



TONBRIDGE &

West Kent School Sports Partnership

@ The Hayesbrook School

Following the news from last week with schools either fully closed or partially closed here at TWKSSP we remain focused on trying help children and families lead a healthy and active lifestyle and we plan to do this by creating two types of challenges for those that are either in school still or working from home.

Personal Challenges:

Below is a table of daily challenges for children to attempt 3 times, children can practice between attempts but must record their scores. As we are not all able to access the correct equipment this can be swapped for another object that is safe to use. This challenge is to encourage children to use the skill of persistence, by recording their scores they should show an improvement in their ability which will give them confidence to go on and be persistent in other aspects of their lives.

Challenge for the day	First Attempt	Second Attempt	Third Attempt
Monday: 30 seconds - Star Jumps			
Tuesday: 1 min – Throw and catch a ball.			
Wednesday: Standing High Jump (Vertical)	cm	cm	cm
Thursday: Plank Position (Time)			
Friday: 30 Seconds - Burpees			

Digital Challenges:

As we cannot all be together to compete against one another, let's use the wonderful world of technology and have friendly competition between one another and see who can set the highest score. Look at our Twitter each day @TWKSSP to find out what the daily challenges are...

We ask from parents/schools with permission to post attempts on our twitter to so we can check out the scores. If you are unhappy with videos going online they can direct messaged to us so nobody else can see but the score will still be counted. We are encouraging children, parents and staff to have a go at these challenges. #TWKSSPDigitalChallenge