

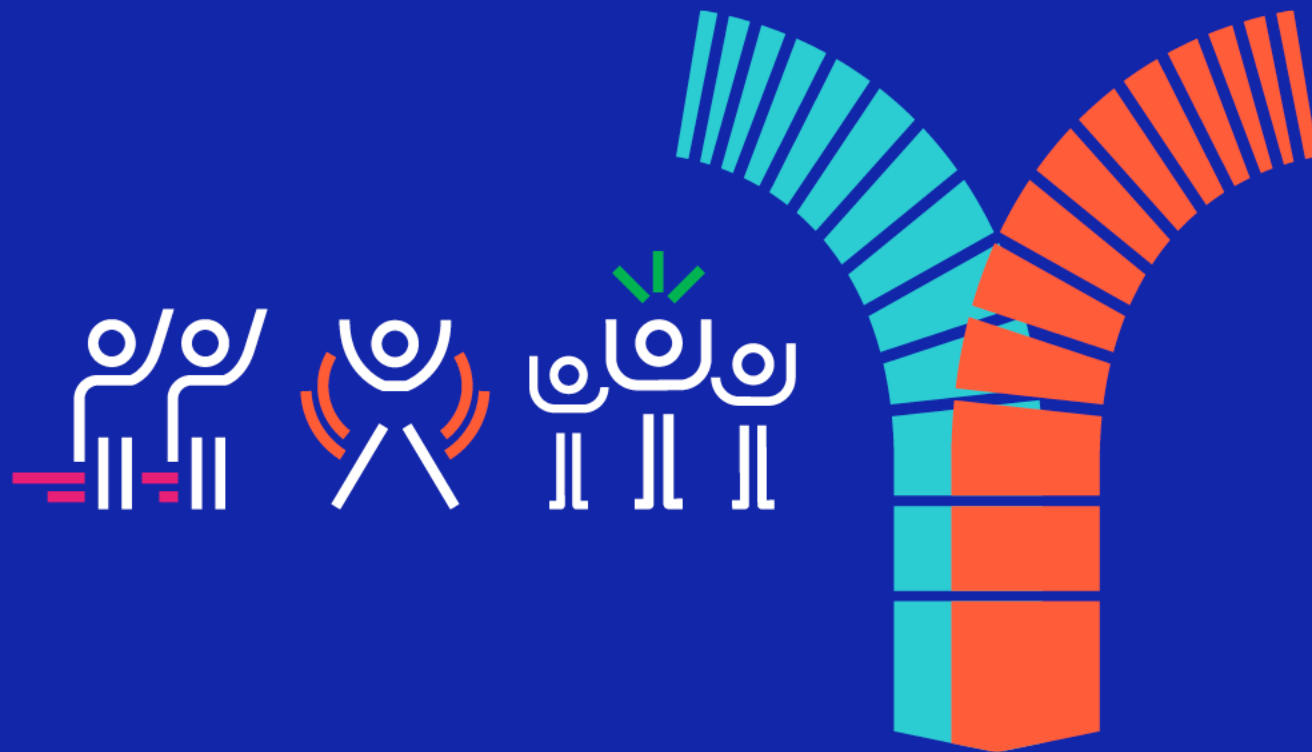


Coronavirus Support *Live*

22-25 February 2021

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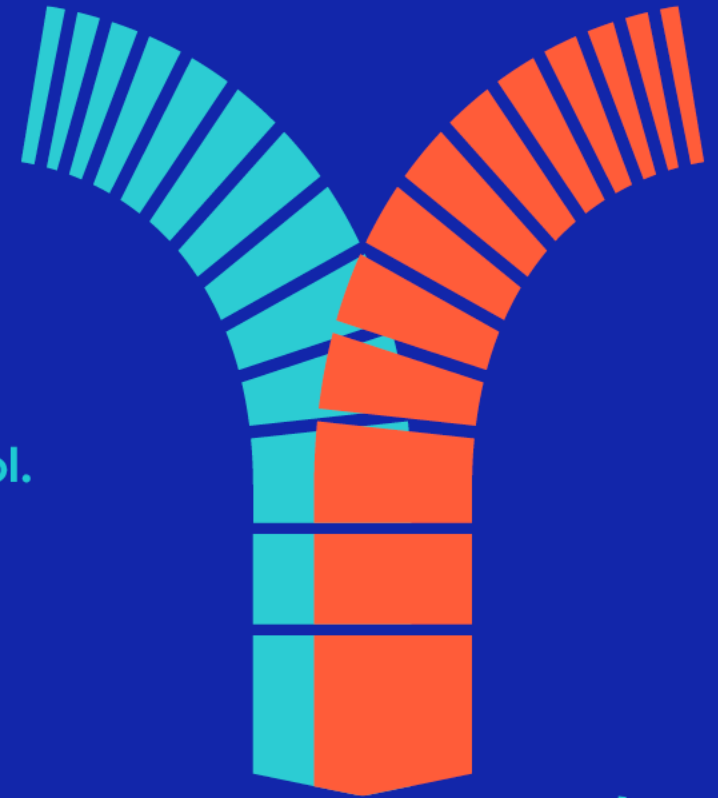
COMPETITION

A huge thank you to our sponsor



Every £50 you spend with Decathlon will put you in with a chance of winning another £500 worth of sports equipment for your school.

Decathlon will make additional donations to YST once we hit an agreed target – so every £ you spend on kit and equipment will help to raise crucial funds for YST as we start to recover from the coronavirus pandemic.



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How parents and carers can help to turn the tide on inactivity so that children can enjoy the life-changing benefits of daily physical activity

Chris Ellis, Youth Sport Trust



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About Me



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- Why
- What
- How
- Help

Quiz

Recommended amount of physical activity for a 5 – 18 year olds
60 Minutes

What percentage of 16-19 year olds are worried about their future
73%

Who are the most important influencers in a young person's life
YOU



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Why



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5 facts

1. Children are happier and more confident
2. It reduces the risk of health conditions such as obesity & type 2 diabetes
3. It improves mental health
4. Children have better cognitive health and perform better at school
5. Children develop a lifelong habit of being active which encourages them to lead a healthy lifestyle



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CANCER

cardiovascular
disease

Anxiety
&
Depression

INFLAMMATION

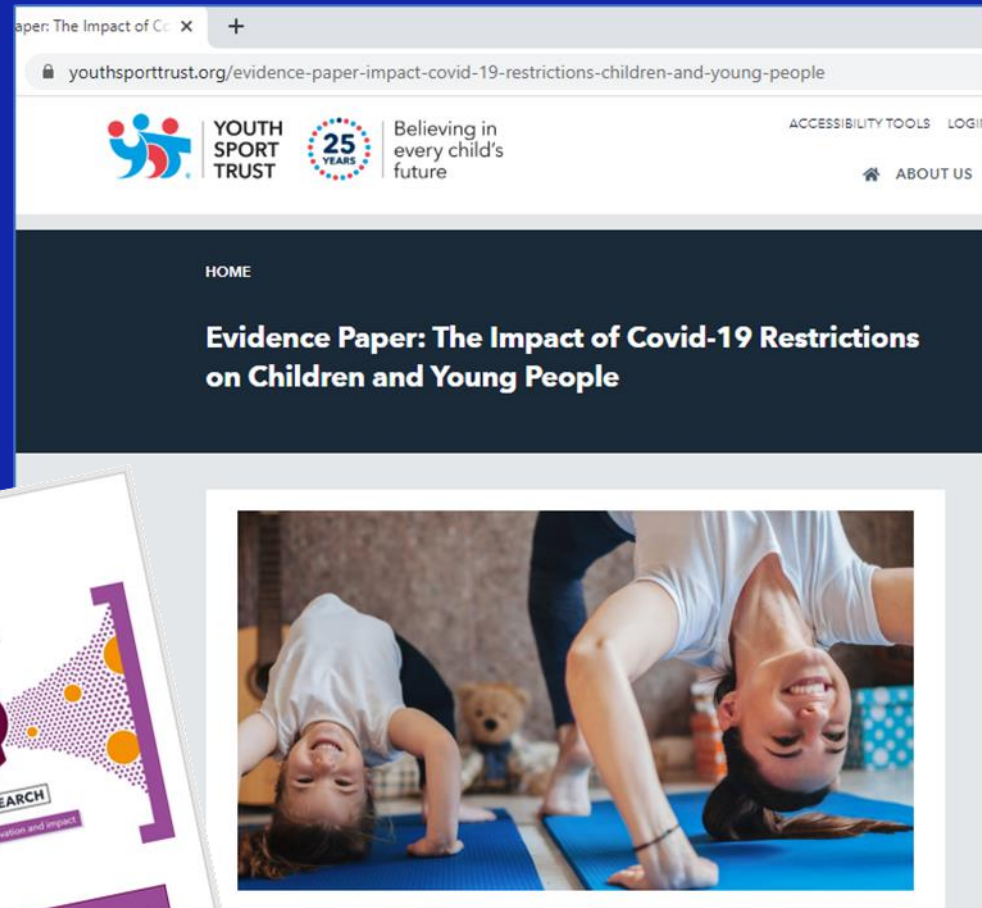
Obesity

DIABETES

Lupus

Allergies
Autoimmune

What



Impact of COVID

Mental Health/Wellbeing

- 41% of 8-24 year olds are lonelier now than before Covid-19 restrictions
- 33% of 4-10 year old girls feel sad most of the time
- 73% of 16-19 year olds are worried about their future
- 83% of Children & Young People with pre-existing mental health problems believe they have worsened



Impact of COVID

Physical Wellbeing

- 19% of children are active for 60 minutes a day (CMO Target)
- 43% of children are doing less than half an hour of activity
- 7% of children are doing nothing
- 36% of children say they have had less chance to be active as they are not at school



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How



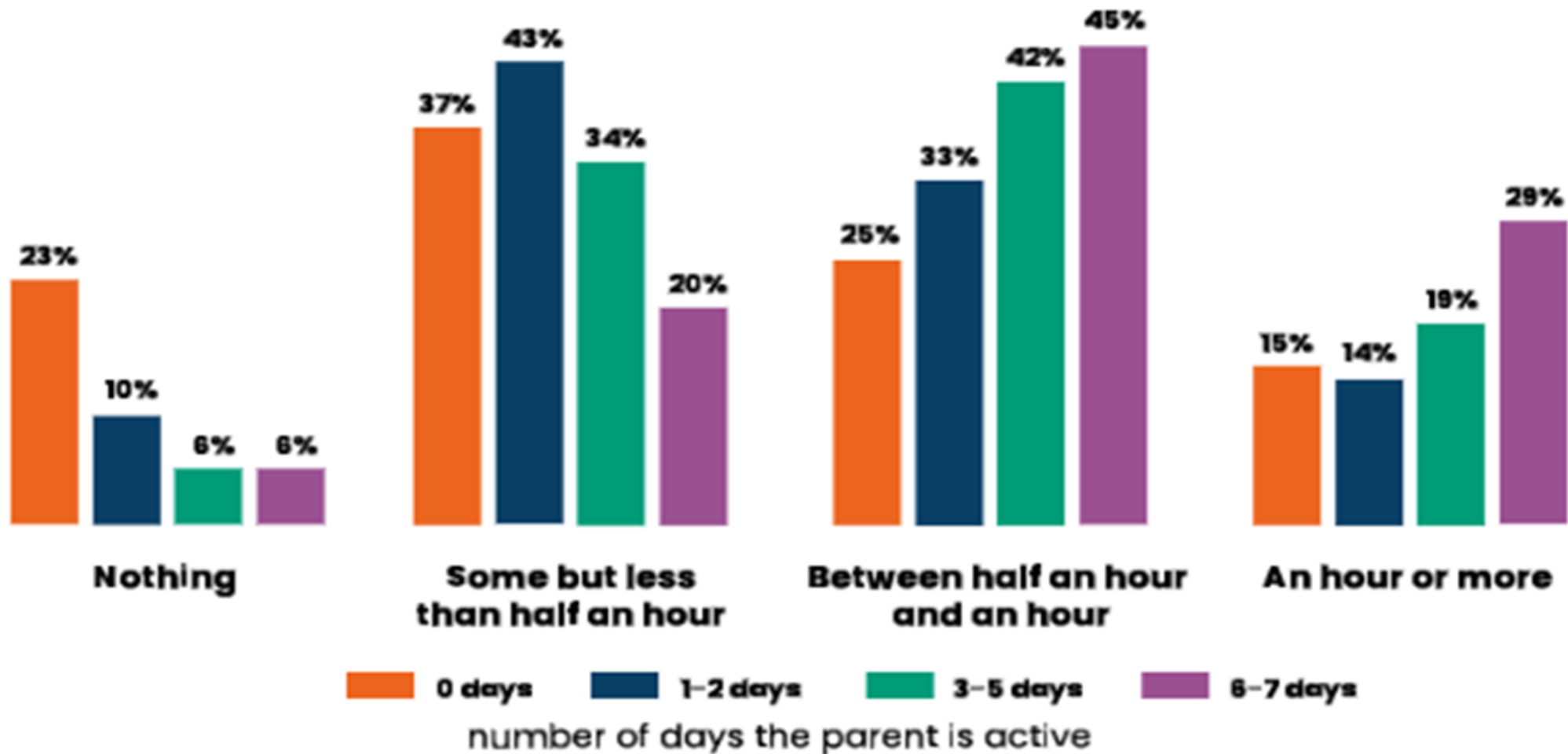
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Parents/Carers as Role Models

**Child activity level on a typical day
by the number of days the parent is active**



Physical Literacy



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Physical Literacy

- **Motivation**
- **Confidence**
- **Competence**
- **Understanding**
- **Responsibility**

Parents/Carers as Role Models

BE PRESENT

BE POSITIVE

BE PROACTIVE



Help



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Links & Resources

YST Evidence Paper: The Impact of Covid-19 restrictions on Children & Young People

<https://www.youthsporttrust.org/evidence-paper-impact-covid-19-restrictions-children-and-young-people>

Dr William Bird- Movement is Life

<https://www.youtube.com/watch?v=kYPRV-Ynilk>

Persil- Free the Kids

<https://www.youtube.com/watch?v=8Q2WnCkBTw0>

Change4life Active Parent Pack

https://www.yourschoolgames.com/documents/208/C4L_Active_Parents_-_Final.pdf

YST: Family Hub

<https://www.youthsporttrust.org/family-hub>



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YST Family Hub

Get #Together with PE & School Sport



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active pa



helping parent
more active f



busy lifestyle

Being a parent of young children is a busy lifestyle. You are a parent, or a single parent, or both, but you are also more active and a bit less sedentary. Even with a little difference and with a little planning you can make a difference.

stand more, sit less

Sitting for long periods is thought to slow the metabolism, which increases the risk of obesity and type two diabetes. Can you have a family challenge where everyone avoids sitting down for more than fifteen minutes at a time? Stand up, stretch and move about. Make this a family habit. It's easy and free.

exchange screen time

There's nothing wrong with a bit of screen time. If you swap half an hour of physical activity for TV programmes, console games and shake up is a great example made by using technology to make kids more active.

make family time an active time

Family time together is very precious. Make it even more enjoyable and rewarding by making it active by walking together, playing outside together in local parks, woodlands, adventure playgrounds or other green spaces, or even growing your own food together. The Change4Life website can help you find local activities.

here are some simple suggestions to help your family to get going at home:

Bushtucker trial

Ask a grown-up to line up fruit or vegetables you've not tried before. Ten points for each one you try!



Keepy-uppy challenge

Grab a ball, bounce it on your knees, head and feet. How many can you do?



Stuck in the mud

When you get caught, stand with your legs open until someone crawls through to set you free.



New dance

Learn a new dance and perform it for your friends and family.



Smoothie-making

Mix all your favourite fruits into a delicious and refreshing drink.



Heads or catch

Head the ball when a friend shouts 'head', and catch when they say 'catch'.



Wall-y

Make a target on the wall. When you hit it with a ball, move further back. How far can you go?



Gymnastics displays

Do cartwheels, handstands and other great moves to your favourite tune.



Local Support



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Top Tips

ACTIVE FAMILY
TIME

FOCUS ON FUN

ROUTINE



Top Tips

GET CREATIVE

CHORES

ROLE MODEL



What Next

Write down 1 thing you can do this:

1. Week
2. Month
3. Before Summer Holiday?



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Thank you



<https://www.youthsporttrust.org/family-hub>

May Virtual CPD week

National School Sport Week

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www.youthsporttrust.org



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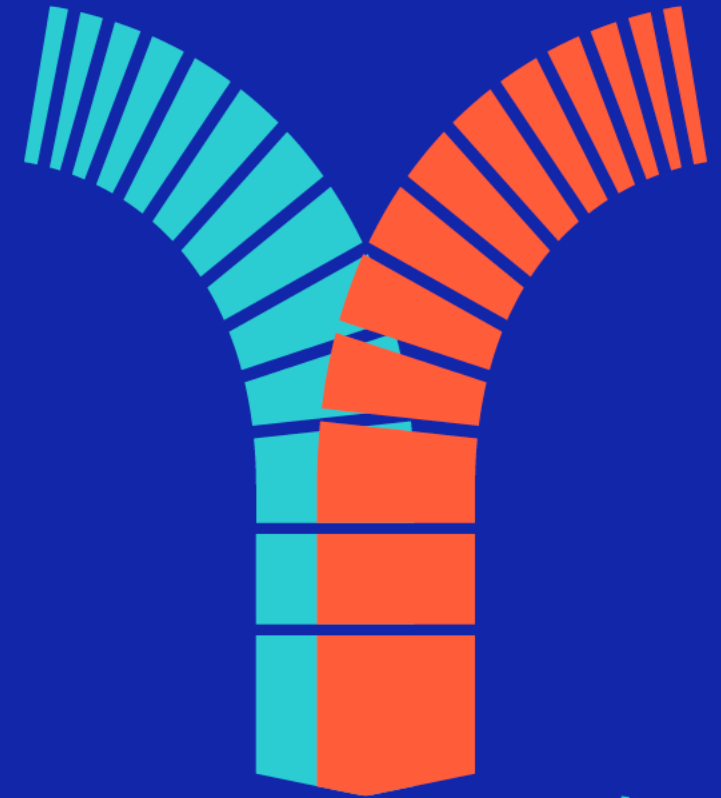


We hope you have enjoyed today's free to access webinar.

If you would like to make a donation to help support the ongoing work of the charity, please visit:

www.youthsporttrust.org
and click

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