

Year 1-2 Resources to keep active

Active Children are happier and healthier, an active child also learns better and sleeps better!

We understand that keeping your child active during the Covid-19 outbreak is challenging which is why we have put together a list of resources to help keep your child moving, remember to log our activities towards your 21 minute challenge!

You are allowed to go outside to exercise, so please make sure you take breaks throughout the day and get some fresh air.

Online Resources available

- [Disney Dance Along](#)
- [Youth Sport Trust- After School Club](#)
- [Go Noodle - A website that will help parents to get their child moving with short interactive activities](#)
- [Cosmic Kids - Yoga Through story telling](#)
- [BBC Supermovers- Videos which help children move whilst they learn](#)
- [Boogie Beebies - Videos that get children up and dancing with Cbeebies presenters](#)
- [CBBC- Andy's Wild Workout series](#)
- [Train Like a superhero](#)
- [Show your moves with the UK Move Crew](#)
- [Youth Sport Trust After School Clubs](#)
- [Change4Life Disney](#)
- [Create Development](#)
- [Bike skills and Games - Learn 2 Ride with British Cycling](#)
- [Fantastic Games to play inside and outside the home](#)
- [Active Outdoor Games](#)

Other Suggested Games and Activities

Put on a favourite song and dance along

Go for a family walk or cycle (try to choose a time when it is quiet and remember to observe social distancing rules)

Go on a nature scavenger hunt

Create a basic circuit of your favourite exercises

Make up obstacle courses

Remember, it's important to take active breaks throughout the day and not sit down all day.

Play games:

- Hide and Seek
- Musical bumps
- Musical Statues
- Hopscotch
- Tag

Children could come up with their own active game and play as a family!



Rossendale School Sports Partnership's Weekly Walks

Every week we will release a local walk for you and your family to take part in.

Week1.

This is an ideal walk for those local to Haslingden. This is a 1 mile Urban Woodland walk from Haslingden Library and should take between 20 - 35 mins. There are some shallow steps at the end, but the majority of the walk is on pavement, low gradient of footpath and the brand new Route 6 cycle path!.

Start the walk opposite Haslingden Library and head down Deardengate towards the traffic lights. Cross over than continue on Deardengate to the Grane Road (Bay Horse pub is on the corner here). Go down Grane road until you pass a blue lamppost and bench. Just after this is a sloping path down to Prospect Hill. Descend that path and follow Prospect Hill round onto Charles Lane. From there go onto South Shore Street passing St Mary's football ground on your left. At the end of the street continue on the footpath and onto the National Route 6 cycle path. Follow this until you come to a fork in the path. Take the right hand fork heading up into the woods, continue on this passing the allotments on your left until it brings you to some shallow steps taking you back up onto Blackburn Road. Cross the road, pass through the little garden opposite (which used to be Lancashire and Yorkshire Bank), continue on past the school until you reach the top of Deardengate. Turn right and you will see the library down the road where you started.

Thanks to Abigail Thompson for sharing this walk.

If you have a go at this walk please send in photos, likewise please share any running or walking routes that you take part in so others can have a go.

Find us on social media by searching 'Rossendalessp' or click on the link <https://www.facebook.com/Rossendalessp/> tag us in your posts and use the hashtags #21MinuteChallenge #HealthySelfie #walkrossendale or direct message us with your photos.