

Keeping children and families active during lockdown

The information below has been created using advice from the NHS, Public Health England, Sport England and Government COVID-19 Guidelines. For the most up to date guidance on coronavirus, please follow the link below:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

During these unprecedented times, it is so important to get active whilst keeping in line with the Governments rules. Fortunately, there are some great resources online that everyone can follow:

Sport England's This Girl Can campaign teamed up with Disney to create dance routines for families to get up and dance together to classic Disney film songs.

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

Change4Life have great resources for staying active indoors also inspired by Disney. They have 11 online 10 minute 'Shake Ups' games and activities. Change4Life also have a page for accessible activities, including a further 2 'Shake up' activities.

<https://www.nhs.uk/change4life/activities/indoor-activities>

<https://www.nhs.uk/change4life/activities/accessible-activities>

The Body Coach aka Joe Wicks has started doing 'PE with Joe' on weekday mornings at 9am via his YouTube channel.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

The Government are allowing everyone to get out for **one form of exercise a day, for example a run, walk or cycle – alone or with members of your household**. Sport England have a page with their advice on getting out walking but keeping to social distancing guidelines and how to stay active at home.

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



It is the ideal opportunity for families to come up with their own activities and share these with others. Sport England are asking if anyone finds a great way to keep active online, to share this on social media using the hashtag #StayInWorkOut

Parkrun have set up **School of parkrun** where they set daily parkrun-themed tasks for children and their families to try, these including topics of English, Maths and Science. They upload the task videos to YouTube.

<https://blog.parkrun.com/uk/2020/03/27/the-school-of-parkrun-2/>

Living Streets have created a webpage where you can find important updates on walk to school initiatives during this time of lockdown, including news and stories, but most importantly, free resources and activities. The page is for all teachers, school staff, parents, carers and all families with children of primary school age.



<https://www.livingstreets.org.uk/walk-to-school/primary-schools>

Cherwell District Council Youth Activators are releasing an activity video each day through their YouTube channel and Instagram account. Families who are part of the FAST programme has been contacted to what equipment or resources are available at home so that the Activators can design specific activities.

<https://www.youtube.com/playlist?list=PLIn8ro1Hpyd5MZNsI5KxURdacDVA9IMGM>

Instagram: @youthactivators

<https://www.cherwell.gov.uk/Activity-and-wellbeing-hub>

It is important not only to look after your physical health but also your mental health. **Every Mind Matters** campaign have put together a webpage with guidance, advice and tips on how to maintain your wellbeing during this uncertain time.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>