

Movement Monday – Be Active



Physical activity can improve wellbeing, reduce anxiety and depression

- Aim to be active every day and minimise the amount of sedentary inactive time
- Over a week aim to accumulate at least 2½ hours of moderate intensity activity e.g. 30 minutes on at least 5 days a week

1
Coleshill Heath School are taking part in the CSW School Games Virtual Challenge, an exciting programme of sporting competition running throughout the summer term, giving all children the chance to represent their school team. This week is Tennis.

2
Have a go at perfecting your target throw throughout the week and upload your results on Friday.
<http://www.thinkactive.org/cyp/school-games-virtual-challenge/>

3
Get active with Race you Pace. Register and challenge yourself, under 16s can take part in 10, 25 or 50 miles of running, cycling or walking.

PRIMARY Monday 1st June – Friday 5th June

TENNIS



Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to the Think Active webpage www.thinkactive.org/cyp/school-games-virtual-challenge/

