



Ecclesfield Primary School

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Dear Parents/Carers,

As we are unable to run after school clubs at the moment, we would like to let you know about other ways your child can stay active after school. The Youth Sport Trust have created the YSTAfterSchool clubs programme online available to all children.

The Youth Sport Trust's After School Sport Club will be a live after school sports session led by Athlete Mentors and will be on the YST YouTube Channel every day from 5pm during lockdown. The clubs are about much more than physical fitness. It will help children develop physical literacy and confidence to try lots of new sports, helping all children find a sport for them.

The different daily themes are below:

- Adventure Monday - This might involve getting children to do floor, wall climbing and map reading all within their living room
- Tuesday Play - Imaginative play utilising resources in the house to create games and activities to get active
- Wild Wednesday - Some high tempo competitive activities involving personal challenges
- Thinking Thursday - Introducing cognitive challenges for children through movement. Active noughts and crosses and introducing an element of competition - whether that be against themselves, the clock, their siblings or remotely with friends
- Fun Friday - A chance for children to let loose and have some fun. Dancing and doing what makes them feel good.

We hope you are able to access this great opportunity to increase activity levels within you children and would love to hear about what they have been getting up to each day at school!

Many thanks

Mr Steel

