

Movement Monday – Be Active



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 cricket.

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

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

3
Get active with the BBC Super movers website
<https://www.bbc.co.uk/teach/supermovers/champions-collection/zhcdcqt>



PRIMARY Monday 18th May - Friday 22nd May

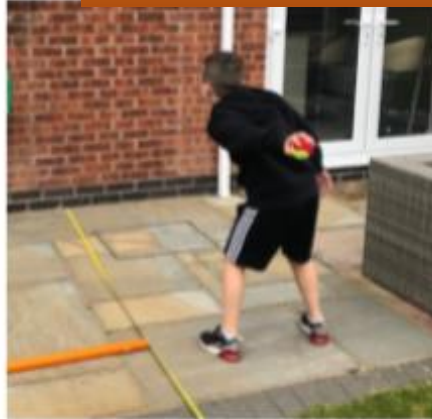
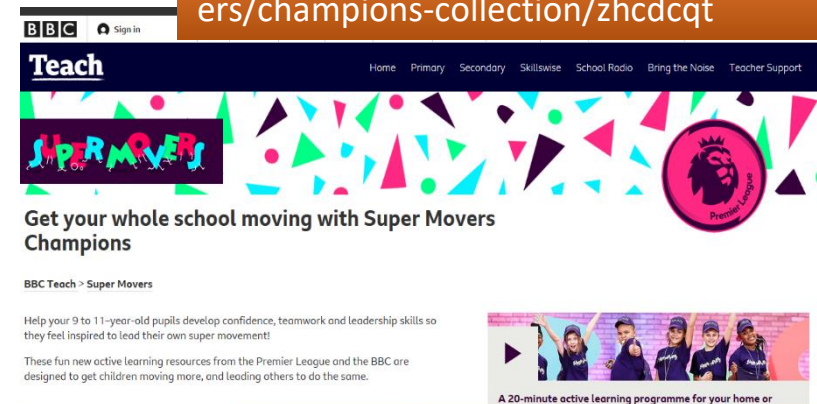
CRICKET

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/

BBC Teach Sign in

Home Primary Secondary Skillswise School Radio Bring the Noise Teacher Support

Teach SUPERMOVERS

Get your whole school moving with Super Movers Champions

BBC Teach > Super Movers

Help your 9 to 11-year-old pupils develop confidence, teamwork and leadership skills so they feel inspired to lead their own super movement!

These fun new active learning resources from the Premier League and the BBC are designed to get children moving more, and leading others to do the same.

A 20-minute active learning programme for your home or