

Weekly Newsletter. Stoke on Trent.



School Games Active Championships.

This is a national campaign launched by School Games to help young people to #StayInWorkOut. Download the TopYa active app to get involved and compete against other young people in the UK. New competitions released every Monday, Wednesday and Friday. You will need the code 23880 to take part.

If you would like to find out more, click on the link below:

<https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/>

More challenges for this week!

Plank Challenge.

How many seconds of this can you do?

https://www.youtube.com/watch?v=x_YFkVSp34s

If you want to share your best attempts, use #StayInWorkOut and #StayHomeStayActive

Individual Football Skills.

Can you do all three parts of this skill?

<https://www.youtube.com/watch?v=N1L0pwNhGAI&list=PLH4hJ2GPUXQXNcio4lltpZxW2h7kwsUlj&index=5>

To share your best attempts, use #StayInWorkOut and #StayHomeStayActive

Florence Tennis Club-



<https://twitter.com/SchoolStoke/status/1252547921549164545?s=20>

Cricket Online scorers course.

<https://twitter.com/StaffsCricket/status/1252193266126270465?s=20>

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