

DERBYSHIRE SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



The School Games Organiser network and Active Derbyshire are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

Whilst the weekly activities are normally themed around one sport, this week we are focusing on National School Sport Week. All activities provided as part of National School Sport Week have been developed so everyone can have a go using equipment found in the home and at school.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. The resources will give simple ideas on how to be physically active, but if you are after more ideas, please visit the Active Derbyshire [website](#), or contact your local School Games Organiser by clicking on their logo within this resource.

As with all other weeks' activity, there will be a virtual competition on Friday, details of which are shown on the schedule page. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Derbyshire website, in our newsletter, on the Active Derbyshire Facebook, @Active Derbys Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to derbyshireschoolgames@activederbyshire.org.uk

For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

YOUR SPORTS DAY

SECONDARY

This week is National School Sport Week which is all about uniting families and schools in a celebration of the power of sport.

Your task this week is to design, promote, and take part in your very own Sports Day for you and your family. This resource will provide you with ideas on how to do this. At the end of the week you can send in some or all of your ideas about your sports day via our virtual competition. Earn points for your school and download your certificate.

The activities you can do this week are from National School Sport Week (**attached to this resource**). Find out more about National School Sport Week [here](#).

Remember to follow the Government guidelines on social distancing and stay safe.

How can you demonstrate all of the School Games values throughout the week?



WHAT ARE YOUR FAVOURITE SPORTS DAY ACTIVITIES?



DID YOU KNOW?

Tuesday 23rd June is International Olympic Day! The Olympics and Paralympics should have taken place 23rd July – 8th August and 24th August – 5th September 2020 respectively, but have now been postponed until 2021. Can you name the city in which the games will be taking place?

SECONDARY

FOLLOW THESE STEPS

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

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STEP 1

Plan

Pick your Sports Day activities. Either:

- Use the National School Sport Week resource to do this or design your own!
- Pick as many as you wish.

Try a couple of the activities to find your favourite.

Design a social media campaign to promote your day.

STEP 2

Prepare

Practice all of your Sports Day activities.

- Gather all of the equipment you need.
- Ensure you are in a safe environment and are wearing appropriate clothing.

Design your own scorecard for the activities (*see later for an example*).

STEP 3

Promote

Demonstrate your chosen activities to a family member, friend or someone at school.

Write an opening or closing speech for your Sports Day.

STEP 4

Celebrate

Run through all of your chosen activities.

Make sure everyone is ready for Sports Day.

Design a medal, or certificate for everyone who takes part (*see later for an example*).

STEP 5

Sports Day & Virtual Competition

Deliver your Sports Day, making sure everyone tries their best and enjoys themselves. Design your own way of celebrating and show others, e.g. the 'Mo-bot' and celebrate everyone's achievements.

Once complete, submit your entry (campaign, video, medal, or certificate) to the competition at www.activederbyshire.org.uk/forms/view/sgvc before 9:00am on Friday 3rd July 2020 Earn points for your school and download your certificate

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MEDAL TEMPLATES

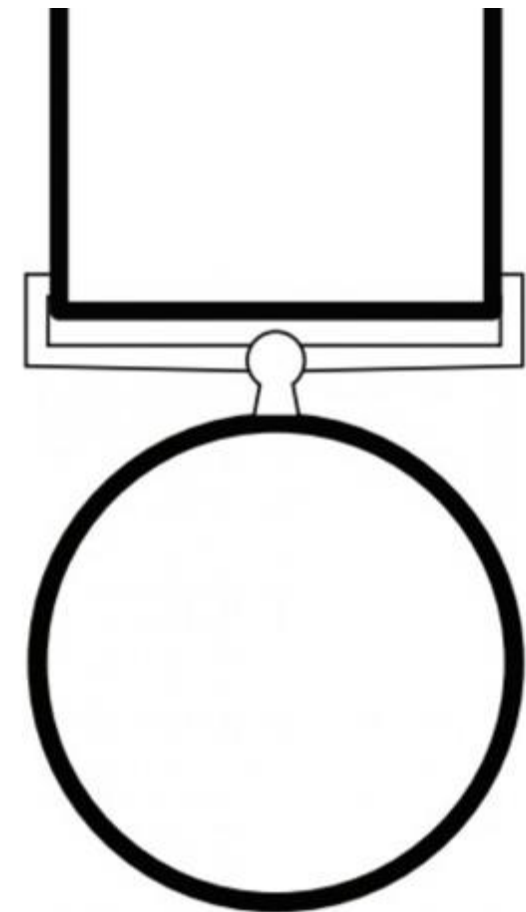
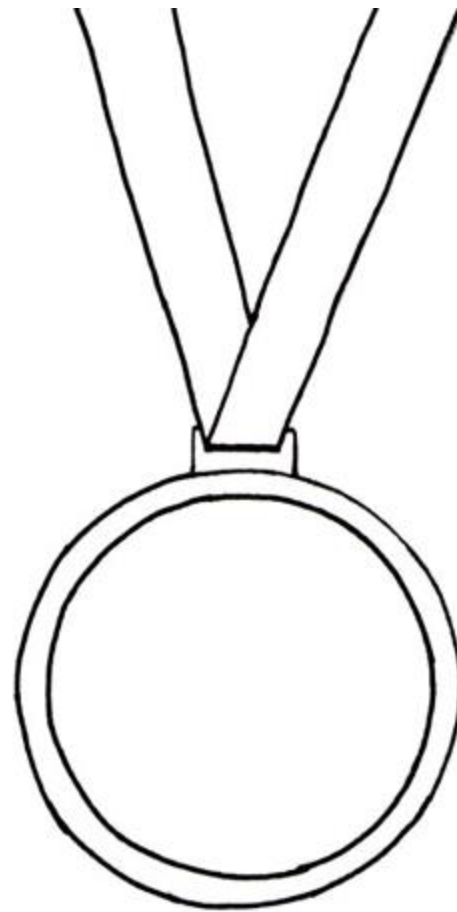


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SCORECARD TEMPLATE

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Name of Activity	Person 1 (best score)	Person 2 (best score)	Person 3 (best score)
1. e.g. Speed Bounce	32	50	46
2.			
3.			
4.			
5.			
6.			
7.			
8.			

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