



# Chester SSP



## Activities To Do At Home

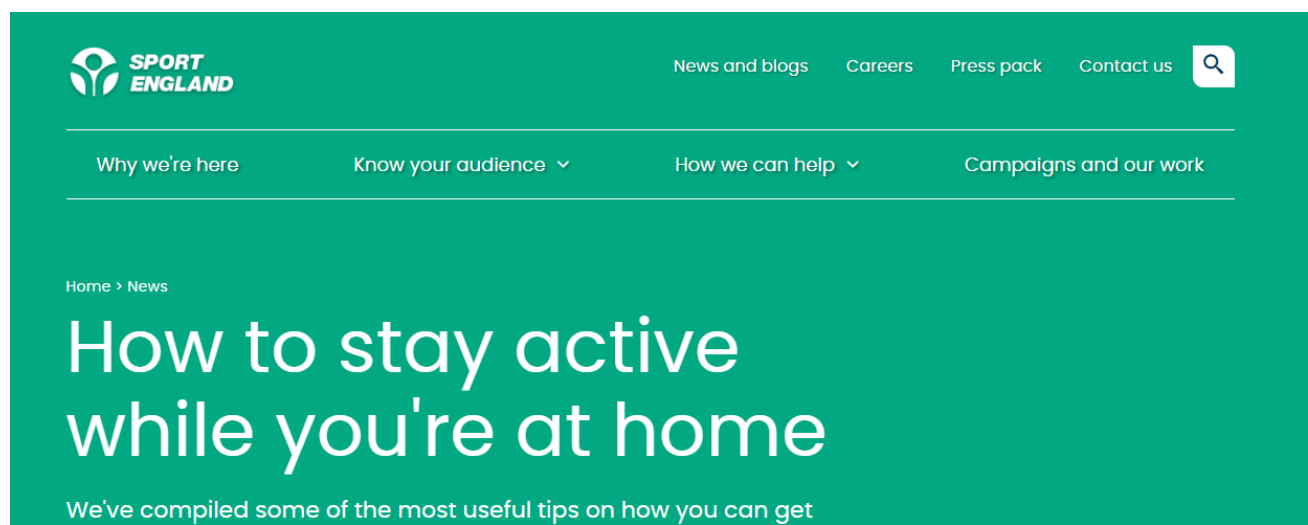


Due to the current school closures, we want to help schools to encourage children to remain healthy and active both physically and mentally. We have created this document for schools to share with their children to give suggestions on activities that can be done from home. This document is just a snapshot of what is available. The links on the pages will work by putting the website details into your search browser.

Please do contact us during this time if you need any advice for your children.

We wish everyone all the very best.

<https://www.sportengland.org/news/how-stay-active-while-youre-home>



Official advice recommends against non-essential contact and all unnecessary travel - including working from home if you can - which means our routines are going to be changing.

But staying active is more important than ever right now, and even if you're mostly in your house at the moment, there are plenty of ways you can still do so.

To help, we've compiled into one place some of the most handy exercise ideas that are out there for keeping active in and around your home.

And if you've found a great way to keep active online, use the hashtag **#StayInWorkOut** on social media to share it with others.

Remember to [check government advice](#) if you think you have any symptoms linked to coronavirus.



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HOME

## YST FREE HOME LEARNING RESOURCES

To best support schools, parents and young people during the ongoing coronavirus situation we are compiling a list of free-to-access resources which will aid learning at home. Please scroll down to access.



With more people self-isolating and school closures, the Youth Sport Trust are aiming to provide whatever assistance they can to allow people to learn, be active and enjoy themselves as much as possible. Please access any of the resources below, this will be regularly updated.

### Primary Resources -Ready Set Ride resources

The Youth Sport Trust have been commissioned by British Cycling and HSBC UK to design resources to help children to learn to ride. Using an activity pack, online video resources and app, parents, teachers and carers are supported to teach children the essential skills needed to ride a bike while having fun playing together. [Click here](#) for three free resources. Additional resources can be accessed by creating a free account.

### Primary & Secondary Resources—Play Format videos

Our 'Play Formats' have been designed to encourage more active play and support children to engage informally in activity before accessing more formal sport specific variations. [Click here for YouTube playlist](#)

### Personal Challenge videos

It is the mission of the School Games to provide 'more young people with the opportunity to compete and achieve their Personal Best'. This includes competing against oneself and others to improve personal performances with a focus on the process rather than the outcome (on the learning and values development of the young person rather than just the result). For some inspiration, watch some personal challenges created by young people, have a go yourself, or create your own. [Click here for YouTube playlist](#)

### Inclusion 2020 activities

In this document (page 11 onwards) there's a wide range of inclusive formats to utilise.

[Download the document](#)

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

## DISNEY DANCE-ALONGS

We've teamed up with Disney to create dance routines to help you get active with your kids

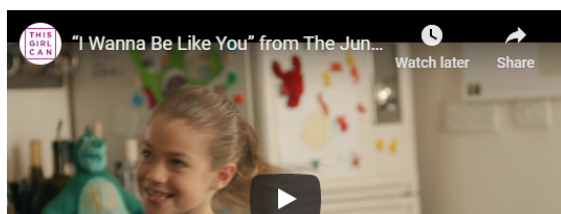
These Disney dance-alongs are a perfect, and fun, way to get active with the kids

HOME MEET THE GIRLS WAYS TO GET ACTIVE YOUR STORIES OUR COMMUNITY SUPPORTERS HUB



This Girl Can is all about celebrating women getting active, no matter how they like to do it. Partnering with Disney and real families across England, we've captured some of the ways mums and kids get moving to the songs they love. You can learn their moves or put your own spin on their routines. At the end of the day, it's about breaking a sweat while having a bit of fun.

Cat and Sofia's "I Wanna Be Like You" from *The Jungle Book*



### GETTING STARTED

#### EXERCISING WITH YOUR CHILD

Find out more about other ways you can get moving with your kids

VISIT WEBSITE →

#### HOME EXERCISE

Find out more about ways you can get active at home

The website has lots of activities that children and families can do at home, with ideas for dances through to games in the garden.

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

Lots of activities to do, with easy to follow active learning videos covering topics such as division, number bonds and times tables.


<https://www.activekidsdobetter.co.uk/active-home>

**ACTIVE KIDS DO BETTER**


RESOURCES    HOW IT WORKS    GET INVOLVED

**ACTIVITIES**


Get started by using our family-friendly activities and begin moving together in your living room, garden or local park.




**BALLOONBALL**



**YOGA**



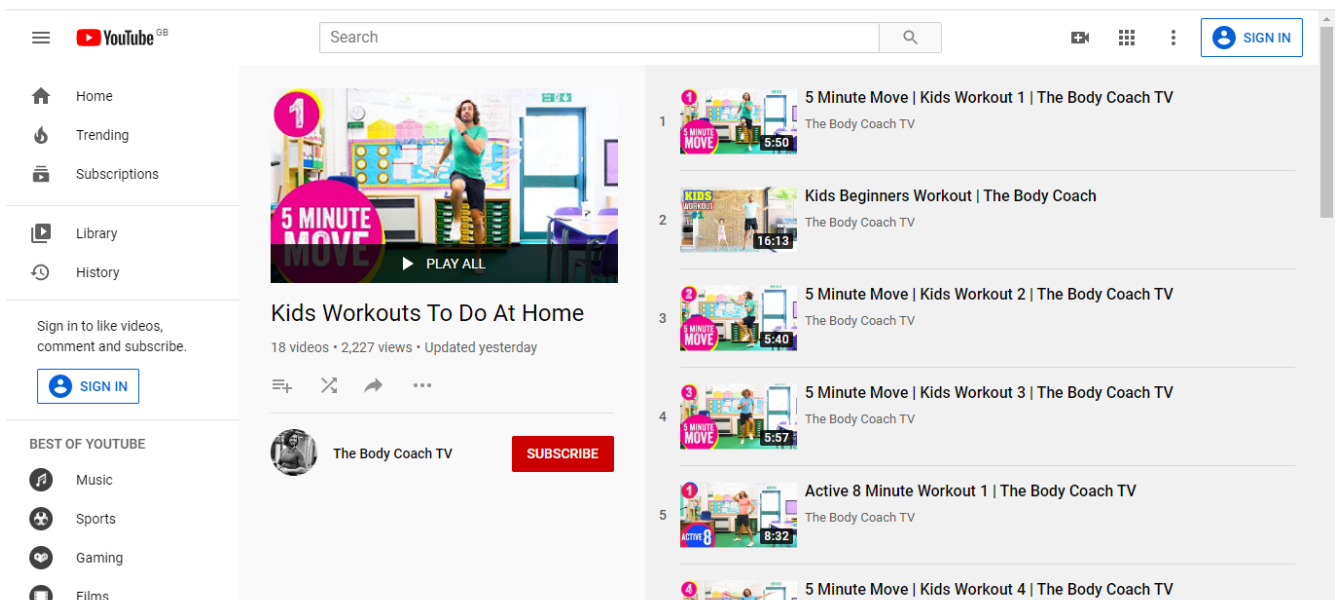
**PING TOWEL PONG**



**LIGHTS, CAMERA, ACTION!**

This website has different fun activities that can be undertaken at home with families.

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>



The screenshot shows a YouTube playlist titled "Kids Workouts To Do At Home" by "The Body Coach TV". The playlist contains 18 videos with 2,227 views, updated yesterday. The first five videos listed are:

- 1 5 Minute Move | Kids Workout 1 | The Body Coach TV (5:50)
- 2 Kids Beginners Workout | The Body Coach (16:13)
- 3 5 Minute Move | Kids Workout 2 | The Body Coach TV (5:40)
- 4 5 Minute Move | Kids Workout 3 | The Body Coach TV (5:57)
- 5 Active 8 Minute Workout 1 | The Body Coach TV (8:32)

Joe Wicks has workouts that children can do at home on this youtube channel. These are short bouts of activity that can be done at home as well as in the classroom.



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Don't forget to follow us on Twitter for all the latest pictures and updates.



Website: [www.chesterssp.co.uk](http://www.chesterssp.co.uk)

If you no longer wish to receive the Chester School Sport Partnership newsletter, please can you notify us on [enewstead@blaconhigh.cheshire.sch.uk](mailto:enewstead@blaconhigh.cheshire.sch.uk) or [claire.smedley@blaconhigh.cheshire.sch.uk](mailto:claire.smedley@blaconhigh.cheshire.sch.uk) and we shall remove you from our mailing list.

*'Providing opportunities for every young person to shine'*

## Updated contact details

Just to let you know that

Claire Smedley's mobile telephone number has changed to

07813355624

Calls to her previous number will not be connected.

