

# Make Sport Happen

## Stay Involved, Stay Active

### Toolkit

#### About

The spread of the Covid-19 pandemic had a direct impact on mobility and mental health around the globe. Countries in the Gulf region have responded differently to the pandemic introducing different measures to contain its spread, varying from social distancing measures to partial or full lock-down. This has had a great impact on people's physical and mental wellbeing in the Gulf.

Since its launch in 2017, the [Sports program](#) has aimed at increasing young people's quality of life and wellbeing, both physically and mentally, sharpen leadership skills and encourage volunteerism. It is a participant led program, where participants are trained to cascade the core values of the Sports program, delivered in partnership with the Youth Sport Trust International.

As a response to the continuing spread of Covid-19, the British Council is introducing this toolkit as a means to support those in the region to stay active and healthy whilst at home.

The toolkit includes a wealth of free resources for children, adults, families and friends to stay active in their home and virtually.

We urge you to Stay active and stay safe.

## Free Resources

**Youth Sport Trust** is a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. YSTi has been the British Council's UK delivery partner for the Youth Sport Leadership programme, launched Gulf wide in 2017.

**A recorded webinar** - Inclusive practices to support you adapt during staying at home.



**All About Autism** - This is a free guide designed to be a practical toolkit, building upon knowledge of autism and some of the key considerations for making PE and sport inclusive to all.



Photo Credit: YST

**Active in Mind** - A program to support young people mental health



Photo Credit: YST

**A recorded webinar** - Importance of Physical education at Home.



**A recorded webinar** - Importance of physical education on our well-being



**Useful Article** - PE & Sport: The Next 'New Normal' by Lewis Keens



[Change4Life](#) is providing easy ways for kids to stay active through games and activities even when they cannot go outside.

**10 minutes Shake Up games** - These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!

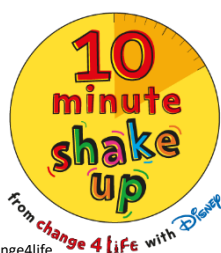


Photo Credit: Change4life

**Indoor Activities for kids** - Easy ways for kids to keep active if you cannot get outdoors



Photo Credit: Change4life

[National Health Service](#) , UK's biggest health website is offering a week-by-week description of the 9-week set of Couch to 5K podcasts. Each week involves 3 runs.

**Couch to 5K: week by week** - A nine-week programme of podcasts that does exactly what it says on the tin - taking you from the couch to running 5kms.



Photo Credit: NHS

[Active Kids Do Better website](#) to keep kids and their families at home active through simple 15-20 minutes games.

**PING TOWEL PONG** - Begin moving together with your family in your garden  
- Outdoor game



Photo Credit: Active Kids Do Better

**SLING SHOT TENNIS** - Friendly activities for Students



Photo Credit: Active Kids Do Better

**ACTIVE PAIRS** - Family friendly activities - Pair Games

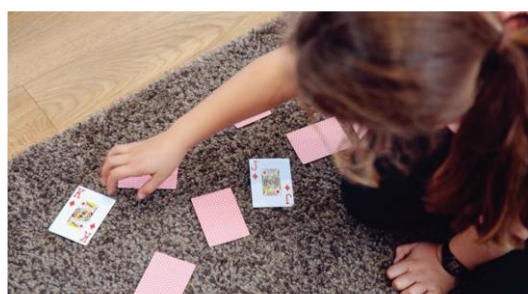


Photo Credit: Active Kids Do Better

**BALLOONBALL** - Family friendly activities - Indoor game



Photo Credit: Active Kids Do Better

**IT'S SNOWING** - Family-friendly activities and for the whole Family



Photo Credit: Active Kids Do Better

**LIGHTS, CAMERA, ACTION** - Family friendly Group - Community Game



Photo Credit: Active Kids Do Better

British Cycling is the national governing body for cycling in Great Britain. Their mission in life is to deliver international sporting success, grow and effectively govern cycle sport and inspire and support people to cycle regularly.

**Ready Set Ride** - Teach your kids to ride. HSBC  
UK Ready Set Ride is a free programme of activities designed to get little legs pedalling.



Photo Credit: British Cycling

**Learn to commute with confidence** - Join up to  
**14 million others** ready to get on their bikes  
and spark a transport revolution



Photo Credit: British Cycling

## Stay Connected with us through Sports

**#MakeSportHappen**

**#ActiveTuesday**

Everyone is welcome to participate in our digital sports campaign **#ActiveTuesday** by shooting a 1-2 minute video of home exercises. The videos will be posted on the British Council channels. Alternatively, you can post it on your own channels and use the hashtag **#ActiveTuesday** and tag us.

For more info please email us on [layal.almashikhi@om.britishcouncil.org](mailto:layal.almashikhi@om.britishcouncil.org)

