



ACTIVE

**Support and resources
for Manchester schools**

SUPPORTING YOU TO BE MORE ACTIVE

These anxious and unusual times bring unforeseen difficulties. With everyone spending a lot more time at home, it could have a significantly negative impact on Manchester's physical, mental and emotional well-being. **We don't want that to happen.**

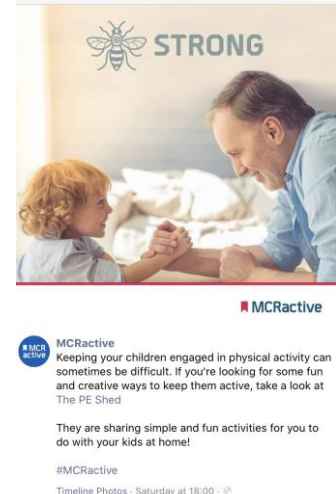
It has therefore never been more important to provide trusted advice and guidance on the 'what' and the 'how' to support and encourage everyone to manage their well-being and move more.

Across Manchester, we're promoting daily messages of support, inspiration, guidance and updates to the city around physical activity and moving more across our Facebook, Twitter & Instagram channels – **tagging in #MCRactive.**

If you don't do so already, follow and connect with us and pass this message to anyone wanting to stay informed and supported.



Social Messages



SHARE YOUR CONTENT

We'd also love to hear from you with the innovative ways on how Mancunians are being active to share with others.

If you have content to share – be that a short video, image, creative idea or message, MCRactive are happy to receive this either direct by sending to: info@mcractive.com or you can connect and share through their social channels.

Now, more than ever, is the time for us to be proactive around our levels of physical activity whilst recognising and sharing those small moments of happiness in our days.

Stay safe, move more when and where you can, widen and embrace your virtual social connections, and look after yourself and your loved ones.

We can do this!



YouTube Links

Along with the rest of the nation, we've been sharing and promoting the P.E session with the Body Coach

Morning P.E session - Joe Wicks LIVE active workout - <https://www.youtube.com/user/thebodycoach1>

CBeebies – Andy's Wild Workouts - <https://www.youtube.com/watch?v=DqAOMrZkht0>

Healthy Futures – Fun Games - https://www.youtube.com/channel/UC080YLDsIDdHBgYDYenP3Zg?view_as=subscriber

Please send on any other links or content you have found useful for sharing



Sport England

Stay in, work out

Sport England have launched a tips, advice and guidance campaign on how to keep or get active in and around your home.

<https://www.sportengland.org/stayinworkout>

Join the Movement and use **#StayInWorkOut** to share how you're getting active during this time.

Keeping Active at Home -

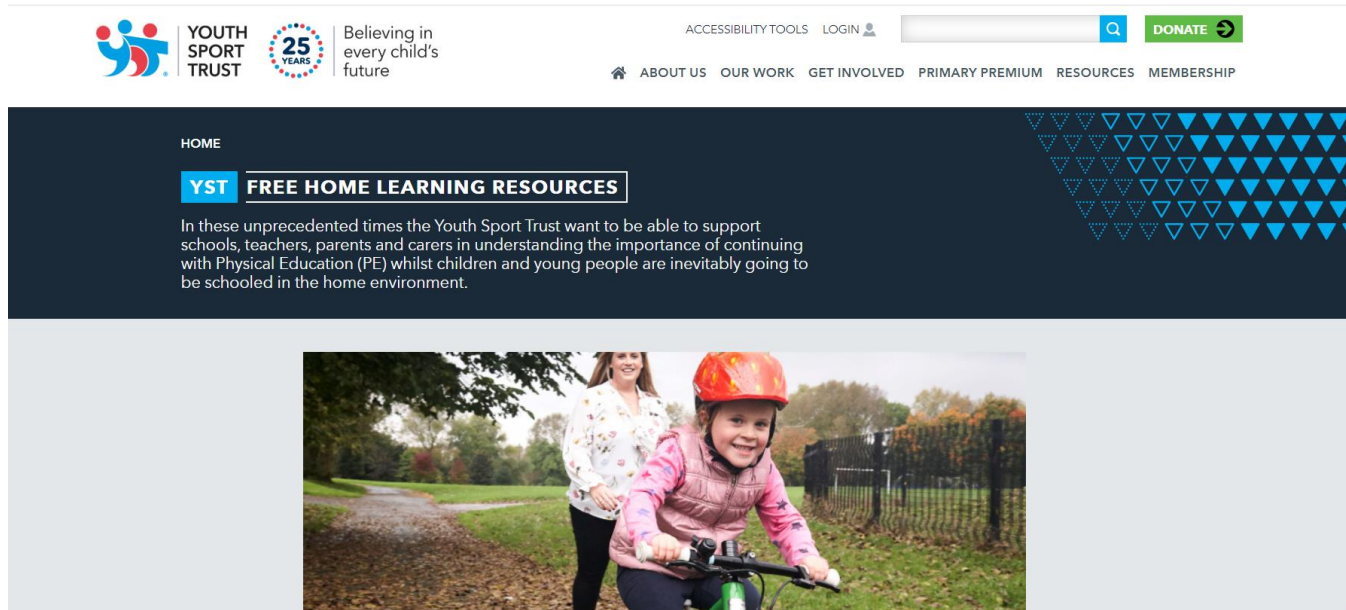
<https://www.sportengland.org/news/how-stay-active-while-youre-home>



Youth Sport Trust

Free online learning & physical activity resources -

<https://www.youthsporttrust.org/free-home-learning-resources-0>



The screenshot shows the Youth Sport Trust website homepage. At the top, there is a navigation bar with the Youth Sport Trust logo, a 25th anniversary badge, and the tagline "Believing in every child's future". To the right of the logo, there are links for "ACCESSIBILITY TOOLS", "LOGIN", a search bar, and a "DONATE" button. Below the navigation bar, there is a main header area with a dark blue background. On the left, it says "HOME". In the center, there is a section titled "YST FREE HOME LEARNING RESOURCES" with a subtext: "In these unprecedented times the Youth Sport Trust want to be able to support schools, teachers, parents and carers in understanding the importance of continuing with Physical Education (PE) whilst children and young people are inevitably going to be schooled in the home environment." To the right of this text, there is a decorative pattern of blue triangles. Below the header, there is a large image of a young girl wearing a pink jacket and a red helmet, riding a bicycle on a path. A woman is standing behind her, smiling. The background of the image shows a park with trees and a fence.

GCSE / BTEC / RSL Resources

Within Her Eyes - YouTube videos to support BTEC Component 1 -

https://www.youtube.com/playlist?list=PLJehfcMUHPzri7jN_k-aBSqemEsi5w69

Emancipation of Expressionism -

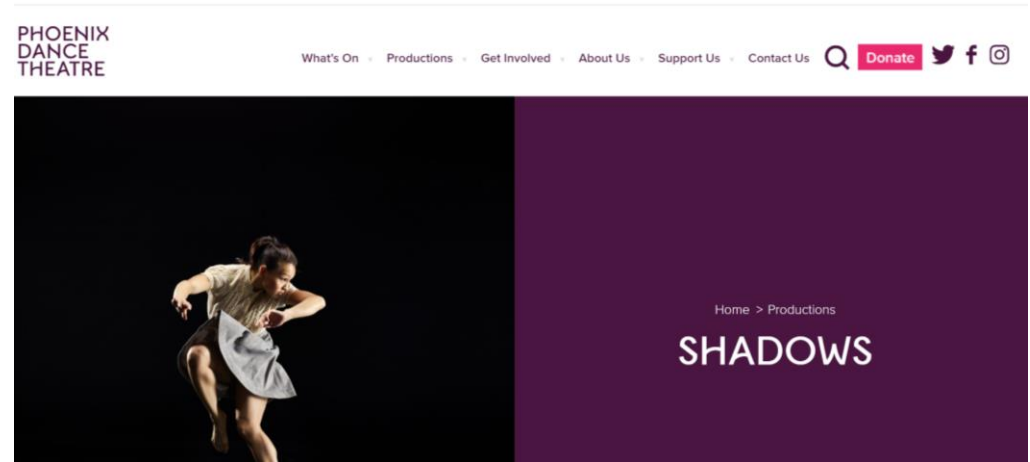
http://boyblueent.com/?page_id=16352

Shadows -

<https://www.phoenixdancetheatre.co.uk/production/shadows/>

Infra –

<https://learning-platform.roh.org.uk/unit/infra/%20Choreographer%20site%20https://waynemcgregor.com/>

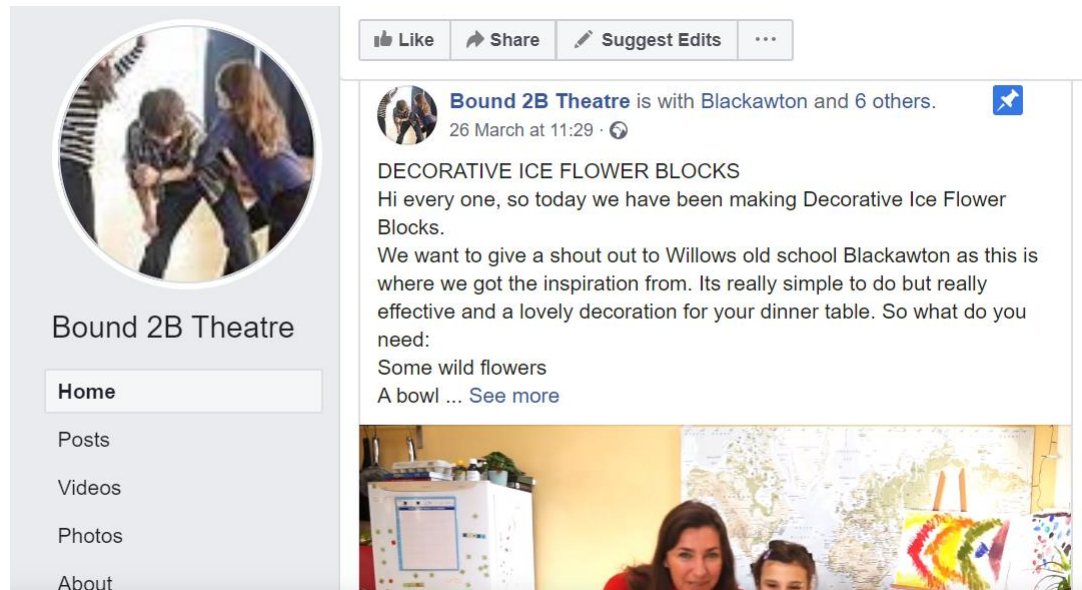


Facebook Links

Creative home school ideas -

<https://www.facebook.com/Bound-2B-Theatre-312773288759883/>

Please send on any other links or content you have found useful for sharing



The image shows a screenshot of a Facebook profile for 'Bound 2B Theatre'. The profile picture is a circular image of two people. The cover photo is a rectangular image showing a woman and a child in a kitchen, with a world map and a colorful bag in the background. The profile name is 'Bound 2B Theatre' and the bio says 'Bound 2B Theatre is with Blackawton and 6 others.' The post date is '26 March at 11:29'. The post text reads: 'DECORATIVE ICE FLOWER BLOCKS Hi every one, so today we have been making Decorative Ice Flower Blocks. We want to give a shout out to Willows old school Blackawton as this is where we got the inspiration from. Its really simple to do but really effective and a lovely decoration for your dinner table. So what do you need: Some wild flowers A bowl ... See more'. The post has a 'Like' button, a 'Share' button, and a 'Suggest Edits' button. The left sidebar shows navigation links: Home, Posts, Videos, Photos, and About.

Bound 2B Theatre

Home

Posts

Videos

Photos

About

Like Share Suggest Edits ...

Bound 2B Theatre is with Blackawton and 6 others.
26 March at 11:29 · 🌐

DECORATIVE ICE FLOWER BLOCKS

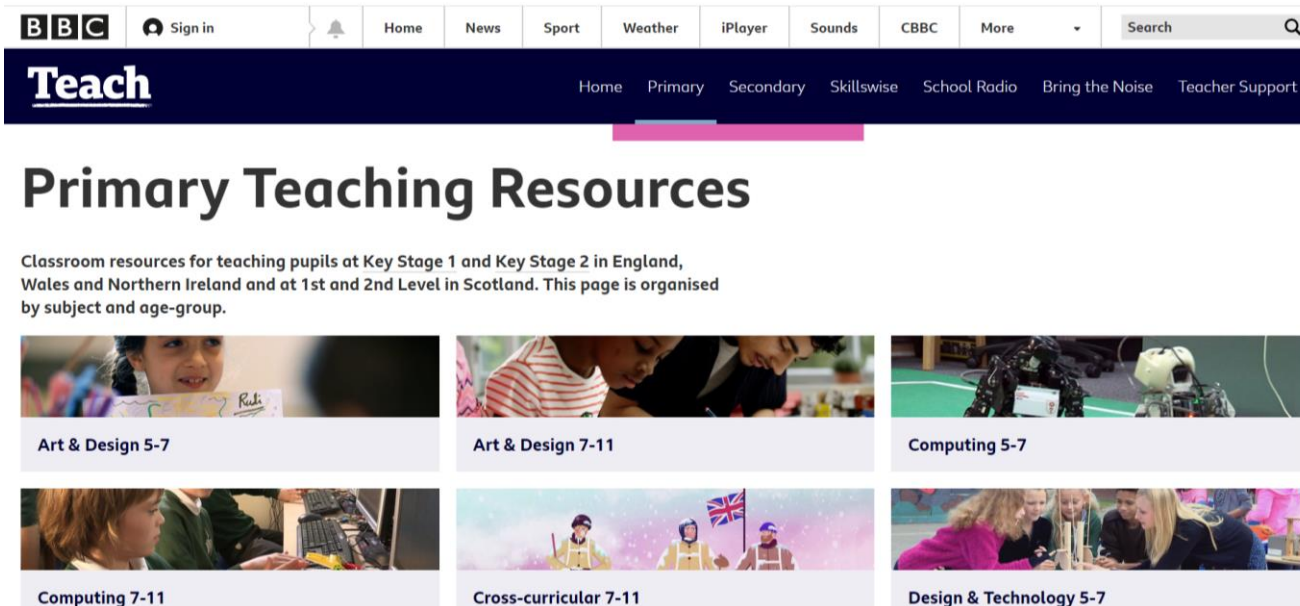
Hi every one, so today we have been making Decorative Ice Flower Blocks.

We want to give a shout out to Willows old school Blackawton as this is where we got the inspiration from. Its really simple to do but really effective and a lovely decoration for your dinner table. So what do you need:

Some wild flowers
A bowl ... [See more](#)

All kinds of resources for teaching various subjects, including P.E for pupils at Key Stage 1 and Key Stage 2 - <https://www.bbc.co.uk/teach/primary/zd7p47h>

Physical Education KS2: Street dance - <https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-street-dance-masterclass-on-b-boying-and-footwork/zkmf47h>



The screenshot shows the BBC Teach website interface. At the top is the BBC logo and a navigation bar with links for Home, News, Sport, Weather, iPlayer, Sounds, CBBC, and More. Below this is a dark blue header with the 'Teach' logo and a secondary navigation bar with links for Home, Primary, Secondary, Skillswise, School Radio, Bring the Noise, and Teacher Support. The main heading is 'Primary Teaching Resources'. Below this is a paragraph explaining that the resources are for pupils at Key Stage 1 and Key Stage 2 in England, Wales, and Northern Ireland, and at 1st and 2nd Level in Scotland, organized by subject and age-group. A grid of six resource cards is displayed, each with a thumbnail image and a title: 'Art & Design 5-7' (showing a child's drawing), 'Art & Design 7-11' (showing two children working), 'Computing 5-7' (showing two robots), 'Computing 7-11' (showing a child at a computer), 'Cross-curricular 7-11' (showing children in historical costumes), and 'Design & Technology 5-7' (showing children working on a project).

BBC Sign in Home News Sport Weather iPlayer Sounds CBBC More Search

Teach Home Primary Secondary Skillswise School Radio Bring the Noise Teacher Support

Primary Teaching Resources

Classroom resources for teaching pupils at Key Stage 1 and Key Stage 2 in England, Wales and Northern Ireland and at 1st and 2nd Level in Scotland. This page is organised by subject and age-group.

- Art & Design 5-7
- Art & Design 7-11
- Computing 5-7
- Computing 7-11
- Cross-curricular 7-11
- Design & Technology 5-7

School Dance

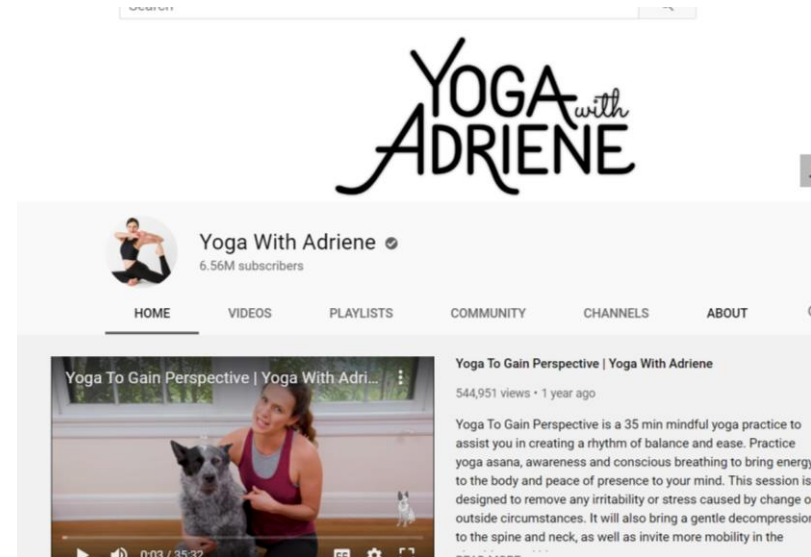
Online Resource with Youtube links to various dance & wellbeing tutorials - <https://t.co/syfeV55RuL?ssr=true>

11 + dance strength and conditioning program - <https://www.strengthmotionmind.com/11-dance>

Yoga & Dance at home - https://www.youtube.com/channel/UC_LDd2BYU5TwJGcBw3gbStA/videos

Online Gaga Classes - https://www.youtube.com/channel/UC_LDd2BYU5TwJGcBw3gbStA/videos

Online Yoga classes - <https://www.youtube.com/user/yogawithadriene>



Healthy Futures

Food and activity log plus daily exercise videos -

<https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de>



British Cycling

Ready Set Ride – lots of videos available to share and free app for parents etc to teach children to ride their bike through games and fun activities.

www.readysetride.co.uk

Go-Ride – our North West Go-Ride team are publishing regular videos on their Facebook page aimed at cyclists but many are accessible to everyone too. @John Wych (copied in) will be able to provide more details of their content.

<https://www.facebook.com/NorthWestGoRide/>

We also have our set of Commute Smart videos that can be shared

<https://www.britishcycling.org.uk/commuting>

And some bike maintenance videos too

<https://www.britishcycling.org.uk/knowledge/bike-kit/maintenance>



Thank-you

Nathan Kirwan
Active Schools Program Lead
n.kirwan@mcractive.com
+44 0161 974 7841

MCRactive

Head office: c/o National Squash Centre & Regional Arena,
Etihad Campus, Gate 13, Rowsley Street, Manchester M11 3FF.

Office: 0161 223 2244

Email: info@mcractive.com

Company Registration no. 03747112 Registered Address - PO Box 532, Town Hall, Manchester M60 2LA

