

Plan your NSSW at Home 2020 - What will you choose to do?

	<i>Example</i>	Sat 20th	Sun 21st	Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
Choose	What activity will you try?	<i>Egg and spoon race</i>						
	How will you play?	<i>Outside, in teams of two, best of three races</i>						
	Who is playing?	<i>My family</i>						
Challenge	Who will you challenge?	<i>My Auntie's family</i>						
Capture	How will you capture the memory?	<i>Photos, videos, and timing the races</i>						
Reflect	What did you learn?	<i>My sister and I make a great team</i>						

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?



#NSSWtogether



YOUTH
SPORT
TRUST

sky sports

My Personal challenge scorecard

Use this scorecard to record your personal bests throughout the week. Maybe you can print one out for everyone taking part!

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity								
My scores	Attempt 1							
	Attempt 2							
	Attempt 3							
My personal best								
Who I played with								
Our collective challenge								