






Non-Screen Day Activities

Maker Time 	Make a healthy breakfast	Make a healthy lunch	Make a healthy dinner	Create a game to play within your bubble	Make up a new sport and rules for it	Make something using origami skills	Choose a sport and create a fantasy team with your favourite players	Create a quiz and play it within your bubble	Make a hot drink for someone	Create a list of your top 10 sporting films of all time
Genius Time 	Learn how to tie Windsor tie knot	Learn some key words in sign language	Learn some key phrases in a foreign language	Write a poem	Learn to juggle with 3 or more objects	Learn how to do a hand stand	Learn how to do a head stand	Create a timetable to manage your college work from home	Learn a magic trick	Learn a new skill of your choice
Reading Time 	Read a book about coaching in sport	Read a poem	Read to someone in your bubble	Read a book nominated by a friend	Read an article in the newspaper	Read an article in a sports journal	Listen to a sporting pod cast	Listen to an audio book about sport	Listen to a sports radio station such as Talk Sport	Read a recipe and cook it
Fitness Time 	Do 30 press ups	Do 50 sit ups	Do 100 star jumps	Skip for 5 minutes	Run for 15 minutes	Wall-sit for 1 minute	Perform a sporting activity from your favourite sport	Run up and down some stairs 5 times	Go for a walk	Dance to some music like nobody is watching you
Service Time 	Send a thank you note to someone	Phone a friend or family member	Tidy your bedroom	Do the washing up	Teach someone how to do something	Hoover a room or the house	Write to someone to say hello	Walk a pet for a friend or relative	Go shopping someone vulnerable	Collect litter in your local area



Year 7 – Monday 8th March
 Year 8 – Wednesday 10th March
 Year 9 – Tuesday 9th March

