

Dear Parents and Carers,

We're helping support your children's health and wellbeing at home with these FREE Stay Active resources.

Sample Timetable

From quick, easy and fuss-free activities, to full hour-long lessons, we've produced the resources to support your children's health and wellbeing through this period of school closure.

Here's one way to structure an effective day of fun and learning:

	Daily Schedule	Where to find ideas
08.00 - 08.30	Breakfast	Health & Wellbeing
08.30 - 09.00	Let's get active	Physical
09.00 - 10.00	Learning	Lifeskills
10.00 - 10.30	Snack & free play	Health & Wellbeing
10.30 - 11.30	Reading	
11.30 - 12.00	Free play	
12.00 - 13.00	Lunch & free play	Health & Wellbeing
13.00 - 14.00	Learning	Lifeskills
14.00 - 14.30	Let's get active	Physical
14.30 - 15.00	Flex time	

View our activities below.

Here is the link to our **Physical Activities**

[View Activities](#)

These activities have been designed to provide you with quick, easy, engaging games that improve your children's physical coordination, alertness, confidence and general health and wellbeing. Created by our expert partners, such as [British Dodgeball](#) and [Table Tennis England](#), these games will keep the whole family entertained.

Here is the link to our **Health & wellbeing Activities**

[View Activities](#)

Teaching young children about their health & wellbeing can be challenging. The mindful activities have been developed to give you simple ways to encourage your children to be more reflective, self-aware and generally healthy.

Here is the link to our **Life skills**

While the children are home from school, we can provide a unique opportunity to teach your children life skills that will support their development in the future. These activities have been devised to teach valuable financial lessons, leadership skills and personal management.

[View Activities](#)

I hope you find these resources useful for your online provision and resources to send home.

Kind Regards,

Melissa Dean

Regional Manager



We are rated 4.8 out of 5



★ Trustpilot

Premier Education Group

phone: 01435 812 295 | **mobile:** 07585 661 709

address: Unit 53, Mountney Industrial Estate, Eastbourne, BN24 5NJ

This email and any attachments may be confidential and are intended solely for the use of the individual to whom it is addressed. Any views or opinions expressed are solely those of the author and do not necessarily represent those of "Premier Education Ltd". If you are not the intended recipient of this email and its attachments, you must take no action based upon them, nor must you copy or show them to anyone, open or read them. **Please contact the sender if you believe you have received this email in error.**