

Compass

 **Connect
for Health**
Your school nursing service



National Fitness Day

School information pack

Get involved - campaign details

Find out all the ways your school can get involved with the National Fitness Day campaign, including events you can host, free apps, activity packs and more.

Activities for families - at home or in school

These activities include short bursts, board games, trails, indoor and garden games and more. They can be set up with pupils in school or sent home with them to complete with their families

60-second activities

A 'compete against yourself' approach with a focus on resilience and perseverance.

Active Board Games

Classic board games with a sporty twist.

Active in Mind resources

Targets pupils KS2 and above who are experiencing low-level mental health issues.

National Fitness Day (22/09/2021) is here to encourage the nation to celebrate the fun of fitness and physical activity. To get involved, get your pupils moving both in school and at home with these fun activities compiled by your school nurse service.

Change4Life resources

These activity cards have been used by over 10,500 schools and can be adapted and used throughout the school day.

Garden games

Garden games with a physical activity theme.

Indoor activities

Get active indoors - includes cheerleading, circus skills and old favourites.



Get active outdoors

There are many places for pupils to get outdoors and enjoy the benefits of fresh air and physical activity. Here are some resources for finding local country parks, nature reserves and woods near your school:



- [Country Parks Warwickshire](#) - find and visit a country park
- [Countryside Access Warwickshire](#) - disabled access to country parks
- [Walks with Wheelchairs](#)
- [Warwickshire Wildlife Trust](#) - find a nature reserve near you
- [Woodland Trust](#) - lookout for wildlife at a local wood

Get healthy lifestyles support from Change Makers!

The Change Makers team are here to help Warwickshire families live healthier lifestyles, and can offer support to both individuals and schools. Change Makers are part of Connect for Health - get in touch using the details below to find out more.



Call us: 03300 245 204

Email us: connectforhealth@welearn365.com

Visit our website: compass-uk.org/services/c4h

 @schoolhealthc4h  @c4hwarwickshire  @compassc4h