



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

Website Links to Fitness Activities

	<p>Firefighter Fit Kids Video workouts – You Tube Channel</p> <p>https://www.youtube.com/channel/UC3YSI9dKBoZuyh-65zxb2CQ</p> <p>Firefighter Fit Kids is an innovative way of learning which is inclusive, fun and inspiring. It combines vigorous exercise with different activities to educate children about health, fitness and fire safety.</p> <p>Find out more: https://www.firefighterfitkids.co.uk/</p>	<p>Platform = You Tube</p> <p>Cost = Free</p>
	<p>LTA Tennis at Home Videos -</p> <p>https://www.youtube.com/channel/UCKJN7p1npGyVCOqJ0sgbzUg</p> <p>These 'Tennis at Home' exercises will help you stay active together whilst developing fundamental skills for tennis. This exercise develops sending and receiving skills on both sides of the body whilst focusing on contact point.</p>	<p>Platform = You Tube</p> <p>Cost = Free</p>
<p>#ThisIsPE</p>	<p>#This is PE https://www.youtube.com/watch?v=lvvSZYSZFNY</p> <p>Yorkshire Sport Foundation and leading national organisations (including afPE, Active Partnerships and YST) are working with physical educators from across the country to support parents to teach PE at home.</p> <p>Short two-minute videos will be posted that will show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together. Each #ThisIsPE video will focus on a different aspect of the National Curriculum. The videos, delivered by PE teachers, will help children and young people to continue their skill development in PE during this period when we are having to stay at home, to save lives. Videos will be posted at 1pm on a Monday, Wednesday and Friday. You don't need to be in PE kit and you don't need sports equipment.</p>	<p>Platform = You Tube</p> <p>Cost = Free</p>