**National School Sports Week**

As a school, we are preparing to join the Youth Sport Trust and Sky Sports to help young people and families up and down the country engage in a week of virtual sporting challenges.

With pupils set to miss out on their main school sport day this summer, the Youth Sport Trust is taking its’ annual ‘National School Sport Week’ campaign beyond the school gates to parents and families - reinvented as ‘National School Sport Week at Home’.

Taking place from 20th to 26th June, the UK-wide campaign will give families the chance to capture the enjoyment, competition and camaraderie they have been missing out on during weeks of school closures and social distancing.

With social distancing in place, pupils and staff will be taking part in the week by completing a number of at home challenges as well as a daily personal challenge. The personal challenges are outlined below and each will have more detail on your daily home learning sheet. There is also a booklet of ideas for the children to choose a home challenge which they can enjoy with family on our school website in the news section.

**Personal Challenges**

Saturday 20th June - Wash basketball/ Bin Basketball

Sunday 21st June - Speed Bounce

Monday 22nd June - Star Jumps

Tuesday 23rd June - Plank

Wednesday 24th June - Keepy upys

Thursday 25th June - Dribble

Friday 26th June - Stair step-ups

**NOTE: This is set Monday to Friday so focus on those challenges please.**

We encourage everyone to take part including family and friends and would love to see your efforts and completed challenge record sheets by sharing a photo or video with our school twitter page (@ecclaneends). Remember, you can submit your scorecards to your teachers on Friday through Seesaw.

Good luck!

**Monday’s personal Challenge**

**Monday- Star Jumps- How many can you do in 1 minute?**

**Today personal challenge is…**

**Tuesday- Plank- How long can you hold your body up before your belly touches the floor?**

Remember to fill your scorecard in ready to hand in on Friday

**Today personal challenge is…**

**Wednesday- Keepy upys- Hit ball using a racket and a ball/ kick using football or balloon/ hit a pair of socks or balloon with your hands. How many times you can hit the object without it hitting the floor?**

Remember to fill your scorecard in ready to hand in on Friday

**Today personal challenge is…**

**Thursday- Dribble- set 2 cones (or toys/ socks etc) 5 metres apart. How many times can you dribble a ball around the markers in 1 minute?**

Remember to fill your scorecard in ready to hand in on Friday

**Today personal challenge is…**

**Friday- Stair step ups- how many times can you step up and down off the bottom step in one minute?**

Remember to fill your scorecard in and submit this to your class teacher TODAY.