**THANET PRIMARY ASSOCIATION FOR SCHOOL SPORT**

**(founded 2011)**

[www.thanetpassport.org.uk](http://www.thanetpassport.org.uk)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dear Parents

Hopefully it will not be too long before we are able to resume all of those sports activities that keep our children both healthy and mentally stimulated. We are really looking forward to seeing vast numbers of children once again representing their schools in individual events such as cross country and athletics, as well as much missed team sports such as football, netball, rugby and cricket.

In the meantime it is vitally important for young people to stay fit and to develop their skills. We appreciate that it is often difficult for parents to support their children in this way during periods of lockdown and consequently we have created two ‘virtual’ competitions for primary children of all ages and abilities. We are particularly grateful to the Thanet School Games Organiser, Stephanie Selsby, sgo@ursuline.kent.sch.uk , who has been working hard to devise all of the activities. We hope that you will find them useful and that you will help and encourage your children to take part.

**1. THE VIRTUAL HOME CHALLENGE**

* There are separate entry categories for both boys and girls in all age groups from Reception to Year 6.
* The event will consist of 5 activities, each recorded over 60 seconds. The activities can easily be performed at home and are designed to improve both fitness and skill levels.
* Parents are asked to submit their results online by 11th February 2021 using this link - <https://forms.gle/vThoMDuy2QfWmcSS6>
* Children should continue to practise and parents will be asked to re-submit their (hopefully improved) results in Term 4. Date to be advised.
* Any families without internet access may be able to submit their results via their schools. Please check with your school.
* Those showing the most improvement across all activities as well as those with the best overall scores in each category will be recognised.

The 5 activities per 60 seconds are:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Activity** | **Equipment** | **Recording** |
| 1 | Air Balloon Challenge | Balloon | How long can you keep the balloon in the air using one hand only (Max 60 secs)? |
| 2 | Hopscotch in a Hurry | Chalk  | How many repetitions in 1 minute? |
| 3 | Socks in a Box | Lots of pairs of socks, a box/bowl | How many pairs can you match and throw in the box in one minute? |
| 4 | Step In Step Out | A hoop (you could use string to create your own hoop at home) | How many repetitions in 1 minute? |
| 5 | Wall Ball | Ball (Tennis ball size) or rolled up socks | How many times can you throw and catch against the wall in 1 minute? |

Your school also has challenge cards produced by the YST to support each activity. These include target scores for children, adaptations and mini games should children want to challenge themselves further.

**2. ACTIVE GAMES AT HOME**

* A series of fun activities and challenges that are designed to keep children fit and healthy, as well as to stimulate their creativity.
* There are 3 challenges across 5 sections.
* Your school will send you the support pack.
* **Evidence of completion, submitted electronically by end of March = certificates and medals!**

We hope you enjoy taking part and we look forward to seeing you all again soon.

Best Wishes

Gary Rees, Chairman & Administrator, Thanet Passport