



Active Children Achieve

**Bulletin No 19** – Wednesday 18<sup>th</sup> March 2020

**Events:** Following Monday's Government announcement to avoid all non-essential contact, we have cancelled all Active Schools+ events until after the Easter holidays when we will review latest guidance.

We all know the benefits to our **physical and mental health** if we remain physically active and its great to see so much support for this. Staying active & healthy at home is important – to support parents with this we have pulled together a list of websites that are offering free resources.

- <https://imoves.com/>
  - <https://www.youthsporttrust.org/free-home-learning-resources>
  - <https://jasmineactive.com/news/home-learning-resources/>
  - <https://www.bbcchildreninneed.co.uk/schools/primary-school/joe-wicks-work-out-videos/>
  - [www.jumpstartjonny.co.uk](http://www.jumpstartjonny.co.uk)
  - [www.tagtiv8.com/move-learn-home/](http://www.tagtiv8.com/move-learn-home/)
  - <https://www.cosmickids.com/>
  - <https://www.questr.org/schoolclosure>
  - <https://www.gonoodle.com>
  - <https://energetic.education/resources>
- Story based movement adventures halfway down page

**Please share this list far and wide, let's do what we can to keep children moving, learning, laughing and calm!**

**Tweet your activities & keep each other motivated using @LeedsActiveSchs**

**Big shout out's to those that are opening up their resources for free in this time of uncertainty #physicallyactive #caring #giving #community**

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