

to get involved,
just click on the
links in each
activity section!

SCHOOL GAMES

ACTIVE IN MIND



A plan to help you consider what actions will help make positive changes to your mindset!

Worksheet: [click here](#)

Useful Links: [click here](#)

ROWING



Some accessible training videos with or without equipment - as well as some tasty recipes!

Useful Links: [click here](#)

EXERCISE



Tanya Walker takes you through some exercise classes for all ages and abilities.

Make sure you have some space around you so you can move!

For the Kettlebell class, you'll need two tins/bottles if you don't have weights.

Zumba: [click here](#)

Clubbercise: [click here](#)

Tabata: [click here](#)

Kettlebell Class: [click here](#)

SUNDERLAND MIND



Try out this isolation workbook with some things to try out at home!

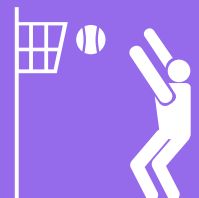
Isolation Workbook: [click here](#)

Use your creativity in this art workbook from Sunderland Mind.

Art Workbook: [click here](#)

More Resources: [click here](#)

NETBALL



England Netballer Sasha Corbin takes you through a virtual session!

Video: [click here](#)

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SCHOOL GAMES

CHANCE TO SHINE



Develop transferable leadership skills for an active, healthy lifestyle - no cricket experience needed!

Intro: [click here](#)

KS3 Session: [click here](#)

KS4 Session: [click here](#)

GYMNASTICS



Join AAASports for a gymnastics session - for all abilities!

Video: [click here](#)

HIIT AND YOGA



Ashley and Lauren take you through a HIIT Step class and a Yoga class - for all abilities!

HIIT: [click here](#)

Yoga: [click here](#)

GAME CHANGER



The team at the Foundation of Light have created an interactive session to raise awareness of men's mental health.

Video: [click here](#)

MINDFULNESS



Try some calming mindfulness techniques with John Glancy, from Sunderland City Council.

Video: [click here](#)

FOOTBALL



All you need is a football to join in on this fun session, delivered by Andrew Cartwright!

Video: [click here](#)

Instruction Slides: [click here](#)

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SCHOOL GAMES

VISION BOARD



Create a vision board to set some goals and dreams for the future. It's a great way to give yourself something to focus on and understand what you're working for!

Workbook: [click here](#)

LIFESTYLE



A theory-based session based on healthiness and encouraging an active lifestyle.

Video: [click here](#)

KALMA MINDS



Learn more about your mental wellbeing, and how you can manage your own mental health, in a session run by Kalma Minds.

Video: [click here](#)

PANATHLON



A multi-sport team competition for KS3 pupils with SEN and disabilities

Video: [click here](#)

Request Resources: [click here](#)

RUGBY CHALLENGE



Here's a set of rugby challenges for you to try out - all you need is a ball!

Clap Challenge: [click here](#)

Running Challenge: [click here](#)

Kicking Challenge: [click here](#)

Passing Challenge: [click here](#)

Last One Standing Challenge: [click here](#)

Multi-Skill Challenge: [click here](#)