



## Active Schools Perth & Kinross

Welcome to our first newsletter!

While you're at home, Active Schools have pulled together some ideas and activities to keep you active!

### Who we are!



Although we are all working from home, you will usually find us in your school!

**Tammy McKinlay** - Active Schools Manager

**Alys Hughes** - Perth Academy

**Andy Paxton** - Perth Grammar

**Caroline Lawrie** - Blairgowrie

**Christine Cook** - Perth High

**Cath Devanny** - Kinross

**Daria Wall** - Pitlochry and Breadalbane

**Joy Cameron** - Bertha Park

**Karen Todd** - Perth Grammar

**Louise Renicks** - The Community School of Auchterarder

**Michelle Bruce** - St John's Academy

**Nick Keiller** - Crieff

**Steph Inglis** - Perth High

**Amy Hughes & Joanne Cameron** - Active Schools Modern Apprentices

[#GetActivePK](#)



Our amazing Modern Apprentices, Amy & Joanne have been working on some fun activities you can try while you're at home!

If you follow us on **Instagram @activeschoolspk** or on **Twitter @ActiveSchoolsPK**, we'll be sharing activities most days so keep a look out! Let us know how you get on by sharing photos or videos using the hashtag **#GetActivePK**! You can also let us know if you have any ideas you would like us to share, we would love to hear them!

Through our Twitter page, you'll be able to find your local cluster's page so please give them a follow too!



Are there any activities we can do as a Family?

A promotional image for a physical education program. A man with curly hair, wearing a green t-shirt and black shorts, is standing in a classroom, gesturing with his hands. The background is filled with educational posters, including a large place value chart, a clock showing 12:49:36, and various math formulas. Overlaid on the image are several blue and white text boxes.

**P.E. WITH JOE**

**Monday - Friday**

**9am Live on YouTube**

**The Body Coach TV**

**#PEwithJOE**

We've pulled together FREE online videos which you can try as a family!

PE with Joe - Wake up every day at 9am for a home workout aimed at children with Joe Wicks.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

FREE Les Mills Home Workouts - Les Mills is the world leader in Group Exercise and they have made their home workout programmes available for free for a limited time only. Please note these workouts are aimed at adults (14+) but we would encourage the whole family to give it a go!

<https://watch.lesmillsondemand.com/at-home-workouts>

FREE kids Dance classes with Oti Mabuse every week day at 11.30am on her Facebook page! Last weeks themes were Disney related so it's sure to be a lot of fun!

<https://www.facebook.com/OtiMabuse/>

Every Monday, YDance will upload a package of 4 dance classes to their website for you to do at home for FREE. Go to <http://ydance.org> from 10.30am Monday 30th March!







**STARTS TOMORROW**  
**FREE online dance classes**



**Week 1**  
Monday 30th March - Sunday 5th April

- YCreate Creative Dance for ages 1-5 with Almee
- YCreate Creative Dance for ages 5-9 with Almee
- Commercial Dance for ages 10+ with Gillian
- Contemporary Dance for ages 10+ with Gillian

[www.ydance.org](http://www.ydance.org)

**New classes released every Monday**

Let's see your Rainbows!



We're loving seeing the rainbows at people's houses and we would love to see yours too! Hashtag them at #CoronavirusRainbowPK and we might share it at our next newsletter!

Remember, stay safe, stay at home and keep as active as possible :)