



Keeping your family active during school closures

As parents, teachers and carers we are going to face a range of challenges over the coming weeks. Home educating our children, ensuring they are fed and giving them opportunities to play outdoors will be difficult for many. We want to help families ensure their children stay active during this potentially stressful time. Research shows that physical activity, provides children with a natural boost to their immune system, can help them concentrate on school work and is essential in maintaining a healthy body and mind.

At school, children are physically active for up to 2.5 hours during the day – morning running, PE lessons, classroom brain breaks, break and lunchtimes. We also know from our recent active travel survey that 80% of you walk to school – further active time during the day. When school is closed, children will not have any of these structured opportunities for physical activity and most clubs and afterschool activities are also cancelled. The list below is intended to suggest ways in which you and your family can stay active during this time.

We would love you to share photos and videos of your activity sessions on Twitter so that we can keep our school community alive during this time.

@newmillsprimary

1. **National Trust 50 Things** – This is a great checklist to work through with your child.

<https://www.nationaltrust.org.uk/50-things-to-do>

2. **Keeping Kids in Motion** – Facebook page. Fantastic resource from America. We use a lot of these ideas in PE at school. They are about providing fun challenge through play for all children.

<https://www.facebook.com/groups/171898676493125/>

3. **Coach Gelardi** – Dance warm ups and easy and fun fitness ideas for small spaces

<https://www.youtube.com/channel/UCfBryymUjEsSp4EoGJPQzpw>

4. **High Peak Yoga** – Alex will be uploading family friendly videos to her website

www.highpeakyoga.com

5. **Get Set 4 PE** will be Tweeting an active task each day schools are closed @GetSet4PE

6. **Succeed in PE** are a provider who will have a variety of PE and sports content to help parents at home

<https://online.succeedin.co.uk/public/index/638>

7. **Plank Workout 2020** –

A Plank Challenge Ap from Google Play store. This is a great ap for making you do core strength exercises every day. A good one for parents to do with the kids (although the kids will beat you!)

8. **Super Movers** – Great curriculum linked active challenges

<https://www.bbc.co.uk/teach/supermovers>

9. **Just Dance** – on You Tube. Dances and singing with on screen words

<https://www.youtube.com/watch?v=a1zQ1xOjZnk>

10. **Joe Wicks** – A fitness specialist who does great stuff for families

https://www.youtube.com/watch?v=u0_1QBQ8Syk

11. **Go Noodle** Great short 2 minute type activities. The kids love these at school

<https://www.gonoodle.com/>

12. **High Peak School Sport Partnership Facebook page** – will have challenges for kids to work towards

https://www.facebook.com/High-Peak-School-Sport-Partnership-633013610176857/?_tn_=%2Cd%2CP-R&eid=ARCn0XRkWQ-WCxnHc4OUZyDaQCRucINDPzte0FBuZQ3LCfpFlwwJTNSYUw7SLhBsOov5iJcaZ6yepG4