



Wyre Forest School Sport Partnership

Summer Term

Wellbeing Newsletter



Welcome to our summer term Wellbeing Newsletter, which has a UEFA Women's Euros and Commonwealth Games theme.

The information, tips and links you will find within this newsletter are to support the whole family (adults and children) to improve their overall wellbeing through opportunities that are linked to the '5 Ways to Wellbeing'. With this in mind, we would like to wish schools and families across the Wyre Forest a safe, active and much deserved summer break.



Connect with other people.

Commonwealth Games baton relay: Support the official Queen's Baton Relay, as part of Birmingham 2022, as it travels through Worcestershire:

- **Friday 22 July:** Upton-upon-Severn, Malvern, and Worcester
- **Saturday 23 July:** Redditch, Bromsgrove, Kidderminster
- **Sunday 24 July:** Wolverhampton, Halesowen, Stourbridge, Dudley, Brierley Hill



Women's Euros sweepstake: Looking forward to Euro 2022? Make things even more exciting with this Women's Euro 2022 Sweepstake - <https://jmp.sh/7uumtZA>. The kit includes a large Women's Euro 2022 sweepstake poster that lists all 16 participating countries. There's also a separate countries list to cut out and put in the hat to select from. Each person that is joining the sweepstake picks a country at random (out of a hat or bag). They can then cheer on their drawn country in hope that they make it to the final. The winner of the sweepstake is the person who picked the country that wins the tournament!



Learn new skills.

It's time to learn a new skill this summer!

Women's Euros Wordsearch: To solve this puzzle, you need to find the Women's Euros 2022 themed words in the grid and cross them off as you find them. Completing this Women's Euros 2022 Word Search Puzzle individually or in a group. Click here to download - <https://jmp.sh/FVstJWW>

How to draw a medal: Have a go at drawing and designing your own Commonwealth Games Gold medal!

www.youtube.com/watch?v=X_kxH8ukVCM

How to draw a football player: Follow the video and learn how to draw your own Women's Euros footballer!

www.youtube.com/watch?v=tnTFZaGs3LQ

Summer reading challenge: The Summer Reading Challenge 2022 is the UK's biggest free reading for pleasure programme for children. Taking place annually, the Challenge encourages children aged 4 to 11 to keep reading during the summer holidays. It kicks off in England on Saturday 9 July. Find out more here – www.summerreadingchallenge.org.uk/

Women's Euros 2022 Word Search

Can you find all the hidden words? Make sure to tick them off as you find them!
Words can be read in any direction.

w	e	m	b	i	g	a	l	p	i	s	r	f	a	c	
f	e	t	r	g	w	m	p	l	a	g	e	r	t	b	
a	m	m	t	r	a	p	p	y	r	f	r	e	c	f	
f	b	g	b	w	e	a	g	o	q	r	e	s	h	a	
u	a	i	w	i	b	m	i	n	y	e	x	e	l	t	a
l	y	u	a	m	e	b	l	e	y	f	h	c	a	t	
l	f	g	l	p	h	y	f	o	t	e	c	a	i	b	
f	r	a	b	i	l	i	b	r	i	k	p	n	a	o	
r	f	r	e	k	i	c	k	e	f	t	t	i	l	e	
t	e	l	a	k	i	c	l	r	e	r	a	i	l	e	
x	r	q	p	q	i	x	q	o	p	a	i	n	e	o	
c	k	a	n	p	e	n	a	l	i	y	i	n	g	n	
k	a	l	p	t	r	a	t	p	h	y	n	q	l	y	
l	r	c	h	p	h	a	n	g	i	a	n	d	i	l	
c	q	d	x	y	a	n	i	t	y	n	a	n	e	o	

Word List

Wembley	captain	referee
trophy	England	player
football	penalty	card
goal	goal	free kick





Be physically active.

With the warmer days and brighter evenings, the summer holidays are the perfect time to head outdoors and get closer to nature.

Women's Euros' Football activities: Take part in some of the activities from our recent Girls' Football Week.

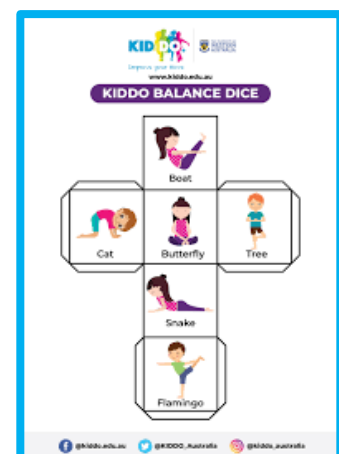
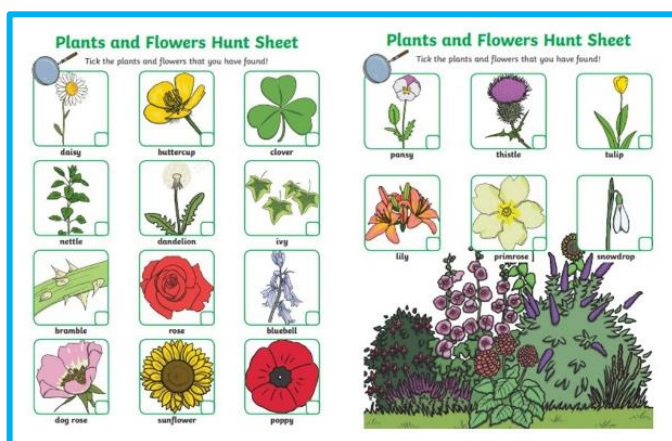
<p>Keepie-uppies</p> <p><i>Keepie uppie is the skill of juggling with a football using feet, lower legs, knees, chest, shoulders, and/or head, without allowing the ball to hit the ground.</i></p> <p>CHALLENGE How many keepie-uppies can you do in 60 seconds?</p>	<p>Dribbling</p> <p><i>Dribbling in football is the skill of manoeuvring a ball using feet while moving in a given direction, avoiding defenders attempts to intercept the ball.</i></p> <p>CHALLENGE How many cones can you dribble around in 60 seconds?</p>	<p>Scoring a goal</p> <p><i>Scoring a goal in football happens when the ball goes into the goal, and the whole ball passes over the goal line. Any part of the body can be used to score a goal except for the arm or hand. Usually, players use the head or a foot.</i></p> <p>CHALLENGE How many goals can you score in 60 seconds?</p>	<p>Passing</p> <p><i>Passing the ball is a key part of football. It is about using good technique to quickly, accurately and properly deliver the football between different players (in your team) with the objective of advancing it up the playing field.</i></p> <p>CHALLENGE How many kick passes can you complete with a partner in 60 seconds?</p>	<p>Throw-ins</p> <p><i>A football throw-in is the act of throwing the ball into play to restart the game. It is an overhead throw where both feet must remain in contact with the ground.</i></p> <p>CHALLENGE Throw to a partner's feet, partner collects and throws back to the partners feet. How many throw-ins can you complete together in 60 seconds?</p>
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Commonwealth Games sports: At the 2022 Birmingham 2022 Commonwealth Games, Team England will compete against the 72 nations and territories of the Commonwealth across **19 different sports**. Athletics, Badminton, Basketball, Beach Volleyball, Boxing, Cricket, Cycling, Diving, Gymnastics, Hockey, Judo, Lawn Bowls, Netball, Rugby 7s, Squash, Swimming, Table Tennis, Triathlon, Weightlifting and Wrestling. Why not find a local club and try out a new sport?

30 day fitness challenge: Here we have a fun, 30-day fitness challenge for children that will keep them active and healthy during the coming weeks. Can you come up with your own 30 day fitness challenge? <https://themumeducates.com/30-day-kids-fitness-challenge-active-kids/>

Activity Dice: Looking for quick and easy activities for children? Try these printable activity dice. Simply print, cut, fold and glue for a cube, then roll for an active challenge! <https://activeforlife.com/printable-activity-dice/>

Summer walk: Let's keep it simple! If the weather is nice, just go for a nice, long walk in your local area. Make a note of what flowers you see or use this plants and flowers hunt sheet to see how many you can tick off. You can download this fun checklist here: <https://jimp.sh/BbuDP8G>





Give to others.

Charity Donation: Find some old toys or other items that could be donated to a charity. How could your donation help others?

Make a friendship bracelet: Friendship bracelets are a classic summer craft that you'll want to make all year long. Watch the tutorial below to learn how to make them!

www.youtube.com/watch?v=h0NJgrwqpxg

Community litter pick: Do your bit for your local community and make a difference by becoming a #LitterHero! www.keepbritaintidy.org/get-involved/volunteer/litter-heroes

Get cooking: Mini milkshakes - Make these cute, mini-fruit milkshakes for a family picnic. With three flavours to suit everyone, try banana, strawberry & raspberry and mango & coconut.



Pay attention to the present moment (mindfulness).

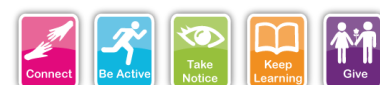
Commonwealth Games Mindfulness colouring: Celebrate and support your team with these Commonwealth Games mindfulness colouring pages, featuring sports illustrations and the 2022 mascot Perry the Bull - <https://jmp.sh/uRS34Rx>

Women's Euros Mindfulness colouring: Show your support for the England women's football team throughout the UEFA EURO 2022 Championships. There are lots of different England women's football colouring pages to complete - <https://jmp.sh/Fu2UcIL>

Design a Commonwealth Games medal:

The Commonwealth Games are coming up! Why not focus the mind by having a go at designing a medal for the occasion. The following template can be used to help get started - <https://jmp.sh/PAbWV0b>

Women's Euros Mindset activities: There are 2 types of mindset – growth and fixed. Children with a **growth mindset** believe that intelligence can be developed. Children with a **fixed mindset** believe that intelligence is fixed at birth and doesn't change or changes very little with practice. Using the cards below, sort them into 2 groups – growth mindset and fixed mindset. There should be 4 in each group!



5 Ways to Wellbeing



We welcome any feedback on this newsletter and would love to see any photos/videos of families taking part in any of the Wellbeing activities. Please Tweet or email us:



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@WyreForestSchoolSportPartnership