

#stayhomestayactive



In this time of uncertainty in our homes, staying active has never been as important for health and wellbeing. As a national message to homes across the country the government have promoted the role of physical activity and exercise. When our children are being isolated, away from their peers the importance of keeping moving and active is important in safeguarding their mental and emotional wellbeing.

Join the Movement is our brand-new campaign, spearheaded by Sport England funded by The National Lottery, giving you the advice and tools you need to help you do this while the country deals with the coronavirus outbreak.

Official advice is to stay at home, and to only go outside for one form of exercise a day, to shop for basic necessities, if there's a medical reason and travelling to and from essential work.

<https://www.sportengland.org/stayinworkout>

Chris Wright the Head of Health and Wellbeing at the Youth Sport Trust recently discussed the role that keeping families moving can have, on the podcast Positively Dad. In this 20-minute discussion he shares his thoughts on this time we now have as families giving us;

- The time to reset childhood to take care of children's happiness in a society that increasingly puts pressure on them
- Develop a love of movement and play through physical activity in small spaces within our home environment
- Use movement to support learning – developing numeracy and literacy skills whilst being physically active
- Break up a home schooling day by integrating physical activity into the “school” day where children might be more sedentary than usual

The Youth Sport Trust have been working with Sport England, Department for Education (DfE) and a range of physical education and sport stakeholders to respond to COVID-19 and provide support for teachers and parents to keep children moving in and around the home. This work has been delivered in three strands and some of these can be found on the links below;

1. Early response with access to resources for play and active breaks with video and downloadable cards working with our partners Complete PE and Teach Active
2. Supporting and mobilising the School Games Organisers to drive local engagement and add their own content utilising School Games play formats and personal challenge activities. Your local School Games Organiser will be communicating with your PE Lead to share these formats and opportunities
3. Work with DfE to position specific resources relating to active physical education and the wider outcomes of the curriculum subject.

This is an opportunity to demonstrate how our schools and families can come together to support children with their wellbeing and happiness during these unprecedented times when there will be increased unhealthy behaviours and a potential for increased anxiety and loneliness. The following resources can support schools and families with this:

- Youth Sport Trust <https://www.youthsporttrust.org/free-home-learning-resources-0> includes PE Learning at Home, Active Breaks, 60 Second Challenges and Active Learning
- Listen to Chris Wright discuss the role of keeping families active during this time at <https://positivelydad.com/podcast/staying-active-a-bonus-episode-to-help-families-keep-moving/>

- #ThisIsPE <https://www.yorkshiresport.org/get-active/thisispe/> DfE asked Active Partnerships to develop PE at Home resources for Key Stage 1 and 2. Yorkshire Sport are leading on this and have produced a YouTube video playlist that is added to daily.
- PE at Home for KS1 to KS4 <https://www.kessp.com/news/?pid=3&nid=1&storyid=23> Developed by Helen Tonks (King Edwards, Aston SGO), Angela Whitehouse (Senior Lecturer at BCU) and Sarah Lay (Our Lady and St Rose of Lima Catholic Primary School, Birmingham)
- Sport Birmingham's Virtual Activity Finder <https://www.sportbirmingham.org/> allows families to find live stream and on demand activity videos to do at home.
- Commonwealth Challenge <https://www.sportbirmingham.org/resources> developed by Sport Birmingham to get families active together and learning about Commonwealth countries while children are off school.

Families can earn sports equipment for your school by being active during the closure period!

We don't need to tell you how important children's health is during your school's closure period.

The Chief Medical Officer suggests that children participate in 60 minutes of moderate/ vigorous physical activity each day in order to maintain health.

To help your families stay on track during the Covid-19 UK lockdown, we have created a free resource that links to the curriculum and enables families to earn sports equipment for your primary school by being active at home.

Many schools and families in Birmingham are already using it, here's how you can get involved too...

Here's how it works:

- 1.) Send our two worksheets on the link below to all families at your school.
 - a. Link: <https://www.sportbirmingham.org/resources>
 - b. There are online and printable versions of both.
- 2.) **If more than 50% of families complete the 50-day challenge, Sport Birmingham will buy your school some sports equipment.**

What's included in the resource:

- 1.) PDF 1: The Commonwealth Challenge
 - A map of the commonwealth plotting each child's virtual journey from Australia to Birmingham ahead of the Commonwealth Games.
 - 1 day of exercise (15 mins) = one step closer to completing the challenge.
- 2.) PDF 2: Commonwealth Passport – CURRICULUM BASED
 - An A5 booklet enabling children to learn about the world as they complete their virtual journey.

More info here: <https://www.sportbirmingham.org/resources>

Let us know if you use the resource by emailing: sam.payne@sportbirmingham.org.