

#ThisIsPE toolkit

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WHAT IS #THISISPE?

#ThisIsPE is designed to support parents and teachers to educate and entertain primary school children at home during the school closures. There are a lot of high-profile exercise videos available, but far less genuine physical education.

Each **#ThisIsPE** activity is designed to be fun, replicable at home, and can be done with things you can find around the house. All videos come from current PE teachers, or PE teachers now working elsewhere in the sector.

The aims of the campaign are to:

- **Support teachers and parents to educate and entertain at home**
- **Raise the profile and importance of physical education**
- **Change perceptions among parents who may have a negative impression of PE**

#ThisIsPE was created by Yorkshire Sport Foundation, in partnership with the Association for Physical Education, Youth Sport Trust and North Yorkshire Sport. The [Department for Education listed it as one of four 'high-quality resources'](#) to support parents and teachers to deliver physical education for primary school children.

WHERE CAN I FIND #THISISPE?

All **#ThisIsPE** videos are hosted on YouTube in a [#ThisIsPE playlist](#). You could [embed this on your website](#).

A new **#ThisIsPE** video is posted at 1pm on a Monday, Wednesday and Friday. As well as being added to the YouTube playlist, it also appears on the Yorkshire Sport Foundation [Facebook](#), [Instagram](#) and [Twitter](#) accounts.

There is a [#ThisIsPE landing page on the YSF website](#), which gives background to the campaign and relevant links.

HOW CAN I SUPPORT #THISISPE?

We appreciate this is a difficult time both personally and professionally for everyone, with priorities and demands from all directions. If you think this campaign is something your

audience would find useful, please feel free to share it with them. We've listed a few suggestions below:

- Retweet/share #ThisIsPE videos from the YSF social media accounts
- Share the YouTube playlist on your social media accounts
- Publish the press release on your website
- Add it to any 'Active at Home' pages you may have
- Contact the schools, school teachers and School Games Organisers in your database to make them aware of the resource, so they can share.
- Email your partner database to make them aware of the resource and how they may want to get involved

RESOURCES

To hopefully make life easier, we've created some resources to support the promotion of #ThisIsPE.

- A [corporate press release](#), featuring quotes from some of the partners involved. Best for organisations.
- A more [customer facing story for websites](#), more appropriate for schools.
- Text for [newsletters, emails or 'Active at Home' webpages](#)
- Suggested [social media posts](#)
- A [small bank of images](#) that we will add to as often as possible

Website – www.yorkshiresport.org/ThisIsPE

YouTube playlist -

https://www.youtube.com/playlist?list=PLYGRaluWWTtoJv3An2WEgsQ4qGFy_91jDL

Twitter account - <https://twitter.com/YorkshireSport>

Facebook - <https://www.facebook.com/YorkshireSportFoundation/>

Instagram - <https://www.instagram.com/yorkshiresport/>

SOCIAL MEDIA POSTS

We see #ThisIsPE as having two different audiences, and the messages to them will be slightly different.

Firstly, to parents, we want to emphasise the fact that the videos are fun! They are activities and games that can be replicated at home, using things you can find around the house. Many parents may instantly be turned off by PE, so we want to focus on the activities being fun and easy to replicate at home. They are entertaining, but also educational.

Secondly, we want to get teachers and schools to share #ThisIsPE. We'll emphasise how this relates to the primary school curriculum and is one less thing for them to worry about. If schools are timetabling suggestions for parents, then #ThisIsPE is a government endorsed resource.

FOR PEOPLE TALKING TO PARENTS THROUGH SOCIAL MEDIA

Keeping the kids entertained during lockdown is hard! Educating the kids is hard! Here's a selection of activities that you can do at home that allow you to do both.

It's linked to the primary curriculum and endorsed by @educationgovuk Take a look!

https://bit.ly/ThisIsPE_YouTube

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Here's some activities that can educate the kids at home using things like teddy bears, socks, and tea towels!

Find the games that you want to do together and have some fun!

https://bit.ly/ThisIsPE_YouTube #ThisIsPE

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If you're looking for something fun and active to help the kids use all that extra energy, here's some activities you can do with things you can find around your home.

https://bit.ly/ThisIsPE_YouTube #ThisIsPE

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Fancy some family friendly activities that will keep the kids entertained? There's lots of ideas to have a go at from @YorkshireSport https://bit.ly/ThisIsPE_YouTube #ThisIsPE

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PE is not about star jumps, press-ups and cross country runs! PE is about fun activities to develop coordination, strength and balance in your child. Here's some things you can try at home - https://bit.ly/ThisIsPE_YouTube #ThisIsPE

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Educating the kids at home doesn't always have to be about textbooks or worksheets. It can be about teddy bears, rolled up pairs of socks and having fun!

Pick an activity video and give it a go - https://bit.ly/ThisIsPE_YouTube #ThisIsPE

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FOR PEOPLE TALKING TO SCHOOLS THROUGH SOCIAL MEDIA

Support parents to teach real PE at home with these videos from @YorkshireSport.

A variety of activities that can be replicated using things you'll find around the house, and endorsed by @educationgovuk #ThisIsPE https://bit.ly/ThisIsPE_YouTube

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[@YorkshireSport](#) have brought together PE teachers to provide activity videos that will allow parents to continue their child's development at home.

Supported by @Afpe_PE and @YouthSportTrust, and endorsed by @educationgovuk. Share #ThisIsPE with families. https://bit.ly/ThisIsPE_YouTube

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#ThisIsPE is listed by @educationgovuk as a 'high quality resource' to support learning at home. Share the videos with those looking to keep the kids active, entertained and educated https://bit.ly/ThisIsPE_YouTube

NEWSLETTER, EMAIL OR 'ACTIVE AT HOME' TEXT

Here are some short bits of text that you could use in newsletters, on Tapestry, or in emails to parents.

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If you're trying to get the balance between educating and entertaining the kids at home, then you're not alone!

Here's some fun activities and games you can try with objects you find around the house, and it all links to the primary school curriculum.

If you or your child are usually put off by PE, then give one of the videos a go and see if it changes your mind. Click [HERE](#) for the videos.

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There are lots of home school resources out there at the moment. The Department for Education has recommended some 'high quality' resources to help you.

One comes from right here in Yorkshire! #ThisIsPE is about developing children's fundamental movement skills through fun games and activities that the whole family can get involved with.

There's lots of different activities to try, all from PE teachers and specialists. [Take a look at the videos](#) and have some fun!

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Physical education specialists from across the country have come together to provide parents with two-minute videos to help you educate and entertain at home.

Forget expensive sports equipment, these activities can be done with things like teddy bears, rolled up socks, and toilet roll!

#ThisIsPE is fun, educational, and there's not a star jump in sight! Check it out [here](#).

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The kids may not be lacking in energy, but you may be starting to run out of ideas for how to keep them entertained!

Keeping active in these strange times is really important, and that's why #ThisIsPE is a useful way to quickly put together activities and games that will entertain and burn off some of that energy.

The videos are linked to the primary school curriculum, too, so it's one way of educating the kids at home. [Check out the videos.](#)

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You don't need to spend money on expensive equipment to keep the kids entertained during these strange times.

Did you know that a pair of rolled up socks could be so versatile? Or that teddy bears are the teaching assistants you never knew you had?!

[Take a look at these videos](#), endorsed by the Department for Education, as great ways to educate and entertain at home.

WEBSITE STORY

If you're looking for ways to educate and entertain the kids during lockdown, we've got something for you!

Yorkshire Sport Foundation have brought together teachers from across the country to provide activities and games you can replicate at home, using things you can find around the house. They have fun at the heart of them all, so not only will it keep the kids entertained, but it will continue their development in crucial areas such as coordination, balance and building strength.

It's endorsed by the Government [Department for Education](#), and is supported by leading national organisations, the [Association for Physical Education](#), and the [Youth Sport Trust](#).

Each video lasts around two minutes, and will introduce an activity, with tips for how to progress it depending on the age and development of your child. Some of the videos have ways

you can put what children have learnt into a game, plus ways of how to make that game easier or harder.

You may think that PE is all about star jumps, cross country runs in the cold, or the school football team. Physical education is actually about providing your child with the fundamental skills they need as they develop throughout primary school. And it's fun! Families across the country have been getting involved in #ThisIsPE in the last few weeks, so why don't you?

Check out all the videos [here](#), or take a look on [Facebook](#), [Instagram](#) or [Twitter](#) for #ThisIsPE.

PRESS RELEASE

A campaign designed and created in Yorkshire to support teachers, parents and carers to teach physical education has received national recognition from the Department for Education.

The #ThisIsPE campaign, led by Yorkshire Sport Foundation, uses specialist teachers of PE from across the county to film two-minute videos with activities that can be replicated at home, all linked to the primary PE curriculum.

Supported by the [Association for Physical Education](#), [North Yorkshire Sport](#) and the [Youth Sport Trust](#), the resource has been listed as one of [four 'high-quality resources'](#) in physical education, alongside those produced by the NHS, BBC and Disney. The resources, which cover multiple subjects, hope to support both teachers and parents adapting to the current coronavirus restrictions that has seen many schools closed.

A new video is added at 1pm on a Monday, Wednesday and Friday on the Yorkshire Sport Foundation Facebook, Instagram and Twitter accounts, and are hosted on the charity's YouTube channel. PE specialists from across the country are set to be involved in the weeks to come as the campaign evolves.

Alex Ogden, lead for PE and School Sport, has led the development of the campaign, and is excited by the early response.

"We noticed that there were a lot of physical activity and exercise initiatives out there -which absolutely have their place - but nothing that really counted as physical education.

"PE is more than just exercise, and the skills it teaches in terms of coordination, balance and strength are crucial to a child's development. We want to make the activities easy to replicate

at home, so the videos include things you can find around the home rather than sports equipment.

"We also know that children are far more engaged when something is fun, so all the activities have that at their core, and we hope parents in particular find them useful to both educate and entertain."

Sue Wilkinson MBE, afPE CEO added: "In these unprecedented and challenging times, we know that physically activity is important. However, PE offers children and young people so much more than fitness activities.

"The PE activities commissioned by Yorkshire Sport Foundation are relevant, age-related and safe to undertake in the home environment. They will also help to develop character, determination, decision-making and communication skills, to name but a few.

"We are delighted to be a part of this initiative to support everyone who is wanting to engage in physical education to support children's development and emotional and social well being. The focus on fun is also important as teachers will tell you that when children 'want' to learn they do so much better when they just 'have' to!"

For more information on the #ThisIsPE campaign, including the YouTube playlist, visit www.yorkshiresport.org/ThisIsPE

For the full list of resources from the Department for Education, [visit the Gov.uk website.](#)

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Editors notes

Yorkshire Sport Foundation

Yorkshire Sport Foundation is a Lottery Funded charity, connecting, influencing and providing support for grassroots sport across South Yorkshire and West Yorkshire. Yorkshire Sport Foundation is one of the 43 Active Partnerships working with partners to deliver Sport England's strategy, Towards an Active Nation. Find out more at <http://www.yorkshiresport.org/about>

Active Partnerships

There are 43 Active Partnerships across England who work collaboratively with local partners to create the conditions for an active nation using the power of sport and physical activity to transform lives. Find out more at <http://www.activepartnerships.org/about-us>

Association for Physical Education

The Association for Physical Education (afPE) is the only representative PE Subject Association in the UK.

Our purpose is to promote and maintain high standards and safe practice in all aspects and at all levels of physical education, school sport and physical activity influencing developments at national and local levels that will impact on pupils' physical health and emotional well-being.

We provide quality assured services and resources, and valuable professional support for our members and the physical education, school sport and physical activity sector.

Youth Sport Trust

The Youth Sport Trust are a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. YST harness the power of sport, physical activity and PE to increase young people's life chances through improved wellbeing, healthier lifestyles and greater attainment. In this way we are helping children to become schoolready, promoting inclusion and tolerance and giving young people a sense of belonging.

HEALTH AND SAFETY GUIDANCE

We want every adult and child who takes part in #ThisIsPE to enjoy doing it. Just as importantly, we want you to be safe from injury. #ThisIsPE partners, led by the Association for Physical Education, have put together a few health and safety tips:

- Make sure that there is enough space around you (including overhead) for the activity you are doing
- If you can, do ball activities outside. If this is not in a garden, be sure to follow social distancing guidelines by staying two metres away from anyone not from your household.
- Make sure the surface is even and not slippery underfoot
- Make sure any equipment used is not too heavy or too large for children
- Ask children to wear appropriate clothing and footwear for the activity
- Tie back long hair
- Remove any jewellery
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are practising a skill, focus on good technique rather than the amount they can do