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 (20 mins)](https://home.jasmineactive.com/gym/year/2/unit/1/lesson/1/game/dice-frenzy)  **[Dice Frenzy warm-up](https://home.jasmineactive.com/gym/year/2/unit/1/lesson/1/game/dice-frenzy)**  [Afternoon (20 mins)](https://home.jasmineactive.com/pe/year/3/unit/1/lesson/1/game/matching-pairs)  **[Personal Best Challenge - Matching Pairs](https://home.jasmineactive.com/pe/year/3/unit/1/lesson/1/game/matching-pairs)**  [Afternoon (20 mins)](https://home.jasmineactive.com/pe/year/3/unit/1/lesson/1/game/balloon-balance)  **[Personal Best Challenge – Balloon Balance](https://home.jasmineactive.com/pe/year/3/unit/1/lesson/1/game/balloon-balance)**  [Evening (20 mins)](https://home.jasmineactive.com/pe/year/5/unit/4/lesson/2/funs/one-leg)  **[FUNS Skills: One Leg Balance](https://home.jasmineactive.com/pe/year/5/unit/4/lesson/2/funs/one-leg)**  Record your time/score so you can try to beat it at the end of the week.  Film your PB challenges. | **Day 2**  [Morning (20 mins)](https://home.jasmineactive.com/pe/year/4/unit/1/lesson/2/game/select-footwork-patterns)  **[Select Footwork Patterns game](https://home.jasmineactive.com/pe/year/4/unit/1/lesson/2/game/select-footwork-patterns)**  [Afternoon (20 mins)](https://home.jasmineactive.com/pe/year/4/unit/1/lesson/2/funs/footwork)  **[FUNS Skills: Footwork](https://home.jasmineactive.com/pe/year/4/unit/1/lesson/2/funs/footwork)**  [Afternoon (20 mins)](https://home.jasmineactive.com/pe/year/3/unit/1/lesson/4/game/mirror-image-1-leg)  **[Mirror Image game](https://home.jasmineactive.com/pe/year/3/unit/1/lesson/4/game/mirror-image-1-leg)**  [Evening (20 mins)](https://home.jasmineactive.com/gym/year/3/unit/1/lesson/1/game/dice-frenzy-year-3)  **[Dice Frenzy game](https://home.jasmineactive.com/gym/year/3/unit/1/lesson/1/game/dice-frenzy-year-3)**  Play a family game of Dice Frenzy.  Film your footwork patterns. | **Day 3**  [Morning (20 mins)](https://home.jasmineactive.com/gym/year/3/unit/1/lesson/4/warmup/shape-up)  **[Shape Up! warm-up](https://home.jasmineactive.com/gym/year/3/unit/1/lesson/4/warmup/shape-up)**  [Afternoon (20 mins)](https://home.jasmineactive.com/pe/year/5/unit/4/lesson/2/funs/one-leg)  **[FUNS Skills: One Leg Balance](https://home.jasmineactive.com/pe/year/5/unit/4/lesson/2/funs/one-leg)**  [Afternoon (20 mins)](https://home.jasmineactive.com/pe/year/3/unit/6/lesson/4/warmup/rock-paper-scissors-1)  **[Rock, Paper, Scissors](https://home.jasmineactive.com/pe/year/3/unit/6/lesson/4/warmup/rock-paper-scissors-1)**  [Evening (20 mins)](https://home.jasmineactive.com/pe/year/4/unit/1/lesson/5/game/pick-up-put-down)  **[Pick Up Put Down game](https://home.jasmineactive.com/pe/year/4/unit/1/lesson/5/game/pick-up-put-down)**  Create your own Shape Up! routine.  Film your Shape Up! Performance. | **Day 4**  [Morning (20 mins)](https://home.jasmineactive.com/gym/year/3/unit/1/lesson/1/card/straight-dish-and-arch-2)  **[real gym Travel Skills 2](https://home.jasmineactive.com/gym/year/3/unit/1/lesson/1/card/straight-dish-and-arch-2)**  [Afternoon (20 mins)](https://home.jasmineactive.com/pe/year/4/unit/1/lesson/2/funs/footwork)  **[FUNS Skills: Footwork](https://home.jasmineactive.com/pe/year/4/unit/1/lesson/2/funs/footwork)**  [Afternoon (20 mins)](https://home.jasmineactive.com/gym/year/3/unit/1/lesson/1/game/mapping-pathways-year-3)  **[Mapping Pathways game](https://home.jasmineactive.com/gym/year/3/unit/1/lesson/1/game/mapping-pathways-year-3)**  [Evening (20 mins)](https://home.jasmineactive.com/pe/year/3/unit/1/lesson/5/game/mirror-challenge)  **[Mirror Challenge game](https://home.jasmineactive.com/pe/year/3/unit/1/lesson/5/game/mirror-challenge)**  Use string, pieces of paper and clothing for Mapping Pathways.  Share your Mapping Pathways routine with a friend. | **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/>