

SAM says stay ACTIVE

SLOUGH
SCHOOL SPORT NETWORK
enjoy, participate, succeed

SSC ASCOT AND MAIDENHEAD
School Sport Partnership

issue
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FUN STUFF TO TRY AT HOME - CHECK OUT THESE GREAT IDEAS

During this ongoing time of uncertainty, we believe that it's more important than ever to stay active. Here, you'll find a number of supporting resources and other opportunities to enable you, your pupils and families to do just that.

Slough School Sport Network and Ascot & Maidenhead School Sport Partnership (SAM) are working

together to support our schools during this lockdown period.

This bulletin has been broken down to cover, **PRIMARY, SECONDARY, Special Educational Needs & Disability (SEND),**

Emotional Health & Wellbeing (EH&WB) and a lucky dip of other areas of interest (**SOMETHING DIFFERENT!**), and will be updated periodically.

PRIMARY

Real PE at home

Real PE is a unique, child centred approach that transforms how we teach PE to include, challenge and support EVERY child. Free access while schools are closed, age specific for KS1 and KS2 with over 250 challenges and activities and 1000s of fun.

www.vimeo.com/398010428?ref=em-share/

BBC supermovers

Fun curriculum linked resources to get your kids moving while they learn with dancing and videos on Maths, English and PHSE.

www.bbc.co.uk/teach/supermovers

change4Life Games (C4L)

10-minute bursts of fun will really get your kids moving inspired by Disney and Pixar's Toy Story 4 and Incredibles 2, and Disney's The Lion King and Frozen.

www.nhs.uk/10-minute-shake-up/shake-ups

Disney Dance-Alongs with the Kids

C4L have teamed up with Disney to create dance routines to help you get active with your kids.

www.thisgirlcan.co.uk/activities/disney-workouts/

Real Play at home

Real play supports families to play and learn together and includes 12 themes, 6 areas, over 250 challenges and 1000s of hours of fun and activity for every family. Free access while schools are closed, aimed at EYFS and KS1.

<https://jasmineactive.com/news/home-learning-resources/>

iMOVES

Fun activities for teachers and parents to keep children happy, healthy and focussed.

www.imoves.com/the-imovement

The Great Indoors!

Easy ways for kids to keep active if you cannot get outdoors provided by the Scouts.

www.nhs.uk/change4life/activities/indoor-activities

Active Kids DO Better - at home

Family-friendly activities and begin moving together in your living room or garden.

www.activekidsdobetter.co.uk/active-home

PRIMARY & SECONDARY

complete PE & Youth sport Trust

PE home learning resources including 60 second challenges & active breaks.

www.youthsporttrust.org/free-home-learning-resources-0

sport England stay home workout

Tips, advice and guidance on how to keep or get active in and around your home.

www.sportengland.org/stayinworkout#get_active_at_home

The Body coach

Free home workouts to everyone, no matter what their fitness levels - now with over 250+ free workouts.

www.youtube.com/user/thebodycoach1

SEND

Activity Alliance

Working to make active lives possible with a vision that disabled people are active for life.

www.activityalliance.org.uk/get-active/at-home

Bumble Bee Physio

Great stuff for children with disabilities and who are recovering from injury

www.facebook.com/bumblebeephysio/

Inclusion 2020 activities

Learning discovery festival pack.

www.youthsporttrust.org/sites/default/files/Inclusion-2020-learning-discovery-festival-pack-006.pdf

sensory circuits

Videos of activities you can do at home.

www.youtube.com/channel/UCUTi5prYawoEmjPt7PsR77g/

Singing Hands

Makaton Signing - learn to sign through nursery rhymes and pop songs.

<https://www.youtube.com/user/SingingHandsUK>

Thrive speech & Language

Children's speech and language skills.

<https://www.facebook.com/thrivespeechandlanguage/therapyl/>

EH&WB

Healthy Minds

Online relaxation sessions to enhance the mental health and well-being of children aged 4+ for session details. Contact

info@healthyminds.org.uk

www.healthyminds.org.uk

NHS Get Active your way

Being physically active is easier than you think, especially if you make activity part of your daily routine.

www.nhs.uk/live-well/exercise/get-active-your-way/

Bitesize mental health

How to keep a healthy mind.

www.bbc.co.uk/bitesize/articles/z69k382

Headspace Free relaxation app

Meditation, sleep and movement exercises.

www.headspace.com/covid-19

Mental health for young people

Information, support and guides to mental health support.

www.youngminds.org.uk/find-help/

signs of mental health

Spotting the signs of mental health issues in your child and what to do to help.

www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/

SECONDARY

Active Leaders

Family friendly activities to get moving together in your living room, garden or local park.

www.activekidsdobetter.co.uk/active-home

FREE Chris Hemsworth Fitness sessions for 6 weeks

Work out at home, stay healthy & seek calm together with Chris Hemsworth's team.

<https://centr.com/join-us>

NHS Fitness Studio

Take your pick from 24 instructor-led videos across our aerobics exercise, strength and resistance, and pilates and yoga categories.

www.nhs.uk/conditions/nhs-fitness-studio/

one peloton App

FREE 90 day pass to 1000s of live and on-demand classes - anywhere, anytime. Stay active with a mix of running, strength, toning, cycling and yoga, meditation and outdoor workouts including family classes too.

<https://www.onepeloton.co.uk/app>

SOMETHING DIFFERENT

carol vordermans Maths Factor

Free fun maths challenges for ages 4 to 11.

www.themathsfactor.com/

BBC Teach

Thousands of free curriculum-mapped videos, arranged by age-group and subject.

www.bbc.co.uk/teach

Royal opera House

free online content of ballet & opera.

www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home