



**YOUTH
SPORT
TRUST**

NATIONAL SCHOOL

SPORT WEEK 2020

AT HOME



HAPPY MONDAY

5 WAYS TO WELLBEING



BE ACTIVE



CONNECT



GIVE BACK



TAKE NOTICE



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The Week-Long Challenge!



This starts TODAY!!!

How far can you walk, run **or** cycle from Monday to Friday?



Remember, there will be separate leader boards for walkers, runners and cyclists so you just need to choose **one** of the activities!

Upload the distance covered on Strava via the app or manually every time you train to be part of the leader board!

Monday's Challenges!



The 'Shoe Balance' Challenge

<https://www.youtube.com/watch?v=G28-DU8EPaQ>

Send your best timed attempt to PE@alderchs.uk to be included on the leader board and don't forget to write **'shoe balance'** into the subject box!

The 'Waste Paper Bin' Challenge

How far away can you score from?

Try to be creative – throw, behind the back, kick, golf chip, eyes closed etc.!

Send your results to PE@alderchs.uk and don't forget to write **'waste paper bin challenge'** into the subject box!



Which Mathematician completed a 30 minutes for 30 days Hot Yoga/Pilates challenge this January?



Watch and Learn:

Today's pick:

one Football, Prince William and Our Mental Health

Home Clips Information and Support



Watch now

Documentary following Prince William's campaign to get British men to open up about mental health issues by using football as a way to get men talking and to break the taboo around the issue.

17 days left to watch
🕒 59 minutes

Last on
one Thu 4 Jun 2020
00:35
BBC ONE NORTHERN IRELAND HD &
NORTHERN IRELAND ONLY



TAKE NOTICE

<https://www.bbc.co.uk/programmes/m000jkbr>



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Mr Watt's Sporting Memory



One memory that sticks in my mind is going on tour to Arundel representing Greater Manchester in Under 13s. It was my first sports tour and I still speak to or play alongside many of the people that I toured with which goes to show the lasting affect relationships can have. We played against Leicester, London, Newcastle and many other major cities and finished a very respectable third. I got wicket keeper of the tournament which I was very proud of because I'd only just taken up wicket keeping the season before. I loved the whole week because the standard of the competition was so high and it didn't rain once! I'd love to know if any current England International players played in the same competition...



Send in your favourite sporting memories PE@alderchs.uk

GET INVOLVED!

BBC
iPlayer

