



Thanet Primary Active Games @ Home

Complete fun activities, earn Thanet Passport rewards and celebrate the hard work of our Key Workers!



@sgothenet
@pas_sport



sgo@ursuline.kent.sch.uk



YOUTH
SPORT
TRUST



Did you know that being active is really good for helping you to learn and remember things, and for showing that you can always improve?

This challenge project follows the same idea. It will help you to stay fit and healthy at home even if you can't go to school or attend clubs. There are fun, easy and creative ways to keep your bodies and minds active, as well as individual and home learning challenges.



So, what do you have to do?

There are 5 sections:

Section 1	Crazy Cardio
Section 2	Cool and Creative
Section 3	Out in the open
Section 4	Healthy House
Section 5	Thank you Key Workers

Each section has a 5 activities within it.

And here are your Challenges:

Challenge 1 – Can you complete 1 activity from each section?

Challenge 2 – Can you complete 3 activities from each section?

Challenge 3 – Can you complete all challenges listed?

All children will receive an e-certificate for completing Challenge 1, Challenge 2 or Challenge 3.

If you provide evidence of your hard work to sgo@ursuline.kent.sch.uk, you will be able to earn yourself a medal.

Challenge 1—Bronze Medal
Challenge 2—Silver Medal
Challenge 3—Gold Medal

Section 1: Crazy Cardio

1. Run on the spot for 30 seconds in every room in your home

2. Make up a wake and shake routine to get moving and start your day

3. Complete the Daily Mile, you can walk or run.

4. Create a fitness circuit or obstacle course (like Ninja Warrior) and complete

5. Complete an online workout. For example PE with Joe Wicks

Section 2: Cool and Creative

1. Make up an action song about being active and teach to your family

2. ABC Hunt—search for items around the home beginning with each letter of the alphabet.

3. Balloon Badminton—use paper plates and a balloon and play badminton indoors

4. Design a mini golf course using cardboard tubes for holes and putters

5. Mirror Mirror—stand face to face with someone at home and perform moves that they must copy.

Section 3: The Great Outdoors

1. Create an activity trail outdoors with chalk for you and your family to follow

2. Create your own bird feeder using an empty yoghurt pot or bottle

3. Create a picture using items collected on your daily walk

4. Beach Olympics—can you perform an Olympic event on the sand? e.g. long jump

5. Go on a safari walk. How many birds/bugs/animals can you spot? Use all of your senses to find things that swim, sing, fly.

Section 4: Healthy Home

1. Draw your own 'Healthy Eating' Poster.

2. Eat the rainbow. How many fruits or Vegetables can you eat of different colours?

3. Water Challenge—can you drink at least 8 glasses of water a day?

4. How sugar smart are you? Use the Change 4 Life sugar calculator to see how much is in your food in 1 day

5. Create your own food superhero. What are their powers? Who are their enemies? Do they have a secret weapon?

Section 5: Thank you Key Workers

1. Make a thank you card for a key worker. This could be someone in your family, or your teacher.

2. Can you write a 20 second song to encourage hand washing?

3. NHS Yoga—
Use your body to spell out NHS.
Which body parts will you use?

4. Think of a fundraising idea for you and your school. Does it involve being active?

5. Can you do something kind for someone you love today?

NOTE TO PARENTS & CARERS

Some of the activities in this challenge require adult help or supervision. We encourage you to give support and guidance as needed, or adapt the activities to suit your child's abilities, so they retain a sense of achievement and learning.

Once completed, please help your child to complete the checklist (print it or recreate it in any way you wish), then return it to us by email, along with any evidence of the challenges completed, to sgo@ursuline.kent.sch.uk

Evidence could be photographs, videos, drawings, diaries, scrap books, Powerpoint presentations, etc.

We would love to see what you have been up to, so do share this with us, but please do not show your children in any identifiable way in the photographs.

We may also wish to use anything you send us to promote Thanet School Games and Thanet Passport, on our website or in printed materials. If these feature your child, we will ask you to complete a consent form.

USEFUL LINKS

<http://www.kentchildrensuniversity.co.uk/cukent/home/>

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

<https://www.gonoodle.com/>

<https://thedailymile.co.uk/>

<https://www.livingstreets.org.uk/news-and-blog/blog/chalk-the-walk>

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder/>

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-calculator>

<https://www.twinkl.co.uk/blog/say-thank-you-to-our-nhs-heroes-on-dress4nhs-day>

<https://www.bbc.co.uk/cbeebies/shows/where-in-the-world>

<https://www.youtube.com/user/CosmicKidsYoga>

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CHECKLIST

Use this form to tell us which activities you completed, how they made you feel, and tick to confirm you are sending some evidence. This could be photographs, videos, drawings, diaries, scrap books, notes, Powerpoint presentations, or anything else you can think of!

Parents: Please return this form by 31 March 2021, along with any evidence of your hard work, to sgo@ursuline.kent.sch.uk

Alternatively, you can complete the form online to receive your certificate. Just click [here](#) to complete. You must email evidence in order to receive your medal.

Activity Category	Date completed	Activity number completed	How did it make you feel?	Evidence?
Crazy Cardio				
Cool & Creative				
The Great Outdoors				
Healthy Home				
Thank you Key Workers				