



Who are we?

The All Active Academy and Wyre Forest School Sport Partnership support schools in North Worcestershire and Wyre Forest by providing high quality opportunities, support and guidance related to all things physical education (PE), school sport and physical activity.

We have been asked by Sport England and the Youth Sport Trust to support our schools during these uncertain times, by providing a weekly/daily programme of opportunities to support young people and their families stay active throughout the school closure period.

#StayInWorkOut

We're all now spending a lot more time at home than we might like, which is why staying as physically active as possible is more important than ever – not only for physical health but mental wellbeing too.

We are supporting the new **#StayInWorkOut** campaign by providing fun and creative ideas on how to get active at home through a series of weekly challenges suitable for all ages, as well as signposting you to some of the best content providers out there. These fun activities range from fitness to mindfulness and are all designed to keep the whole family entertained!

Sunday 19th April 2020: We are excited to launch week 1 today!

Please share any photos or videos of your young people (adults also welcome!) trying out any of these challenges using #StayInWorkOut via our social media (see details below). **Please include the name of the school you attend in the post** as the schools with the **most social media posts each month will win sports equipment for their school.**

Be sure to tag other people from your school to have a go to help spread the word. In a time where isolation and social distancing is required, by sharing this you could make a massive difference in inspiring others to be active and stay connected!

Winning schools for this month will be announced on Thursday 30th April at 5pm via our social media.

Facebook: [@WyreForestSchoolSportPartnership](#) and [@allactiveacademy](#)

Twitter: [@WyreForestSSP](#) and [@all_cic](#)