



TOGETHER ACTIVE

Staffordshire & Stoke-on-Trent



GO TO GUIDE FOR PE, SPORT AND PHYSICAL ACTIVITY

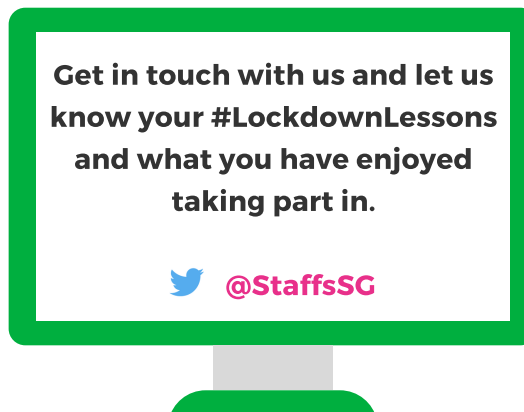
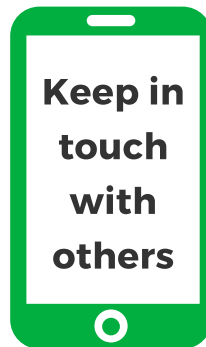
PURPOSE

Another lockdown finds us once again searching the internet for creative ideas on how to stay active. To save you time we have put everything in one place for you to access. This go to guide is here to help you choose the right resources for your class, child or keyworker/ vulnerable group. The table below can be used to narrow the activities by year group, venue, what you want to achieve from the activity and even equipment.

The activities aim to contribute to daily **60 active minutes**, provide **competitive opportunities** for young people both personally, locally and nationally and **improve physical, emotional and social wellbeing**. We hope you find this guide useful and easy to use. To ensure you are using the latest version of this document, a new version will be available on Wednesday 27th January.

MENTAL HEALTH DURING LOCKDOWN

Lockdown can have a huge impact on our mental health, regardless of our age or individual circumstances. Here are a few tips to cope and keep healthy whilst in lockdown.



GET ACTIVE, STAY ACTIVE



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ACTIVITY	SCHOOL	HOME	PRIMARY	SECONDARY	LINK
#ThisIsPE campaign Yorkshire Sport	✓	✓	✓	✗	https://bit.ly/3icS5NI
Primary PE Activities Youth Sport Trust	✓	✓	✓	✗	https://bit.ly/3nKa9jc
After School Sport Club Youth Sport Trust	✓	✓	✓	✓	https://bit.ly/3ihpZAU
60 Second Activity Challenges Youth Sport Trust	✓	✓	✓	✓	https://bit.ly/2LR7wPy
Wonder Woman 1984 Youth Sport Trust	✓	✓	✓	✗	https://bit.ly/3bBBLEP
Family Activities Youth Sport Trust	✓	✓	✓	✓	https://bit.ly/39qHNWd
Funetics England Athletics	✓	✓	✓	✗	https://bit.ly/3nBUBhz
Chance to Shine English Cricket Board	✓	✓	✓	✓	https://bit.ly/2LkxPO9
British Dodgeball	✓	✓	✓	✓	https://bit.ly/2XAG1Mr
Bee Netball Resources England Netball	✗	✓	✓	✗	https://bit.ly/39xgMQH
Bee Netball Videos England Netball	✓	✓	✓	✗	https://bit.ly/3nHfGHk
Tennis Training for Kids LTA	✓	✓	✓	✗	https://bit.ly/2XFfZle
#ThisIsPE Secondary PE Youth Sport Trust	✓	✓	✗	✓	https://bit.ly/38E5gEa
Athletics at Home England Athletics	✓	✓	✗	✓	https://bit.ly/3oJD48f
Active at Home Rugby League	✓	✓	✗	✓	https://bit.ly/3sqfRu0
Lockdown Tennis Drills LTA	✓	✓	✗	✓	https://bit.ly/2LRG6J1
Kidz Bop Classroom	✓	✓	✓	✗	https://bit.ly/2LA32wZ
Popsugar Fitness	✓	✓	✓	✗	https://bit.ly/3oZ3GT8
Coach Corey Martin Games	✓	✓	✓	✗	https://bit.ly/3oZCynm

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ACTIVITY	SCHOOL	HOME	PRIMARY	SECONDARY	LINK
BBC Supermovers	✓	✓	✓	✗	https://bbc.in/3bJuwL8
Cosmic Kids Yoga	✓	✓	✓	✗	https://bit.ly/3bO8aYQ
9 Things	✗	✓	✓	✗	https://bit.ly/3iIINyW
Just Dance	✓	✓	✓	✓	https://bit.ly/2M56jUz
Fortnite Dance	✓	✓	✗	✓	https://bit.ly/3iw048I
#ThisIsPE SEND Activities	✓	✓	✓	✓	https://bit.ly/39IBv49
The FA SuperKicks	✓	✓	✓	✗	https://bit.ly/39J5wkA
Go Noodle	✓	✓	✓	✗	https://bit.ly/39J7j9i
BBC Supermovers	✓	✓	✓	✗	https://bbc.in/3bJuwL8
Cosmic Kids Yoga	✓	✓	✓	✗	https://bit.ly/3bO8aYQ
PE with Joe Wicks	✓	✓	✓	✓	https://bit.ly/3im9aot

Ensure you're using the latest version by checking back on the Together Active Twitter on Wednesday 27th January.

 @StaffsSG

GET ACTIVE, STAY ACTIVE



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