



Ark All Saints Academy

Thursday 18th June 2020

Dear Parents and Scholars,

National School Sports Week

We are really excited to let you know that next week is National School Sports Week 2020. There will be no Sports Day this year, however, this is something that **everyone** in the family can take part in from home. It will start on Monday 22nd June and will continue through the week and finish on Friday 26th June. This campaign is to get young people moving and enjoying the PE curriculum while at home. We hope it will be something you can do together as a family and enjoy.

The scholars' accumulated points will be included into the ongoing Inter-House Sports Quiz Championship 2020 for the Sport Trophy 2020.

Every day during Sports week scholars will get a new challenge to complete. The challenges are presented in the pictures below and will also be uploaded on Show My Homework each day.


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NATIONAL SCHOOL SPORT WEEK 2020
AT HOME

Monday, 22nd June – Friday, 26th June

5 Days - 5 Challenges

- Submit your work to gain points for your House
- Points for each House will be added to Inter-House Sports Championship 2020
- The best work will be shown in Shout-out
- BINGO - submit ALL the challenges for EXTRA POINTS



Stay active



Eat healthy



Follow Positive Role Model



Challenge Family Member



Say "Obstacle, here I come"



Stay active

Monday - Challenge 1



Step Count Challenge

- Make as many steps as you can (running, walking).
- Submit picture of the step count from your phone
- Picture has to include today's date
- Examples:



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Tuesday - Challenge 2

Eat healthy

Plan Healthy Meal:

- Take a picture of your lunch if you think you are eating healthy or
- Make a drawing of the healthy lunch
- Suggestions:



Wednesday - Challenge 3

Follow Positive Role Model

My hero is:

- Write a paragraph on someone from the sport world who you admire, explaining why he/she is the person to take example from?
- Suggestions:



Thursday - Challenge 4

Challenge Family Member

Let's do it together:

- Get someone at your home (parent, sibling, auntie, granddad, friend) to do your daily workout with you.
- Explain in short paragraph:
 - What workout did you do?
 - Who did you do it with?
 - How did you enjoyed it?
 - Will you do it again?
- Example:

Today I have asked my mom to workout with me. She did not like it at first, but then we had a lot of fun. We exercised to the video with Joe. We had a mini competition on who can do the most repetitions of each exercise. I performed better at push ups but my mum outdid me at sit ups and squats.....

Friday - Challenge 5

I love obstacles:

Say "Obstacle, here I come"

- Design your own workout at home with or without equipment.
- Rules of the workout (minimum 6 exercises):
 - It must be safe (safety is the most important rule)
 - It must be possible to do (no superheroes)
 - You must state what part of your body will benefit from each exercise
- Suggestions:



1. Crawling under the chair
 - Crawl under the chair
 - Get up and walk around
 - Crawl again - repeat 10 times

It involves muscles of my arms and torso. It is safe because the chair is not moving.

We would love you to be a part of our sports week and we are looking forward to seeing lots of participation from scholars of all 4 houses.

Yours faithfully

Ms A Gatt
Head of PE Department