



ACTIVE

**Support and resources
for Manchester schools**

SUPPORTING YOU TO BE MORE ACTIVE

These anxious and unusual times bring unforeseen difficulties. With everyone spending a lot more time at home, it could have a significantly negative impact on Manchester's physical, mental and emotional well-being. **We don't want that to happen.**

It has therefore never been more important to provide trusted advice and guidance on the 'what' and the 'how' to support and encourage everyone to manage their well-being and move more.

Across Manchester, we're promoting daily messages of support, inspiration, guidance and updates to the city around physical activity and moving more across our Facebook, Twitter & Instagram channels – **tagging in #MCRactive.**

If you don't do so already, follow and connect with us and pass this message to anyone wanting to stay informed and supported.



Social Messages



As well as keeping active during this period, it is also important to ensure that you are keeping creative too! 🍌
 @whmmanchester are encouraging everyone to #keepbeingcreative.
 Give them a follow and share ways in which you are being creative at home!

#MCRactive



Keeping your children engaged in physical activity can sometimes be difficult. If you're looking for some fun and creative ways to keep them active, take a look at @ThePEShed. They are sharing simple and fun activities for you to do with your kids at home!

#MCRactive



Add another Tweet



Know a brilliant home workout resource? Sharing is caring! 🐜
 Share your home workout tips and pics using #StayInWorkOut.
stayinworkout.org
 #MCRactive @ManCityCouncil



Add another Tweet



Absolutely love this 🍌 a virtual zoo day bringing the animals direct to your front room 🦋🦋🦋🦋🦋🦋🦋🦋🦋 (and an excuse to use lots of animal emojis 🥰) #TheZoo #StayHomeSaveLives #MCRactive

Chester Zoo @chesterzoo · 3d
 🦋🦋 LIVE: A virtual zoo day at @chesterzoo!
 As you can't come to #TheZoo right now, we'll bring it to you!
 Join us on our @Facebook page tomorrow from 10am and enjoy a whole day of animal antics, LIVE from your sofa 🥰
 #StayHomeSaveLives

Add another Tweet



View Insights Create Ad
 90 views · Liked by manchesterschoolsps and kimiliial mcractive New #KungFuBubbleBoxTaekwonFit making a bid for an Olympic sport nomination, led by Manchester's junior lightweight champion, all part of today's... more
 4 days ago



MCRactive

MCRactive
 Keeping your children engaged in physical activity can sometimes be difficult. If you're looking for some fun and creative ways to keep them active, take a look at The PE Shed
 They are sharing simple and fun activities for you to do with your kids at home!
 #MCRactive
 Timeline Photos · Saturday at 18:00 · 🌐

SHARE YOUR CONTENT

We'd also love to hear from you with the innovative ways on how Mancunians are being active to share with others.

If you have content to share – be that a short video, image, creative idea or message, MCRactive are happy to receive this either direct by sending to: info@mcractive.com or you can connect and share through their social channels.

Now, more than ever, is the time for us to be proactive around our levels of physical activity whilst recognising and sharing those small moments of happiness in our days.

Stay safe, move more when and where you can, widen and embrace your virtual social connections, and look after yourself and your loved ones.

We can do this!



YouTube Links

Along with the rest of the nation, we've been sharing and promoting the P.E session with the Body Coach

Morning P.E session - Joe Wicks LIVE active workout - <https://www.youtube.com/user/thebodycoach1>

CBeebies – Andy's Wild Workouts - <https://www.youtube.com/watch?v=DqAOMrZkht0>

Healthy Futures – Fun Games - https://www.youtube.com/channel/UC080YLDsIDdHBgYDYenP3Zg?view_as=subscriber

Please send on any other links or content you have found useful for sharing



Sport England

Stay in, work out

Sport England have launched a tips, advice and guidance campaign on how to keep or get active in and around your home.

<https://www.sportengland.org/stayinworkout>

Join the Movement and use **#StayInWorkOut** to share how you're getting active during this time.

Keeping Active at Home -

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



Youth Sport Trust

Free online learning & physical activity resources -

<https://www.youthsporttrust.org/free-home-learning-resources-0>



The screenshot shows the Youth Sport Trust website homepage. At the top left is the Youth Sport Trust logo, a 25th anniversary badge, and the tagline "Believing in every child's future". The top right contains navigation links for "ACCESSIBILITY TOOLS", "LOGIN", a search bar, and a "DONATE" button. Below this is a horizontal menu with links for "ABOUT US", "OUR WORK", "GET INVOLVED", "PRIMARY PREMIUM", "RESOURCES", and "MEMBERSHIP". The main content area has a dark blue background with a pattern of blue triangles on the right. It features a "HOME" link and a highlighted section titled "YST FREE HOME LEARNING RESOURCES". The text in this section reads: "In these unprecedented times the Youth Sport Trust want to be able to support schools, teachers, parents and carers in understanding the importance of continuing with Physical Education (PE) whilst children and young people are inevitably going to be schooled in the home environment." Below the text is a photograph of a young girl in a pink jacket and orange helmet riding a bicycle, with a woman standing behind her on a path.

YOUTH SPORT TRUST 25 YEARS Believing in every child's future

ACCESSIBILITY TOOLS LOGIN

SEARCH DONATE

ABOUT US OUR WORK GET INVOLVED PRIMARY PREMIUM RESOURCES MEMBERSHIP

HOME

YST FREE HOME LEARNING RESOURCES

In these unprecedented times the Youth Sport Trust want to be able to support schools, teachers, parents and carers in understanding the importance of continuing with Physical Education (PE) whilst children and young people are inevitably going to be schooled in the home environment.



GCSE / BTEC / RSL Resources

Within Her Eyes - YouTube videos to support BTEC Component 1 -

https://www.youtube.com/playlist?list=PLJehfcMUHPzri7jN_k-aBSqemEsi5w69

Emancipation of Expressionism -

http://boyblueent.com/?page_id=16352

Shadows -

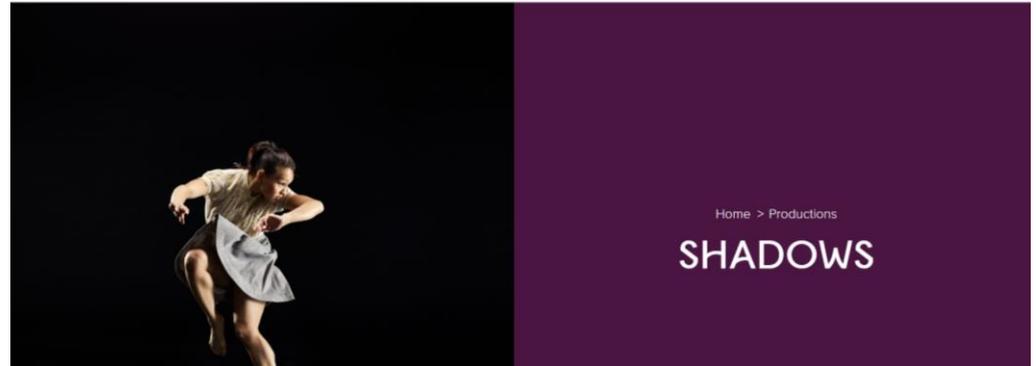
<https://www.phoenixdancetheatre.co.uk/production/shadows/>

Infra –

<https://learning-platform.roh.org.uk/unit/infra/%20Choreographer%20site%20https://waynemcgregor.com/>

PHOENIX
DANCE
THEATRE

What's On · Productions · Get Involved · About Us · Support Us · Contact Us

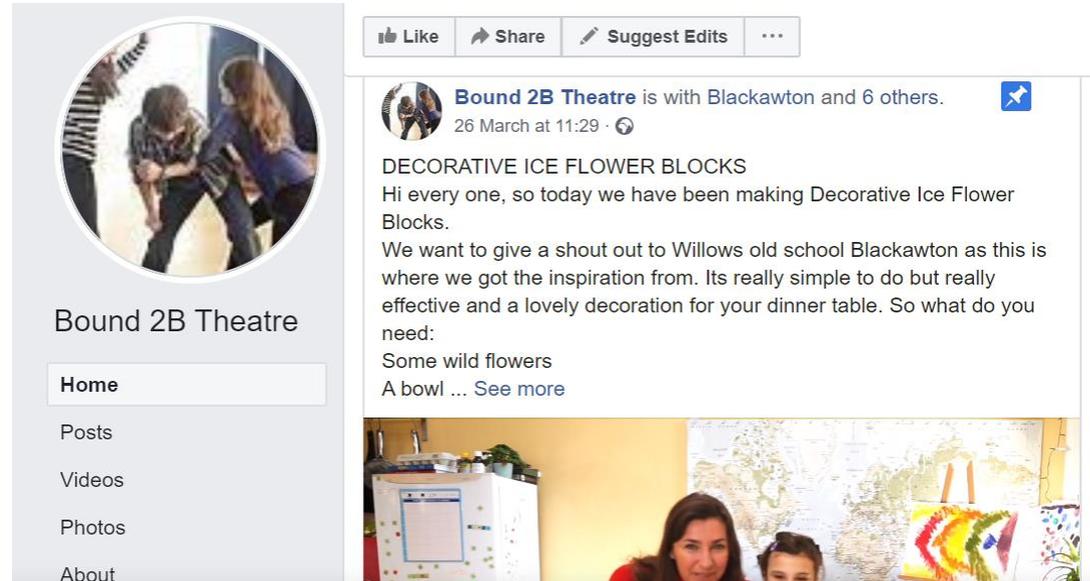


Facebook Links

Creative home school ideas -

<https://www.facebook.com/Bound-2B-Theatre-312773288759883/>

Please send on any other links or content you have found useful for sharing



Bound 2B Theatre

- Home
- Posts
- Videos
- Photos
- About

Like Share Suggest Edits ...

Bound 2B Theatre is with Blackawton and 6 others. 26 March at 11:29 · 🌐

DECORATIVE ICE FLOWER BLOCKS

Hi every one, so today we have been making Decorative Ice Flower Blocks.

We want to give a shout out to Willows old school Blackawton as this is where we got the inspiration from. Its really simple to do but really effective and a lovely decoration for your dinner table. So what do you need:

- Some wild flowers
- A bowl ... See more



All kinds of resources for teaching various subjects, including P.E for pupils at Key Stage 1 and Key Stage 2 - <https://www.bbc.co.uk/teach/primary/zd7p47h>

Physical Education KS2: Street dance - <https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-street-dance-masterclass-on-b-boying-and-footwork/zkmf47h>



Primary Teaching Resources

Classroom resources for teaching pupils at Key Stage 1 and Key Stage 2 in England, Wales and Northern Ireland and at 1st and 2nd Level in Scotland. This page is organised by subject and age-group.



Art & Design 5-7



Art & Design 7-11



Computing 5-7



Computing 7-11



Cross-curricular 7-11



Design & Technology 5-7

School Dance

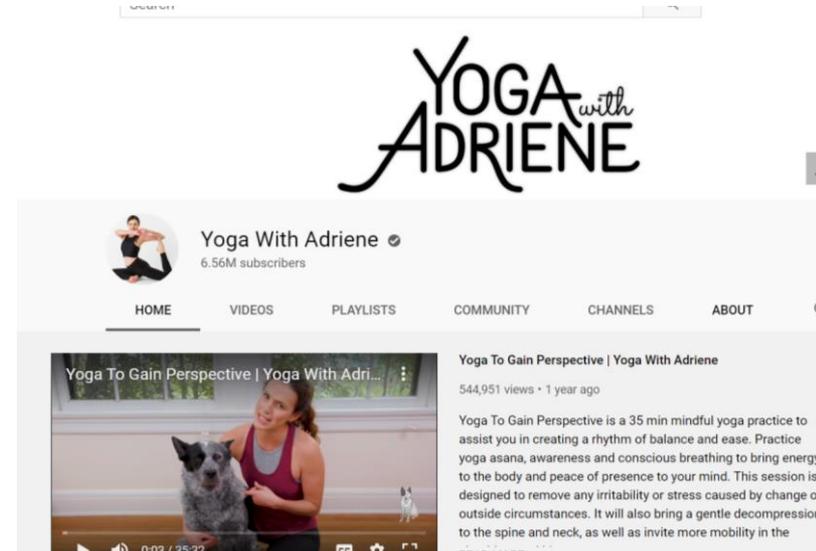
Online Resource with Youtube links to various dance & wellbeing tutorials - <https://t.co/syfeV55RuL?ssr=true>

11 + dance strength and conditioning program - <https://www.strengthmotionmind.com/11-dance>

Yoga & Dance at home - https://www.youtube.com/channel/UC_LDd2BYU5TwJGcBw3gbStA/videos

Online Gaga Classes - https://www.youtube.com/channel/UC_LDd2BYU5TwJGcBw3gbStA/videos

Online Yoga classes - <https://www.youtube.com/user/yogawithadriene>



Healthy Futures

Food and activity log plus daily exercise videos -

<https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de>



British Cycling

Ready Set Ride – lots of videos available to share and free app for parents etc to teach children to ride their bike through games and fun activities.

www.readysetride.co.uk

Go-Ride – our North West Go-Ride team are publishing regular videos on their Facebook page aimed at cyclists but many are accessible to everyone too. @John Wych (copied in) will be able to provide more details of their content.

<https://www.facebook.com/NorthWestGoRide/>

We also have our set of Commute Smart videos that can be shared

<https://www.britishcycling.org.uk/commuting>

And some bike maintenance videos too

<https://www.britishcycling.org.uk/knowledge/bike-kit/maintenance>



Thank-you

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