

Children's Mental Health Week

5th-11th February 2024

My Voice Matters



Children's Mental Health Week 5th-11th February 2024

Children's Mental Health Week 2024 will take place from 5-11 February 2024. This year's theme is **My Voice Matters**. There are lots of resources, activities and games at the link below but at Chester School Sport Partnership we have also created some things for you to utilise.

Take a look at the resources from Place2Be:

[Place2Be resources](#)



We listened to you!

Why not try a personal best challenge this week?

From our Physical Activity & Wellbeing surveys you told us about the sports that you would like to play more of. Using the most popular sports we have designed some personal best challenges for you to try. See if you can improve throughout the week!

- Football – how many “keepy ups” can you complete?
- Dance – can you create a dance that lasts for 30 seconds?
- Dodgeball – pick a target on a wall and see how many times you can hit it in a minute.
- Basketball – how many bounces can you complete in 1 minute?
- Swimming – Lifeguard fit

Children's Mental Health Week – My Voice Matters

5th-11th February 2024



Day 1: Football

Our challenge to you is to see how many keepy ups you can complete by the end of the week.

You can choose how you do this – for example you can let the ball bounce once if you wish.

Here is a video to help you:

<https://www.youtube.com/watch?v=krSBbunxdUg&t=73s>



Children's Mental Health Week – My Voice Matters

5th-11th February 2024

Some other things to try at home:

Ball mastery

<https://www.youtube.com/watch?v=oP3XuwhK6sA&t=278s>

Dribbling

https://www.youtube.com/watch?v=_gOORygHILE&t=156s

Wall training

https://www.youtube.com/watch?v=w_ATu5Lzo74&t=0s



Children's Mental Health Week – My Voice Matters

5th-11th February 2024

Day 2: Dance



Can you create a dance that lasts for 30 seconds?

Let your Creativity run wild and see if you can produce a dance that lasts for around 30 seconds. You can use any style you like.

Can you make it ready to perform by thinking about starting positions for the beginning and ending and how to keep your audience excited throughout?



Children's Mental Health Week – My Voice Matters

5th-11th February 2024

Some ideas to help you along the way.....

Warm up routine: <https://www.youtube.com/watch?v=nj9NA3flLoI>

Cha Cha slide: <https://www.youtube.com/watch?v=l1gMUbEAUFw>

Freeze dance: <https://www.youtube.com/watch?v=02H502iplUU>

Street Dance Challenge: <https://www.youtube.com/watch?v=rhUyHnpxvGg&t=4s>

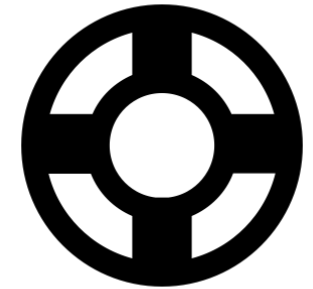
Wall training: https://www.youtube.com/watch?v=w_ATu5Lzo74&t=0s



Children's Mental Health Week – My Voice Matters

5th-11th February 2024

Day 3: Swimming



As we can only look to undertake activities out of the water we have worked with the Royal Life Saving Society UK to use “Lifeguard Fit”. This looks at activity that help ready you for swimming plus keep you fit and healthy!



Children's Mental Health Week – My Voice Matters

5th-11th February 2024

LIFEGUARD FIT

Four measurable activities to allow pupils to measure and develop their own performances. Complete as many as you can in the time.

Run

- Pupils run a set distance as fast as they can whilst another pupil records the time on a stopwatch. If there aren't enough stopwatches, the time can be fixed and the number of laps/lengths of the hall can be counted

Balance

- Pupils stand on one leg and time how long they can hold it
- Progression: Pupils stand on one leg and extend the other behind them

Sit ups

- Pupils count how many sit ups they can do in a set time

Reach stretch

- Pupils measure how far they can reach past their toes (or how far away they are)

Extras:

- Have you improved on last week? (if this is a repeated activity). How do you feel?
- Teacher or pupils can record their results to see if they can improve next time



Children's Mental Health Week – My Voice Matters

5th-11th February 2024

Day 4: Dodgeball

Choose a target – for example you could chalk something onto a wall (or pick a spot). See how many times you can hit this target in a minute.



A video to help develop your throwing in Dodgeball

<https://www.youtube.com/watch?v=11gWNuzVERo>



Children's Mental Health Week - Let's Connect

6th-12th February 2023

Day 5: Basketball

How many times can you bounce a ball in a minute?

A video to help develop your dribbling skills

<https://www.youtube.com/watch?v=BnvGa0l8bMc>



Children's Mental Health Week - Let's Connect
6th-12th February 2023

Is your favourite sport or activity
not featured?.....

Create your own challenge!



Children's Mental Health Week - Let's Connect

6th-12th February 2023

Can you think of a challenge that you would like to do if none of the sports/activities suggested are your favourite?

For example some people might like to see how far they can run or a netball player might challenge themselves to score a number of goals in one minute.

Think of a challenge and work on it.
You can do it!

