



# NORFOLK SCHOOL GAMES GOES VIRTUAL



**During the school closures, Norfolk School Games Organiser Network will be providing activities and resources for children at school or at home to continue to be active and improve their physical literacy.**

**To keep the week interesting, engaging and varied each day will have a theme:**

**'Make it Monday'** - Make something to use (a target, a goal, a new game) or be creative with a physical activity poster, a certificate or a medal.

**'Try it Tuesday'** – Give something new a try, learn a new skill

**'Wellbeing Wednesday'** – Try some yoga, stretches and mindfulness ideas

**'Timetable Thursday'** – Active Maths and Active English activities

**'Freestyle Friday'** – Anything goes, be creative, be wild, be physical

**To access these ideas, visit the Active Norfolk website:**

<https://www.activenorfolk.org/active-at-home-kids>

Each themed day will have ideas to support the theme and will be updated on Friday each week.

In addition, the Norfolk School Games has been redesigned for the summer term to still enable pupils to take part, these will now be

## **'Norfolk School Games Virtual Challenges.'**

Each week in the lead up to the Games, a challenge will be set by our team of School Games Organisers and pupils are encouraged to submit photos and videos of themselves and their families completing the challenges.

Each challenge will be around personal improvement and in line with the sports and events that are currently in the Summer Games.

We will then share and celebrate the entries via social media during the Norfolk School Games finals week, 15<sup>th</sup>-19<sup>th</sup> June.

**DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA  
FOR THE LATEST UPDATES!**