



## North Ayrshire Active Schools

Active Highlights: 18-24 May

**We would like to help the pupils/ staff and families of North Ayrshire stay active during these challenging times. There are so many great opportunities out there so we will be drawing your attention to some of our favourites each week.**

Activity	Provider	How to access	Twitter/ Website/ App
PE with Joe (Daily at 9am)	The Body Coach	You Tube Twitter	The Body Coach @thebodycoach #PEWithJoe
Fun challenges & workouts	Inverclyde National Sports Training Centre, Largs	Twitter	@Inverclyde NSTC
Play to Learn Resources (Story based for age 3-7 yrs)	Sport Wales	Website	Sport.wales/content-vault/play-to-learn-resources
Ball Mastery Football Training Programme	Michael Lewis Cunningham Performance Coach	You Tube	7lmc
Home play pack	Play Scotland	Website	<a href="http://www.playscotland.org/play-scotland-home-play-pack">www.playscotland.org/play-scotland-home-play-pack</a>
Hiit Workouts	Sporting Pathways	Twitter	@sportingpaths @Equinox10sr
Fun Movement Games	Go Noodle	Website	Gonoodle.com
Dynamos Cricket skills & resources	Sky Sports	App Store	Dynamos Cricket App
Online Fitness classes	KA Leisure	Twitter	@KALeisure
PE Dept Challenges	North Ayrshire PE Depts*	Twitter	@KAHealthWB @AuchenharviePE @IrvineRoyalPE @LargsAcadPEdept @TEAMPEGW @arranhighpe @StMattPE @GarnockPE2 @ArdAcadHWB

**\*Check with your PE dept/ school to see if they have posted a challenge. If not, why not challenge them!**

### **JUST FOR FUN**

**why not follow our #digiDrEAM campaign and try out our #TikTokTuesday challenge with your family**

**Don't forget to upload your videos and tag us**

**#StaySafe #StayHome #StayActive  
#HealthyAtHome #WeAreHere**



@NAActiveSchools



North Ayrshire Active Schools



@naysrhireactiveschools