

DPA PE DEPT

Introduces...

NSSW

2020



YOUTH
SPORT
TRUST

NATIONAL SCHOOL

SPORT WEEK 2020

AT HOME

supercharged by

sky sports



WE
SIGNED
UP!

Saturday 20 – Friday 26 June

#NSSWtogether

What is NSSW?

National School Sport Week at Home: Ditton Park Academy backs campaign to ensure no child misses out on valuable Physical Education

Ditton Park Academy are thrilled 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. This year, 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 20 to 26 June, the UK-wide campaign will give families, communities, schools and sports clubs the chance to capture the enjoyment, competition and camaraderie they have been missing out on during weeks of school closures and social distancing.

Youth Sport Trust Chief Executive Ali Oliver said:

“The Youth Sport Trust is thrilled to have Ditton Park Academy backing National School Sport Week at Home to ensure no child misses out on valuable sport and physical activity time this summer.

“Right now, young people are missing their friends and missing the sense of connection they get through sport. Sport has such a crucial role to play in promoting young people’s wellbeing and this has never been more apparent than it is now. After weeks of isolation we hope that YST National School Sport Week at Home 2020 can help bring families, communities, schools and sports clubs back together.”

It's great to have you on board! So, grab your trainers and let the National School Sport Week 2020 commence!

HOW WILL IT WORK?

Each day we will upload to teams or email out a new challenge card or activity for you to try at home. The YST have created ideas for activities and challenges to stimulate your child's/young person's engagement that draw from a range of existing online materials including the **#StayHomeStayActive** campaign. Whichever activity and challenge you choose, the focus should be to promote **togetherness, inclusivity and wellbeing**.

Togetherness

Once you have chosen your challenge, see how many people you can encourage to take part together either within your home, outside or virtually. Throughout the week, we challenge you to connect with as many different people as possible, try as many different activities as you can and have fun setting new personal bests and creating memories which will last a lifetime.



Inclusivity

Do you know why your child/young person takes part in sport? Do they like to compete, or do they just want to play for fun? Think about why they take part, their confidence, skills and age to make sure the activity you choose suits them. It isn't always about winning, consider:

- understanding what makes your child/young person want to complete.

[Watch this short video #Reframecompetition](#)

- Challenging your child to set and beat their own personal best.
- Making the challenge team based or partner based, i.e. how many points can you score together, how long could you maintain an activity for, what distance could you travel if you added up all the activities you take part in?
- What you will celebrate?

[Watch this short video #Reframecompetition](#)

Wellbeing



Be active

Physical activity is great for your health and fitness, but by setting goals or challenges and achieving them, you raise your self-esteem which positively enhances your mood.



Connect

Connecting with others through a shared experience builds a sense of belonging and provides emotional support.



Give back

Simple acts of kindness and giving back to others helps create positive feelings and a sense of reward.



Take notice

Enjoy the moment, take notice and be mindful of everything that is going on around you. Take part with family and friends, capturing your activities with photos and videos so that you can relive the experience again.



Learn

Choosing to learn or try something new helps boost confidence, raises self-esteem and helps you to connect with others.

Plan your NSSW at Home 2020 - What will you choose to do?

		<i>Example</i>	Sat 20th	Sun 21st	Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
Choose	What activity will you try?	<i>Egg and spoon race</i>							
	How will you play?	<i>Outside, in teams of two, best of three races</i>							
	Who is playing?	<i>My family</i>							
Challenge	Who will you challenge?	<i>My Auntie's family</i>							
Capture	How will you capture the memory?	<i>Photos, videos, and timing the races</i>							
Reflect	What did you learn?	<i>My sister and I make a great team</i>							

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?



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My Personal challenge scorecard

Use this scorecard to record your personal bests throughout the week. Maybe you can print one out for everyone taking part!

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity								
My scores	Attempt 1							
	Attempt 2							
	Attempt 3							
My personal best								
Who I played with								
Our collective challenge								

Example of how to fill in your 'Personal Challenge Scorecard'

What is your Personal challenge?

My Personal challenge scorecard

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity	Right Way Wrong Way	Fast Feet					
My scores	Attempt 1	33	15				
	Attempt 2	35	14				
	Attempt 3	30	16				
My personal best	30	16					
Who I played with	My sister Katie	My Mum and my Aunty					
Our collective challenge	To improve our score each time	To get more than 40 in one go					

Ensure your activities result in **SMILES**:

Safe

Everyone feels physically and emotionally safe to take part

Maximum participation

Everyone is fully involved all of the time

Inclusive

Everyone can take part; activities are designed to suit and develop their abilities

Learning

Everyone can develop personal, social, creative, thinking and/or physical skills

Enjoyment

Activities recognise everyone's personal needs and interests

Success

Everyone feels they are making progress

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Don't forget to email your PE teacher any videos/picture of you taking part or upload to your own year groups teams!



Sharing and Celebrating

National School Sport Week at Home 2020 is all about **TOGETHERNESS**. We want to use the power of sport to unite the whole country – families, schools, sport partners and businesses. During a time where social interaction has been extremely limited, we would like all participants to look back fondly with memories of the enjoyment, challenge and camaraderie that National School Sport Week at Home and the power of sport has provided. Help us to show this by posting your videos, photos and memories of your challenges and experiences to social media.

Please tag us:

@YouthSportTrust

@SkySports

Please use the hashtag:

#NSSWtogether



Staying safe whilst having fun...

Our ideas and principles should be considered alongside Government published guidance on Covid-19.

Things to consider:



Plan

You can exercise more than once a day, so plan when and where you will take part.



Venue

It is safest to exercise at home, so connect with other challengers outside your household virtually, or in an open space if that is possible.



People

You can exercise alone, with members of your household or at a safe distance with other people outside your household following current government guidance.



Equipment

Use your own equipment. Only share equipment if you are from the same household.



Wash your hands

It is important to wash your hands before and after each activity. Try not to touch your eyes, nose and mouth with unwashed hands.



Catch it, bin it, kill it!

If you need to sneeze or cough, make sure you catch it with a tissue, bin it and kill it by washing your hands with soap and water for 20 seconds or hand sanitiser.



Stay safe in the sun!

Apply sun cream, wear a hat and sunglasses and look out for shade.



Keep hydrated

Stay hydrated by drinking plenty of water as you exercise.



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