Harrogate School Sports Partnership are working with key partners to support children continuing to be active for 60 minutes a day, the below programme is developed by Create Development, they are offering a their Real Play programme free to all schools.

The below activities are aimed at Children in Reception and Key Stage 1, they have differing levels of activity so your child can work at their level.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Day 1**  [Morning (10 mins)](https://home.jasmineactive.com/play/themes/pirates/warmup/pirate-adventure/)  **[Pirate Adventure](https://home.jasmineactive.com/play/themes/pirates/warmup/pirate-adventure/)**  [Afternoon (15 mins)](https://home.jasmineactive.com/play/themes/pirates/skill/pirate-skills/)  **[Pirate skills](https://home.jasmineactive.com/play/themes/pirates/skill/pirate-skills/)**  [Afternoon (15 mins)](https://home.jasmineactive.com/play/themes/pirates/game/popping-pirates/)  **[Popping Pirates game](https://home.jasmineactive.com/play/themes/pirates/game/popping-pirates/)**  [Evening (20 mins)](https://home.jasmineactive.com/play/themes/pirates/story/pirate-pranks/)  **[Pirate Story](https://home.jasmineactive.com/play/themes/pirates/story/pirate-pranks/)**  [Wider activity](https://home.jasmineactive.com/play/themes/pirates/wider/making-the-scoundrel-pirate-ship/)  **[Making the Scoundrel](https://home.jasmineactive.com/play/themes/pirates/wider/making-the-scoundrel-pirate-ship/)**  Remember to take some pictures and video for your scrap book of learning to show your school! | **Day 2**  [Morning (10 mins)](https://home.jasmineactive.com/play/themes/pirates/warmup/pirate-adventure/)  **[Pirate adventure](https://home.jasmineactive.com/play/themes/pirates/warmup/pirate-adventure/)**  [Afternoon (15 mins)](https://home.jasmineactive.com/play/themes/pirates/skill/pirate-skills/)  **[Pirate skills](https://home.jasmineactive.com/play/themes/pirates/skill/pirate-skills/)**  [Afternoon (15 mins)](https://home.jasmineactive.com/play/themes/pirates/game/captains-treasure)  **[Captains Treasure game](https://home.jasmineactive.com/play/themes/pirates/game/captains-treasure)**  [Evening (20 mins)](https://home.jasmineactive.com/play/themes/pirates/song/oh-youll-never-get-to-sea)  **[You’ll Never Get to Sea song](https://home.jasmineactive.com/play/themes/pirates/song/oh-youll-never-get-to-sea)**  [Wider activity](https://home.jasmineactive.com/play/themes/pirates/wider/treasure-hunt)  **[Treasure Hunt](https://home.jasmineactive.com/play/themes/pirates/wider/treasure-hunt)**  Remember to play outside like a pirate and explore your surroundings for treasure! | **Day 3**  [Morning (10 mins)](https://home.jasmineactive.com/play/themes/pirates/game/reach-the-treasure-game)  **[Reach the Treasure game](https://home.jasmineactive.com/play/themes/pirates/game/reach-the-treasure-game)**  [Afternoon (15 mins)](https://home.jasmineactive.com/play/themes/pirates/skill/pirate-skills/)  **[Pirate skills](https://home.jasmineactive.com/play/themes/pirates/skill/pirate-skills/)**  [Afternoon (15 mins)](https://home.jasmineactive.com/play/themes/pirates/game/pirate-statues)  **[Pirate Statues game](https://home.jasmineactive.com/play/themes/pirates/game/pirate-statues)**  [Evening (20 mins)](https://home.jasmineactive.com/play/themes/pirates/game/popping-pirates/)  **[Popping Pirates game](https://home.jasmineactive.com/play/themes/pirates/game/popping-pirates/)**  *[grown ups’ turn!](https://home.jasmineactive.com/play/themes/pirates/game/popping-pirates/)*  [Wider activity](https://home.jasmineactive.com/play/themes/pirates/wider/message-in-a-bottle)  **[Message in a Bottle](https://home.jasmineactive.com/play/themes/pirates/wider/message-in-a-bottle)**  Video call your family and friends to show them your Pirate moves! | **Day 4**  [Morning (10 mins)](https://home.jasmineactive.com/play/themes/astronauts/warmup/space-adventure)  **[Moon Adventure](https://home.jasmineactive.com/play/themes/astronauts/warmup/space-adventure)**  [Afternoon (15 mins)](https://home.jasmineactive.com/play/themes/astronauts/skill/astronaut-skills)  **[Astronaut skills](https://home.jasmineactive.com/play/themes/astronauts/skill/astronaut-skills)**  [Afternoon (15 mins)](https://home.jasmineactive.com/play/themes/astronauts/game/crazy-craters)  **[Crazy Craters game](https://home.jasmineactive.com/play/themes/astronauts/game/crazy-craters)**  [Evening (20 mins)](https://home.jasmineactive.com/play/themes/astronauts/story/journey-to-the-blue-planet)  **[Journey to the Blue Planet story](https://home.jasmineactive.com/play/themes/astronauts/story/journey-to-the-blue-planet)**  [Wider activity](https://home.jasmineactive.com/play/themes/astronauts/wider/creating-your-skyscape)  **[Creating your Skyscape](https://home.jasmineactive.com/play/themes/astronauts/wider/creating-your-skyscape)**  Gather space junk ready to build your rocket in 2 days’ time! | **Day 5**  Morning (10 mins)  Choose your favourite  Afternoon (15 mins)  Choose your favourite  Afternoon (15 mins)  Choose your favourite  Evening (20 mins)  Choose your favourite  Wider activity  Choose your favourite |
| **Week 1 Personal Best challenge:**  Try this activity on Monday and then practise it all week to improve, then see on Friday if you can improve your Mondays score | | **Week 1 Personal Best Challenge:**  How long can you balance on your right leg? Monday: \_\_\_\_\_\_\_\_ Friday: \_\_\_\_\_\_\_\_  How long can you balance on your left leg? Monday: \_\_\_\_\_\_\_\_ Friday: \_\_\_\_\_\_\_\_ | | |

You can also find other support material on our website: <https://www.harrogatessp.com/keeping-all-young-people-active/>