



## Keeping Kids Active in School and at Home

We here at the Elms are **huge believers in the importance of keeping children active** and developing confidence through sport **no matter the circumstances**. Thus, we have **developed a series of remote instruction programmes** that will enable your students and others to keep active during the school closures.

**The Elms@Home series will be led by some of our top coaches** and will **provide the same high-quality physical education you have come to expect from our coaches** but in a home environment. We will be using everyday equipment that should be readily available around the house and incorporating national curriculum-based activities wherever possible.

We hope that this instruction not only will help **keep your students active and happy during the disruption** but will provide a **respite for parents** as their children are able to escape into these activities several times a day. However, **parents are also very welcome to join in on the fun**.



The **forty-minute instruction** will be **offered live twice a day at 10am and 2pm via Instagram live video** at the Elms Instagram feed **@theelmssis**, enabling students to interact with the coach and other participants during the instruction. **Archived videos will also be available** on the Elms Instagram feed and the Elms YouTube page which can be found by searching for The Elms Sport in Schools in the Youtube search bar.

Feel free to share these details with your school community or anyone else who might benefit.

### About the Elms Sport in Schools

**The Elms Sports in Schools is a leader in primary school sport coaching services:** Providing more than **1,700 hours of high quality instruction per week** to more than **26,500 children** at **144 schools** in London and the Home Counties. **Launched in 2004**, today the Elms **delivers high quality PE lessons, extra-curricular, structured lunch-time play, CPD and holiday camps**. **The Elms structure and deliver bespoke training programmes** focussing on a comprehensive range of National Curriculum based activities. **The Elms also provides a wide range of extra-curricular services:** providing before/after-school clubs, school holiday camps, and sports days **across a comprehensive range of sports**.

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