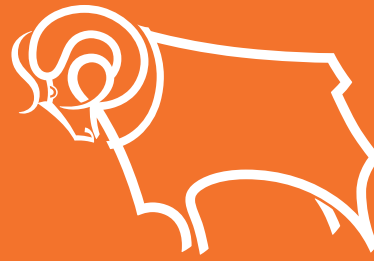


# FAMILY TIMETABLE

STAY SAFE. STAY FIT. STAY CONNECTED.



DERBY  
COUNTY  
COMMUNITY  
TRUST

WEEK COMMENCING: 25<sup>TH</sup> JANUARY

**MONDAY**

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TIME	ACTIVITY
Morning	Reading Stars (KS1 and KS2)
Afternoon	Monday Movers
4:30pm - 5:45pm	Family Fitness <b>LIVE</b>

TAKE PART

[CLICK HERE](#)

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MONDAY

**TUESDAY**

WEDNESDAY

THURSDAY

FRIDAY

TIME	ACTIVITY
Morning	Matchday Maths (KS1 and KS2)
Afternoon	Football Challenge
4:15pm - 5:00pm	Family Quiz <b>LIVE</b>

TAKE PART

[CLICK HERE](#)

[CLICK HERE](#)

[CLICK HERE](#)

MONDAY

TUESDAY

**WEDNESDAY**

THURSDAY

FRIDAY

TIME	ACTIVITY
Morning	Wellbeing
Afternoon	Stretch and Relax
5:00pm - 5:30pm	Pit Stop <b>LIVE</b>

TAKE PART

[CLICK HERE](#)

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# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

TIME	ACTIVITY
Morning	Writing Stars (KS1 and KS2)
Afternoon	ABC Challenge
4:15pm - 5:00pm	Dance Fit <span>LIVE</span>

- TAKE PART
- [CLICK HERE](#)
  - [CLICK HERE](#)
  - [CLICK HERE](#)

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

TIME	ACTIVITY
Morning	Social Action (KS1 and KS2)
Afternoon	Fitness Challenge
Evening	Cook and Eat

- TAKE PART
- [CLICK HERE](#)
  - [CLICK HERE](#)
  - [CLICK HERE](#)

# WEEKEND

# WEEKEND

# WEEKEND

# WEEKEND

# WEEKEND

TIME	ACTIVITY
Saturday	Family Challenge
Sunday	Weekend Club Drill
Anytime	PlayWaze Virtual Challenges
Anytime	Planet Super League Eco Challenges

- TAKE PART
- [CLICK HERE](#)
  - [CLICK HERE](#)
  - [CLICK HERE](#)
  - [CLICK HERE](#)

We'd love to hear from you if you're taking part in our Virtual Timetable!

Tag us on Twitter [@DCCTSuperSchool](#) [@DCCTOfficial](#) or send us an email to [schools@dcct.co.uk](mailto:schools@dcct.co.uk)

 DerbyCountyCommunityTrust

 @DCCTOfficial

 DCCTOfficial



**Reading Stars** - Put your reading skills to the test with our DCFC themed challenges, suitable for pupils in KS1 and KS2.

**Monday Movers** - A short burst physical activity session for you to start the week and enjoy moving! Sessions are suitable for children from Reception to Year 6 to take part in.

**Family Fitness** - This is a live session which is open to all ages and their families. It is designed to get you moving using strength and core exercises to help tone those muscles. Sessions also include some helpful tips and hints around how to eat healthily during lockdown.

**Matchday Maths** - We're bringing maths to life with physical activity and challenges from the world of football, suitable for pupils in KS1 and KS2.

**Football Challenge** - Have a go at some football challenges set by our DCCT Coaches. We will provide some challenges that are suitable for all primary aged children.

**Family Quiz** - Join us for our live family quiz and take part in activities such as bingo, play your cards right, quizzes and treasure trails.

**Wellbeing** - It's Wellbeing Wednesday! Using the 5 ways to Wellbeing, we are going to work through a number of different activities, challenges, and practical sessions to support your own wellbeing and others around you.

**Stretch and Relax** - Join in with our stretch and relax video to learn some yoga poses and take some time out to stretch and relax.

**Pit Stop** - This is a live session that is open to all ages. This 30 minute session covers healthy eating and includes a 15-minute workout aimed to get your heart rate up.

**Writing Stars** - You may enjoy watching football or playing football, but can you use your skills to complete our football writing challenges? Suitable for pupils in KS1 and KS2.

**ABC Challenge** - Take part in our FUNdamentals (Key Stage 1) and Multi-skill (Key Stage 2) challenges.

**Dance Fit** - This live session is open to all ages and their families. Dance yourself fit with some cool and simple moves that will get you moving for 45 minutes.

**Social Action** - Through our **Stay Safe. Stay Fit. Stay Connected.** campaign we're setting challenges to keep you connected to your family, friends and wider community.

**Fitness Challenge** - It's Fitness Friday and time to get your heart rate up and take part in some simple fitness-based challenges. Suitable for all primary aged children but take part in as much as you feel able to.

**Cook and Eat** - We've got lots of healthy recipes and video demonstrations for your family to enjoy cooking and eating.

**Family Challenge** - Time to enjoy some family time and why not have a go at one of our family challenges? Each week we will share a simple activity for the whole family to get involved in.

**Physical Activity Sessions:** To minimise the risk associated with physical activities, participants and their guardians should responsibly ensure:

- A safe environment, such as making sure you have plenty of space around you
- Suitable clothing
- A short warm-up
- Medical advice in the case of a medical condition

**Live Sessions:** These sessions will run on Zoom. By attending our live sessions there is informed parental consent including the following:

- Sessions will be recorded and retained in line with our GDPR Policy to ensure safeguarding compliance
- A member of our staff will be present to safeguard the session
- The sessions are for families to enjoy taking part in. It is expected for an adult to be present during the session
- Participants will be muted unless invited to speak
- Participation in all activities are undertaken strictly at the risk of the participant and their guardians

TAKE PART IN OUR

# SUPER SCHOOLS

## VIRTUAL CHALLENGES!

Derby County Community Trust are working in partnership with schools to run a range of physical activity virtual challenges for children to enjoy taking part in. It is free to access and simple to take part via our app or web portal. Have a go at home and enjoy being active!

### How to access PlayWaze via the website:

1. Register your account/login via [playwaze.com](https://playwaze.com).
2. Search for the 'Derby City Primary School' community in the find a community search box.
3. Join the community. The community then should appear on your home page.
4. Click on the community to browse challenges and view leaderboards.
5. Once you have selected the challenge, click join challenge and follow the booking process. Once complete you will be able to enter your challenge scores for child.

### How to access PlayWaze via the App:

1. Download the PlayWaze app via the App Store or Playstore.
2. Register your account.
3. Click search and search for 'Derby City Primary Schools.' Click on Join the Community.
4. To go to the Community Page, click: More, My Communities, and click on Derby City Primary Schools.
5. Scroll down the Community page to the Challenges section, select the challenge and enter your score

We hope your child has fun having a go at all the different challenges. Get the whole family involved and collect points for your school – you might even win a prize! Keep an eye out on our PlayWaze platform for new challenges and competitions.

# PLANET SUPER LEAGUE

Planet Super League is a new football tournament which brings the family together to help the planet and your football club.

There are over 30 fun activities to enjoy as a family. All activities are lockdown-safe, and you'll learn how to live more sustainably, save some money, have some fun, and compete for prizes and bragging rights.

Sign up and from Friday 15<sup>th</sup> January you'll get a bunch of different activities to do. You can do as many or few as you want. The more you do, the more points you win for your club, and the higher up the league your club will go.

[SIGN UP HERE](#)

# VIRTUAL LESSONS

We've produced a range of virtual lessons in a number of topics that are suitable for home learning and for children who are still attending school.

**Resilient Rammie:** These lessons are designed to increase resilience, self-esteem and teamwork.

[CLICK HERE](#)

**Reading Stars:** These lessons aim to stimulate literacy engagement in children who love football.

[CLICK HERE](#)

**Writing Stars:** These lessons use sport to engage and motivate pupils around key writing skills.

[CLICK HERE](#)

**Matchday Maths:** These lessons use physical activity to engage and motivate pupils around key numeracy skills.

[CLICK HERE](#)

**Social Action:** These lessons will support children to plan a project that encourages them to stay connected and make a difference to their community.

[CLICK HERE](#)

**Physical Education:** These lessons will provide simple to follow PE activities to enjoy together to enable children to continue to develop their skills. You don't need to be in PE kit or have lots of equipment as we've adapted the activities.

[CLICK HERE](#)

**Physical Activity:** These sessions will encourage children to be physically active with a different sport theme each week. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

[CLICK HERE](#)

# USEFUL LINKS

There are loads of ways to stay active and access learning during lockdown. Here's a few that you might like to have a go at.

[Youth Sport Trust After School Clubs](#)

[This is PE Yorkshire Sport Foundation](#)

[Joe Wicks Physical Activity Sessions](#)

[BBC Super Movers](#)

[BBC Super Mood Movers](#)

[Change 4 Life Disney 10 Minute Shake Up](#)

[Cosmic Yoga](#)

[CBeebies Bedtime Stories](#)

[Jumpstart Jonny](#)

[Go Noodle](#)

[Koo Koo Kanga Roo](#)