

CGS OUTREACH

Free Virtual Sports Club

15 FEBRUARY TO 19 FEBRUARY

Flexible, fun and creative ways to
stay active this half-term

Live and on-demand sessions

INSPIRED ACTIVE HEALTHY

Welcome

This booklet is here to guide you
through a week of FUN!

You can drop in and out of the week
and join whenever you want to.

There are live sessions and on-demand
activities that you can choose between
or join us for them all.



Five ways to wellbeing

INSPIRED ACTIVE HEALTHY



Challenges

TARGET 300!

We want to see if you can do at least 60 minutes of physical activity every day, Monday to Friday, to reach a total of 300 active minutes for the week.

How?

Use the ideas in the wellbeing guide, see link, to help you reach 60 minutes per day and remember to record any miles you do (bike ride, walk, run) onto your school's part of the Couch to Tokyo Challenge, see link!

Wellbeing Guide



Couch to Tokyo Form



Timetable Key



These live sessions are for primary school children. To join, you can click on them or scan the QR code that follows the timetable.



Secondary school students have their own live sessions indicated in the timetable.



For on-demand activities, click on the icon (such as the frog). You can try these at any time!



Tweet us @CGSO Outreach with how you're doing.

Do you usually come to the Outreach Holiday Sports Club?

You can still earn your stamps!

- Attend a live session for an attendance stamp
- Bonus stamps for activity completion
- Virtual stamps can be converted into your holiday passports and exchanged for prizes at Northgate Sports Hall

*Not been before? No problem, let us know
and we can convert your stamps too!*

Monday Give	Tuesday Be Active	Wednesday Keep Learning	Thursday Take Notice	Friday Connect
9.00-10.00 	9.00-10.00 	9.00-10.00 	9.00-10.00 	9.00-10.00 
Design Time 	Handstands 	Sugar Swap 	Walking 	Family Game 
10.45-11.45 	10.45-11.45 	10.45-11.45 	10.45-11.45 	10.45-11.45 
Give Instructions 	Slow Bike 	Frog Balance 	Yoga 	Sports Mix 
2.15-3.00 	2.15-3.00 	2.15-3.00 	2.15-3.00 	2.15-3.00 



Five ways to wellbeing

Click on the image to access the session.

INSPIRED ACTIVE HEALTHY

Click on or scan the QR code to join the LIVE sessions.



INSPIRED ACTIVE HEALTHY

Contact Details

If you have any questions or issues regarding the activity please contact us using the contact details below:

01529308746

cgsoutreach@carres.uk

Safeguarding

For all safeguarding information please follow this QR code to our Virtual Sports Club Safeguarding information document.

