






# Non-Screen Day Activities

|  |                                     |                                       |  |  |  |                                     |  |  |   |   |
|--|-------------------------------------|---------------------------------------|--|--|--|-------------------------------------|--|--|---|---|
| <b>Maker Time</b><br>     | 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 |
| <b>Genius Time</b><br>    | 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                        |
| <b>Reading Time</b><br>   | 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                               |
| <b>Fitness Time</b><br>  | 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         |
| <b>Service Time</b><br> | 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 10 – Thursday 4<sup>th</sup> March  
 Year 11 – Wednesday 3<sup>rd</sup> March

