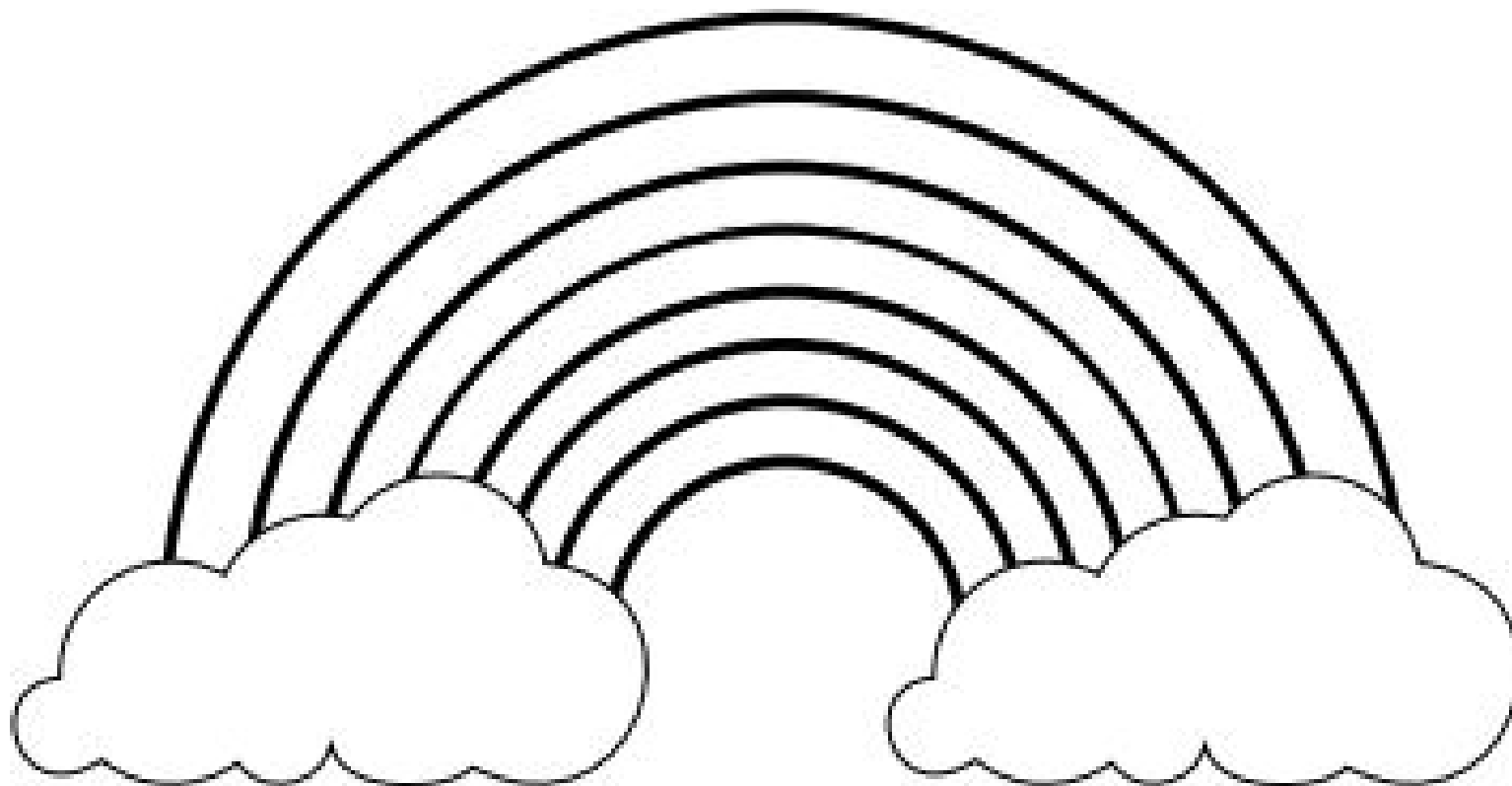


Plan your NSSW

		Example	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>							

This is an example scorecard for your challenges. A blank version can be found below.

Can you fill in the one below with your chosen activities? Can you find a challenge to complete each day? For every day you complete you can colour a section of the rainbow. Can you complete the rainbow to match the 'Thank you' rainbow before the week is over?



		Sat 20th	Sun 21st	Mon 22nd	Tue 23rd	Wed 24th	Thur 25th	Fri 26th
Choose	What activity will you try?							
	How will you play?							
	Who is playing?							
Challenge	Who will you challenge?							
Capture	How will you capture the memory?							
Reflect	What did you learn?							

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 20th	Sun 21st	Mon 22nd	Tue 23rd	Wed 24th	Thur 25th	Fri 26th
Chosen activity								
My scores	Attempt 1							
	Attempt 2							
	Attempt 3							
My personal best								
Who I played with								
Our collective challenge								

