



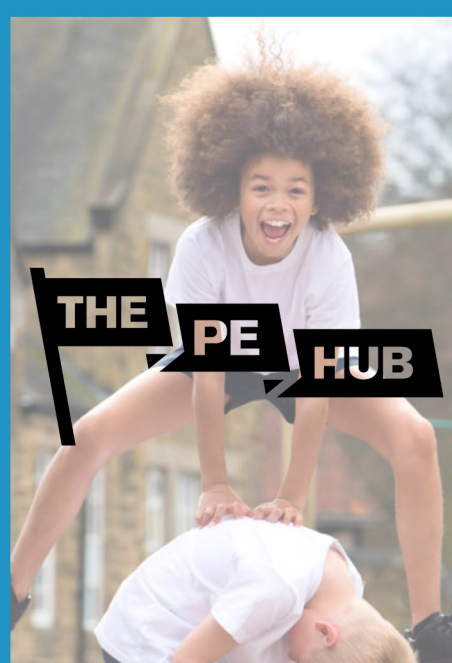
## HELPING YOUR PUPILS STAY ACTIVE AT HOME

Once again, thank you for sharing our free resources with your teachers and parents. We hope they are still useful and offer a few ideas of ways to keep children active.

You can find our latest content below, with some new quick and easy videos from Calum and Jack, plus some more free resources available from the PE Hub and our website.

Our team can't wait until we can be back in schools doing what we love.

If there is any particular content that would help your school during this difficult time, please don't hesitate to get in touch. We are here to support you, your teacher and your pupils in the best way we can!



### PE HUB CHALLENGE CARD

We are delighted to share another challenge card from The PE Hub.

The card can be printed at home and gives some easy to follow activities for children to complete inside or out (if the rain ever stops!).

[FIND THE CARD HERE](#)

### GET ACTIVE WITH CALUM

Coach Calum is back with another short video with some easy activities to try at home.

The short video shows each activity and how it can be adapted with things you'll find around the house.

Have a go and see if you can beat Calum - share your pictures and videos with us!

[FIND CALUM'S VIDEO HERE](#)



### GAMES WITH JACK

We challenged coach Jack to get creative and devise some games that children could do at home - without any traditional sports equipment!

Well, he didn't disappoint. You'll find some interesting games, that may give you a laugh and lighten the mood if nothing else!

[FIND JACK'S VIDEO HERE](#)

### ACTIVE AT HOME

Head to our website where we have a dedicated section filled with activities designed for children to do at home.

There is a mix of fun fitness circuits, Maths on the Move activities and some active timetables with lots of sports and activities to keep children moving.

[HEAD TO OUR WEBSITE NOW](#)



Keep an eye on our social media over the coming weeks as we release new activities to keep your children moving!

Any feedback from your school is greatly appreciated. We want to create content that is useful and helpful, and hopefully brings a smile to your pupil's faces!

**Stay safe and keep moving!**

Best wishes,

The Pro Sport Coaching Team

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