

Ways to keep active indoors:

<https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

<https://modernparentsmessykids.com/11-ingenious-ways-keep-kids-active-stuck-inside/>

<https://www.activekids.com/parenting-and-family/articles/7-ideas-to-keep-your-kids-active-indoors>

Dan the Skipping Man

Dan the Skipping Man® works across schools to boost physical activity, develop resilience, perseverance and creativity for all. We normally offer children in schools a simple form of creative fitness to get themselves active and enjoying themselves in a form of fitness that is simple to access, easy to do and can be done indoors or outside. A number of links are below but we have 60+ videos on our Youtube channel

www.youtube.com/dantheskippingman

Ready Set Ride resources

The Youth Sport Trust have been commissioned by British Cycling and HSBC UK to design resources to help children to learn to ride. Using an activity pack, online video resources and app, parents, teachers and carers are supported to teach children the essential skills needed to ride a bike while having fun playing together.

<https://readysetrider.co.uk/prepare-Primary-&Secondary-Resources>

Play Format videos

Our 'Play Formats' have been designed to encourage more active play and support children to engage informally in activity before accessing more formal sport specific variations.

<https://www.youtube.com/playlist?list=PLX9GnyQdxaf5NUNIP-PCQ4ssc2tjnRUr>

Personal Challenge videos

It is the mission of the School Games to provide 'more young people with the opportunity to compete and achieve their Personal Best'. This includes competing against oneself and others to improve personal performances with a focus on the process rather than the outcome

https://www.youtube.com/playlist?list=PLX9GnyQdxaf5SqSnTYy_pc51k7IIPi4je

Inclusion 2020 activities

Taken from our 'Inclusion 2020' project which has seen 50 primary, secondary and special schools across England organise inclusive countrywide 'Learning and Discovery' sport festivals. At the events, 3,000 pupils of all abilities have been experiencing a variety of Para sports and get the opportunity to compete. In this document (page 11 onwards) there's a wide range of inclusive formats to utilise.

<https://www.youthsporttrust.org/sites/default/files/Inclusion-2020-learning-discovery-festival-pack-006.pdf>