

**County Durham School Games Live**

**Active School Games – Live Event**

We are launching our virtual event promoting being active in the school setting, the idea is to participate in weekly videos designed around being physically active in any setting within your school. Videos have been prerecorded to use weekly, leading to our Live Active Session Friday 21st October, 10am via Teams.

Below we have included age specific video links and sectioned them in to 5 weekly slots, to be used as much and as little as you see fit. Finally, instructions on how to join the live session is also below.

**Week 1**

**Primary –** [Active 30 - Episode 3.1, Chris and Jen - Morning - YouTube](https://www.youtube.com/watch?v=-ASHVZgqj-c&list=PL2Uazy5XRmGaqR2WDkaAIp2CoxQoTVEWe&index=13)

**Secondary –** [Active 30 - Episode 4.13 - Leeds Beckett - YouTube](https://www.youtube.com/watch?v=UD7bEHupUjU&list=PL2Uazy5XRmGaq_I7ObilOJNWwQ2c47yph&index=3)

**Week 2**

**Primary –** [Active 30 - Best of 5.16 (5.2) - Stanley Yoga - YouTube](https://www.youtube.com/watch?v=-olUDucu1yI&list=PL2Uazy5XRmGaUS49ujZYWV3HpX4u7y3XV&index=4)

**Secondary –** [Active 30 - Episode 4.15 , Christmas Group Sparring, Live Well North East - YouTube](https://www.youtube.com/watch?v=Aq5JwtpMxv8&list=PL2Uazy5XRmGaq_I7ObilOJNWwQ2c47yph&index=4)

**Week 3**

**Primary –** [Active 30 - Episode 5.19, St'Andrew's Classroom Active Blast, morning - YouTube](https://www.youtube.com/watch?v=m6KsSkjrCwM&list=PL2Uazy5XRmGaUS49ujZYWV3HpX4u7y3XV&index=16)

**Secondary –** [Active 30 - Episode 4.20, Durham Federation Maths HIIT, morning - YouTube](https://www.youtube.com/watch?v=HKB-UsNnAlc&list=PL2Uazy5XRmGaq_I7ObilOJNWwQ2c47yph&index=16)

**Week 4**

**Primary –** [Active 30 - Ep 2.7 Amber and Lexi - Morning - YouTube](https://www.youtube.com/watch?v=-0iFXj2_z0k)

**Secondary –** [Active 30 - Episode 4.3, Mr.Kidd - Morning - YouTube](https://www.youtube.com/watch?v=ApjTvIxhYh0&list=PL2Uazy5XRmGaq_I7ObilOJNWwQ2c47yph&index=13)

**Week 5**

**Primary –** [Active 30 - Episode 4.18 - Durham Uni - Morning - 20.01.22 - YouTube](https://www.youtube.com/watch?v=n9nGSPZa16Y&list=PL2Uazy5XRmGaq_I7ObilOJNWwQ2c47yph)

**Secondary –** [Active 30 - Episode 4.18 - Durham Uni - Morning - 20.01.22 - YouTube](https://www.youtube.com/watch?v=n9nGSPZa16Y&list=PL2Uazy5XRmGaq_I7ObilOJNWwQ2c47yph)

*For many more active videos visit Local TV’s YouTube channel and check out their Active 30 Playlist following the link below:*

[Local TV | Active 30 Durham - Active North East - YouTube](https://www.youtube.com/playlist?list=PL2Uazy5XRmGZ2UOKqV5EnO4fZfmT67JCF)

**Live Active Session**

Join our live session at 10am – 11am on Friday 21st October 2022 using a link that will be sent out to all schools in the County Durham area closer to the date. There will be 3 sessions across the hour starting at 10am, 10:20am and 10:40am feel free to pick a session to join or have a full active hour and join all 3 sessions. Someone will be on hand to admit participants into the live session throughout the hour. Prior to the live sessions we kindly as you to register via the link below.