

NOTTS SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



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

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

The School Games Organiser network and Active Notts 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.

The weekly activities will be sport themed and include golf, football, tennis, orienteering, athletics, cricket, gymnastics, boccia, netball and badminton. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

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. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit Active Notts [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement. There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. 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. 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 nottsschoolgames@activenotts.org.uk

INTRODUCTION TO

Orienteering



30mins

KEY WORDS IN ORIENTEERING

Find out what these words mean...

Bearing

Map Key / Legend

Compass

Control

Course

Feature

Map

What is Orienteering?

Orienteering originated in Sweden in 1918. Youth leader, Ernst Killander wanted to make running more enjoyable so he set out courses in the forests using flags as markers, which were shown on the map given to each competitor. His idea was a great success and a properly organised sport soon developed. The competitor aims to complete a course by visiting a number of checkpoints marked on a large-scale orienteering map. At each checkpoint, or control, there is a marker and/or a punch which you use to prove that you have been there. The runners choose their own routes between controls, hopefully the best and quickest, and the winner is the person who visits all the controls and returns to base in the fastest time.

The history of Orienteering...

The Swedish Orienteering Federation was set up in the 1930s and the sport soon spread to nearby Finland and Norway. Scandinavia today has Orienteering clubs in every small town and many thousands of people compete. In 1970 7,400 orienteers from 20 nations competed in the annual "0-Ringen" event. 1966 saw the first World Championships which are now held every two years. These events used to be dominated by the Scandinavians but now many other European countries have strong competitors.

Find out more

Watch these videos to find out more about Orienteering <https://orienteering.sport/orienteering/>

Baseplate Compass



Control Point



Orienteering Map



SPORT THEME

Orienteering and Challenges

PRIMARY

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

MONDAY MOVERS

! Literacy skills

Activity overview

A to Z Scavenger Hunt

Can you find objects inside or outside the house for every letter of the alphabet?

Equipment needed

- Pen, or pencil
- Paper
- Colouring pens or pencils (optional)

School Games value focus

Determination

TUESDAY CHALLENGE

! Personal challenge

Activity overview

Design and Build a Den

Can you design and build your own indoor, or outdoor den/fort?

Equipment needed

Anything you think you need to build your den/fort. Some ideas to get you started:

- Chairs
- Sheets
- Blankets

School Games value focus

Self Belief

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WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Treasure Hunt Map

Make a map of your house and/or garden to make a treasure hunt

Equipment needed

- Paper
- Pens and pencils
- Ruler
- Objects to hide

School Games value focus

Teamwork

#stayinworkout

THURSDAY THINKING

! Problem solving

Activity overview

Go With the Flow...

Move the objects using a cup, or similar

Equipment needed

- Buckets/washing up bowl, or similar to hold water
- Anything to move the objects - be creative

School Games value focus

Honesty

NOTTS SCHOOL GAMES

FRIDAY FUN

! Virtual competition

Activity overview

Big Art!

Use objects from the garden or house to make a big art picture

Orienteering

Complete a full set of all compass points correctly in your quickest time
Submit your entry to either or both at [here](#) before 9am on Friday 29th May

Equipment needed

- Get creative and find objects that are the colours of the rainbow

School Games value focus

Passion

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



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MONDAY MOVERS

! Links literacy skills

A to Z Scavenger Hunt



30mins

ACTIVITY

- Get yourself a pencil or pen and a piece of paper or notebook
- Write the alphabet down one side of the paper
- Can you find objects inside or outside the house for every letter of the alphabet?
- You might need to get a little bit creative for trickier letters

EQUIPMENT NEEDED

- Something to write with; pen, pencil, or colouring pens/ pencils
- Paper



How can you demonstrate **Determination** throughout this challenge?

Be determined as some letters will be tricky to find in and around the house

! TOP TIPS

Complete the scavenger hunt as a team in a relay style game.
Why not try drawing your objects for a player to guess?

Why not try this now...

<https://www.goodhousekeeping.com/life/parenting/g32050844/scavenger-hunt-ideas-for-kids/>



MAKE IT EASIER...

- Use the letters of your name and find objects that match
- Pick a colour and find as many objects as you can. i.e. green Apple, green Bucket, green Crayon

MORE OF A CHALLENGE

- Try and complete the alphabet only using adjectives (describing words) for the objects that you find
- Challenge yourself by wearing a blindfold and asking someone to choose an object from around the house. Try and guess what it is. Make sure you stay safe and move carefully!

MAKE IT INCLUSIVE

- Make a list of different textures (fluffy, hard, soft, squashy) and colours. How many of these can you find objects for?

LEAD OTHERS

- Try and play this with a someone else in your household. Make sure you explain the task clearly

TUESDAY CHALLENGE

Design and Build a Den



30mins

! Personal Challenge

ACTIVITY

- Find a clear space either inside or outside of your house. Make sure it is a safe place to build
- Use chairs, blankets or other objects to make your den
- Don't forget to include somewhere comfy to sit and maybe take some snacks too!
- Why not share photos of your den on social media – search for 'Active Derbyshire' and tag us

EQUIPMENT NEEDED

Get creative in the items you use to build your den. e.g.

- Sheets
- Blankets
- Clothes pegs



How can you demonstrate **Self Belief** throughout this challenge?

You know you can do this, so if your den does not work the first time – change your ideas until it does!

! **TOP TIPS** Create a strong base and make sure your covering is fully supported

More building tips <https://www.noaandnani.co.uk/den-building-ideas-for-the-best-dens-ever-i43>



MAKE IT EASIER...

- Start by getting creative and design your own den
- Research ideas on the internet

MORE OF A CHALLENGE

- Include an opening/closing door
- Make it big enough to fit more than one person

MAKE IT INCLUSIVE

- Try to make a small den for your favourite toy to hide in

LEAD OTHERS

- Work with a member of your household to build your den
- Create a set of instructions for someone else to build a den

WEDNESDAY WORKOUT

Treasure Hunt Map



30mins

! Links to numeracy/literacy

ACTIVITY

- Get yourself some pens, pencils and paper
- Draw a simple map of your house or outside space
- Make sure you include a key with all the important parts (features) of your house and garden
- Remember, it should be a bird's eye view (looking down from above)
- Don't forget to add some colour on your map
- Using your map hide objects such as toys around the house, mark their location accurately on your map and try to find them in the quickest time

EQUIPMENT NEEDED

- Paper
- Ruler
- Colouring pens/pencils
- Pen or pencil



How can you demonstrate **Teamwork** throughout this challenge?

Ask other people for help when you are making your map and treasure hunt.

! TOP TIPS

Cold used tea bags or coffee are great ways to stain your map to make it look old fashioned

Why not try this now... <https://www.scottish-orienteering.org/lets-get-started-orienteering/>



MAKE IT EASIER...

- Pick one room in your house. Draw a map of everything that is in the room, e.g. TV, sofa, bookcase, rug
- Place some objects on the floor. Can you draw a map of what you see when standing above and looking down

MORE OF A CHALLENGE

- Can you use a scale when drawing - for example for every 1m you measure of your house this could be 10cm on your map
- Draw a map of your street or local area. Include key features

MAKE IT INCLUSIVE

- Get a magazine or draw and cut-out furniture for a room and glue them on your map in the right place
- Go outside and make a sensory map, e.g. pick grass to represent grass on your map, use twigs for fences, moss for bushes

LEAD OTHERS

- Can you make a map that can be used in a treasure hunt for someone else in your house?

THURSDAY THINKING

Go with the flow...



30mins

! Problem solving

ACTIVITY

- Place two containers either side of the space that you are playing in. One of the containers will be empty, and the other filled with an item(s) i.e. water, paper balls or lego
- Starting at the same side as the full container, your challenge is to transfer your items across into the empty container. Try not to drop or spill the items
- Your hands can't touch the items that you are transporting

EQUIPMENT NEEDED

- Two containers to put the items in
- Items to transport (see suggestions below)
- Get creative with the items you use, but ask an adult first

Some item suggestions:

- Inside the house – e.g. small balls, beads, lego
- Outside – e.g. water, sand, soil, leaves, twigs



How can you demonstrate Honesty throughout this challenge?

Your honesty will shine through when you follow the rules to complete the challenges

! TOP TIPS

Be careful when using objects - make sure you don't use anything that could break or cause a big mess!



MAKE IT EASIER...

- Move the containers closer, i.e. next to each other
- Use less items to transport

MORE OF A CHALLENGE

- Create obstacles on your path that you might need to go over, under or around
- Give yourself a time challenge - set a timer for 2 minutes and see how many items you can transport in that time

MAKE IT INCLUSIVE

- Choose lighter/bigger items to transport. Find creative ways of moving them from one side of your body to the other

LEAD OTHERS

- Get someone who you live with to help you so that you can complete the task blindfolded. Remember to use clear and simple instructions, move slowly and stay safe

Why not try this now... *This group task can easily be done on your own or with a member of your household
<https://www.trainingcoursematerial.com/free-games-activities/creative-thinking-activities/paper-aeroplanes>

FRIDAY FUN

! Virtual competition

Big Art!



30mins

ACTIVITY

- Before creating your big art, make a plan of what you are going to do, it can be anything!
- Grab a pen and paper, find the items around your house or garden that you are going to use and draw your plan.
- Now use your sketch outline to create your big art design in real life.
- When complete, submit your entry to the competition at www.activenotts.org.uk/forms/view/sgvc before **9am on Friday 29th May 2020**. Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw

EQUIPMENT NEEDED

- Pens/pencils, paper for your sketch
- Coloured pencils
- Any items or colours that will help you to complete your big piece of art, e.g. toys, lego, clothing, cushions, twigs, fruit, empty food containers



How can you demonstrate Passion throughout this challenge?

What do you feel passionate about? For example rainbows are being used to 'spread hope' during the coronavirus pandemic. You could make a rainbow to show your support.

! TOP TIPS

Be careful when using objects make sure you don't use anything that could break and ask an adults' permission first!

Why not try this now... <https://artfulparent.com/nature-art-for-kids/>



MAKE IT EASIER...

- Why not make a collage using cut up paper of different colours from newspapers or magazines
- You could put it up in a window for other people to see

MORE OF A CHALLENGE

- Add a message to your big picture, e.g. Stay Safe
- Working with someone in your house, use your accurate plan to complete the big art without speaking

MAKE IT INCLUSIVE

- Make a digital image of your idea using a computer
- Make a big 'THANK YOU!' or spell your name on the floor using objects

LEAD OTHERS

- Without looking, give instructions to someone else who you live with for them to create your big art. Does it match your drawing? Were your instructions clear?

FRIDAY FUN

! Virtual competition

ACTIVITY

- Best played outside, but it can be played inside your home if you create enough space
- Place a marker in the middle of your space (basket, cushion, rolled up socks) and imagine a circle surrounding this centre point
- Now place a marker 2m away at 'North' (use a compass if you have one – most phones do!) This can be a 'red' marker or simply write "North" on some scrap paper
- Place the other markers – East, South, West – make sure they all 2m from the centre marker
- Stand next to the centre point facing **North**
- A game leader (adult, sibling) calls out a compass point e.g. East, West
- The player races to the correct marker and returns to the centre as quickly as possible
- **The aim the game is to complete a full set of all compass point correctly in your quickest time**
- Enter the competition by submitting a film clip of you completing the challenge in your quickest time to www.activenotts.org.uk/forms/view/sgvc before 9am on Friday 29th May 2020. Earn points for your school, download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw

Orienteering



15 mins



MAKE IT EASIER...

- Visit or call out the compass points in order, i.e. N, E, S, W

MORE OF A CHALLENGE

- Introduce more cardinal points of the compass, i.e. North East, South East
- Remove the north label and use a compass to orientate yourself after each directional run

MAKE IT INCLUSIVE

- Ensure the space is appropriate – shorter distance for wheelchair users or powerchair users. Directions can be given verbally or using BSL.

LEAD OTHERS

- Act as the activity leader for someone else in your house and create your own compass direction challenges for them to do!

EQUIPMENT NEEDED

- Five markers or objects to identify the cardinal points of the compass i.e. N, S, E and W
- Some scrap paper and pen to label compass points
- Stopwatch or timer



How can you demonstrate **Determination** throughout this challenge?

When learning a new skill it is important to be patient and determined to learn something new.

! TOP TIPS

Be careful when using objects make sure you don't use anything that could break and ask an adult's permission first!

Why not try this now... <https://artfulparent.com/nature-art-for-kids/>