

NOTTS SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



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

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.

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

Secondary

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

MONDAY MOVERS

! Literacy skills

Activity Overview

Close-up Photography

Get out and about taking close-up photos of things you find on your walk.

Equipment

- Phone/camera
- Notepad and pen

School Games value focus

Passion

TUESDAY CHALLENGE

! Personal challenge

Activity overview

Home Orienteering

Create a map of your house and garden. Can you plan the quickest route around your house and garden.

Equipment

- Pen
- Paper
- Electronic device
- Control point objects

School Games value focus

Determination

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Get moving and mapping

Go for a walk or run. Try to map your route.

Equipment

- Phone
- Pens/pencils
- Paper
- Ordnance Survey symbols

School Games value focus

Self Belief

#stayinworkout

THURSDAY THINKING

! Problem solving

Activity overview

Challenge Day

Can you complete the various challenges.

Equipment

- Chairs
- skipping ropes
- Phone, or stopwatch
- Ten items that are the same
- Ten other random objects
- Ball

School Games value focus

Honesty

NOTTS SCHOOL GAMES

FRIDAY FUN

! Virtual competition

Activity overview

Bounce Challenge

Make the most impressive shot into a bucket or bin.

Big Art!

Use objects from the garden or house to make a big art picture. Submit your bounce challenge video and or big art creation to our competition [here](#) before 9am 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.

Equipment

- Ball, bucket, bin

School Games value focus

Self Belief

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MONDAY MOVERS

! Links literacy skills

Close-up Photography



30mins

ACTIVITY

- Make sure you go with a grown up or tell them where you are going
- Go for a walk in your local area on your walk find items and objects that you can take close up photos of
- These could be both natural and man made
- Think about how interesting you can make your photos
- Take extreme close ups and get your friends and family to guess what they are

EQUIPMENT NEEDED

- Phone or camera to take photos
- Note pad to write what images you have taken



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

This is a great way to get creative and gives you an opportunity to get out of the house.

! TOP TIPS

This is a great opportunity to go for a walk with a purpose explore what's around where you live.

Why not try this now...

<https://expertphotography.com/photography-games/>



What are these items?

MAKE IT EASIER...

- Try drawing the different items that you see on your walk
- Take wide shots so you can see all the object clearly

MORE OF A CHALLENGE

- Choose a theme or category to take photos of. Themes could be;
 - A colour
 - A letter of the alphabet
 - Natural or man-made

MAKE IT INCLUSIVE

- Try taking photos or describing objects and items that you find around the house

LEAD OTHERS

- Have a go at taking photos with a sibling or family member
- Try to coordinate a photo quiz night with your friends over zoom or FaceTime

TUESDAY CHALLENGE

! Personal Challenge

Home Orienteering



30mins

ACTIVITY

- Create a map of your house and garden either virtually or by drawing it
- Making sure that you include a map legend to show the key features in your house or garden
- Add orienteering controls onto your map
- As a time trial can you plan the most effective route around your house and garden. Now try to complete your course in the quickest time
- Be careful when completing your course around the house

EQUIPMENT NEEDED

- Pens and paper or electronic device to draw your map
- Control points - these can be items found around the house or create your own



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

Being determined is the key to success of this challenge, improving your own personal best.

! **TOP TIPS** Think carefully about the order that you complete the controls in which way will be the quickest and most effective.

Why not try this now... https://www.britishorienteering.org.uk/Home_Resources

Key / Legend



Control Point



End of course



Start of course

MAKE IT EASIER...

- Create a simple map that can be given to a sibling or family member for them to follow with fewer controls

MORE OF A CHALLENGE

- Create a map of your local area where you live, adding in control points
- With another family member try completing all controls on your map

MAKE IT INCLUSIVE

- Try building your map using cardboard or similar to create a map that you could follow based on touch

LEAD OTHERS

- Can you help a younger sibling follow your map
- Get all of your house involved and host an orienteering competition

WEDNESDAY WORKOUT

Get moving and mapping



30mins

! Links to numeracy/literacy

ACTIVITY

- Go for a walk or run safely around your local area
- Record the route that you took
- Try to map your route using either online resources and apps or why not try drawing it using symbols and colours that you would find on an Ordnance Survey map

EQUIPMENT NEEDED

- Phone
- Pens/pencils
- Paper
- Ordnance Survey symbols



How can you demonstrate Self Belief throughout this challenge?

This is a great way to get out and active whilst also learning a new skill.

! TOP TIPS

Think about using an online map such as Google to help you plan your route. Look online at symbols that Ordnance Survey use on their maps

Why not try this now... <https://www.geocaching.com/play>

Legend	
— main road	— contour
— minor road	— form line
— large path	— knoll
— small path	— depression
— indistinct path	— stump, rootstock
— fence	— gully
— power line	— steep slope
— open land	— cliff
— rough open	— boulder
— scattered trees	— boulder field
— forest: run	— open water
— forest: slow run	— stream
— forest: walk	— seasonal stream
— forest: fight	— human-made obj.
— undergrowth	— building
— stony ground	— out of bounds
— distinct veg. bndy	— control

Here are some map symbols to get you started

MAKE IT EASIER...

- Plan and map out a route that you can then follow on your next walk

MORE OF A CHALLENGE

- Create two maps that take different routes around your local area
- Now choose the quickest out of the two routes that you can take

MAKE IT INCLUSIVE

- 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

- Plan a route then take the people you live with on a walk or jog. Think about how far they will be able to go

THURSDAY THINKING

Challenge Day



30mins

! Problem solving

ACTIVITY

- Can you complete all of these challenges?
 - **Direction** – Set out two lines that are wide enough apart to walk through. Can you get to the end wearing a blindfold or closing your eyes, without stepping out the lines
 - **Time Freeze** – Using a stopwatch or phone try and stop the time as close to 20 seconds as possible
 - **Exchange** – Placing 20 items together in one container at one side of the room e.g. lego bricks, pens, pencils (Ten items need to be the same type). Start a timer then move all ten of the same items from A to B . Only pick up one item at a time
 - **Rebound** – Start with the ball about 2m away from a wall. Roll, push or kick the ball along the floor, aim for the ball to bounce against the wall and stop before it goes past a target line. Make sure you check with an adult that you can kick a ball against the wall

EQUIPMENT NEEDED

- **Direction** – Chairs, skipping ropes (anything that can create the line, blindfold
- **Time Freeze** – Phone or stopwatch
- **Exchange** – Ten items that are the same (balls of paper, pencils etc), ten other random objects
- **Rebound** – Ball, something to mark out where you start and your target line



How can you demonstrate Honesty throughout this challenge?

When playing make sure you are honest and follow the rules.

Keep a note of your results this means you can challenge yourself to beat your personal best result

! TOP TIPS

MAKE IT EASIER...

- **Direction** – Make the walkway lines wider apart
- **Rebound** – Increase the distance between you and the wall

MORE OF A CHALLENGE

- **Time freeze** – You have to get the time to stop exactly in 20 seconds, it can't be 19 or 21 seconds
- **Exchange** – Make the distance between A and B further apart. Set a time limit

MAKE IT INCLUSIVE

- **Direction** – Get someone to give you instructions or provide instructions for someone else
- **Time Freeze** – Get someone else to be in charge of the time and you shout stop.
- **Exchange** – Choose ten items placing them in a pile as quick as you can order them biggest to smallest
- **Rebound** – Can you throw paper ball and get in to land in the target zone

LEAD OTHERS

- Challenge your friends or family members to complete the challenges and create a leaderboard of results

FRIDAY FUN

! Virtual competition

ACTIVITY

- Using a ball of your choice, make the most impressive shot into a bucket, bin or similar
- Get creative with what you use. How can you maximise the distance of your shot?
- When complete, film your best attempt and submit your entry to the competition at www.activenotts.org.uk/forms/view/sgvc before **9am 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

- A ball of your choice
- A bucket, bin or similar that the ball can fit in to
- Get creative with what else you use



How can you demonstrate Self Belief throughout this challenge?

Sometimes this challenge will be difficult, but it is important not to give up.



30mins



MAKE IT EASIER...

- Allow the ball to bounce more than once before landing in the container

MORE OF A CHALLENGE

- Your ball is not allowed to bounce or roll on the floor!
- Get your ball to bounce off two or more surfaces before landing in the bucket

MAKE IT INCLUSIVE

- Try and use a ball of paper or similar to try and make your shot

LEAD OTHERS

- Work as a team in your house to get the ball to travel in the most interesting way possible

! TOP TIPS

Follow this link to get some inspiration of how you can the ball into the container in a spectacular fashion: https://youtu.be/z0-C5GH_yxU

Why not try these challenges now... <https://www.youtube.com/channel/UCT5C7yaO3RVuOgwP8JVAujQ/videos>

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 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 adult's 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?