

# National School Sport Week 24<sup>th</sup> -28<sup>th</sup> June 2020

## Sport Quiz!

Complete the *Pembroke Sport quiz*. You can find this on the school Share Point, and make sure you send to Mr Selby or Miss Whelan.

You will get **House points** just for entering!

## Make your own fitness workout!

Joe Wicks has been doing the fitness workouts for weeks, but now it's your turn!

Create a 20 minute fitness workout and share with your teachers, family and friends for them to have a go at!

Every workout you send to Mr Selby or Miss Whelan will earn **House points** for your House!

Most of all this week, get out and have fun whilst being active!

Go for a walk, jog, or bike ride with family!

## Virtual mini Olympics!

Click on the link below to watch the videos and complete these activities as part of a virtual mini Olympics.

<https://www.inspireplus.org.uk/virtual-mini-olympics/>

Click on the different sport zones to find the activities:

- Football freestyle with Stephen Gray
- Dance (learn the dance for the closing ceremony)
- Netball skills and drills
- Tennis with Grantham Tennis club (try level 3)
- Monkey's nuts with Sam Ruddock
- Multi-skills challenges
- Badminton fun and games
- Athletics
- Boccia
- Gymnastics
- **\*Can you create your own sport activity and show us?\***

Video or photograph yourself and your family having a go at each of the activities and email your video/ picture (tell us if you are happy for your picture or videos to be posted on our school website and social media) to:

Miss Whelan - [kwhelan@prioryacademies.co.uk](mailto:kwhelan@prioryacademies.co.uk)

Mr Selby - [cselby@prioryacademies.co.uk](mailto:cselby@prioryacademies.co.uk)

This is also a school **House competition**, so the more activities you have a go at, the more points you will get!