

Mansfield School Games Keep Mansfield Moving Wk2



Learn to Ride – British Cycling (Age 4-7 Yrs.)

<https://readysetride.co.uk/activities>

Jump Start Jonny – Utube (All Primary)

<https://www.youtube.com>

Imoves – Offering free sign up to Parents (Age 4-11 yrs.)

<https://imoves.com/imovement-signup>

Wk1 – Activity Link Reminder



NHS Couch to 5k training programme (when we are allowed to roam again)

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

This Girls Can Disney Dance Routines

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

PE with Joe Wicks on UTube (This is very popular and very good!)

<https://www.youtube.com/watch?v=mhHY8mOQ5eo&t=36s>

Youth Sport Trust Learning – PE at Home

<https://www.youthsporttrust.org/pe-home-learning>

Change4Life Activities

<https://www.nhs.uk/change4life/activities>

BBC Super Movers

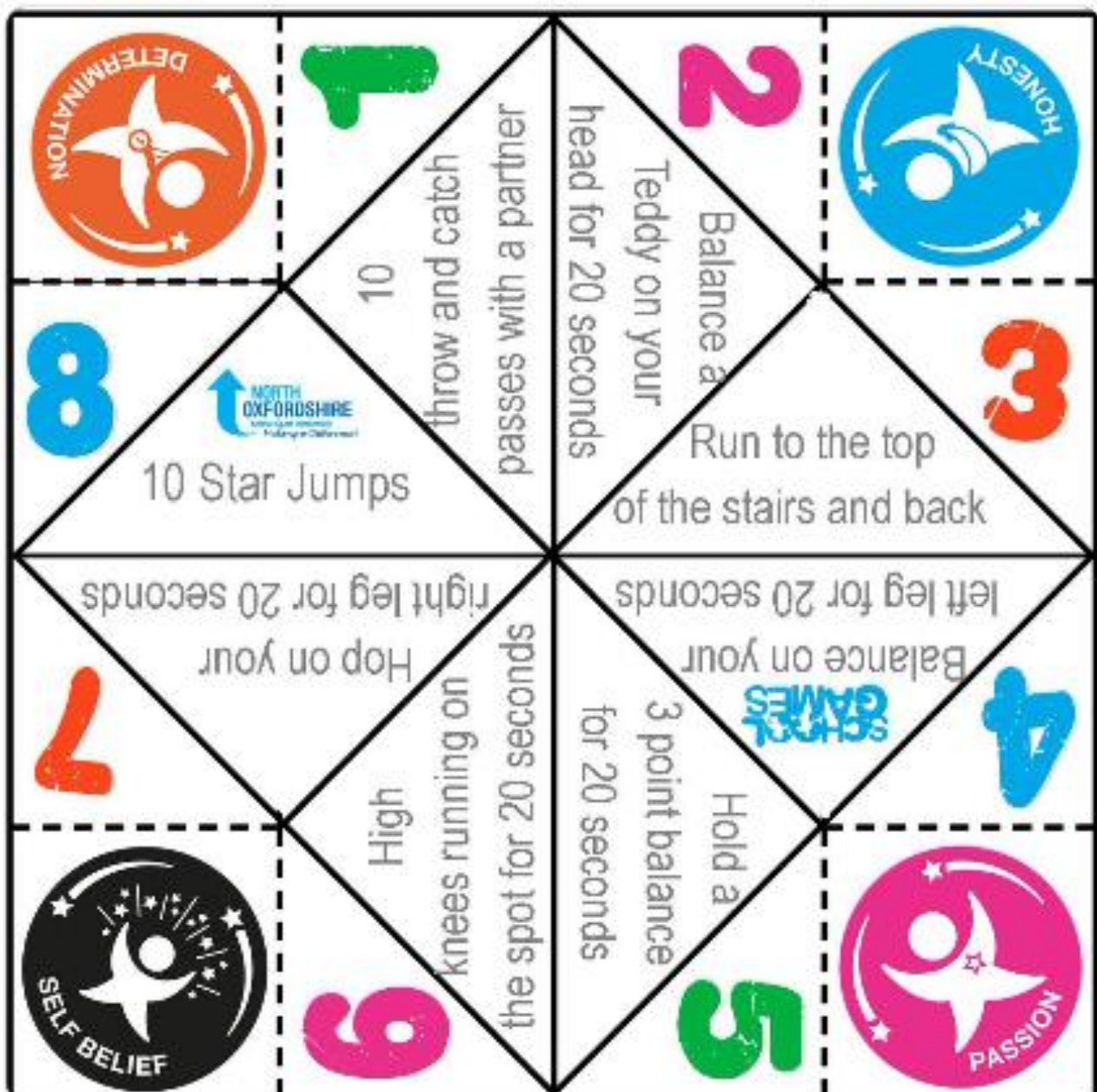
<https://www.bbc.co.uk/teach/supermovers>

Get Set – Olympic Games Indoor Activities

<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>

Fitness Challenge

Sometimes it's hard to decide what workout or exercise to do. To help you on your way @NorthOxonSSP created a **chatterbox challenge**. To take the Chatterbox Challenge, cut out the chatterbox below and follow the instructions on how to fold and play.



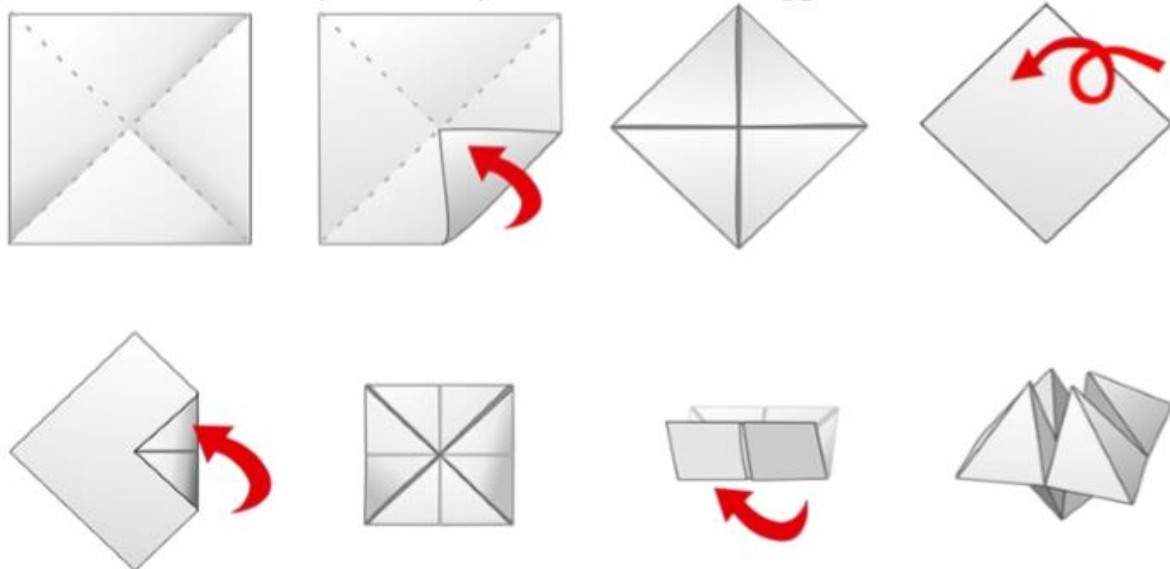
CHATTERBOX CHALLENGE

How to turn your paper in to a Chatterbox:

Make sure you start with the design face down

Fold and unfold corner to corner first to give a middle point.

There are lots of YouTube clips available if you need some extra folding guidance!



How to play?

- Ask a partner (sibling or grown up) to choose one of the words displayed on the outside of the chatterbox, then spell out that word opening and closing the chatterbox as you say each letter.
- At the end of spelling this word, four of the inside numbers will be displayed. Ask your partner to choose one of the numbers, and count up to that number opening and closing the chatterbox again as you say each number.
- At the end of counting out the numbers, four of the inside numbers will be displayed again. Ask your partner to choose one of the numbers and then open up the chosen number flap.
- Read out the task under the flap to your partner for them to complete - then swap over and keep taking it in turns to play.

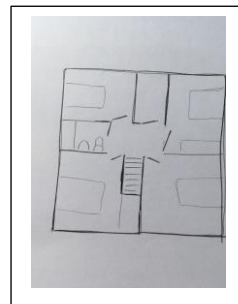
Curriculum Challenge - OAA

Turn your egg hunt into a learning opportunity by taking the Easter Egg Orienteering Challenge.

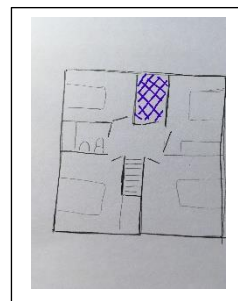
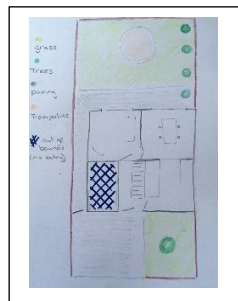
Remember when heading outdoors to follow Government Guidance and practice social distancing.

For those stuck closer to home, below are step by step instructions on how to design and undertake your own Orienteering based Egg Hunt.

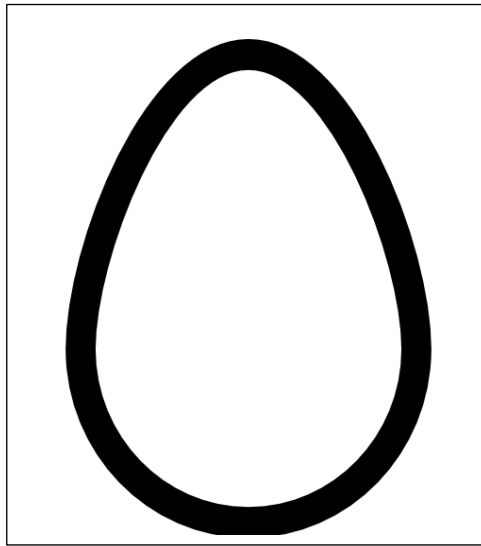
1. Draw a map of your location. You will need a separate drawing for each level.



2. Mark out the no-go zones.



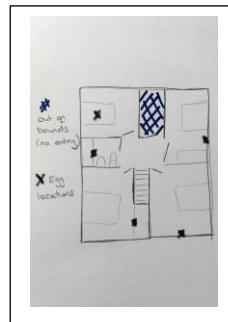
3. Cut out and design your eggs.



4. Ask an adult to hide the eggs and mark their location on the map.

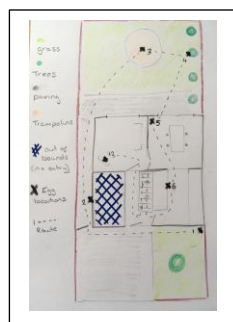


Ground floor

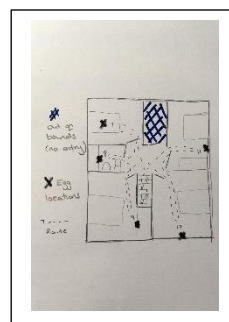


Upstairs

5. Plot the route and let the hunt begin.



Ground floor



Upstairs

Just for fun

After all that exercise, why not relax your body and test your brain with this School Games Values word search.

School Games is a National programme designed to keep competitive sport at the heart of **schools** and provide more young people with the opportunity to compete and achieve their personal best. There are **six values** which form the '**Spirit of the Games**'. Can you find them all in the word search below?

Spirit of the Games Word search

H	O	N	E	S	T	Y	A	M	O
A	Q	C	R	P	E	R	D	F	N
H	F	V	T	I	A	J	E	S	K
U	T	A	E	R	M	F	T	T	L
I	C	L	W	I	W	Y	E	Z	G
M	E	U	D	T	O	T	R	A	A
L	P	E	S	Y	R	O	M	W	M
O	S	S	P	Q	K	E	I	H	E
O	E	B	E	A	I	B	N	U	S
H	R	N	V	C	S	M	A	C	V
C	Z	R	X	W	G	S	T	L	P
S	E	L	F	B	E	L	I	E	F
P	G	O	K	H	H	D	O	O	P
L	S	T	H	E	N	X	N	J	N



What other words can you find?