

National Fitness Day

School information pack

Get involved - campaign details

Find out all the ways your school can get involved with the National Fitness Day campaign, including events you can host, free apps, activity packs and more.

Activities for families:

These activities include short bursts, board games, trails, indoor and garden games and more. They can be set up with pupils in school or sent home with them to complete with their families

Indoor activities

Get active indoors - includes cheerleading, circus skills and old favourites.

60 second activities

A 'compete against yourself' approach a focus on resilience and perseverance.

Active Mind resources

Targets pupils KS2 and above who are experiencing low-level mental health issues.

National Fitness Day 21.09.22 is here to encourage the nation to celebrate the fun of fitness and physical activity. To get involved, get your pupils moving both in school and at home with these fun activities. compiled by your school nursing service.



More fun activities

Active Board Games

Classic board games with a sporty twist.

Garden games

Garden games with a physical activity theme.

Change4Life resources

These activity cards have been used by over 10,500 schools and can be adapted and used throughout the school day.

General websites and Services

www.mind.org.uk

www.selfharm.co.uk

www.papyrus-uk.org

www.themix.org.uk

www.rcpsych.ac.uk/mental-health/parents-and-young-people

www.warwickshire.gov.uk/sorted (For self help books)

www.youngminds.org.uk

www.time-to-change.org.uk

www.youthaccess.org.uk

www.annafreud.org



Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

CW RISE

RISE is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.



Connect for Health can support school-aged children, young people and their parents/carers with sleep - just get in touch:



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org