

CHETWYNDE SCHOOL GUIDE TO KEEPING ACTIVE

It is important for our staff, students and parents to look after their mental and physical health during lockdown. Therefore there are a wide selection of sessions and recourses available to make that possible.



STAY HOME, STAY ACTIVE

WELLBEING

Mind Wellbeing toolkit - <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Eat Well Guide - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Free headspace APP - <https://www.headspace.com/covid-19>

YOGA, PILATES AND WORKOUTS

Free Yoga with Adriene - <https://www.youtube.com/user/yogawithadriene>

Downdog App with Yoga and workouts - <https://www.downdogapp.com/schools>

Blogilates Pilates and Bootcamp workouts -
<https://www.youtube.com/user/blogilates/featured>

Les MILLS 100+ FREE workouts -
<https://watch.lesmillsondemand.com/at-home-workouts>

STUDENT FUN ACTIVITIES

Disney Dance Alongs -
<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Loughborough college Keep kids Active - Loughborough College - YouTube

Football skills - Barrow AFC Community on Facebook

INCLUSIVE

PARA sport Home workout routines - <https://parasport.org.uk/home-workout-kris-1>

Activity Alliance, tips to stay active - <http://www.activityalliance.org.uk/news/5673-moving-more-while-at-home>

Impairment specific - <http://www.activityalliance.org.uk/together/ndsos>

WE HAVE GOT THIS
#CHOOSECHETWYNDE

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Chetwynde
School