

Ways to Earn your Activepoints

Online Resources: If you are stuck inside or stuck for ideas, try some of these links. Joe Wicks Body Coach Disney Dance - Alongs Change 4 Life Activities Just Dance YouTube Channel Youth Sport Trust -PE, Sport and PE Games BBC Bitesize Move Crew Youth Sport Trust After school Club Cosmic Yoga Go Noodle UK Active Kids Move Crew	Activity To Do Outside: Go for a family walk, cycle, scoot or bike ride Do a scavenger hunt Try Orienteering: Ribble Valley Maps Hyndburn Orienteering Maps Go for a run. Play sport with your family (football, cricket, netball, rounders etc) (Please follow current guidance regarding Covid and ensure social distancing at all times when outside of the house – stay safe!)
Games to play inside: Make up your own exercise circuit – get the whole family to take part Make an obstacle course Dance or do gymnastics Play Fun Games like Hide and Seek, Musical Bumps, Musical Statues, Tag, Hopscotch, Keepy – Uppy etc Visit our website www.schoolsportspartnership.co.uk for more games ideas under the Virtual Competition section.	How to take part: Complete 15 Minutes of physical Activity to earn 1 Activity Point for your school. Keep a record of your activity on the tracker and have it signed each week by an adult to authorise it. Return the completed activity tracker to your teacher if your school is taking part or to hrvssp@gmail.com if entering as an individual. At the end of Feb half term (21st Feb) we will award prizes for the most active schools (As % of numbers attending each school) There will also be prizes for the most active individuals. You can enter directly if your school is not taking part.

It is recommended that children take part in 60 minutes of physical activity every day but everything helps – each 15 mins earns one Active Point. Tweet your Activepics to @HRVSSP using the hashtag #Activepoints or send them in via our Facebook page www.facebook.com/HRVSSP... we love to see you in action!