

PE possible learning opportunities

This week we are challenging Charnock Hall to use Fitter Future: Get Active and Fitter Future: Get Mindful as a tool to help keep you physically and mentally active during this time.

To access the programme simply visit www.fitterfuture.com and select SIGN IN followed by STUDENT. Please use the below logins dependant on which year your child is in.

The log in details are:

Username	Password
charnockhall	charnockhall

This log in is for Charnock Hall specifically and has been created so all children can have access. When on the account you only need to access the workout tab.

Once you have accessed the workout tab, you have access to a variety of different videos for being active and mindful. At the top of the page it says 'Get Active' and 'Be Mindful', you can click between them to see both active and mindful videos. Along with this information, there is a Monday-Friday 'suggested' timetable which provides suggestions of videos you may want to try. It also provides skill challenges, game ideas, tips and tricks and fitness activities if you wish to go further, which you can access via the YouTube links on the suggestions. To access them hold Ctrl and then click on the link.

If you do not have any of the resources available for the tips and tricks or game ideas, get adventurous and think of what you can use at home as a substitute.

We would love to see what you get up to and if you create or adapt any of the tips and tricks, challenges or game ideas. We might even give them a go ourselves and post the results up on our Facebook and Website!

If you have any questions, please email us via the emails sent on the Newsletter 20.04.2020