

Mo's Mission

We're supporting Four-time Olympic Champion Sir Mo Farah CBE with 'Mo's Mission'. The National School Sport Champion for the Youth Sport Trust charity has launched Mo's Mission to empower more children in the UK to be physically active. He wants all children and young people to get 60 minutes a day of PE, sport and play.



On World Children's Day, Sir Mo Farah, joined forces with fellow sporting icons to call for the British Government to harness the power of play and sport to improve the lives of young people. He hand-delivered an open letter addressed to the Prime Minister to Secretary of State for Culture, Media and Sport, Lisa Nandy, at Downing Street. The letter urges the Government to create a new national plan that ensures every child has the opportunity to be physically active every day. To read the full article please click [here](#)



CHRISTMAS ACTIVITIES



01

Santa Dash



Active Advent

03



Snowball Fight

**Christmas
Orienteering**



04

05



Just Dance

02

ACTIVE ADVENT



Complete the daily challenges for 30 minutes a day. Can you complete the weekend and holiday activities too?

Complete the challenge for 30 mins a day for a class reward

INSPIRE TOGETHER
A healthier, happier, future generation

1 Skipping	2 Walk/bike/scoot	3 Throw and catch	4 Playground Tag
5 Kick ups	6 Dance	7 Animal movement	8 Dribbling
9 Walk/bike/scoot	10 Floor is lava	11 hopscotch	12 paper snowball flight
13 paper snowball flight	14 Playground Tag	15 Line walking	16 Walk/bike/scoot
17 Playground	18 Animal movement	25 Dance	
19 Skipping	20 hopscotch	21 Floor is lava	22 paper snowball flight
23 Walk/bike/scoot	24 Playground		

Can you complete the weekend and holiday activities at home and send in pictures and videos for your classmates to see?



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inspiretogether@crownhills.leicester.sch.uk



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SANTA DASH



Join thousands across the country and take part in the national School Games Santa Dash on Friday 6th December!

Watch our video below for some inspiration!



Santa Dash 2022



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[0116 249 1032](tel:01162491032)

SNOWBALL FIGHT ACTIVITY



Using scrap paper, each student writes an activity on the back, e.g., 5 star jumps, then scrunch the paper up. They throw the snowballs at each other. If they get hit by the snowball, they must open it up and do the activity, before scrunching it back up and throwing it at someone else. This can be done as a classroom activity or in a bigger space like a hall or a playground. Make sure the activities being written down are suitable for the space.

Classroom examples:

- 5 star jumps
- Jog on the spot for 30 seconds
- 10 hops on 1 leg
- 5 sit down/stand ups



Playground/sports hall examples:

- Run a lap around the hall
- Skip for the next 30 seconds while playing
- Do 5 big jumps
- Do 5 squats



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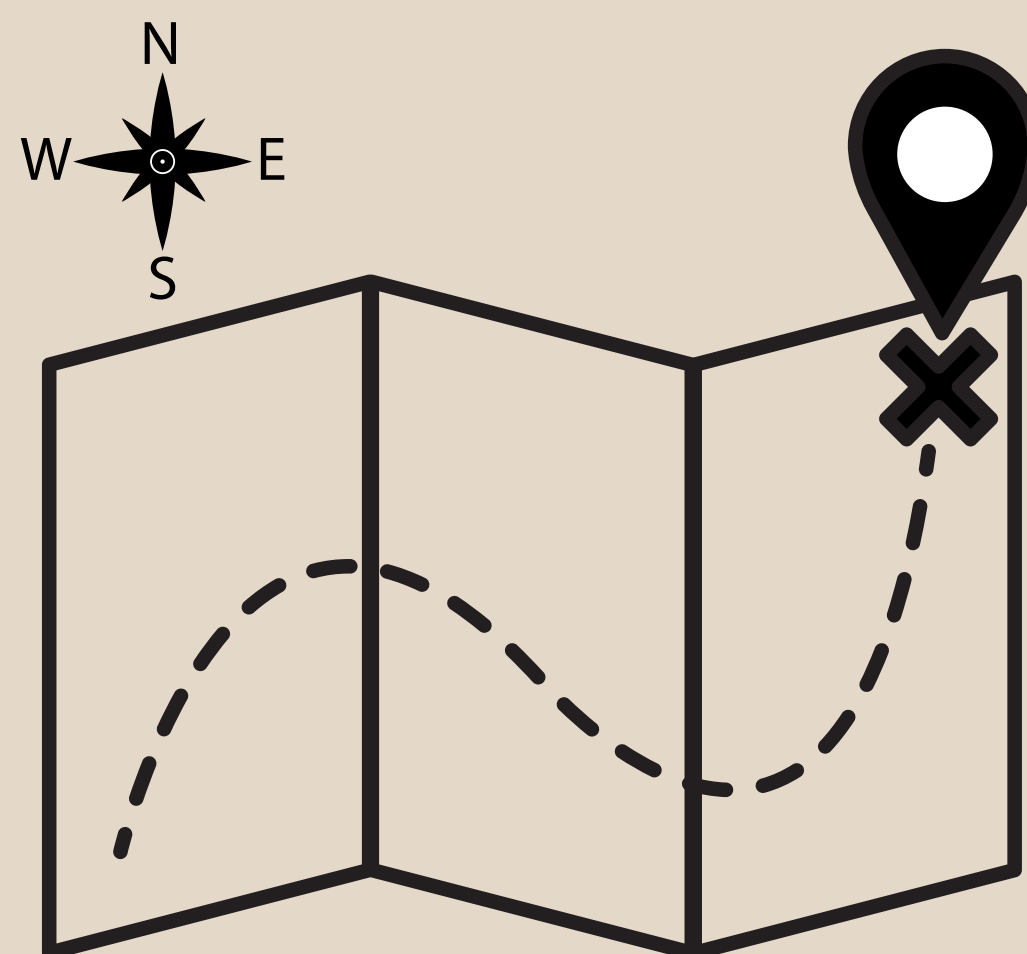
CHRISTMAS ORIENTEERING



This can be done in different sized spaces from a classroom to the whole school grounds. Think of a word related to Christmas or December and write the letters on different pieces of paper. Hide the letters in the space you are playing in. The students can play individually, in pairs or in groups. Give them different clues to where the letters have been hidden. They can be themed clues or normal clues. They must find the different letter and then unscramble the letters to work out what the word is.

Examples of words:

- Reindeer
- Christmas
- Winter
- Snowball
- Hot chocolate
- Christmas tree
- Santa Clause



Examples of hiding places and clue:

- In the dining hall – where Santa eats his dinner
- On a basketball hoop – where the reindeer shoots some hoops
- In a classroom – where the elves might learn about science
- In the field – where the reindeer may roam

You could spread this game out over time to find a letter or a word (making a sentence) a day or a week.



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ALL I WANT FOR CHRISTMAS IS YOU JUST DANCE



Click on the YouTube video below to learn the All I Want For Christmas is You Just Dance routine.



Just Dance 2025: All I Want For Christmas by Mariah Carey | Fanmade



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