



Thinking Healthily

National Schools Sports Week

From Saturday 20th Friday 26th June, it is the annual National School Sport Week campaign. This happens every year to celebrate the important role of Physical Education and school sport in enhancing young people's well being.

This year, the Youth Sport Trust has teamed up with Sky Sports to run a national campaign which will aim to unite the country in a celebration for the power of Sport to bring people together. The UK-wide campaign will challenge people to take on their families, friends and neighbours in virtual sporting challenges – helping them to connect in an unprecedented period of social distancing.

A parents' guide has been created, along with activity ideas, parent example social media posts and lots of resources for additional support.

Please use these links to find out more:

<https://www.youthsporttrust.org/national-school-sport-week-resources-2020-parents>

https://www.youthsporttrust.org/system/files/resources/documents/YST_NSSW_Activities.pdf

If you enjoy these opportunities, Youth Sport Trust's #StayhomeStayActive Campaign has been supporting schools, parents and young people with daily free resources to get young people moving and enjoying the PE curriculum at home.