



Coronavirus Support *Live*

22-25 February 2021

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COMPETITION

A huge thank you to our sponsor

DECATHLON
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Every £50 you spend with Decathlon will put you in with a chance of winning another £500 worth of sports equipment for your school.

Decathlon will make additional donations to YST once we hit an agreed target – so every £ you spend on kit and equipment will help to raise crucial funds for YST as we start to recover from the coronavirus pandemic.



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An overview of the content and resources available to support schools and families to help children and young people to participate and lead in sport

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Young people

WHY
Motivations

WHAT
Competence

HOW
Confidence



YST offer



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60 second challenges

Hopscotch in a Hurry
60 Second Challenge

Can you complete the hopscotch grid without missing out any of the squares?

How many times can you complete the hopscotch grid and run back to the start in 60 seconds?

Each time you complete a hopscotch grid, run back to the start and you will score a point.

Achieve Gold
20 completed hopscotch circuits

Achieve Silver
15 completed hopscotch circuits

Achieve Bronze
10 completed hopscotch circuits

Mark out a hopscotch grid. Using chalk, mark out a ten square hopscotch grid on the floor.

Can you complete the grid hopscotch backwards? What medal will you achieve?

Compete against other family members. The first person to achieve gold is the winner.

Wall Ball
60 Second Challenge

Which skills do you think are needed to enable you to succeed?

How many times can you throw a ball against a wall and catch it in 60 seconds?

You must stand two steps away from the wall. If you drop the ball, carry on counting your score from where you left off.

Achieve Gold
40 throw and catches

Achieve Silver
30 throw and catches

Achieve Bronze
20 throw and catches

You need a ball and a wall. If you do not have a ball, use a rolled up pair of socks.

Don't drop it! Each time you drop the ball take five seconds off your time!

With a partner, throw and catch the ball against a wall. What medal will you and your partner achieve?

Around the World
60 Second Challenge

Do you believe in yourself and keep trying even if you drop the ball?

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on!

Achieve Gold
50 times around your waist.

Achieve Silver
40 times around your waist.

Achieve Bronze
30 times around your waist.

Use a ball. If you do not have a ball, use a cuddly toy or a rolled up pair of socks!

Move the ball around your waist in both directions for 30 seconds to make it harder.

Compete against a family member! If you drop your ball you must stop!



Wonder Woman Resources 1984



School resource

Parent/carer resource

Young people resource

Certificate



YST After School Sport Club



Tuesday & Thursdays at 5pm

LIVE on YouTube

Can be watched back

Undertaken at home or as a group in school

Themed weeks



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TOP Sportsability

Elements – Fire: Exploring dance and movement



Activities

Choose music, favourite song or a theme from a story or movie.

Free expression and individuality linked to movement and music themes.

RED - skill to be worked on
BLUE - modified equipment

Activity 1

Movement/travel with choice to **develop thinking skills, creativity and strength/balance.**

Choose a favourite piece of music or song and create a pathway of movement by traveling forwards/backwards, high/low, right/left, changing directions, hold/wave a long **ribbon, a scarf or a tie.**

Adapt: Specific body part movements to music to develop flexibility, balance, strength and grip control.

- * Upper body – arms waving, circling, up/down - add a ribbon, scarf or tie for grip control
- * Lower body – legs - any type of movement or assisted movement; slow to fast, fast to slow, jump, turn, kick.

Develop:

- * Add a pause, **stay still, balance** or a facial expression.
- * Listen to the beat of the music, try to move to the beat.
- * Developing **timing and rhythm** **use a drum (pot, spoon, spoon on tray or tabletop).**

Top Tip:
Combine the movements to form a sequence of movement, have a start and finish.

Activity 2

Choice and decision making, copying, thinking and being creative

- * Dance forms from other countries and cultures can be explored and copied from **internet videos/TV.**

Add props linked to a theme or culture – wear a **hat, dress up** in character.

- * **Choose** a favourite sport, movie or story and act out the character/theme.
- * Use **household furniture, kitchen utensils, cushions, scarves, sheets/duvet covers, hats, old clothes** – anything within **the household** which could link to the theme.

Top Tip:

Use the movement progressions from Activity 1 and link them to your theme OR change the space – go outside. Focus on a dance form, theme, or music your child relates to, give your child the choice.

Can family members join in or help with ideas, music, themes?

YST TOP SPORTSABILITY



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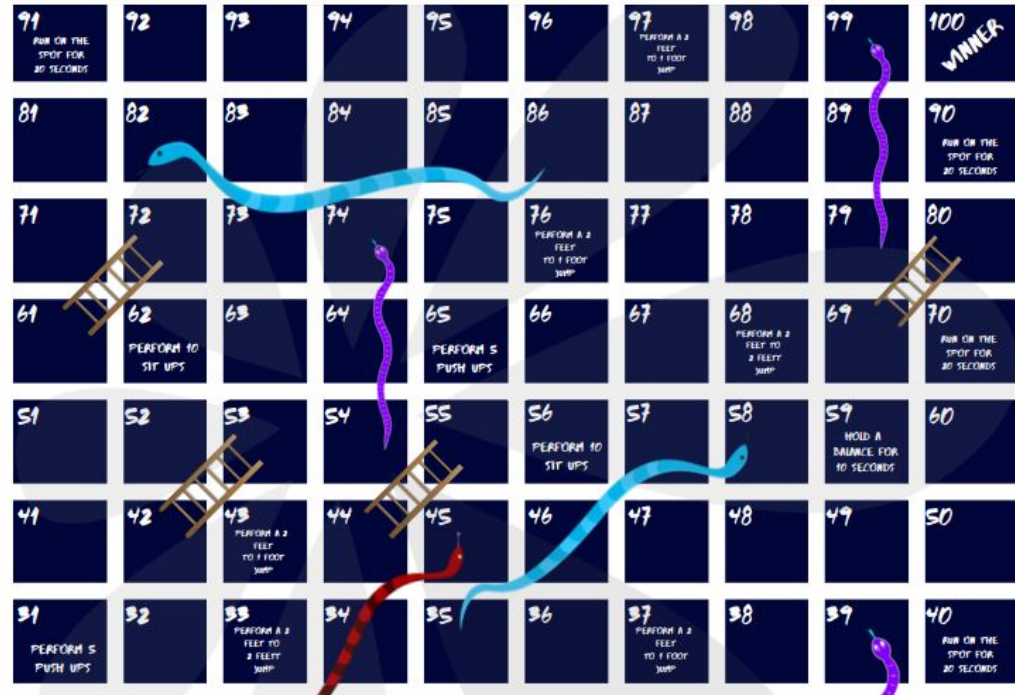
Simple individual and family based activities aimed at supporting physical activity for young people at home to support the development of manipulative, movement and sensory skills

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Family activities

Active Board Games



Garden Games



Family activities

Indoor Activities

#Together

CHEERLEADING

Have a go at these cheerleading motions and chants.





Low V



T-motion



Hail-T



High punch

! Ensure they have enough space.



High V

! Know how to warm-up their bodies before attempting the moves.



Clasp



Table top

Cheer motions


There are 7 basic cheerleading motions and once you know them, you can quickly build them into a routine that you can set to music.

Just remember to clench your hands to make fists and keep your arms and wrists straight.

Old favourites

#Together

OLD FAVOURITES



Simon Says...

- Follow the commands but only if they are preceded by the words 'Simon says'.
- Make them as wacky and fun as possible.
- Give each player 3 lives before they are out.

THINK INC

Make sure any tasks you set as part of the game can be done by all abilities.

Musical Statues

- Show us your best moves.
- When the music ends, freeze otherwise you're out!

Get in Line

- Line up between two lines.
- Without stepping off or out change places to line up in height order, age order or any order you choose.

THINK INC

Make sure treasure can be found by everyone taking part.

Treasure Hunts

Hide clues around the house that will lead to 'treasure'.



Bubble Leadership



How to get started

1

Select your leaders

We encourage you to be inclusive in your selection of leaders and include young people with a special educational need or disability as part of the selection process. In addition, leaders should reflect differences in gender, religion, ethnicity and abilities. Think about how the uniqueness of your opportunity could provide a way for new leaders to emerge.

2

Support the leaders to create an identity for themselves

They could be called Bubble Leaders, Peer Activity Leaders (PALS), Change Makers, etc. These are just a few suggestions. The choice is theirs but use it as an opportunity to connect and unify leaders across the school to create a movement.

3

Help your leaders to understand their new role

This includes understanding the parameters of the Covid-19 guidelines, so they know how to work safely and effectively within their bubbles.



School Games



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School Games Active Championships

Join the Virtual Competition!

Compete for your school on the TopYa! Active app

Download on the App Store | GET IT ON Google Play

Fun Challenges. Points. Prizes.

SCHOOL GAMES | Active Championship | #BackToSchoolGames

The banner features a smartphone displaying a person playing a game, a list of points (250, 234, 198) with user avatars, and circular images of prizes including a trophy and a film strip.

<https://www.yourschoolgames.com/back-to-school-games/school-games-active-championships/>



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NGB offers

1. **British Gymnastics**
2. **Chance to Shine**
3. **FA**
4. **Golf Foundation**
5. **Judo**
6. **Panathlon**
7. **RFL**
8. **RFU**
9. **Rounders England**
10. **Table Tennis England**
11. **British Triathlon**



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Archery



1. Arrow Archery

<https://www.archerygb.org/clubs-facilities-development/education/arrows/>

2. Stay In Work Out Cards



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Hockey

Parents

Hockey Heroes is a fun and welcoming programme aimed at children aged 5-8 that aims to develop both their physical and character 'superpowers', unlocking the hero inside them! Families can access a number of try at home activities by visiting [England Hockey's YouTube Channel here](#).

For Teachers

England Hockey has developed a new resource for teachers with little or no experience of the sport to give you the confidence and the ideas to make your hockey sessions easy to deliver, fun and engaging. Along with example delivery content, the resource also provides an understanding of the different game formats to help you choose which is best to deliver in your environment and outlines further help and support available to develop your delivery via our free online learning portal, the Hockey Hub, and via delivery resources and adapted equipment.

Primary Teacher Resource: https://hockeyhub.englishockey.co.uk/teaching_in_primary_school

Secondary Teacher Resource: https://hockeyhub.englishockey.co.uk/teaching_in_secondary_school



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THANK YOU



There isn't a teacher in the land that joined the profession to be remote, distanced, bubbled or isolated from their pupils and colleagues. The inspirational work I have seen over the last year to keep connected with the children and their families has reminded me what is incredibly special about teaching: strong, unbreakable human relationships. We are weavers of the social fabric of our schools and communities and I have never been more proud throughout my career to be a teacher than now. Even this week, I watched young people hopping around their bedrooms, star jumping in their kitchens and doing yoga in their living rooms. When the world changed overnight, teachers transformed with it. While the last year has been exhausting, you have made the lives of young people around the country exhilarating. THANK you. Thank YOU. THANK YOU. #TeachersTogether

JEREMY HANNAY

HEADTEACHER THREE BRIDGES PRIMARY SCHOOL & WELL SCHOOL BOARD



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We hope you have enjoyed today's free to access webinar.

If you would like to make a donation to help support the ongoing work of the charity, please visit:

www.youthsporttrust.org
and click

DONATE 



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Thank you

Activity & Sport Resources



60 Second Challenges

A fun 'compete against yourself' approach to physical activity with a focus on resilience and



Wonder Woman 1984

These fun free activities for schools and families will help young people develop skills using the



After School Sport Club

Join our 30-minute online club on Tuesdays and Thursdays at 5pm for all children and young

<https://www.youthsporttrust.org/free-resources>

May Virtual CPD week

National School Sport Week

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