



## Spar Lancashire School Games

### January 19<sup>th</sup> 2021 Secondary School Resources

We understand that keeping active during the Covid-19 outbreak is challenging which is why we have put together a list of resources to help keep you maintain your physical and mental wellbeing.

#### Online Resources available

- [PE With Joe Wicks, 9am on Monday, Wednesday & Friday's](#)
- [Couch to 5k](#) fancy taking up running? The couch to 5k app helps you build up your runs slowly so that by the end of the programme you are able to complete 5km!
- [Our Parks](#) Try these free workout classes for beginners.
- [Nike Training Club App](#) Go all-in by working out with NTC live in your living room.
- [Sweaty Betty](#) Work out from home with Sweaty Betty's onlone fitness classes. With workouts ranging from yoga to HIIT.
- [Les Mills](#) Free access to 100+ workouts. There is soemthing for everyone from high intensity interval training designed to improve your strength and fitness fast, dance fitness workouts. The Born to Move children's workouts will get everyone from 4-16 years moving.
- [POPSUGAR Fitness](#) Hundreds of workouts from celebrity tainers and experts.
- [Brian Rose Workout](#)- We asked local Pro Boxer Brian Rose to provide us with some home workouts, [Skipping](#) [Home workout](#)
- [Shaun Gash Home Workout](#) A home workout with local paraplegic athlete Shaun Gash

#### Supporting your mental wellbeing

- [Hub of Hope](#) By typing in your postcode you will see all the local people you can speak to if you're struggling with; Anxiety, depression or any other mental health disorders.
- [Young Minds](#) There are some great resources on their website to support "young people get the best possible mental health support and have the resilience to overcome life's challenges."
- [NHS- Every Mind Matters](#) Look after your mental health by taking the mind quiz to identify some positive steps you can take to manage your mental health.
- [Change Talks](#) Live webinar [10am Thursday 21<sup>st</sup> January](#) on managing anxiety and your mental health during lockdown.

#### Other Suggested Games and Activities

Go for a walk, run or cycle (try to choose a time when it is quiet and remember to observe social distancing rules)

Create a basic circuit of your favourite exercises

Measure out a running route and see how long it takes you, try to beat your time.

Learn a new skill and try to perfect it