

Active Derbyshire – Information from Jade Gresham

There are new resources being developed each week to support young people to be active at home with partners across Derbyshire and Nottinghamshire.

For each sport there is a primary and secondary resource available and can be found:

<https://www.activederbyshire.org.uk/young-people-active-at-home>

Sports so far:

- Week 1 – golf
- Week 2 – football
- Week 3 – netball

Themes include:

- Monday Movers,
- Tuesday Challenge,
- Wednesday Workout,
- Thursday Thinking
- Friday Fun