHOOL
2. WATCH OUR WARM UP VIDEO ON OUR YOUTUBE CHANNEL [GATESHEAD SSP](#)
3. SEE WHO YOUR VIRTUAL RUNNING BUDDY IS ON OUR YOUTUBE VIDEOS
4. ENJOY YOUR RUN, OUR DAILY THEMES AND MAKE SURE YOU LIKE, SHARE, TWEET US WITH YOUR PHOTOS AS YOU TAKE PART IN #RUNUNITE

DAILY THEMES...

- DAY 1 WEAR YOUR FAVOURITE SPORT'S SHIRT**
AN OPPORTUNITY TO WEAR YOUR FAVOURITE SPORTS SHIRT WITH PRIDE - IT COULD BE YOUR FAVOURITE TEAM SHIRT!
- DAY 2 VIRTUAL RELAY**
CONNECT WITH YOUR SCHOOL RELAY BY TAGGING YOUR SCHOOL/FRIENDS IN YOUR POSTS!
- DAY 3 FANCY DRESS**
AN OPPORTUNITY TO BE CREATIVE AND HAVE FUN, TAKE PART WEARING FANCY DRESS!
- DAY 4 ORIENTEERING**
THINK OF A WORD, TRY AND FIND EACH LETTER ON YOUR ROUTE USING STREET SIGNS!
- DAY 5 WEAR BLUE**
AN OPPORTUNITY TO WEAR AN ITEM OF BLUE CLOTHING TO SHOW YOUR SUPPORT FOR THE NHS!

BEFORE GETTING STARTED WITH #RUNUNITE YOU SHOULD WATCH THE INTRO VIDEO AND WARM UP TO MAKE SURE YOU'RE READY TO GO! DON'T FORGET YOU CAN RUN, WALK, CYCLE, SKATE - COMPLETE YOUR MILE HOWEVER YOU LIKE!

GIVE #RUNUNITE A GO, SEE IF YOU CAN COMPLETE THE RUNS, IMPROVE YOUR TIME AND HAVE FUN! DON'T FORGET TO LET US KNOW HOW YOU GET ON @GATESHEADSSP ON SOCIAL MEDIA!



#UNITE ACTIVITIES

RESOURCE 3

  
#GATESHEADSSP

#DRAWUNITE

CONNECT | BE ACTIVE | GIVE | LEARN | TAKE NOTICE

HOW TO GET INVOLVED...

ALTHOUGH THE COMPETITION IS OVER, WE ARE STILL CHALLENGING SCHOOL CHILDREN TO CREATE AN IMAGINATIVE POSTER SHOWING DIFFERENT PHYSICAL ACTIVITIES PEOPLE CAN GET INVOLVED WITH TO HELP MOTIVATE PEOPLE TO STAY ACTIVE DURING THIS TIME.

THIS COULD REFLECT ACTIVITIES CHILDREN HAVE TAKEN PART IN WITH THEIR HOUSEHOLD SUCH AS WALKING OR RUNNING. IT MAY BE A GAME YOU PLAY IN THE GARDEN WITH FAMILY!

CAN YOU TRY INCORPORATE THE #UNITE LOGO SOMEWHERE AS PART OF THE DESIGN?

SEE THE DETAILS BELOW ON HOW TO ACCESS THE TUTORIAL FROM ILLUSTRATOR LIZ MILLION TO GET YOU STARTED!

HELPFUL TIPS

1. CAN YOU INCLUDE SOMETHING THAT LINKS WITH THE '5 WAYS TO WELLBEING'?

CONNECT | BE ACTIVE | GIVE | LEARN | TAKE NOTICE

2. WATCH THE FULL TUTORIAL ON OUR YOUTUBE CHANNEL [HERE](#) FROM ILLUSTRATOR LIZ MILLION TO HELP YOU DRAW YOUR POSTER.

3. YOU CAN FIND OTHER HELPFUL RESOURCES FROM LIZ MILLION ON OUR WEBSITE [HERE](#) ON THE VIRTUAL EVENTS PAGE TO GET YOU STARTED!

4. SHARE IT WITH US ON SOCIAL MEDIA @GATESHEADSSP ON TWITTER, INSTAGRAM AND FACEBOOK!

#UNITE ACTIVITIES

RESOURCE 4

  
#GATESHEADSSP

#SKIPUNITE

CONNECT | BE ACTIVE | GIVE | LEARN | TAKE NOTICE

#SKIPUNITE WAS THE LAST PHYSICAL ACTIVITY #UNITE PROJECT THAT WE LAUNCHED! WE WORKED WITH CHRIS & JODI FROM SKIPPING SCHOOL, TO PRODUCE TUTORIAL VIDEOS FOR 4 BEGINNER SKIPPING SKILLS AND 4 ADVANCED SKIPPING SKILLS, AS WELL AS A TUTORIAL VIDEO FOR ALL OF OUR KEY STAGE 1 SUPER SKIPPERS! YOU CAN SEE THE DIFFERENT SKILLS AS WELL AS SOME TOP SKIPPING SAFETY TIPS BELOW.

ALL THE TUTORIAL VIDEOS ARE AVAILABLE TO WATCH ON OUR [#SKIPUNITE PLAYLIST HERE!](#)

KS1

Super Skipper Video

Basic jumping skills and how to turn a skipping rope. This will be shared at the start of the week and will remain on the GatesheadSSP YouTube Channel for schools to access

KS2 BEGINNER

Double Bounce

Speed Bounce

Hop & Swap

Side Swing

KS2 ADVANCED

Speed Bounce

Side Swing

Cross Over

Pretzel



BEFORE GETTING STARTED WITH #SKIPUNITE YOU SHOULD WATCH THE SKIPPING SKILLS INTRO VIDEO AND WARM UP TO MAKE SURE YOU'RE READY TO GO!

ONCE YOU'VE LEARNT ALL OF YOUR SKILLS YOU CAN THEN SET YOURSELF A PERSONAL CHALLENGE! YOU COULD SKIP TO YOUR FAVOURITE SONG OR SEE HOW MANY SKIPS YOU CAN DO IN 1 MINUTE IN A SKILL OF YOUR CHOICE!

SO GO AND GIVE #SKIPUNITE A GO, HAVE FUN AND DON'T FORGET TO LET US KNOW HOW YOU GET ON @GATESHEADSSP ON SOCIAL MEDIA!



#UNITE ACTIVITIES

RESOURCE 5

  
#GATESHEADSSP

#WRITEUNITE

CONNECT | BE ACTIVE | GIVE | LEARN | TAKE NOTICE

HOW TO GET INVOLVED...

ALTHOUGH THE #WRITEUNITE COMPETITION IS OVER, WE ARE STILL ASKING CHILDREN WRITE A POEM ABOUT A SCHOOL SPORTS DAY AND TO SHARE IT WITH US!

YOUR POEM ABOUT SPORTS DAY CAN BE REAL OR IMAGINARY, SILLY OR SERIOUS, RHYMING OR NON-RHYMING – IT'S ENTIRELY UP TO YOU! CONTENT SHOULD CELEBRATE EVERYTHING POSITIVE ABOUT THIS OCCASION.

SEE THE DETAILS BELOW ABOUT HOW YOU CAN FOLLOW THE TUTORIAL FROM AUTHOR LIZ MILLION.

HELPFUL TIPS

WATCH LIZ MILLION'S TUTORIAL ON HOW TO WRITE A SPORTS DAY POEM ON OUR YOUTUBE CHANNEL - GATESHEAD SCHOOL SPORTS PARTNERSHIP [HERE](#). LIZ WILL HELP YOU BRAINSTORM ALL OF YOUR IDEAS BEFORE YOU WRITE THE POEM.

MAKE YOUR POEM AS CREATIVE AS POSSIBLE. CAN YOU TRY TO FIT SOME OF THE '5 WAYS TO WELLBEING' IN? THESE ARE:

CONNECT, BE ACTIVE, LEARN, GIVE AND TAKE NOTICE.

SHARE YOUR POEMS WITH US ON SOCIAL MEDIA BY TAGGING US @GATESHEADSSP ON TWITTER, INSTAGRAM AND FACEBOOK.

#UNITE ACTIVITIES

RESOURCE 6

  
#GATESHEADSSP

#QUIZUNITE

CONNECT | BE ACTIVE | GIVE | LEARN | TAKE NOTICE

#QUIZUNITE IS A FUN SPORTS THEMED QUIZ THAT CAN BE PLAYED EITHER INDIVIDUALLY OR AS PART OF A TEAM WITH FRIENDS AND FAMILY! THE QUIZ IS AIMED AT UPPER KEY STAGE 2 BUT IS OPEN TO ANYONE WHO WANTS TO GIVE IT A GO AS IT'S ALL ABOUT HAVING FUN!

THE QUIZ IS AVAILABLE TO WATCH ON OUR GATESHEAD SCHOOL SPORT PARTNERSHIP YOUTUBE CHANNEL – YOU CAN FIND ALL VIDEOS, INCLUDING THE INTRODUCTION VIDEO, ON THE [#QUIZUNITE PLAYLIST HERE!](#)

DON'T FORGET TO LET US KNOW HOW YOU GET ON @GATESHEADSSP ON SOCIAL MEDIA!

THE QUIZ IS SPLIT UP INTO THE FOLLOWING 6 ROUNDS:

ROUND 1 – SPORTS GENERAL KNOWLEDGE

ROUND 2 – SPORTS STARS (WHO AM I?)

ROUND 3 – SPORT ANAGRAMS

ROUND 4 – THE SPORTS CONVEYER BELT

ROUND 5 – THE SPORT LOGO GAME

ROUND 6 – WHAT HAPPENS NEXT... (SPORTS STYLE!)

#QUIZUNITE IS ALL ABOUT HAVING FUN! THERE'S NO COMPETITION AND YOU EVEN HAVE YOUR 5 WAY TO WELLBEING WILDCARDS TO HELP YOU OUT WHEN YOU GET STUCK!

CONNECT – PHONE A FRIEND TO SEE IF THEY KNOW THE ANSWER

GIVE – SHARE ONE OF YOUR ANSWERS WITH A FRIEND/TEAM MEMBER TO HELP THEM OUT

LEARN – ASK YOUR QUIZMASTER FOR 1 MINUTE EXTRA TIME TO RESEARCH THE ANSWER TO A QUESTION YOU DON'T KNOW AND LEARN THE ANSWER

BE ACTIVE – GET YOUR 5 'BE ACTIVE BONUS POINTS' BY COMPLETING 10 STAR JUMPS / 10 HOPS / 10 BURPEES / 10 SIT UPS / 10 MOUNTAIN CLIMBERS

TAKE NOTICE – SHARE YOUR FAVOURITE QUIZ ANSWER SO FAR

THESE WILDCARDS CAN BE USED EITHER AS A TEAM OR INDIVIDUALLY DEPENDING ON HOW YOU'RE PLAYING AND EACH WILDCARD CAN BE USED ONCE THROUGHOUT THE QUIZ.

OUTDOOR AND ADVENTUROUS RESOURCE 1

ACTIVITY 1 LEAF ANIMALS

YOU'LL NEED:
LEAVES / STICKS
DECORATION FOR THE EYES
PAPER



OUTDOOR AND ADVENTUROUS RESOURCE 2

ACTIVITY 2

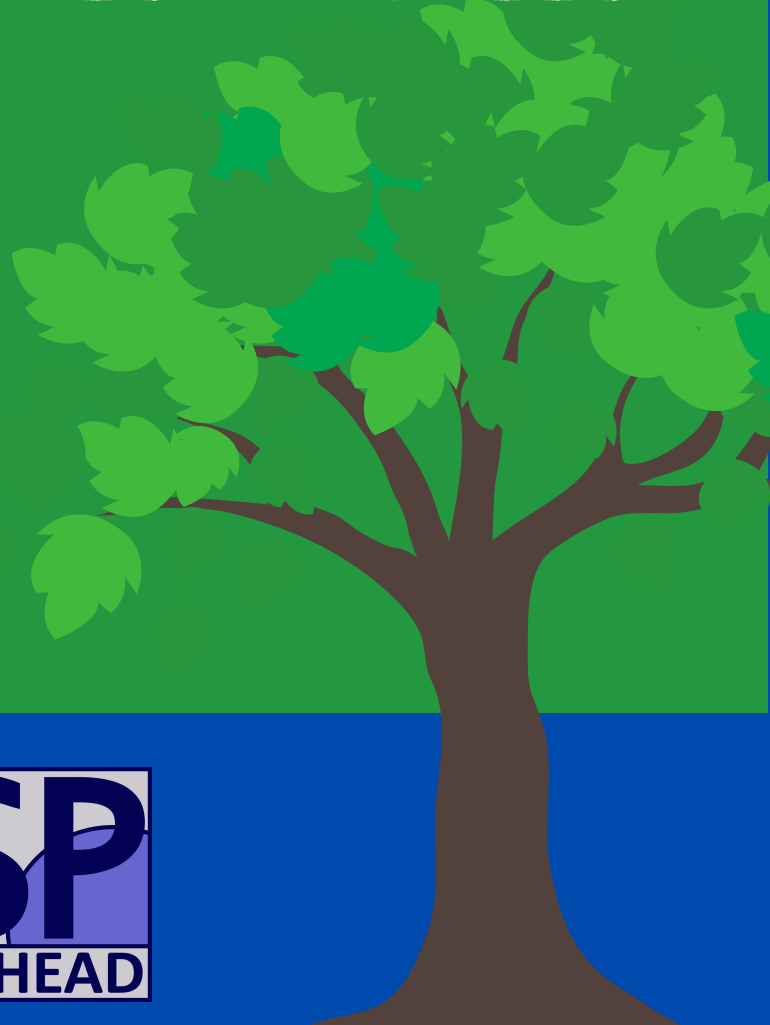
BARK RUBBING

YOU'LL NEED:

CRAYONS/CHALK

PAPER

DIFFERENT TYPES OF TREES



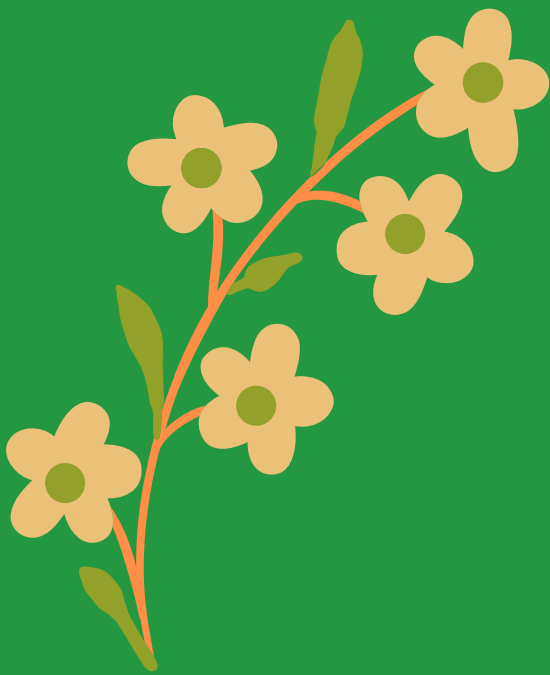
OUTDOOR AND ADVENTUROUS RESOURCE 3

ACTIVITY 3

MUD PIES

YOU'LL NEED:

- ANY KIND OF CUP / TIN
- MUD
- WATER
- DECORATION



OUTDOOR AND ADVENTUROUS RESOURCE 4

ACTIVITY 4

CREATE A TENT

WE WANT YOU TO CREATE YOUR OWN TENT IN YOUR HOUSE. CAN YOU TRY USE WHATEVER YOU HAVE TO MAKE ONE? YOU MAY WANT TO USE:

CHAIRS

BED SHEETS

HEAVY BOOKS

PEGS



OUTDOOR AND ADVENTUROUS RESOURCE 5

ACTIVITY 5

CREATE A BUG HOTEL!

CAN YOU FIND THINGS AROUND YOUR GARDEN
OR HOUSE TO CREATE A BUG HOTEL LIKE THIS?



PERSONAL BEST CHALLENGES

RESOURCE 1

PERSONAL BEST CHALLENGE 1

FITNESS

HOW MANY STAR JUMPS CAN YOU DO IN ONE
MINUTE?

15 STAR JUMPS



25 STAR JUMPS



35 STAR JUMPS



PERSONAL BEST CHALLENGES

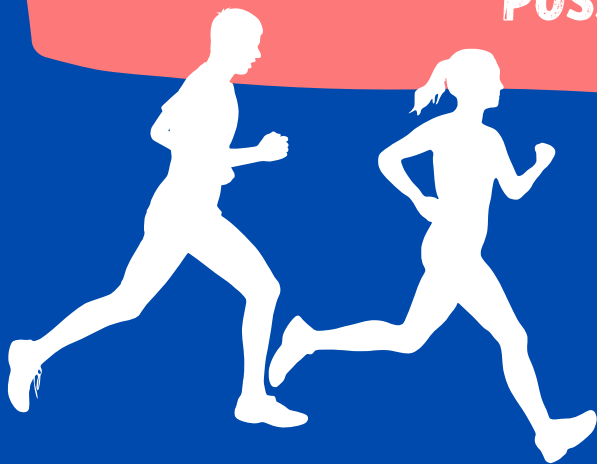
RESOURCE 2

PERSONAL BEST CHALLENGE 2

RUN / WALK/ 1 MILE IN THE FASTEST TIME YOU CAN!

DID YOU TAKE PART IN #RUNUNITE IN JUNE? IF SO WHY DONT YOU TRY TO BEAT YOUR PREVIOUS TIME? IF NOT AND ITS' YOUR FIRST TIME THEN WITH A FAMILY MEMBER PLAN A 1 MILE ROUTE AND GO OUT FOR A RUN!

IF YOU CAN'T RUN THEN COMPLETE IT ANY OTHER WAY POSSIBLE FOR YOU!



PERSONAL BEST CHALLENGES

RESOURCE 3

PERSONAL BEST CHALLENGE 3

THROWING AND CATCHING

HOW MANY CATCHES CAN YOU DO IN ONE MINUTE
WITH AN OBJECT? YOU CAN USE:

TENNIS BALL

FOOTBALL

PAIR OF SOCKS ROLLED UP

ITEM OF CLOTHING

BEANBAG



PERSONAL BEST CHALLENGES

RESOURCE 4

PERSONAL BEST CHALLENGE 4

JUMPING

HOW MANY BOUNCES CAN YOU DO IN 30 SECONDS OVER AN OBJECT?

YOU HAVE TO JUMP WITH TWO FEET TOGETHER AND BOUNCE SIDE TO SIDE OVER AN OBJECT ON THE FLOOR. YOU COULD

USE:

A TOWEL

A PILLOW

A PIECE OF CLOTHING



PERSONAL BEST CHALLENGES

RESOURCE 5

PERSONAL BEST CHALLENGE 5

LEARN A NEW SKILL OR TECHNIQUE

CAN YOU LEARN A NEW SKILL OR A NEW TECHNIQUE IN A SPORT OF YOUR CHOICE? LET US KNOW HOW YOU GET ON TRYING SOMETHING NEW AT HOME!

IT MAY BE:

A FOOTBALL SKILL

A TENNIS TRICK

A GYMNASTICS SKILL



LEADERSHIP CHALLENGES

RESOURCE 1

SPORTS LEADERSHIP – CHALLENGE 1

Teamwork
Makes
The Dream
Work

AS MANY REPS AS POSSIBLE CHALLENGE
CREATE A FITNESS WORKOUT FOR YOU AND YOUR
FRIENDS / FAMILY!

CHOOSE 5 DIFFERENT EXERCISES TO CREATE A FITNESS
ROUTINE. THEN WITHIN YOUR TEAM SEE HOW MANY REPS
YOU CAN COMPLETE OF THE EXERCISES IN 5 MINUTES!

YOU COULD DO STAR JUMPS, BURPEES – IT'S COMPLETELY
UP TO YOU, BUT MAKE SURE TO ASK YOUR FRIENDS/FAMILY
WHAT THEIR STRENGTHS ARE TO WORK TOGETHER AS A
TEAM AND INCREASE YOUR REPS!

LEADERSHIP CHALLENGES

RESOURCE 2

SPORTS LEADERSHIP – CHALLENGE 2

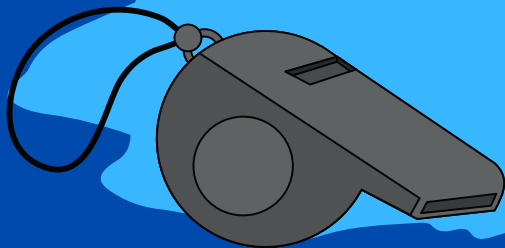


KNOW THE RULES

**LEARN 5 RULES IN A SPORT OF YOUR CHOICE
BEFORE TEACHING A FRIEND/FAMILY MEMBER!**

**CHOOSE 5 RULES FROM YOUR FAVOURITE SPORT – DO YOU
KNOW THEM WELL ENOUGH TO TEACH SOMEBODY ELSE?**

**ONCE YOU'VE DONE YOUR RESEARCH AND ARE FEELING
CONFIDENT THEN IT'S TIME TO TEACH SOMEONE ELSE
THOSE RULES TOO! ONCE THEY'RE HAPPY AND THINK THEY
UNDERSTAND WHAT YOU'VE TAUGHT THEM, ASK THEM TO
TEACH YOU!**



LEADERSHIP CHALLENGES

RESOURCE 3



SPORTS LEADERSHIP – CHALLENGE 3

TIME TO GET TECHNICAL

**CREATE A 10 MINUTE SESSION TO TEACH A SKILL
IN A SPORT OF YOUR CHOICE!**

**CAN YOU DO A CRUYFFE TURN IN FOOTBALL, A
FAKE DROPSHOT IN TENNIS OR SCORE 5 BASKETS
IN A ROW WITHOUT MISSING? WHATEVER YOUR
SPORT AND WHATEVER SKILL YOU CHOOSE,
CREATE A 10 MINUTE ACTIVITY TO HELP TEACH
SOMEONE ELSE SOME OF YOUR MOVES!**



LEADERSHIP CHALLENGES

RESOURCE 4

SPORTS LEADERSHIP – CHALLENGE 4

PLAYGROUND GAMES!

COME UP WITH A NEW FUN PLAYGROUND GAME TO
PLAY WITH YOUR FRIENDS WHEN YOU GO BACK TO
SCHOOL!

IT'S BEEN A WHILE SINCE YOU'VE BEEN IN THE
PLAYGROUND WITH ALL OF YOUR FRIENDS PLAYING,
SO YOUR NEXT CHALLENGE IS TO COME UP WITH A
NEW GAME THAT YOU CAN PLAY IN SEPTEMBER!

REMEMBER YOU MIGHT STILL NEED TO STAY 1
METRE APART!

school

LEADERSHIP CHALLENGES

RESOURCE 5

SPORTS LEADERSHIP – CHALLENGE 5



LOCKDOWN FITNESS FUN!

CREATE A POSTER SHOWING PEOPLE HOW YOU STAYED ACTIVE DURING LOCKDOWN!

WHAT DID YOU GET UP TO TO STAY FIT AND HEALTHY? DID YOU PLAY SPORTS, GO FOR A RUN, FIND WORKOUTS YOU COULD DO IN THE HOUSE?

WE WANT TO SEE EXACTLY WHAT YOU GOT UP TO DURING LOCKDOWN AND YOUR POSTER CAN TELL OTHER PEOPLE HOW THEY CAN STAY FIT AND ACTIVE TOO!



HEALTH & WELLBEING

GLOSSARY

During this time of uncertainty and change, health and wellbeing is more important than ever, especially before going back to school in September! This is why we want to provide all of our followers with access to some important resources that we have found through our Health & Wellbeing Service. You can access the following resources through our website [here](#).

- Government School Guidance - Re-Opening in September
- 5 Ways to Wellbeing Toolkit & Resources
- BBC Bitesize Parent Support Toolkits
- British Red Cross 'School's Out' Summer Support Pack
- Mentally Healthy Schools Coronavirus Anxiety Toolkits
- NSPCC Coronavirus Advice & Support for Parents/Carers



**THANK YOU FOR YOUR SUPPORT IN 2019/20.
WE HOPE YOU ALL HAVE A FANTASTIC
SUMMER HOLIDAYS, STAY SAFE AND ENJOY
THE ACTIVITIES IN THIS RESOURCE PACK!**

**YOU CAN FIND ADDITIONAL RESOURCES ON OUR
WEBSITE UNDER 'ACTIVITIES FOR ALL' [HERE](#)
AND DON'T FORGET TO KEEP US UPDATED AND
LET US KNOW HOW YOU'RE GETTING ON
@GATESHEADSSP ON FACEBOOK, TWITTER &
INSTAGRAM!**

SEE YOU IN SEPTEMBER!

The Gateshead School Sport Partnership Team

