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A Be Active at Home Special Edition

In the event of school closures, several companies and individuals have put together resources to help teachers encourage pupils to be active at home and continue their Physical Education learning.



Healthy Futures

Healthy Futures will, in the event of school closures due to the coronavirus, provide a weekly food & activity log plus daily exercise videos to keep children active.

They are working with a number of organisations to create their daily home exercise videos & will also be sending out a resource pack which will include: Fitness & Sporting Challenge Cards & Active Monopoly!

To receive these **free** resources straight to your inbox, click the following link...

[CLICK HERE](#)



Succeedin PE

Succeedin PE & the PE Suite are offering schools an easy way to give their families PE, physical activity games & sports ideas should schools be closed.

All you have to do as a school is send the following link home to your families & they can begin accessing the content. This link will be managed & updated by the Succeedin PE team in the event of schools being closed, the great thing is schools won't need to do anything once the families have the link.

[VIEW THE LINK](#)

The logo for 'imoves' features a lowercase 'i' in blue, followed by 'moves' in red. The 'i' has a dot above it.

imoves

imoves are offering every teacher the opportunity to sign up for their students to get **free** access to the imovement platform at home. Pupils can stay active & healthy even if they can't go to school.

The platform offers fun, active learning resources that change daily & much more!

[SIGN UP NOW FOR FREE](#)



Cosmic Kids Yoga & Mindfulness

Free online videos that can be watched & followed at home by children, adults & families alike.

Access themed yoga lessons, mindfulness activities & relaxation sessions from the comfort of your home.

[HAVE A LOOK](#)



Real Play at Home

Create Development are making their real play at home resource **free** for any family to access whilst schools are closed. Click [here](#) to view the real play at home video & preview what this looks like.

Any school interested should send an expression of interest email to:

jasmine@createdevelopment.co.uk



AfPE: The Importance of Being Active

This leaflet contains information specifically for parents on the importance of keeping their children active.

It provides information on what outcomes children will get from an active lifestyle along with some tips on what parents can do to encourage activity.

[DOWNLOAD THE DOCUMENT](#)



The Body Coach

Joe Wicks, The Body Coach, has produced a number of short, fun workout videos especially for children.

The videos are available on The Body Coach YouTube TV channel along with videos that adults/parents can access too.

[VISIT THE YOUTUBE CHANNEL](#)



Questr

Questr Scan & Seek have created an area on their website with **free** active English & Science games for parents & kids.

The activities will give parents the opportunity to support their children to have fun while they continue to learn at home.

[TAKE A LOOK](#)



BBC Super Movers

The BBC Super Movers website contains a host of **free** online videos & fun curriculum linked resources to get children moving while they learn.

The videos feature a plethora of professional sportsmen & women as

well as celebrities to engage children even further.

Don't forget: it is **Super Movers Day on Thursday 19 March**, find out more [here](#).

[VISIT THEIR WEBSITE NOW](#)



Go Noodle

Anyone can access these **free** online videos that encourage children to be active & have fun.

They engage 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home & everywhere kids are!

[VISIT THE WEBSITE](#)



Change 4 Life

The NHS Change 4 Life website has a host of videos, activities & resources for parents and pupils to use alike.

The resources encourage physical activity, healthy eating & even include healthy family dinner recipes.

[VISIT THE WEBSITE & SHARE WITH PARENTS](#)



#StayInWorkOut

Finally, one for you teachers. Sport England have compiled some of the most useful tips on how you can get active when you're at home, if you're well enough.

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

[TAKE A LOOK](#)



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