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## Dorset School Games Active Home Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1	<p><b>Marathon Mondays</b></p> <p>Run, Walk or Jog for 30 minutes</p> <p>Map a route around the local area and go with your family</p> <p>How many laps of the garden would it take to do 5K, 10K and a marathon?</p> 	<p><b>Twirling Tuesdays</b></p> <p>Do an online dance routine</p> <p>Go Noodle Just Dance Oti Mabuse (strictly) Dance at Home Imoves – Imovement BBC Supermoves</p> 	<p><b>Wheellie Wednesday</b></p> <p>Get out on your bikes, scooters or skates</p> <p>Remember to be safe</p> <p>British Cycling (Ready Set Ride)</p> 	<p><b>Thinking Thursday</b></p> <p>Active Learning at Home</p> <p>BBC Bitesize</p> 	<p><b>Fitness Friday</b></p> <p>Do a home fitness class</p> <p>Joe Wicks</p> <p>Dorset School Games Personal Challenges</p> <p>Make and complete a circuits session</p> 	<p><b>Skills on Saturday</b></p> <p>Practice your fundamental skills</p> <p>Running, Jumping, Hopping, Skipping, Throwing, Catching, Striking, Agility, Balance, Coordination</p>	<p><b>Sports Sunday</b></p> <p>Choose your favourite sport and practice those skills needed to become a professional</p> <p>Check out the links below for your chosen sport.</p> 
Option 2	<p><b>Motivation Mondays</b></p> <p>Set yourself 5 personal challenge for the week.</p> <p>Choose from the challenges set by @DorsetGames</p> <p>Or make your own and film it.</p>	<p><b>Time Out Tuesdays</b></p> <p>Yoga and Active Mindfulness Activities</p> <p>Stretches – thinking about which parts of the body to use for different exercises</p> <p>Cosmic Kids Yoga Imoves - Mindfulness</p>	<p><b>Workout Wednesday</b></p> <p>Do a home fitness class or create your own fitness circuit</p> <p>Joe Wicks</p> <p>Dorset School Games Personal Challenges</p>	<p><b>Team Games Thursday</b></p> <p>Active Games with members of the family can be fun</p> <p>Blockbusters Bingo Jumanji</p> <p><i>(DSG Website)</i></p>	<p><b>Fun Time Friday</b></p> <p>Create your own active game – write the rules</p> <p>Choose your favourite activity of the week</p>	<p><b>Some key question for you to think about?!</b></p> <p>What have I learned?</p> <p>Why is it important?</p> <p>What key things would you use to teach someone else?</p> <p>How did it make your body feel and why?</p>	



**The Timetable is just a guide. You can complete the activities or your own ideas in whatever order suits you!**

Your trying to  
achieve 60  
minutes  
exercise each  
day



#### Monday

Dorset School Games – Video Challenges (Website) –

<https://vimeo.com/channels/dailychallenge>

Twitter - [https://twitter.com/SGO\\_Poole](https://twitter.com/SGO_Poole)

#### Dorset School Games Resources -

<https://www.yourschoolgames.com/sgo/poole/>

#### Tuesday

Go Noodle - <https://www.gonoodle.com/>

Just Dance - <https://justdancenow.com/> or

<https://www.youtube.com/user/justdancegame?reload=9>

iMoves - <https://imoves.com/>

BBC Supermoves - <https://www.bbc.co.uk/teach/super movers>

Cosmic Kids Yoga - <https://www.cosmickids.com/>

#### Wednesday

British Cycling - Ready Set Ride - <https://readyssetride.co.uk/>

Fitness with Joe Wicks (Youtube) -

<https://www.youtube.com/channel/UCaXW1XT0iEJo0TYIRfn6rYQ>

#### Thursday

BBC Bitesize - <https://www.bbc.co.uk/bitesize>

Dorset School Games Resources - <https://www.yourschoolgames.com/sgo/poole/>

#### Other ideas for resources and games

Healthy Futures - Sporting Challenge (Youtube) -

<https://www.youtube.com/channel/UC080YLDsIDdHBgYDYenP3Zg>

Active Maths Fitness - BBC Supermovers (website) - <https://www.bbc.co.uk/teach/super movers/ks2-maths-collection/z7frpg8>

Mindfulness - James Hind Athletics Coach (website) - <https://www.jameshindcoaching.com/videos>

Change for Life - <https://www.nhs.uk/change4life> OR <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Andy's Wild Workouts - <https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts>

#### Places to find ideas for resources for Sports Saturday and Sunday's

Daily Mile (Running) – <https://thedailymile.co.uk/at-home/>

Chance to Shine (Cricket) – <https://www.chancetoshine.org/teaching-resources>

LTA (Tennis) – <https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

U Do It (Dance) - <http://www.udoitdance.com/news/online-free-street-dance-lessons.html>

The F.A (Football)- <http://www.thefa.com/get-involved/footballs-staying-home>

Netball England - <https://www.englandnetball.co.uk/takenetballhome-with-gilbert-netball/>

Volleyball England - <https://www.volleyballengland.org/news/article/6078/staying-active-while-you%E2%80%99re-at>

Multiskills -

<https://www.youtube.com/playlist?list=PLX9GnyQdxf7gWU6eliNHNh3aSxOIhVxr>

Take a photo and show us all the hard work your doing on;  
Twitter @SGO\_Poole  
or Instagram @dorsetschoolgames

