

# Plan your NSSW at Home 2020 - What will you choose to do?

|                  |                                  | Example  | Sat 20th | Sun 21st | Mon 22nd | Tues 23rd | Wed 24th | Thurs 25th | Fri 26th |
|------------------|----------------------------------|--|----------|----------|----------|-----------|----------|------------|----------|
| <b>Choose</b>    | What activity will you try?      | <i>Egg and spoon race</i>                            |          |          |          |           |          |            |          |
|                  | How will you play?               | <i>Outside, in teams of two, best of three races</i> |          |          |          |           |          |            |          |
|                  | Who is playing?                  | <i>My family</i>                                     |          |          |          |           |          |            |          |
| <b>Challenge</b> | Who will you challenge?          | <i>My Auntie's family</i>                            |          |          |          |           |          |            |          |
| <b>Capture</b>   | How will you capture the memory? | <i>Photos, videos, and timing the races</i>          |          |          |          |           |          |            |          |
| <b>Reflect</b>   | What did you learn?              | <i>My sister and I make a great team</i>             |          |          |          |           |          |            |          |

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?

#NSSWtogether



YOUTH  
SPORT  
TRUST

sky sports