






Durham & Chester-le-Street School Sport Partnership
 Working in collaboration with Durham Sixth Form Centre

Website Links to Fitness Activities

	<p>Funetics - https://funetics.co.uk/</p> <p>In support of 'Athletics and Running For Everyone @Home' to help us all be active during the Corona Virus movement restrictions, we have fast forwarded the launch of our new funetics activity videos. The videos demonstrate parents and children (aged 4-11) taking part in FUN activities based on fundamental core movement skills: running, jumping and throwing.</p> <p>Funetics is a programme that has been designed to reflect the requirements of the National Curriculum Key Stage 1 and 2. At this time when our children are currently schooling at home, we hope that these video activities will support the need for education to continue at home.</p>	<p>Platform = Website</p> <p>Cost = Free</p>
	<p>Sedgefield SSP</p> <p>Fit for Life daily fitness activities going on - facebook.com/fitforlifeschools</p> <p>A bingo board of activities downloadable here - https://sedgefieldssp.org.uk/ssp-sports-bingo/</p>	<p>Platform = Website</p> <p>Cost = Free</p>
	<p>Dan the Skipping Man Online Resource</p> <p>www.youtube.com/dantheskippingman</p> <p>With school closures having an impact on academic study and physical activity for your children I wanted to share this.</p> <p>Our aim is to offer schools/parents some access to the simple ideas we deliver and allow them to stay active. We plan to release more on www.youtube.com/dantheskippingman very soon also.</p> <p>We also have @dan_dtsm on twitter, @dantheskippingman on Instagram and Facebook and as and when possible will be putting up videos with simple activity to stay fit.</p>	<p>Platform = You Tube</p> <p>Cost = Free</p>