

# County Durham Active 30 Campaign

Active 30  
Durham



Healthy-Happy-Active  
Get involved!

[www.countydurhamsport.com/young-people/active-30/](http://www.countydurhamsport.com/young-people/active-30/)





## County Durham Active 30 Campaign



**The Active 30 campaign builds on the Active 30 programme to embed physical activity and wellbeing into young people's lives.**

The Government Childhood Obesity Plan has set out the ambition for all children to achieve 60 minutes of physical activity every day, with schools being responsible for delivering 30 of these active minutes and parents also being responsible for 30 active minutes.

The Active 30 campaign aims to help schools, home educators, parents/carers, families and community groups to support young people to participate in 30 minutes of moderate to vigorous intensity activity every day at school and 30 minutes every day at home – as recommended by the Chief Medical Officer (CMO).

To make this as easy as possible, resources have been selected from the Active 30 Durham website to provide a summarised and easy to access resource to embed physical activity and emotional wellbeing activities into children and young people's lives.

To find more fun things for your kids to do during the school holidays, also check out the Fun and Food activities taking place in your local area.

[www.durham.gov.uk/funandfood](http://www.durham.gov.uk/funandfood)





## Who is the Active 30 booklet for?

- Schools and home educators: to help embed 30 minutes of physical activity in the school day
- Families: to support you to promote physical activity within the home setting
- Community groups: to support community groups to embed physical activity and emotional wellbeing activities in delivery

***The activities have been split into the following categories;***

***0 - 5 years (Early Years)***

***6 - 7 years (Key Stage 1)***

***8 - 11 years (Key Stage 2)***

***12 - 18 years (Secondary)***

***Special Educational Needs and Disabilities (SEND)***

***Mental Health and Emotional Support***

## Success of Active 30

- 76 schools signed up to the Active 30 programme during the 2020/21 academic year
  - 11 schools pledged towards **Active 10**
  - 16 schools pledged towards **Active 20**
  - 49 schools pledged towards **Active 30**



**Pledge your support to the Active 30 campaign by completing the pledge form on the Active 30 website**

[www.countydurhamsport.com/young-people/active-30/holidays/active-30-campaign-booklet/](http://www.countydurhamsport.com/young-people/active-30/holidays/active-30-campaign-booklet/)

# Active 30 School Case Studies

## The impact of Active 30

### Acre Rigg Academy Skipping Project

#### **The Project:**

A member of the Skipping School team came to school to work with 12 children for 1 hour, teaching them a variety of skills and games. All children were given a plastic skipping rope to practice with, and the member of staff was given a long rope to help with the games. We all went away totally enthused. On returning to school, armed with their packs and huge enthusiasm, the lunchtime assistants asked for more skipping ropes. An existing box of skipping ropes was split, between the two yards, along with our 12 Skipping Mentors to support and assist. To enhance the project further a whole school skipping day took place in March. The children were outstanding in their skill level, fitness, stamina and enthusiasm.

#### **The Outcome:**

- Improved physical engagement of less active children
- Improved physical engagement because of the fun aspect and often the use of the long rope games as a starter
- Many children are now great skippers in a short period of time.

#### **Top Sharing Tips**

- Get an expert in! A different person can suddenly sprinkle the magic
- Invest in CPD for Non-Teaching Staff
- Buy good equipment and enough of it

### Nettlesworth Primary School Super Movers Video Project

#### **The Project:**

At Nettlesworth Primary School, physical education and activity is at the heart of what we do. We believe it plays a vital part in developing the holistic child. Each day we ensure all our children engage in physical activity, we do this in a variety of quick and cost-effective ways. Every morning, during challenge time, the children in school take part in a Super Mover's video. This resource is easily accessed on the BBC website, which is free of charge. It includes a little dance and song for the children to participate in whilst also helping them learn and remember key facts such as the alphabet or times tables. Also, each day all children engage in a five-minute Brain Gym exercise, we do this as a whole school after assembly. This entails children completing a range of gross motor moves to cross the midpoint of the body, in order to wake up our brains ready for learning!

#### **The Outcome:**

We believe this helps the children burn off a little energy and focus ready for their morning learning. We also complete this on an afternoon after lunch break so that the children can refocus ready for their afternoon sessions. This activity is completed within each class and is child led, therefore giving children ownership of their physical activity.

# Active 30 School Case Studies

## Nettlesworth Primary School Real Play Boxes Project

### The Project:

In autumn 2019 we introduced the Real Play boxes to EYFS and KS1 children. Each half term five children are chosen to take the box home and engage their whole family in 30 minutes of activity each day. These boxes are filled with lots of practical activities and games that the whole family can join in with.

### The Outcome:

So far, feedback from children and parents has been positive. This is having a positive impact on the amount of time families are spending being active together.

## Active 60 Homework Ball

### The Project:

As a school we have an Active 60 homework ball for each class. The aim of this is to encourage children to continue to get their 60 minutes of physical activity each day over the weekend. During our physical education sessions class teachers are constantly monitoring and assessing progression. This then helps them decide which child will be nominated to receive the Active 60 homework ball over the weekend. Children are very enthusiastic about the ball and book that they get to take home, if chosen. Children can then record which activities they have completed over the weekend, using the ball as a starting point. All members of the family are encouraged to get involved.

### The Outcome:

- It has helped encourage children to continue to improve and try their best in PE lessons.
- We receive lots of positive feedback from parents and children alike.
- We feel that this incentive has had a positive impact on physical activity within school as well as at home, costing us very little.

## Moorside Primary Carousel of Activities

### The Project:

We implemented a carousel of activities in September from 8.45am to 9.15am. Children enter school at 8.45am and go straight onto the yard to participate in their physical activity. There are 5 stations set up with different activities at each station. Children are directed to one of the stations to start on and then move around when the whistle is blown. Children access each station for 6 minutes before moving on, this is timed by an adult and they blow the whistle to indicate it is time to move around.

We have four staff on duty each morning. We have also trained up 20 children as "young leaders" so that they can support other children in participating and engaging with the physical activities. Young leaders have the responsibility off setting up and clearing away the five stations once we have finished. Staff join in with a station and move round the carousel to ensure children are continuing to participate and encourage them to do their best. The children are split into house teams when completing Active 30 and we use team points as an encouragement for participation. There are 25 team points "up for grabs" each day, these are sometimes given to one house or maybe split up amongst individuals.

### The Outcome:

- All children in school are physically active for 30 minutes at the beginning of the day.
- Young leaders are given responsibilities and encouraged to develop a positive attitude toward physical activity.

### Top Sharing Tips

Ensure children are engaged and enthusiastic about the physical activity – do they have a stimulus? We are currently adapting our timetable of stations in light of children's suggestions to try and ensure there is maximum enthusiasm and participation levels during the 30 minutes

# Get involved in Active 30

If you're an education setting, you can sign up to the Active 30 programme and choose the level of activity you pledge towards;



- **Active 10** – every child participating in 10 minutes of moderate to vigorous intensity activity every day at school.
- **Active 20** – every child participating in 20 minutes of moderate to vigorous intensity activity every day at school.
- **Active 30** – every child participating in 30 minutes of moderate to vigorous intensity activity every day at school.

Please click on the link below to pledge to be an Active 30 school and access the range of resources available to support you to embed physical activity in your school and encourage families to be more active.

<https://www.countydurhamsport.com/young-people/active-30/school-page/pledge/>

If you're a family or community group, the Active 30 site has a range of physical activity and emotional wellbeing resources to help you to make every day an active day!

Click on the Active 30 website to start your Active 30 journey!  
<https://www.countydurhamsport.com/young-people/active-30/>

You can also follow us on Social Media  
Twitter: @Active30Durham  
Facebook: Active30Durham



**Active 30**  
Durham



# Exercises

**It is important that you remember to warm up and cool down before exercising.  
Use the exercises below to help you perform the activities safely.**

## Warmup



Arm circles



Leg swings



Shuttle runs



Walking knee hugs



Stretch to the ceiling  
and down to the floor

## Always remember to cool down after a workout



Hamstring stretch



Calf/hamstring stretch



Quad stretch



Triceps stretch



Stretch to the ceiling  
and down to the floor

Some activities are to be completed indoors and some outdoors. On each activity page you'll see one or both of the icons to give you an idea of where to perform the activity.



# Activities for 0-5 years (Early Years)



## **Simon/Simone says**

While the rules are simple, the options for movement are endless. Simon can have kids jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving their hands over their heads.

**Skills developed:** multiple depending on the leader's actions (jumping, balancing, hopping, etc.)

## **Run Away from the Monster**

Kids love a game of chase, especially with a parent or other adult they trust. A game of running from a "scary" monster will involve much squealing with delight. This can be done in the garden or a safe space in the house.

**Skills developed:** running, dodging, agility

## **Hide and Seek**

Kids can hide either themselves or objects such as their stuffed animals in this favourite game played by kids around the world.

**Skills developed:** agility

## **Egg and Spoon**

For this ultimate hand-eye coordination and balance game, give kids a spoon and have them balance a hard-boiled or plastic egg from one point to another either indoors or out. How quickly can they go? Can they dance as they move?

**Skills developed:** balance, coordination

# Activities for 0-5 years (Early Years)



## Animal Walk

Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.

**Skills developed:** hopping, galloping

## Puddle Jumping

Let them jump in, out, and over puddles in the garden.

**Skills developed:** jumping

## Keep the Balloon Up

Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?

**Skills developed:** volleying, striking

## Digging for Treasure

Whether it's an inside or outside, sandtable or sandbox, kids love to dig for treasure. Hide small toys like plastic dinosaurs, small cars, or marbles, and let your child release their inner pirate as they search for booty!

**Skills developed:** lifting and lowering objects, object manipulation

# Activities for 0-5 years (Early Years)



**Mini Decathlon challenge especially for Nursery and Reception children**

**Can you beat your Mum, Dad, Brother, Sister's or friends time?**



Activity Card 1	Activity Card 2	Activity Card 3
<b>Sprint</b>	<b>Long jump</b>	<b>Shot putt</b>
<b>Equipment needed</b> Stop watch or any timer Start line and finish line	<b>Equipment needed</b> A start line and a measuring tape	<b>Equipment needed</b> A ball that can fit in your hand
<b>Instructions</b> The decathlon has 100 metre sprint We can have a 10 metre sprint Mark out the course in the garden or park. Get ready, set and go!  Can you beat your Mums, Dads, Brothers and Sisters time?	<b>Instructions</b> Stand with two feet behind the starting line. Swing your arms backwards and forwards and bend your knees a little bit.  When you are ready jump forwards as far as you can. Don't fall over though!  Look at how far you jumped. Is it really far? Have another go and see if you can beat your record.	<b>Instructions</b> Stand at your starting line again but this time stand sideways.  Hold the ball in your throwing hand and make a big star shape with your body. Put the ball right next to your neck. It might feel cold.  Lean away from the line and push the ball away from your neck and as far away from the starting line as possible I bet it flies through the air!!!



# Activities for 0-5 years (Early Years)



<b>Long jump</b>		
<b>Equipment needed</b>		
A start line and a measuring tape		
<b>Instructions</b>		
Stand with two feet behind the starting line. Swing your arms backwards and forwards and bend your knees a little bit. When you are ready jump forwards as far as you can. Don't fall over though! Look at how far you jumped. Is it really far? Have another go and see if you can beat your record.		

<b>Thrower</b>	<b>Balancer</b>	<b>Bouncer</b>
<b>Equipment needed</b>	<b>Equipment needed</b>	<b>Equipment needed</b>
Rubber lines for starting line Lightweight ball Cones Measuring tape	1 stop watch or something to time the activity. 1 spot	Large teddy to make a speed bounce mat or a line. 1 stop watch or way of timing 20 seconds
<b>Instructions</b>	<b>Instructions</b>	<b>Instructions</b>
Child stands behind the throwing line. Push the ball upwards and outwards (chest pass) as far as possible.  Measure the distance by placing a cone where it landed.  Child has 3 attempts.	Put a rubber spot on the floor. If you do not have a rubber spot you can make a spot using a cereal box.  They must balance on one leg for as long as they can.  Time the children to give them a score. Maximum time a child can achieve is 15 seconds. 2 attempts on each leg, 4 attempts in total.	Put a large cuddly toy on the floor or stand next to a line.  Encourage the children to jump side to side over the teddy/line.  Parents and child both count to see how many times the child can jump side to side.  Time for 20 seconds to see how many jumps they can do.

# Activities for 6-7 years (KS1)



Durham & Chester-le-Street School Sport Partnership

Durham and Chester-Le-Street SSP  
Durham University Sport & Well Being Park  
Maiden Castle  
Durham University  
Stockton Road  
DH1 3SE

## Bean Bag Skill Challenges

1. Balance bean bag on your head
2. Whilst bean bag is on your head bend your knees and touch your right toe with your right hand
3. Touch your left toe with your left hand
4. Touch your left toe with your right hand
5. Touch your right toe with your left hand
6. Walk to the end of the room or garden with the bean bag on your head
7. Walk to the end of the room or garden with the bean bag on your head
8. Run to the end of the room or garden with the bean bag on your head
9. Lift your right knee to 90 degrees and balance the bean bag on it and see if you can count to 10 seconds
10. Repeat with left knee

11. Lift your right foot and balance the bean bag on it and see if you can count to 10 seconds
12. Repeat with left foot
13. Throw bean bag up in the air (past head height) and catch with both hands
14. Throw bean bag up in the air (past head height) clap your hands and catch with both hands
15. Throw bean bag up in the air (past head height) and catch with your right hand only – Extension Activity – how many can you do in a row without dropping the bean bag?
16. Throw bean bag up in the air (past head height) and catch with your left hand only – Extension Activity – how many can you do in a row without dropping the bean bag?
17. Use alternate hands to catch the bean bag – How many can you do?

**\*Now think of some of your own bean bag skill challenges\***

If you want to try these at home and you don't have a Bean Bag you can use a Bag of Crisps (easier) or Pair of Socks rolled up (harder)

# Activities for 6-7 years (KS1)



## #StayInWorkOut

### Indoor skittles

Primary or secondary challenge card

The aim of this skill is to roll, chest pass or kick a ball at some plastic bottles to knock them over.

With a family member standing behind the bottles, they should clap 3 times so the location of the bottles can be identified. Try the activity blindfolded to make it extra challenging.

**S T T E P**

Ideas on how to adapt the activity in a national lockdown.



#### Space

- Try the activity indoors or outdoors



#### Task

- Chest pass, kick or underarm roll the ball towards some empty plastic bottles
- Stand further away if it's too easy



#### Time

- Allow 5 minutes to set up and practice
- Play for as long as you like



#### Equipment

- A round ball of any variation, or some socks in a ball if you do not have one
- Plastic bottles, skittles or anything else that will topple over
- Add more bottles to make a bigger target, or remove bottles if that's too easy



#### People

- Ask a family member to stand behind the bottles and clap 3 times
- Challenge your family members to have a go blindfolded

**SCHOOL  
GAMES**

### In action



Department for  
Digital, Culture,  
Media & Sport

change  
4 life

THE NATIONAL  
LOTTERY  
SPORT  
ENGLAND

YOUTH  
SPORT  
TRUST

[www.britishblindsport.org.uk](http://www.britishblindsport.org.uk)

[www.yourschoolgames.com](http://www.yourschoolgames.com)

**BRITISH BLIND SPORT**  
A VISIBLE DIFFERENCE THROUGH SPORT

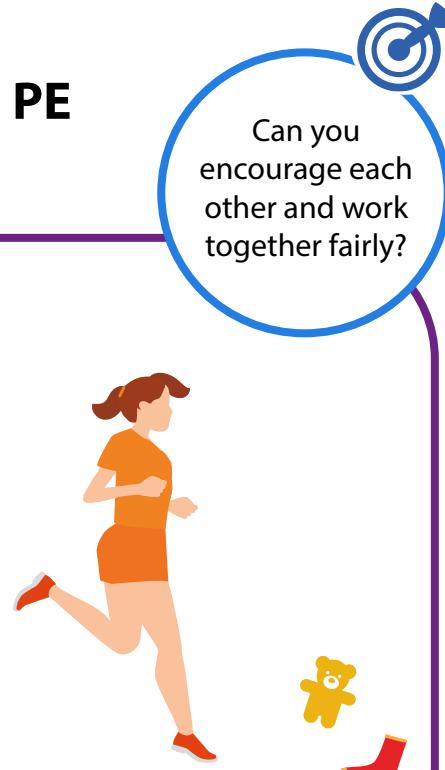
# Activities for 6-7 years (KS1)



## Colour Combination PE Home Learning

### Time to Learn:

- Layout several different coloured objects on the floor.
- Partner one chooses three different coloured objects for partner two to run out and touch.
- When partner one says go, how quickly can partner two touch the coloured objects in the correct order?
- To make the game harder increase the number of coloured objects that are called out or put the objects in different rooms.



Can you encourage each other and work together fairly?

### Top Tips Keep Low!

Bend your knees and keep your body low towards the ground. This will help create power when you push off, changing direction quicker!

### Let's Reflect

How were you able to move quickly, change direction quickly when we participated in different activities?



# Activities for 6-7 years (KS1)



## Indoor activities

Change 4 Life Disney Games

These 10-minute bursts of fun will really get you moving and count towards the 60 active minutes they need every day!

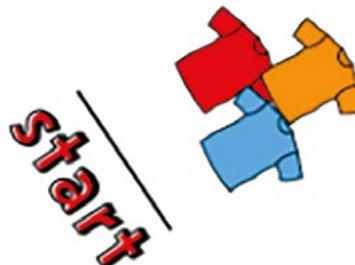
<https://www.nhs.uk/10-minute-shake-up/shake-ups>

## How to play...



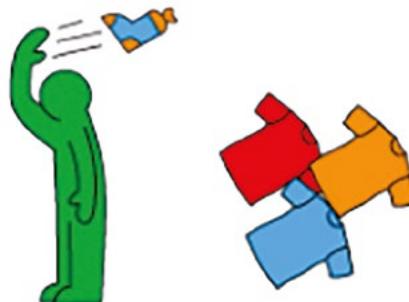
1

To get started you'll need to make a Squirt-style turtle by filling up socks then tying them up.



2

Lay out a t-shirt each on the floor, as this will be the current.



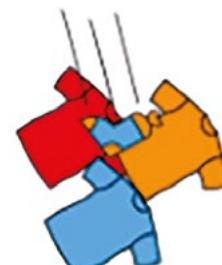
3

Everyone takes it in turns to be like Crush. With your back to the current, throw your turtle over your shoulder, aiming to land on the current.



4

If you miss, you have to crawl on your hands and knees to get it back.



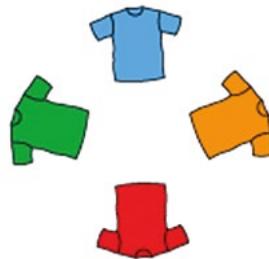
5

Keep going until your turtle lands perfectly. If it's too easy, move your t-shirt further away.

# Activities for 6-7 years (KS1)



## How to play...



1

Spread out lots of t-shirts on the floor.



2

Shout "roaaaarrrr!" then jump from t-shirt to t-shirt. Be careful not to touch the floor.



3

If you touch the floor, you have to do 20 star jumps.



# Activities for 8-11 years (KS2)



## Athletics Activity Challenge

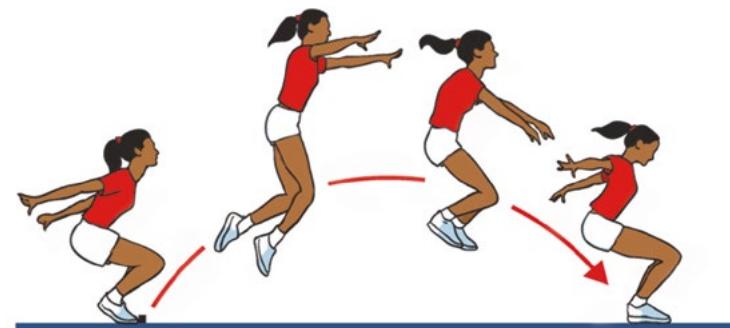
**Have fun! Make sure you warm up, and stretch before and after the activity**

### Standing Long Jump

#### Instructions:

- Use 2 cones (or cone alternative) to set out a starting point and position your feet in the middle.
- Slightly bend your knees.
- Begin swinging your arms back and forth.
- When you have built up a good rhythm, jump forward and land with 2 feet on the floor.
- Using a cone, chalk or measuring devise- mark where you have landed.
- Return to the start and attempt to beat your previous distance.

**Remember:** to have soft knees on landing.



# Activities for 8-11 years (KS2)



Durham and Chester-Le-Street SSP  
Durham University Sport & Well Being Park  
Maiden Castle  
Durham University  
Stockton Road  
DH1 3SE

Durham & Chester-le-Street School Sport Partnership

## Sitting/ Standing Shot Put Throw

**Instructions:** If you have a shot put lying around the house, brilliant. However, a tennis ball, softball or a football will be a good alternative.

- Using the technique demonstrated in the diagram below, set a marker where you are going to begin.
- When in position, attempt to throw the ball as far as possible.
- Where the ball lands first is where you should mark you score.
- Return to the beginning and attempt once again. Best out of 3.
- Try a seated shot put or chest push throw



## Basketball Activity Challenge

- Arch your back and slightly bend your knees
- Position the ball in one hand and pass the ball in front of your knees to the other hand
- Then pass the ball back behind the knees to the opposite hand
- This should make a full circle
- Begin slowly and steadily increase your speed as you improve
- **Test** how many loops can you do in 1 minute?



- Bounce the ball on the spot using one hand
- Use your fingertips to push down and allow the ball to come back waist height
- Perform 20 bounces with each hand
- Progress to bouncing the ball from one hand to the other x40 times



## Passing the ball through the legs

- Begin by stepping one leg forward and position the ball in the other hand
- Aim to bounce the ball at the centre point between both legs and receive the ball on the other side
- Try to continuously bounce the ball back and forth
- Can you perform this with your opposite leg?

# Activities for 8-11 years (KS2)



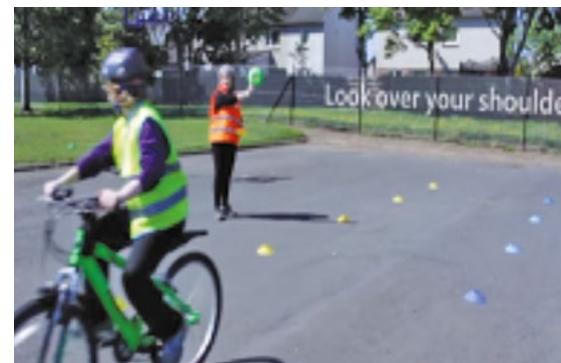
Durham and Chester-Le-Street SSP  
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DH1 3SE

Durham & Chester-le-Street School Sport Partnership

## Bike Activity

**Description:** How fast can you complete this agility test? If you have a phone, stop watch or family member who is able to count and some cones, you can set this easy course out in a small space.

- First, find a safe area to ride your bike in, i.e. a cul-de-sac, open area, biking lines or a marked out area.
- Allow your parent/ guardian to stand away facing you with a selection of coloured cones.
- Begin cycling towards and past your parent/ guardian. At this point they should hold a coloured cone above their head.
- Turn your head to indicate and call out the colour of the cone.
- Return to the start and try again indicating a different colour.
- Try using number or maths sums or spelling specific words to improve your balance and coordination on a bike.





## Rock, Paper, Scissor Rules Poster

### Rule 1

All players must use the same order for showing their choice (rock, paper or scissor). We will use "1, 2, 3". As you say "3" show your choice. If any players don't follow the order, redo the match.

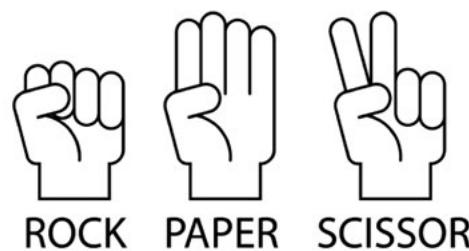
### Rule 2

Know who wins by using the RPS value chart

**ROCK>SCISSOR  
SCISSOR>PAPER  
PAPER>ROCK**

### Rule 3

All players must use 1 of the 3 show options: rock, paper or scissor. See the illustration below.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.



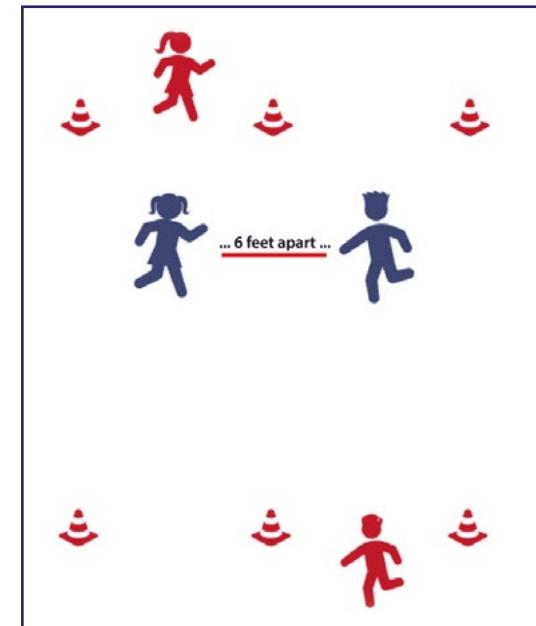
## Victory Lap

### Game Set-Up

- Stand 6 feet across from a partner.
- There are cones set up around the activity area. You'll jog your victory laps around those cones.

### Game Instructions

- The object is to do as many victory laps as you can before you hear the stop signal.
- On the start signal, stand 6 feet away from a partner and play Victory Lap.
- The winner of the match gets to run 1 Victory Lap around the cones. When they get back, they'll find a new partner and play again.
- The player who didn't win can find a new partner as soon as the match is complete. Keep playing with new partners until you hear the stop signal.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.



## Animal Charades

### Game Set-Up

- Designate 1 player to be the actor (the person whose name starts with a letter closest to Z goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all the guessers at least 6 feet apart.

### Game Instructions

- The object of Animal Charades is for the guessers to call out the animal that the actor is demonstrating.
- Actors cannot speak or make sounds - only movements.
- Choose an animal from the list below. Do not choose an animal that has already been used.
- Be creative! Can you think of a fun and appropriate animal to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

### Animal List

**Bird**

**Cat**

**Dog**

**Fish**

**Giraffe**

**Horse**

**Rabbit**

**Spider**



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.



## Add it on

***What you need: Music and a friend or friends***

### **How to play:**

- Choose a song
- One person shows everyone a dance move that everyone copies
- The next person shows everyone a dance move that everyone copies
- Begin the dance from the first move each time, taking it in turns to add on a new move.  
Use counts of 8 for a really slick performance
- Repeat the game for three different songs throughout the day

**Can you dance for the entire song?**



# Activities for 12-18 years (Secondary)



Perform each exercise for 30 seconds and then rest for 30 seconds.  
Try repeating each move three times.



## On the Spot Sprints

- Pick a spot to focus on in front of you to help your balance and posture
- Drive your arms forwards and backwards (opposite arm to knee)
- Land softly on the balls of your feet

► **Options:** March fast instead of sprinting



## High Knees

- Pick a spot to focus on in front of you to help your balance and posture
- Ensure your arms are moving forwards and backwards (opposite arm to knee)
- Land softly on the balls of your feet
- Knee should be at 90 degree angle
- Engage your abdominal muscles and control your breathing

► **Options:** March fast instead of high knee runs. Keep it low impact (one foot is always on the floor)



# Activities for 12-18 years (Secondary)



Perform each exercise for 30 seconds and then rest for 30 seconds.  
Try repeating each move three times.



## Butt Kicks

- Pick a spot to focus on in front of you to help your balance and posture
- Ensure your arms are moving forwards and backwards (opposite arm to leg)
- Kick your heels up behind you
- Land softly on the balls of your feet
- Engage your abdominal muscles and control your breathing

► **Options:** Slow butt kicks instead of fast butt kicks. Keep it low impact (one foot is always on the floor)



## Jumping Jacks

- Pick a spot to focus on in front of you to help your balance and posture
- Ensure you try and keep your arms as strong as you can throughout the jumping jacks
- Land softly on the balls of your feet
- Engage your abdominal muscles and control your breathing

► **Options:** Half Jacks - keep at least one foot always on the floor (no jumping) one foot taps out to the side and is brought back into the centre and then the other foot taps out (repeat)



# Activities for 12-18 years (Secondary)



Perform each exercise for 30 seconds and then rest for 30 seconds.  
Try repeating each move three times.



## Plank Hold

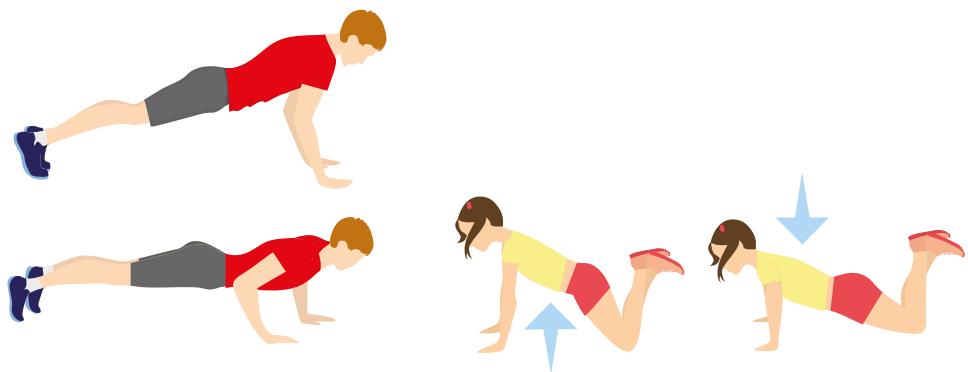
- Full forearm on the floor
- Hands fully flat on the floor with arms straight with weight over the hands (shoulder in line with hands)
- Ensure you do not arch your back or push your bottom upwards
- Engage your abdominal muscles and control your breathing
- Hold a still position for 30 seconds



## Press Up

- Ensure you follow all of the coaching points for the plank hold position
- Ensure your full hand is always on the floor
- Breath out on way up phase then breath in on way down
- Ensure you do not over rotate by the midline of the body

► **Options:** Select the picture that suits your ability



# Activities for 12-18 years (Secondary)



Perform each exercise for 30 seconds and then rest for 30 seconds.  
Try repeating each move three times.

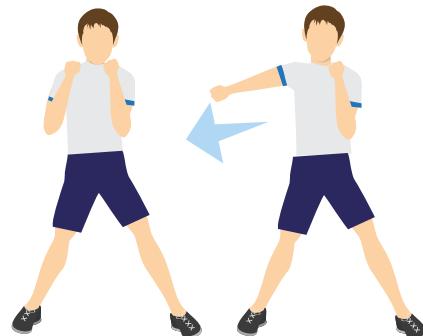


## Standing Punches

- Hands stay at shoulder height (you can hold small light weights or a can of beans in either hand)
- Twist at hips to move shoulders forward

### ► Options:

- Slow the speed of the punches down  
Remove the weight or cans  
Increase the quickness of your punches



## Side to Side Jumps

- Land softly on the balls of the feet
- Engage the abdominal muscles for balance
- When jumping to the side opposite arm is out for support
- Look forwards and don't look down

### ► Options: Slow the jumps down

- Take the jump out and step side to side holding the still position  
Increase the distance from side to side when you jump  
Hold the still position for at least 2 seconds before you take your next jump (good for stability)



# Activities for 12-18 years (Secondary)



## 60 Second Challenge Fast Feet

### The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

#StayHomeStayActive

Can you keep going even if you lose control of the ball?



### Equipment

A ball and two markers

If you do have a ball how many times can you run around the marker and back?

**Achieve Gold**  
24 dribbles around the marker and back



**Achieve Silver**  
18 dribbles around the marker and back



**Achieve Bronze**  
12 dribbles around the marker and back



YOUTH  
SPORT  
TRUST

# Activities for 12-18 years (Secondary)



## Personal Best Challenges

### Sprint Challenge

- Markers (cones or anything to mark the start and finish line)
- Measuring tape if possible
- Stop watch or timer

### How to do it

Measure out a distance you would like to run. You then start at one end and run to the other end of your marked distance, turn back and repeat. You then have 3 minutes to do as many shuttle runs as possible



### Coaching Points

- Hips to lips with hands
- Front leg up high and back leg straight (leg drive)
- Look forward always

### Practice Activities

- Practice running over shorter distances
- Try different starting positions

### Step

- Include obstacles
- Change the way you move (eg. skipping)
- Increase or decrease the distance

# Inclusive Activities (SEND)



## CHILDREN'S DISABILITY SESSIONS

Have a go at our **Sensory Scavenger Hunt...**



**CAN YOU FIND THE FOLLOWING?**

- Something you can turn
- Something that is bumpy
- Something that is metal
- Something you put together
- 3 things that are round
- Something that you can twist
- Something shiny
- Something you can roll
- A tube
- 3 things that are squishy
- Something clear
- Something that can bounce

#FoLFightsBack

 **FOUNDATION OF LIGHT**  
THE WORLD AT YOUR FEET

Foundation of Light uses the power of football to involve, educate and inspire young people and their families through a broad range of innovative programmes helping improve lives across the North East.  
Registered Office: Beacon of Light - Stadium Park - Sunderland - SR5 1SN  
Tel: 0191 563 4777 • [foundationoflight.co.uk](http://foundationoflight.co.uk) • [@SAFCFoL](https://www.twitter.com/SAFCFoL)  
REG CHARITY NO. 1089333

## CHILDREN'S DISABILITY SESSIONS

Have a go at our **Household Sports Scavenger Hunt...**



**CAN YOU FIND THE FOLLOWING? (DON'T USE SPORTS ITEMS OR BREAKABLE ITEMS)**

- Something you can use as a Football
- Items that you can use to make 2 Tennis Rackets and a Tennis Ball
- Some items that you use to play 10 pin bowling
- Items to make a Frisbee
- Items that you can use play Volleyball
- Items to use as Hockey Sticks and a ball
- An item to can use as Dart Board and Darts (not sharp items)

#FoLFightsBack

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# Inclusive Activities (SEND)



## Get going at home!

### Obstacle race

This is a seated version of a classic obstacle race. Seat everyone at a table, and give each one three dried peas, a drinking straw, a bottle of water and their favourite healthy snack. Each participant must use the straw to blow the peas off the table, one by one. Then they must eat their snack and use the straw to drink the water.

### Potato golf

Lay out dishes and saucers of different sizes around 30-60cm apart on a table within the reach of participants. Then use a spoon to toss a small potato to each "hole" or dish using as few strokes as possible.

### Badmin-cricket

You can play this one indoors or outside. Find a shuttlecock and table tennis bat. Divide into two teams, and take turns to bat and bowl. Just like cricket, you can score runs by hitting the shuttlecock as far as possible. Players are out by being caught, or by hitting the shuttlecock into an agreed area.

# Inclusive Activities (SEND)



## Chair Exercises

WORKOUT @ [darebee.com](http://darebee.com)

3 sets | up to 2 minutes rest between sets

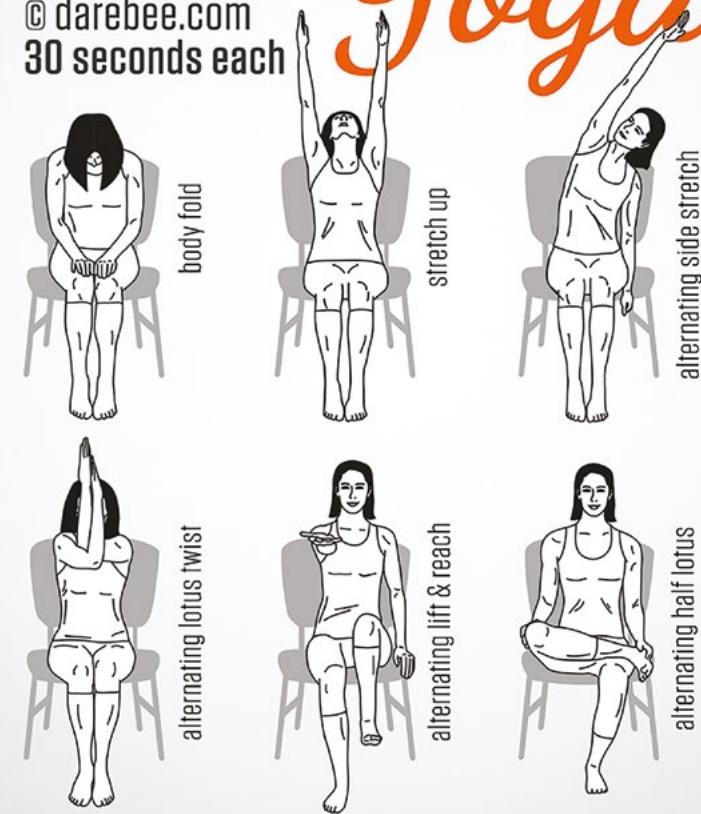
[www.nhs.uk](http://www.nhs.uk) **NHS** choices



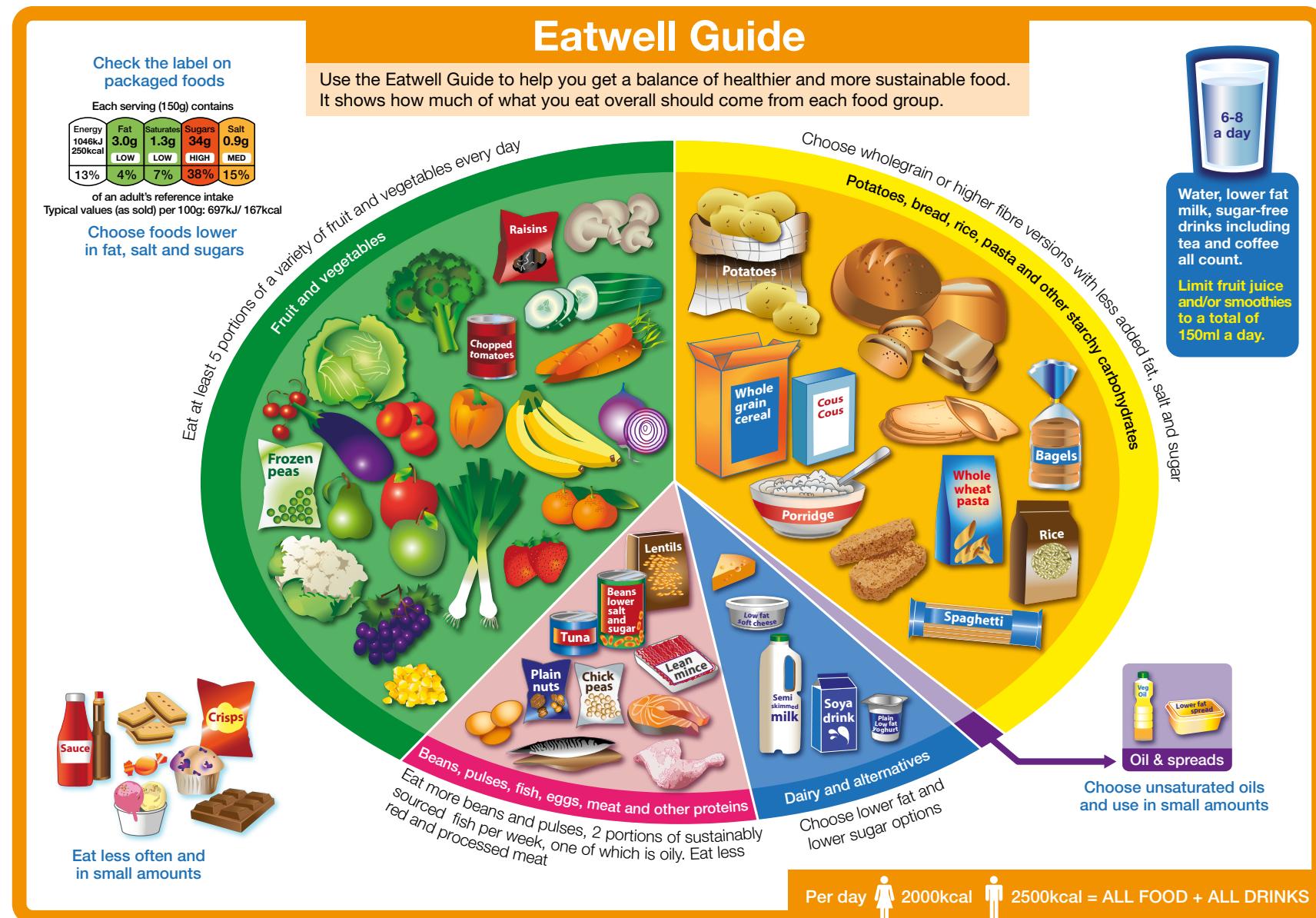
## 3-minute seated *Yoga*

[www.nhs.uk](http://www.nhs.uk)  
**NHS**  
choices

OFFICE-FRIENDLY WORKOUT  
© [darebee.com](http://darebee.com)  
30 seconds each



# Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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# Diary Log

Complete a weekly diary of all the activities you have tried each week

*Week 1*

*Did you enjoy the activity?*



*Week 2*

*Did you enjoy the activity?*



*Week 3*

*Did you enjoy the activity?*



# Diary Log

*Week 4*

*Did you enjoy the activity?*



*Week 5*

*Did you enjoy the activity?*



*Week 6*

*Did you enjoy the activity?*



# Active 30 Holiday Checklist ✓

**See how many activities you can complete. Tick off each activity once you have done it.**

Activity	Tick	Activity	Tick
Climb a tree		Make a kite and fly it	
Dance in the rain		Hunt for treasure on the beach	
Swing on a rope swing		Balance walk across a fallen tree	
Take a photo of a bird		Build a fairy house made out of sticks	
Build a den		Hunt for bugs	
Make a grass trumpet		Watch the sun rise	
Go on a nature walk		Roll down a hill	
Skim a stone		Feed a bird	
Plant something and help it grow		Build a sandcastle	
Take a photo of your favourite place to walk		Visit a local park	
Have a game of kerby		Have a picnic	
Design an outdoor obstacle course		Make a picture using natural items rocks, twigs, leaves	
Make a picture using bark		Splash in a puddle	

# Mental Health and Emotional Wellbeing Support

## Mental health support for children, young people and families

A list of local and national support available. Don't forget, your local school and GP are also available to help.

### Local Support

Organisation	Description	Contact details
One Point	Advice and practical support across all aspects of family life.	Telephone: 03000 261 111 Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
Education and SEND support	Support for children with special educational needs or disabilities.	Telephone: 03000 263 333 Email: <a href="mailto:epsdurham@durham.gov.uk">epsdurham@durham.gov.uk</a> Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
Humankind	Health and wellbeing support for LGBT young people (15-24 years).	Telephone: 01325 731 160 Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
Investing in Children	A children's rights organisation, creating spaces to be heard.	Email: <a href="mailto:info@investinginchildren.net">info@investinginchildren.net</a> Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
Rollercoaster Parent Support	Helping parents to support children with mental health issues.	Telephone: 07415 380 040 Email: <a href="mailto:wendy@rollercoasterfs.co.uk">wendy@rollercoasterfs.co.uk</a> Facebook: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
DurhamWorks	Supporting 16-24 year olds not in education, employment or training.	Telephone: 03000 262 930 Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
Recovery College Online	Educational resources for people experiencing mental illness.	Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>

# Mental Health and Emotional Wellbeing Support

Organisation	Description	Contact details
County Durham Together Hub	Help when self-isolating/how to volunteer.	Telephone: 03000 260 260 Email: <a href="mailto:communityhub@durham.gov.uk">communityhub@durham.gov.uk</a> Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
Children's Social Care First Contact	Report a concern about a child's welfare.	Telephone: 03000 267 979 Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
CAMHS - single point of access	Community mental health teams for children.	Telephone: 03001 239 296 Website: <a href="http://www.durham.gov.uk/familiesmentalhealth">www.durham.gov.uk/familiesmentalhealth</a>
TEWV - crisis line	24/7 service for people experiencing a mental health crisis.	Telephone: 08000 516 171

# Mental Health and Emotional Wellbeing Support

## National Support

Organisation	Description
<a href="#">Kooth</a>	Free, safe, anonymous online support for young people aged 11+.
<a href="#">Anna Freud National Centre for Children and Families: Coronavirus supporting young people's mental health</a>	Self-care to look after our own mental health.
<a href="#">Charlie Waller Trust Coronavirus and Mental Health</a>	Resources for schools and families.
<a href="#">Childline</a>	A free, private and confidential service where children can talk about anything.
<a href="#">Headspace</a>	Free tools around mindfulness and meditation.
<a href="#">MindEd for Families</a>	Safe and reliable advice about young people's mental health.
<a href="#">YoungMinds</a>	Safe and reliable advice about young people's mental health.
NHS: <a href="http://www.nhs.uk/every-mind-matters/">www.nhs.uk/every-mind-matters/</a>	Expert advice and practical tips to help you look after your mental health and wellbeing, so discover what works for you. Ring 111 to get medical help near you.

Please ask us if you would like this document summarised in another language or format:



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**Telephone: 03000 264109**

**Email: [PublicHealth@durham.gov.uk](mailto:PublicHealth@durham.gov.uk)**