






UP & UNDER SPORTS

Up and Under Sports 
@UpandUnderSport 
@up_and_undersports 

Newsletter, April 2020

www.upandundersports.co.uk

Stay safe, be positive, keep well!

We would now usually be in the middle of our Easter Multi Sports courses and promoting our many after school clubs running in our schools starting in just over a weeks' time! But these are strange times and life as we know it has changed for the time being, but it's a change we all know we need to buy into, regardless of how frustrating it may be and by following the guidelines we will soon be back running around with our friends playing games and having fun! Our Easter holiday courses were set to be our biggest and best year so far, but that can wait. Hopefully we will be back later in the summer and we very much hope to see you all there!

As we are all now affected by the Government restrictions to prevent the spread of coronavirus and either on lockdown or self-isolating, all of us at Up & Under Sports would like to support you in any way possible. It is an extremely difficult and unprecedented time for all, no matter what your current situation, our staff are ready and willing to help. We have already been assisting schools with key worker childcare and have 4 coaches currently running sessions at two schools during the Easter period to ensure that children who have parents working within the amazing and brave NHS or have parents that are essential key workers are able to keep the country functioning. Whether it's providing entertainment for your kids, helping the vulnerable or simply sending a message of support to bring some happiness, please let us know if there is something we can do. We are here to help in these challenging times.

Staying both mentally and physically fit and healthy can be tough when you're out of your usual routine and possibly stuck at home – which is exactly why we're sharing our challenges through our social media platforms. Make sure you are following all our social media so you can stay up to date with plenty of activities and more! Our coaches have all been getting involved and coming up with things for the whole family to do to keep busy! Go and check it out!

Stay safe, be positive, keep well, and we look forward to catching up with you all again in a few months' time.



Roll it, Raise it



CHECK OUT OUR ACTIVITY ON PAGE 3 OF THIS NEWSLETTER. ROLL THE DICE, DO THE ACTIVITY, RAISE YOUR HEART RATE! FUN ACTIVITIES YOU CAN DO AT HOME!



Primary Schools hit the target raising money for Sport Relief

Up & Under Sports launched a Sports Relief challenge within our Primary Schools before we broke up. We are very grateful to everyone who made it a success and got involved. We set our schools a 10-minute challenge to try and hit a target as many times as they could. Our coaches were creative with their targets using basketball hoops, cricket stumps, football and hockey goals and hula hoops. Children from reception to year 6 got involved with over 17 of our partner Primary Schools participating and involving over 27 classes, leading to around 700 children raising money for Sports Relief with their Up & Under Sports Coach. We also completed the challenge within our lunch and after school clubs involving an extra 60 children. The class who scored the most points was Year 4 at Netheravon Primary School, shooting an impressive 85 baskets in 10 minutes. Our highest scoring club score was at Ivy Lane Primary School with 89 baskets. Huge congratulations to you all!



Team Rach vs Team Dave Sport Relief Challenge

Our first team challenge of the year was completed in the spirit of Sports Relief. Each team member had 20 minutes to score as many basketball / netball goals as possible throughout the week. Victory went to Team Rach who scored 624 baskets. Great effort to Team Dave as well who scored 482 baskets. The gracious losers donated £25 to Sports Relief.

A BIG thank you to all the Teachers, Children and Parents at our Primary Schools as well as our coaches for raising money, making donations and raising awareness for Sports Relief charity. Our final total raised was **£206.60!!!**



Roll it, Raise it



<p>2 Couch Dips</p> <p>Put hands on the couch seat and lower your bottom down to the ground with legs out straight. Repeat.</p>	<p>3 Dirty washing pick up squats</p> <p>Squat down to the floor and pick up a piece of dirty washing and place it in the wash bin. Repeat.</p>	<p>4 Stair step ups</p> <p>Starting at the bottom of the stairs, step up onto the next step up and then back down to the floor. Repeat.</p>
<p>5 Dining room chair bicep curls</p> <p>Pick up your dining room chair and complete 20 seconds of bicep curls on one arm, then change arms.</p>	<p>6 Couch stand</p> <p>Sitting on your couch (or any chair) move into a standing position without using your hands. Repeat.</p>	<p>7 Hoover lunges</p> <p>Set up hoover and hoover floor by lunging forward and backwards, changing direction as and when needed.</p>
<p>8 Teddy bear twists</p> <p>Sit on the floor holding feet slightly in the air. Hold a teddy bear or any child's toy. Continue to touch the teddy on the floor either side of your body.</p>	<p>9 Bath tub step in</p> <p>Continue to step in and out of your bath (both feet) for the duration of time. If no bath available then side steps in and out of your shower (be careful not to slip).</p>	<p>10 Tea cup balance</p> <p>Hold your mug of tea in the air whilst balancing on one foot for 20 seconds. Then change legs. (make sure tea is not too hot or full).</p>
<p>11 Clothes fold up challenge</p> <p>Whilst folding up your clean washing complete 1 x star jump for every item you fold. 40 seconds.</p>	<p>12 Sock crunches</p> <p>Position yourself in a sit up position and on each sit up attempt to put on one sock. If successful next sit up take it off. 40 seconds..</p>	<p>RULES:</p> <p>Roll 2 dice to see what number you get.</p> <p>Complete action assigned to the number you receive.</p> <p>Reps and intensity:</p> <p>Roll the dice 15 times in total</p> <p>Run each activity for a total of 40 seconds.</p> <p>Rest when rolling the dice and getting ready.</p>