




An active child is a well child... Happier, more active children are ready to learn and more engaged in their learning.



As part of the on-going recovery, schools are invited to prioritise physical activity and time outdoors. Active recovery harnesses the benefits of play and sport to young people's self-confidence, self-belief, sense of belonging, re-socialisation as well as their physical and mental health. We invite you to support this priority throughout the summer holidays.

A new **Active Recovery Hub** has launched to provide schools, and families with easy access to free resources to get children moving before, during and after the school day. The new hub sits on the School Games website and provides the ideal platform for everyone to access a wide range of activities. A total of 38 sports organisations have provided content and expertise to create a diverse range of activities that are inclusive and for the whole family to get involved in. This resource will hope to achieve the recommendation of an average of 60 active minutes a day.

Examples of what it includes are:

- A Tokyo Ten virtual active breaktime, 10 minutes of activity to get moving by Travel to Tokyo
- Mini-games resources, designed by charity Sense to help disabled people to be more active
- A virtual 30-minute YST After School Sport Club. With hosts including England footballer Rachel Yankey and England netballer Sasha Corbin
- Move Crew, designed by uk active Kids and Nike to help young people unlock their 60 minutes of daily recommended activity with activity missions
- Introductory package to orienteering activities

“ Physical activity is crucial to the way we think and feel... it can be the cue for the building blocks of learning in the brain, it affects mood, anxiety and attention, and guards against stress”

John J Ratey, Harvard University: Spark
The revolutionary new science of exercise
and the brain (2008)



**PLEASE CLICK HERE TO ACCESS THE
ACTIVE RECOVERY HUB!**