



Kew Woods Timetable for School Sports Week 2020

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Adventure Sports Choose any activity.	Artistic Sports: Choose any activity.	Team Sports: Keepy Uppy Challenge	Athletics: Speed Bounce	Aiming Sports: Tap up Tennis	Team Sports: Cool Catcher	Aiming Sports: In the box
Not recorded	Not recorded	How many?	How many in 30 seconds?	How many in 60 seconds?	How many in 60 seconds?	How far away?

Please use the following link to access the activity cards (as below) for each day's activity.

Click on the coloured writing on the card to open further instructions and a video example of the task.

https://www.youthsporttrust.org/system/files/resources/documents/YST_NSSW_Activities.pdf

You will get a link from school each day, Monday to Friday with the task reminder and a chance to record and return your score each day. Don't forget to practice before you submit your best score.

