

FAST

Families Active, Sporting Together

Issue 2
April 2020



COVID-19 update:

So much has changed since our last FAST newsletter! Even though schools and leisure centres are closed, we're still here to help you stay active together. This edition is packed full of ideas to keep the whole family busy, from our pick 'n' mix service and garden games to news on our new wellbeing hub, giving you loads of resources during lockdown!



Termly review:

Even though we had to cut term 4 short because of the COVID-19, we've still managed to fit lots in! Here's an update on what we've achieved so far in 2020.

In January, the Youth Activators went into the new year with the aim to start the decade right, ensuring that we are **increasing physical activity levels across the district**. It was back into schools to start delivering the brilliant sessions and on top of this, we restarted the FAST programme across Banbury, Bicester and Kidlington.

In the lunchtime and the hour PE lessons, we continued to focus on using alternate sports and multi-skill games to help **build confidence in sport**, encourage **team work** and **break down the normal barriers** of physical education to allow those target students to grow in smaller environments. As well as this, us Activators have worked with Years 5/6 to increase their **leadership skills**, giving them the knowledge to deliver sessions for the younger key stages.

The FAST programme has been very successful in Bicester and Kidlington since launching the programme there in January. It has been great seeing how well the families have all interacted with each other during the sessions and the enthusiasm given for the games and external coaches.

We have had 2,009 students attend the Banbury, Bicester and Kidlington school sessions and 582 people attend the FAST sessions in just five weeks.

"It has been great to have you guys and the kids have absolutely loved it!"

– Longford Park

"We have really enjoyed the FAST programme and it's been great to do something like this. I expect we'll be playing some of the games we've learnt over the coming weeks and months in our garden"

"Thanks for all your efforts. It's been a highlight of our week with you guys!"

"These guys really encouraged my child and myself to get active. Would highly recommend attending these sessions"



Cherwell

DISTRICT COUNCIL
NORTH OXFORDSHIRE

For more information contact FAST@cherwell-dc.gov.uk

www.cherwell.gov.uk/youngpeople [cherwelldistrictcouncil](https://www.facebook.com/cherwelldistrictcouncil) [YouthActivators](https://www.instagram.com/YouthActivators)

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FAST Pick 'N' Mix

Whilst we are in lockdown, we want to ensure that children and families are still being physically active as much as possible. We have created "FAST Pick 'N' Mix":



The email address is FAST@cherwell-dc.gov.uk and you need to include your FAST card membership number within the email.

1



Email us what equipment you have at home, this can be anything from bats and balls to soft toys and household items. Also let us know how much space you have, big or small garden or living room.

2

We can then email or call you back with suggestions of games and activities which you can play with your family.



YouTube Channel and Instagram:

On [our YouTube channel](#) you can find all our **fitness circuit videos, games** and **arts & crafts** activities. These videos are great for something to do as a family or even something for the children to complete to fill time in the day. The videos are easy to follow and come with step by step instructions. They are a great way to get you and your family being active and you can complete the exercise as many times as you wish.



We also have uploaded the **videos and challenges** on our Instagram page.

Follow us at YouthActivators and on YouTube to be in with a chance to win. We would love to hear from you, what activities you are doing and how you are staying active.



Flash card challenge

Challenge the Activators. There's 20 different challenges to choose from on our [Youtube channel](#). Let us know which is your favourite and how you did.



New website and Activity and wellbeing blog

We have created a [new website](#) which will be an easy and convenient place to find all the relevant information you need. You will be able to find lots of resources to support you in this epidemic as well as fun games and exercises for all the family and much more. This website will be useful for everyone with sections including: **Activators in Cherwell, Culture & Creativity, Go Active, Get Healthy** and much more.

Read our [new blog](#) and find out how exercise, food and staying connected can help you during this epidemic.

For more information contact FAST@cherwell-dc.gov.uk
www.cherwell.gov.uk/youngpeople cherwelldistrictcouncil YouthActivators

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Youth Activator Games

Even though we are in lockdown and facing difficult circumstances, we have created and adapted games which can be done indoors or outside in the garden which need minimal equipment. These games are fun and will get you active and they are great to play with your family. The games can be accessed through our [Youtube channel](#), on our Instagram page or by visiting the [website](#). Here are a few of the games:



Corners



Caller

The caller will call out a corner during the game



Rules

- 1 Families can play this in their back gardens
- 2 Give each corner a number, colour or animal
- 3 One person is nominated as the caller who will call out a corner during the game
- 4 The players will run around or thinking of different ways of movement, the caller will then say "run to a corner"
- 5 Each player must go to one corner (or stand within two meters of an occupied corner)
- 6 The players in the corner which is called out do a forfeit like 5-star jumps, squats or sprinting on the spot

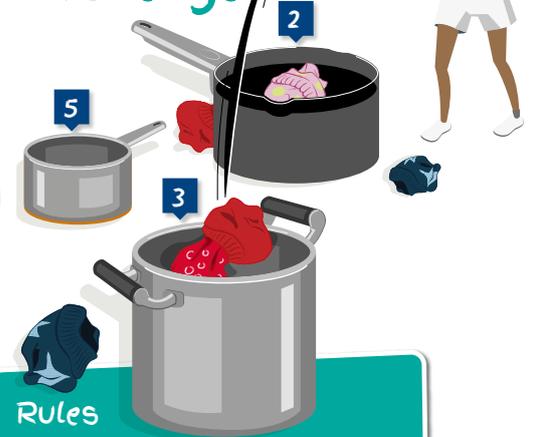
Giants, wizards and dwarfs



Rules

- 1 Families can play this in their back gardens
- 2 Families need to split themselves into two teams and mark a line out in the middle of the playing surface long enough for the players
- 3 Each team needs to decide on what action to be a "giant, wizard or dwarf"
- 4 The teams then walk up to the line and someone shouts "3,2,1, Go"
- 5 Each team will do their chosen action, just like you're acting out rock, paper and scissors with your body! The winning team gets a point. The first team to 10 points win
 - Giants beats Dwarfs
 - Dwarfs beats Wizards
 - Wizards beats Giants

Saucepan Challenge



Rules

- 1 Grab as many saucepans as you can
- 2 Place these next to each other to create targets
- 3 Now you need to get as many socks as you can
- 4 Make these socks into sock balls
- 5 Now you are ready to start throwing the sock balls into the pans
- 6 You can create a points system and see who gets the most points in your family



Let's cook!

We have created a variety of healthy recipes for you to make at home which are great for eating after exercise. The recipes include dinners and snacks. We also have an **eat well and eat healthy fact sheet**, where you can find out about all the food groups and foods you should consume before or after exercise. The fact sheets also state the correct portion sizes of each food group you should be having. To access the recipes and fact sheets please visit our [website](#) or check them out on our Instagram page.

