

Resources to **increase activity** at your school

Active Norfolk's Active at Home for Kids

A resource bank of activities that are suitable for home or school settings, with thematic activities lined up for every day of the week.
www.activenorfolk.org/public/get-active/active-at-home/kids/

Support from Active Norfolk

Active Norfolk have a funded role to support schools to help get students active. Contact Jo Thompson to discuss your circumstances.
joanne.thompson@activenorfolk.org

Norfolk School Games

The Norfolk School Games is the largest school sport event to be held in Norfolk. The Games are part of the national School Games initiative which aim to inspire young people to take part in competitive sport.
www.norfolkschoolgames.co.uk/organisers

Physically active schools

The DfE has launched videos and resources for schools, providing creative and entertaining content to help staff offer 30 active minutes. This includes videos on how to incorporate being active into lessons, breaks and travel times; inclusive activities for SEND pupils and content to encourage more girls to get involved in physical activity.
<http://bit.ly/physically-active-schools>

Youth Sport Trust

The Youth Sport Trust have created 60 second physical activity challenges; a range of activities that can be downloaded and completed at school.
www.youthsporttrust.org/60-second-physical-activity-challenges

This is PE

Yorkshire Sports Foundation has worked with physical education experts to create fun, free games and activities to keep kids busy and active linked to their PE curriculum.
www.northyorkshiresport.co.uk/this-is-pe

Inclusive activities

Iain Mills Youtube channel offers a mix of sensory circuits and PE challenges with a focus on SEND pupils.
<http://bit.ly/Iain-Mills-Send-Playlist>

Change4Life

A range of different resources including 10 minute shake ups, games and activities for kids that can be used at home or in school.
www.nhs.uk/change4life/activities/accessible-activities

Download this guide and access the E-learning modules at:

www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools