



The Priory School Sport Week 2020

Monday 22nd – Friday 26th June



On each day we have a themed set of activities which we would like you to choose from (whether you are at home or in school):

Remember to send your photos to helpdesk@prioryceprimary.co.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Athletics (Track & Field)</p> <ul style="list-style-type: none"> • Quick Start - How fast can you react from different starting positions to sprint a set distance? • Speed bounce - this will certainly get your heart racing. How many times can you jump side to side in 60 seconds? • Right Way Wrong Way - in 60 seconds, can you challenge someone to turn everything the right way, as you turn everything the wrong way? You could play this in teams, or as a relay. • Wacky races - can you create your own Wacky race? Add obstacles, find different ways to move and compete against the clock? Challenge someone in your home, or virtually to take part too. • Running cards - race against the clock and an opponent to reveal the Ace to the King in a suit of cards. How quickly can you complete the challenge? Can you improve your time? • Nutty squirrels - as a team or individually, how many items can you collect before they are all gone? 	<p>Aiming Sports</p> <ul style="list-style-type: none"> • Frisbee golf - get creative with setting up a course around your house, either indoors or out. Decide how many shots to allow per hole and have fun. • Target games - there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, then attempt to beat your personal best. • King of the cones - can you be the king or queen of the cones? Hit your opponent's cone, collect it and add it to yours. Can you hit them all to win? • In the box - how far away from the box can you get and still land your ball on target? Challenge yourself to improve your personal best. • Tap up tennis - how many times can you tap up a tennis ball in 60 seconds? How many times can you rally with a partner to keep the ball up in 60 seconds? 	<p>Team Sports</p> <ul style="list-style-type: none"> • Super session - there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, work together and aim to beat your personal best. • Fast feet - how many times can you dribble a ball around a marker and back in 60 seconds? Does this improve when you are part of a team? Try using different types of ball! • Wastepaper Basketball - how far can you shoot a basket from into a bin? Challenge someone to beat your distance and find new ways to throw it in! • Keepy uppy challenge - an oldie but a goodie! How many can you do in a pair, as a team? Try using different types of balls or objects. • Cool catcher - how many throws and catches can you do with a partner in 60 seconds? Could you make it more challenging? E.g. turn around after each throw. • Sock wars - a bit like tag rugby, can you protect your socks from capture by your opponents? 	<p>Adventure Sports</p> <ul style="list-style-type: none"> • Race across the river - using only two flat objects can you cross the river without touching the floor? Challenge yourself to find new ways to move, can you get faster? • Orienteering challenge - create an orienteering treasure hunt in your own home or local surroundings. Can you make the challenge more difficult by hiding items that spell out a hidden word? • Swipe and swap - how good are you at moving objects with different parts of your body? This is a great activity for core stability and balance. Can you challenge yourself to beat your personal best in three attempts? • Horizontal climbing - don't worry you don't need to climb the side of your house for this one! Just use socks and gloves and remember to maintain three points of contact! • Go for a bike ride - find a new route, challenge yourself to cycle further or faster in a time trial. Stay safe and take notice of your environment. 	<p>Artistic Sports</p> <ul style="list-style-type: none"> • Partner dance - find a partner and have fun. Either copy this dance or get creative and choreograph your own. • Disney Dance Along - looking for inspiration, then check out these Disney themed dances. Find a partner, pick your favourite Disney Dance, practise and perform. • Cosmic Kids Yoga - relax and practise your poses with some Yoga. Can you get your whole family involved? Could you then create your own Yoga flow? • KIDZBOP - choose your favourite song, gather your backing dancers, watch the video and recreate the dance. Could you use this as inspiration to create your own dance? • Upside down challenge - can you balance something on your body as you turn upside down? Head stands, handstands, balances - get creative. • Become a super mover! - there are lots of ideas here for you to try. Dance with Alex Scott, Max and Harvey or The Vamps! Get the whole family involved in the dance mat fun. Follow the moves and feel the groove!