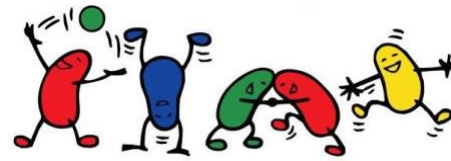


SPRING INTO SPRING!



FIND YOUR MOVEMENT MINDFULNESS & MASTERY BEANS

Can you Spring into Spring by building 'Movement,' 'Mindfulness' and 'Mastery' into your daily routine? Why not set yourself some goals, improve your fitness (movement), make time for yourself (mindfulness) and learn something new (mastery)? **Certificates are available from your school for each of the three challenge areas.** We would love to hear how you are getting on using [#SpringintoSpring](#) and [@NSSPEA1](#) on Twitter.

MOVEMENT

What can you do to make sure you reach the recommended physical activity target of at least 60mins a day?

Exercise does so much good to the body and the brain, improving concentration, creativity and memory. **'Movement is Life'** [Click Here](#)

ACTIVE TRAVEL

Can you walk, scoot or cycle to school and back home?
Can you think of any other ways of travelling?

DAILY MILE [Click here](#)

Get in training for the DAILY MILE DAY on 30th April 2021.
You can register your school [Click here](#)

ACTIVE AT HOME

Try and fit some activity in at home to make up your 60 minutes a day and encourage your family to join in

ACTIVE AFTER SCHOOL

Can you join a school club which will help keep you active? This could be a breakfast, lunchtime or an after-school club

ACTIVE BREAKS

Try and fit activity breaks into the day. Mini breaks every 20 minutes will get the body moving and the mind re-focused

MAKE AN ACTIVITY DIARY

Design an activity diary or timetable to show your 60 minutes (or more) a day

MINDFULNESS

Can you build some mindfulness into your day?

It's a skill that helps us cope with big emotions and challenging experiences and, just like a muscle, it's something we can all build up with practice.

[Click Here](#)

YOGA – 3 Videos

Centring – [Click here](#)
Orienting – [Click here](#)
Grounding – [Click here](#)
Can you find any more moves?

Mindfulness EXERCISES

BBC Good food – [Click here](#)
CBeebies – [Click here](#)
BBC Newsround – [Click here](#)
How many of these can you try?

DESIGN A FAMILY CREST

Design your own family coat of arms - Add 4 to 6 things that you value, love and feel best represents you

DANCE

Join Oti Mabuse and dance to the beat!
Oti's Boogie Beebies – [Click here](#)

SCAVENGER HUNT

Find something that... is your favourite colour, tastes good, makes you happy, is unique to you, reminds you of the people you love

RESEARCH AND INVENT your own mindfulness games or exercises to do. You could share them at home with your family

MASTERY

What skills can you practice or can you learn something new?

People give up for a variety of reasons, but champions in all walks of life will tell you their determination to do their best is what made them the best. Breaking skills down into bitesize steps can help you to slowly master a skill.

[Click Here](#)

YOYO

How to Yoyo – [Click here](#)
Yoyo tricks – [Click here](#)

SPEEDSTACKING

How to Speedstack plus some challenges – [Click here](#)
Can you beat Finn? – [Click here](#)

JUGGLING

Juggle 3 balls – [Click here](#)
Juggle scarves – [Click here](#)
Contact juggling trick – [Click here](#)

HULA HOOPING & SKIPPING

Hula Hoop Challenge – [Click here](#)
Superskills skipping – [Click here](#)
Dan the skipping man – [Click here](#)

BASKETBALL & FOOTBALL

Basketball Superskill – [Click here](#)
Football 'Let's Go' – [Click here](#)
Footy Pups – [Click here](#)
Keepy Uppies – [Click here](#)

DISCOVER SOMETHING NEW OF YOUR OWN TO MASTER

This could be anything from tossing a pancake, learning a magic trick to even whistling!!!