



Durham and Chester-Le-Street SSP  
 Durham University Sport and Well Being Park  
 Maiden Castle  
 Durham University  
 Stockton Road  
 DH1 3SE

*Durham & Chester-le-Street School Sport Partnership*  
*Working in collaboration with Durham Sixth Form Centre*

## Website Links to Fitness Activities

 <p>LK Health &amp; Wellbeing</p>	<p><b>LK Health &amp; Wellbeing</b></p> <p>To access the videos please go the LK Health &amp; Wellbeing website: <a href="http://www.lkhealthandwellbeing.org">www.lkhealthandwellbeing.org</a></p> <p>On the website there are 40 plus Strength, Core, Classroom based and HIIT workouts which pupils/staff can follow to keep active.</p> <p>Click on the schools drop down and then "Fit4thefuture"</p> <p>You will need to sign up to the website, your username will be your email address and you make your own password, once you've done that, Leanne will receive a request and will approve it at her end.</p> <p>Once approved, you'll receive an email to say you are now a member and you will have full access to the videos.</p>	<p>Our partner LK Health &amp; Wellbeing has kindly agreed to open access to the online Fit 4 the Future videos to all Durham &amp; CLS School Sport Partnership schools from now until the Easter Holidays.</p> <p>*Other schools can access the videos subject to a subscription fee*</p>
	<p><b>The Body Coach – Children's workout videos</b></p> <p>The Body Coach (Joe Wicks) children's workouts – 5 minute fitness workouts requiring no equipment - <a href="https://www.youtube.com/watch?v=d3LPrhI0v-w">https://www.youtube.com/watch?v=d3LPrhI0v-w</a></p>	<p>FREE to access on the web</p> <p><b>*Please note these workouts require access to You Tube*</b></p>
	<p><b>NFL PLAY 60 - Fitness made fun</b></p> <p><a href="https://apps.apple.com/us/app/nfl-play-60/id793479419">https://apps.apple.com/us/app/nfl-play-60/id793479419</a></p> <p>Games geared to inspire you to PLAY 60! Kids can compete in fun games with a football twist!</p> <p>Chase your opponent down in TAG, and outlast the competition in Red Light, Green Light.</p> <p>Earn special PLAY points for going on a family walk, riding your bike, or playing in the park.</p>	<p>Platform = IOS App</p> <p>Cost = Free</p>