

DRET SPORT KEEPING ACTIVE AT HOME



David Ross Education Trust
Broadening Horizons



DAVID ROSS EDUCATION TRUST

A MESSAGE FROM DRET SPORT

Staying active at home is very important during this difficult time. Sport and exercise can really help keep our body and mind healthy.

During this period, it's a great opportunity to exercise as a family, practise your sport skills or learn something new. Examples of this include learning to juggle, working on your football keepy uppies or simply throwing and catching a ball against a wall.

In order to help you do this, DRET Sport have been running two initiatives during this period to give you some ideas and keep you active.

[#DRETParalympicChallenges](#) and [#StayAtHomeHorizonChallengeProgramme](#)

Both of these include activities that can be done at home with equipment you can find around your house. Follow the instructional videos hosted on the Trusts YouTube channel and post pictures and videos to @DRETSport using one of the following hashtags to let us know how you're getting on.

You can also access our #WellbeingWednesday and #FruitFriday ideas on Twitter @DRETSport every week.



ALEX GREEN

Primary Sports Enrichment
Manager



Paralympic Athlete Challenges

The trust are delighted to be working in partnership with the British Paralympic Association, courtesy of the David Ross Foundation.

This will give our children the opportunity to meet and work with inspirational Paralympic athletes, attend events and undertake work experience over the next two years.

Each week a Paralympic athlete has been setting individual challenges or activities for the children within the Trust to try (parents and staff may also have a go too).

Why not challenge yourself or your brother, sister mum or dad?



**British Paralympic
Association**



Stay At Home Horizon Challenge Programme

Your child will have been taking part in the Trusts unique PE Horizon Programme while at school, and although our school's have been closed to their broader student population, we've designed a home challenge programme accessible through the Trusts YouTube channel.

Our #StayAtHomeHorizonChallengeProgramme has 10 activities for your child to work through, with age specific targets to try and achieve. Practise these challenges, and once you've done all 10, contact your class teacher to receive your special certificate



Paralympic Athlete Challenges

Do you have what it takes to train like a Paralympic athlete at home?

If that's a yes, give these challenges a try, all set by current or former Paralympic athletes.

Click on the hyperlinked challenges to the right, and see how you get on against the best in the world.

NEW CHALLENGES ADDED EVERY WEEK

#DRETParalympicChallenges

Paralympic Shooter - Lorraine Lambert

[Sock parring challenge](#)

Paralympic Canoeist - Emma Wiggs, MBE

[Rotation catching challenge](#)

Paralympic Judo Player - Jonathon Drane

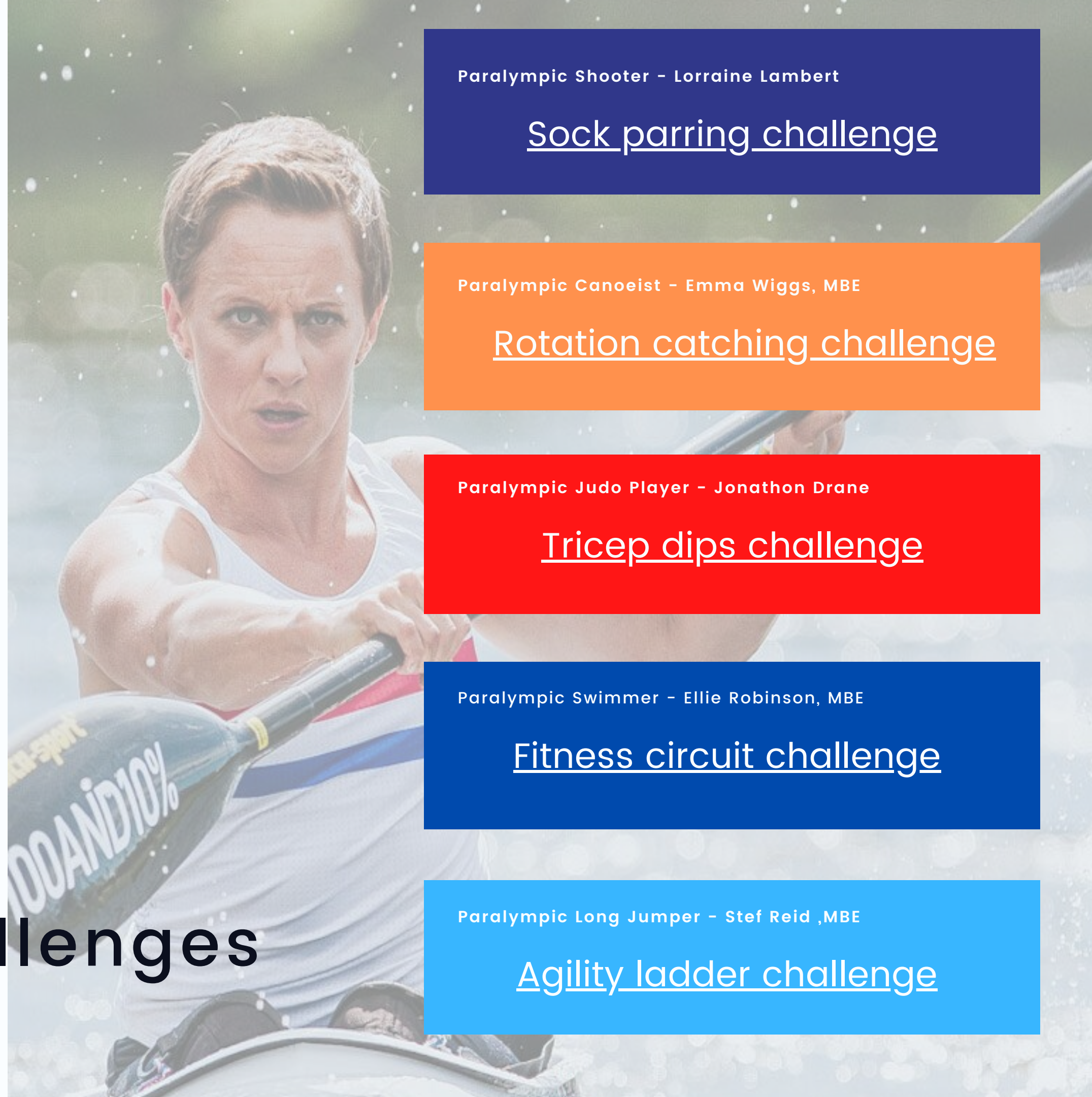
[Tricep dips challenge](#)

Paralympic Swimmer - Ellie Robinson, MBE

[Fitness circuit challenge](#)

Paralympic Long Jumper - Stef Reid, MBE

[Agility ladder challenge](#)



#StayAtHome HorizonChallenge Programme

Access your
#StayAtHomeHorizonProgramme
challenges on the following YouTube
playlists:

Reception - [Click here](#)

Yr1 and Yr2 - [Click here](#)

Yr3 and Yr4 - [Click here](#)

Yr5/Yr6 - [Click here](#)

Once all 10 proficiency challenges
have been achieved, please contact
your teacher for
your electronic
certificate.



Shoe balance challenge

1-legged balance challenge

Speed bounce challenge

Jumping challenge

Sole taps challenge

Kicking challenge

Juggling challenge

Catching challenge

Target throw challenge

Wall throw challenge