



South Staffs School Games

Please encourage Schools, Parents and Carers to follow:

#StayHomeStayActive

#StayinWorkOut

@schoolgames

@SS_sstaffsSGames : Monday 30th March is South Staffs School Games Twitter Launch Day

Website links :

National

- 1) Youth Sport Trust:

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

Comprising Home Learning / 60 Second Challenges / Active Breaks

- 2) Sport England :

<https://www.thisgirlcan.co.uk/activities/disney-workouts/> (Primary Disney Dances)

<https://www.nike.com/gb/ntc-app> (Suitable for Secondary Training Activities)

- 3) The Body Coach : PE with Joe

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

- 4) A National Governing Body : Cricket : Chance to Shine – <https://www.chancetoshine.org/>

- 5) Go Local : Our Own Local Heroes : Chris and James Perrin former Cheslyn Hay students have developed 2 YouTube channels

[https://www.youtube.com/channel/UCY51Fr5v8a4GOIAURp9h0uw/featured\(PE](https://www.youtube.com/channel/UCY51Fr5v8a4GOIAURp9h0uw/featured(PE) at Two Rivers Supported by the Attached Resource)

<http://www.cheslynhaytennis.com/challenges.html> : Cheslyn Hay Tennis Club

REMEMBER: STEP to make the activity harder or easier change the Space / the Task/ The Equipment/ The People.