

## Summer Activities for Children and Young People

Looking for activities over the summer? Here is a selection to keep children and young people active and busy during the next few weeks. Most of the sites offer free activity ideas and resources. A few local events are listed, too.

As with all online resources, the content is appropriate at time of publication. Please check them out before children and young people access them, to make sure that the activities and content are appropriate.

**Click on a category below to go directly to that page.**

**Exercise**

**Indoor Activities**

**Art and Crafts**

**English**

**History, Geography and Virtual tours**

**Science, Technology, Engineering, Mathematics**

**Music**

### Local Activities:

**Chesterfield Summer Activities**

**Erewash Summer Activities**



**Website**

Search for child care Information;

childcare providers, parent and toddler groups and more.



**Website**

Search leisure activities across Derbyshire. Find out about the range of services our libraries have to offer, get out and about at our countryside sites and visitor centres or see what's on locally.



**Website**

For more information regarding accessing Children centres follow their Facebook pages.

## Exercise



[Website](#)

### Change 4 Life

Change 4 Life says: *“Kids should aim for 60 minutes of activity each day. We know that may feel difficult right now, but we have loads of Disney inspired indoor games and 10 Minute Shake Up activities to help them stay active while everyone’s at home.”*



[Website](#)

### Sport England

Sport England say: *“We’ve pulled together a selection of online exercise platforms with on demand fitness content who either provide free access or have teamed up with us to offer extended trials.”*

There are links to familiar sites such as ‘The Body Coach’, ‘Cosmic Kids Yoga’, ‘Disney dance-alongs’ etc., and many more. A variety of activities suitable for children, adults and those who are less mobile. There are activities to do indoors and also outside.



[Website](#)

### Get Inside

Over 50 national organisations in the outdoor recreation industry have come together to share resources which they say will educate, entertain and inspire.



[Website](#)

### Active Kids

UK Active Kids say: *“Move Crew is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help*

*kidUK Active Kids say: “Move Crew is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help kids unlock their 60 minutes of daily recommended activity. So, join the #nikemovecrew”. s unlock their 60 minutes of daily recommended activity. So, join the #nikemovecrew”.*



[Website](#)

### #ThisIsPE-Supporting Parents to Teach PE at Home

- Designed by **Yorkshire Sport Foundation** and leading national organisations (including afPE)

- Short two-minute videos, endorsed by the Department for Education to show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together



[Website](#)

### Active Derbyshire

**What support do they offer?** The School Games Organiser Network and Active Derbyshire are working together to create and publish a weekly programme of activities to help schools to support parents and carers to maintain an active routine for children and young people whilst at home.

Active Derbyshire, Active Notts, the Derbyshire Active Schools Network and the Notts SGO Network have worked in partnership to develop a series of free dance resources that are aimed at KS1 pupils (although KS2 and foundation children may also enjoy taking part). "Dance Around the World" resources comprise of a series of video of approx. 10 minutes which includes a warm up, dance routine (linked to a country) and a simple worksheet to accompany each dance. We are encouraging the use of them in school and also home to help young people to stay mentally and physically healthy through taking part in physical activity.

Two resources will be released each week with the first two being Africa and Egypt, which can now be downloaded from: <https://www.activederbyshire.org.uk/young-people-active-at-home> and <https://www.activenotts.org.uk/young-people-active-at-home>



[Website](#)

### Active Me at Home

•Some exciting, engaging and fun activities and home learning resources. All the activities and resources have been specifically designed to be completed at home, making sure children can still learn, be engaged and have fun whilst the lockdown continues and schools remain closed.



[Website](#)

### Youth Sport Trust

PE activities that can be done individually or in pairs/small groups with a focus on the development of physical competence and actively learning the importance of personal skills to support social, emotional and mental wellbeing.



[Website](#)

**realPE at Home** –Committed to engage with and help families to understand how essential their role is in creating positive relationships with activity for their children and provide them with the confidence and tools to make this step change.

Access to **realPEat home** will remain FREE for all schools (in addition to community and sports club plus individual families) until 6th September 2020

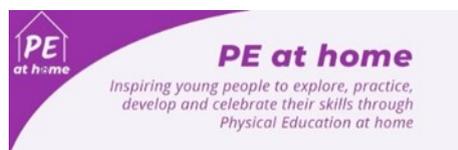
### Little Movers;



[Website](#)

•A pack of fun, for parents/teachers and children to spend quality time together while nurturing physical, social, cognitive and emotional skills.

•10 minutes activities -two or three times a week to help develop their fundamental skills in: -Stability -Coordination -Catching -Throwing -Strength -Jumping  
[challenges](#)



[Website](#)

### PE at Home King Edward School Sport Partnership

Free resource for schools to share with teachers, parents and young people. This resource allows young people to explore different skills, practice these skills in a fun and competitive way and to develop these skills into other areas of the curriculum. All our resources are fully differentiated and can be completed all at once or in parts. Each PDF document allows you to access links to videos, documents and resources that support learning.



**DERBY COUNTY**  
Community Trust

[Website](#)

Derby County Community Trust have some great family activity links which are updated weekly



Check out our website (new site launching mid-July)

[www.positivelyempoweredkids.co.uk](http://www.positivelyempoweredkids.co.uk)

Facebook @PEKfamilies Instagram & YouTube Positively Empowered Kids Twitter @EmPowerKid2020

Do get in touch via email [positivelyempoweredkids@gmail.com](mailto:positivelyempoweredkids@gmail.com)

There is a wealth of entertainment during the day, including some Nottingham based entertainers: Zumba with Charm, Helping Kids Achieve, Beat Feet, Empower Education, Positive Pants & Little Legs.

LIKE our facebook page @PEKfamilies and join us at 9:15am as we launch the day!

Look out for our launch of our 'Family Empowerment Hub' at this event, where you can register for free workshops and activities for your family!

Positively Empowered Kids is an award winning 'not for profit business' run by two Nottingham Mum's with a passion for empowering the next generation to grow healthy thriving minds and fulfil their potential.

Our mission to boost the wellbeing and happiness of families during and post COVID19, which has seen families experiencing trauma, loss, fear and uncertainty, impacting their mental health.

We have a growing nationwide network of over 300 wellbeing experts for families, schools and organisations to explore and tap into. By bringing the wellbeing community together, families are able to discover and connect with experts more easily, and find ways to empower their family to deal with adversity effectively, and through building their 'toolkit'

Join Positively Empowered Kids on Saturday, July 18th for an all-day FREE Family Festival live on Facebook,

## Indoor Activities



### CBBC

Join familiar CBBC faces for cooking, baking and food tips.



### CBeebies – tips to keep kids calm

[Website](#)

### Parenthood Tips and Tricks;

[Website](#)



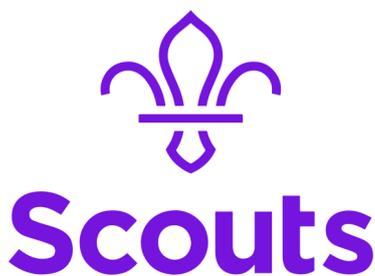
[Website](#)

## MOMMY POPPINS

### Mommy Poppins

Indoor activities for families.

[Website](#)



[Website](#)

### Scouts

While we normally love the great outdoors, we've pulled together some inspired indoor activity ideas (if we do say so ourselves) to keep kids entertained while schools are closed due to coronavirus. Keep your kids learning new skills and having fun (and avoid hearing 'I'm bored' every 30 seconds) all in #TheGreatIndoors.

### Kitchen Activities

English – [Website](#)

Polish – [Website](#)

### Outdoor Activities

English – [Website](#)

Polish – [Website](#)

### Make it activities

English – [Website](#)

Polish – [Website](#)

### Indoor Activities

English – [Website](#)

Polish – [Website](#)



## ART and Crafts



[Website](#)

### Art

Rob Biddulph is a bestselling award-winning children's book author and illustrator. Rob says: *"I decided to post a draw-along video every Tuesday and Thursday at 10am BST that parents could watch with their kids and, hopefully, make some nice pictures."*



[Website](#)

### Makaton

Free Craft resources.



**Darrell Wakelam**  
@DarrellWakelam

[Website](#)

### Art

Darrell Wakelem is sharing free art ideas using household objects to do at home on his Twitter feed – use the hashtag: #ArtJumpstart.



[Website](#)

### The National Gallery

Examples of artworks from different periods that feature bugs, birds and reptiles, amongst other things.



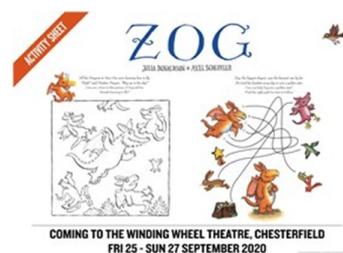
Family activities to do at home.

Website

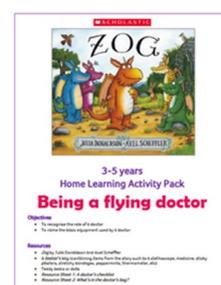


Zog is flying into the Winding Wheel Theatre this September and we have a whole host of activities available to keep fans entertained in the lead up. The company have provided some lovely activities which are listed below. We would also like to remind you that the animated version of Zog is available to watch on BBC iPlayer as well as a story reading by Eddie Redmayne on YouTube.

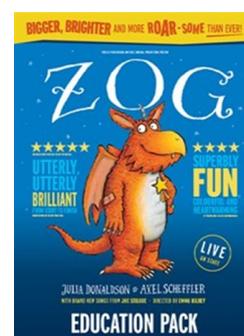
COLOURING SHEET



FLYING DOCTOR ACTIVITY PACK



ALL ABOUT ZOG EDUCATION PACK





[Beauty and the Beast](#), Chesterfield's Spellbinding Pantomime, will be hitting the Pomegranate Theatre stage from December 2020 and we just can't wait! Below, we have some activities including an advanced colouring sheet for the older kids (and adults!).

COLOURING SHEET

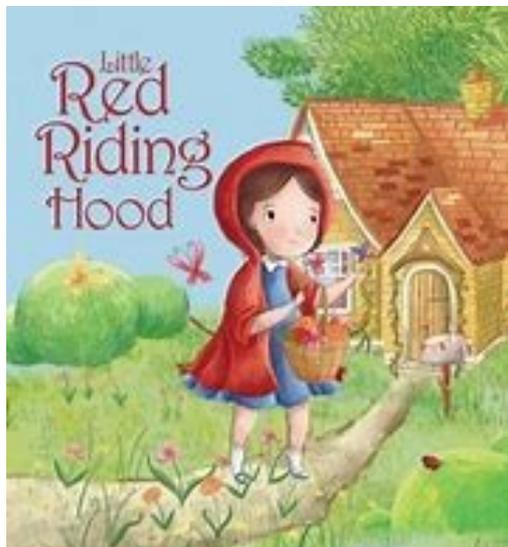


ADVANCED COLOURING SHEET



PUZZLES PAGE





You will be pleased to know that you can catch up with Little Red Riding Hood on the BBC iPlayer and there is an activity sheet below.

WATCH LITTLE RED RIDING HOOD ON BBC IPLAYER

COLOURING SHEET

**northern ballet**

Join the dots to reveal Little Red's friend

Colour me in!  
**little red riding hood**  
a ballet for children

Before the puzzle is put together, the right word from the clues below. We've given you a head-start by filling in some of the letters for you.

**Clues:**

- 1. A small house, the destination of
- 2. Someone who Little Red Riding Hood
- 3. A country that often
- 4. A country that often
- 5. Little Red wears this on her

**Answers:**

- 1. Cottage
- 2. Grandmother
- 3. France
- 4. Italy
- 5. Hood

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100



# ROYAL OPERA HOUSE

[Website](#)

## The Royal Opera House

The Royal Opera House is here to help "Unleash your creativity" with fun activities made available each week to get you singing, dancing and making.

You can complete the Challenge of the Week and share what you produce with the #OurHouseToYourHouse.



Get crafty with a scale model of the Royal Opera House, using recycled bits and bobs from around the house. Suitable for ages 5-11 (adult supervision required for younger children) [MAKE YOUR OWN OPERA HOUSE STAGE](#)



Join the Royal Opera House prop making department, and make a feast of party props. Suitable for ages 8-14) [AN ACTIVITY WITH THE ROH PROP MAKERS](#)



We love the [Northern Ballet](#) and we are so pleased that they came to the Pomegranate Theatre to perform [Tortoise & the Hare](#).

These Chesterfield companies have ways to keep your family amused from your living room.

**Vicar Lane Shopping Centre – Activity Packs**

Click on the link below to download some free colouring templates for children to enjoy and display at home.

**DOWNLOAD YOUR COLOURING WORKSHEETS HERE**

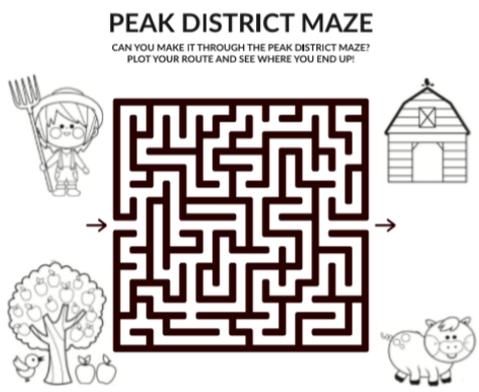
From colouring in to calm the mind and help children learn attention to detail, to great puzzles that help them develop their literacy skills and learn about the local area, this free downloadable activity pack for kids offers the ideal pass-time.

**DOWNLOAD YOUR KIDS’ ACTIVITY PACK HERE**

THANKS  
FOR ALL  
YOU DO



THANKS  
FOR ALL  
YOU DO



**DOWNLOAD YOUR KIDS’ ACTIVITY PACK ANSWERS HERE**

Testing you on your local knowledge and working those little grey cells, Vicar Lane’s free downloadable activity pack for adults is the perfect way to de-stress after a busy day trying to entertain the kids, working from home or recovering from illness.

**DOWNLOAD YOUR ADULTS’ ACTIVITY PACK HERE**

**WORDSEARCH**

HOW EAGLE EYED ARE YOU WHEN IT COMES TO SPOTTING THINGS IN AND AROUND CHESTERFIELD?

L	E	R	T	S	E	K	Q	M	U	S	E	U	M	B
V	E	R	I	H	S	Y	B	R	E	D	C	U	W	P
D	E	R	B	Y	S	H	I	R	E	D	A	L	E	S
H	X	S	I	U	Q	L	K	C	A	T	T	L	E	D
A	C	H	E	S	T	E	R	F	I	E	L	D	I	A
R	Y	K	R	E	K	C	E	P	D	O	O	W	U	E
D	U	M	B	U	E	N	A	L	R	A	C	I	V	H
W	N	W	O	T	T	E	K	R	A	M	B	E	P	C
I	M	O	A	V	C	O	F	I	Z	J	J	X	Z	C
C	H	Z	P	H	Y	L	L	Z	I	P	J	B	E	
K	A	X	V	O	T	I	M	V	U	K	H	P	W	G
H	R	P	O	P	H	O	C	R	B	O	B	W	F	R
A	E	M	M	F	M	J	C	S	E	T	W	E	Z	R
L	H	Z	E	R	I	P	S	D	E	K	O	O	R	C
L	L	A	W	O	M	H	C	N	I	F	D	L	O	G

WORD LIST	
VICAR LANE	WOODPECKER
CHESTERFIELD	BUZZARD
HARDWICK HALL	HARE
CROOKED SPIRE	CATTLE
MARKET TOWN	FOX
MUSEUM	GOLDFINCH
DERBYSHIRE	KESTREL
DERBYSHIRE DALES	

## English



### Primary School Resources

[website](#)

### Secondary School Resources

[website](#)



[Website](#)

### Inspire;

Whilst our Inspire libraries are closed due to the Coronavirus pandemic we didn't want our rattle, rhyme and rollers to miss out! Check out the videos below as our fabulous Early Years team take you through some of your favourite songs.



Find more information go to Derbyshire Libraries Facebook or Twitter or visit the Derbyshire Libraries website

[Website](#)

Join the Silly Squad by visiting

[Website](#)

### Silly Squad Summer Reading Challenge 2020

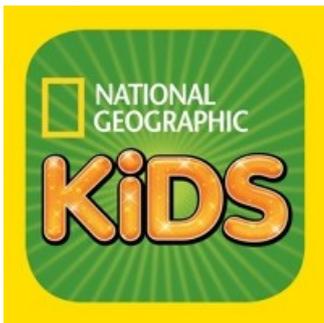
Derbyshire Libraries are supporting this year's Summer Reading Challenge which is going digital – with events and activities happening online.

Children are invited sign up to the Silly Squad website where there will be lots of information, quizzes, resources and book suggestions for them to enjoy.

Locally Derbyshire County Council's libraries will be joining the fun, throughout the summer, by offering online story times, mini book reviews and recommendations, a forum for sharing ideas and suggestions about books and a regular craft activity.

The Silly Squad is a loveable group of madcap animals looking for fun and the aim is to encourage children and their families to have fun too, getting silly and reading anything that makes them happy. That could be comics, joke books, poetry, fiction or non-fiction, in digital or print format, books they have at home or ebooks and eaudiobooks borrowed through Derbyshire Libraries online.

## History, Geography and Virtual tours



### **National Geographic**

At home for a while with your kids? Don't want their brains to go stale? We've got you covered. Here are quizzes, videos, science experiments, and even at-home classroom resources.

**[Website](#)**



### **Hidden London tours;**

**[Website](#)**



### **Postal Museum;**

Virtual trip on the underground post office railway.

**[Website](#)**

## Science, Technology, Engineering, Mathematics



[Website](#)

### Top Marks

Mathematics games for ages 3-5, 5-7, 7-11 and 11-14. Organized by category e.g. counting, sequencing numbers, odd and even, problem solving, measures etc.



[Website](#)

### Playful Invitations

The purpose of this blog site is to inspire parents, caregivers and educators of preschool children to intentionally teach mathematics using natural materials.



[Website](#)

### DC Beagle

Free mathematics puzzle books aimed at those aged 9 – 105.



[Website](#)

Free set of resources which will help children stay active with 60 minutes of physical activity and support them with their learning. Download a Challenge Sheet PDF for each year group.



[Website](#)

### Code Break

Code Break has weekly challenges to engage students of all abilities, even those without computers. There is a weekly video lesson and a new activity or challenge. Options for beginners, experienced students, and students without computers. From age 6 upwards.



[Website](#)

Lesson ideas, assembly packs challenges, projects and activities to get learners thinking and building like engineers, with activities set by the RAF, the Science Museum, FIFA, and more. Engineering: Take A Closer Look say: "... a government campaign continuing the success from the Year of Engineering in 2018. It celebrates the world and wonder of engineering and forms an important part of our Industrial Strategy which is committed to boosting engineering across the UK, ensuring everyone has the skills needed to thrive in a modern economy."



[Website](#)

Downloadable challenge cards. Try a balloon race, a spaghetti bridge, a marble run, and more. The James Dyson Foundation say: "Dyson engineers have designed these challenges specifically for children. Ideal for home or in the classroom, they encourage inquisitive young minds to get excited about engineering."



[Website](#)

The Glasgow Science Centre releases something new each day at 10am. You can also watch again and make things like soap bubble blowers and explore ink chromatography.



### Digital Skills

You can find support with digital skills from the Good Things Foundation at:

Learn My Way: [Website](#)

and Make it Click: [Website](#)

[www.science-sparks.com/](http://www.science-sparks.com/)

Science experiments and challenges using household items.

[www.science-sparks.com/summer-stem-challenges-for-kids/](http://www.science-sparks.com/summer-stem-challenges-for-kids/)

Summer STEM Challenges - printable STEM challenge cards, which you can download.



## Music

Join us on-line for our  
**'Fleet Fridays'**  
If you are under 19  
(or a designated young Fleet mentor),  
meet us with an adult via a phone/tablet/computer.

**Fortnightly Fridays**  
7pm - 8pm  
June, July & August (Starts 5th June)

Enjoy playing in this inclusive and supportive  
environment and listen to a wide variety of  
musicians & singers perform live.  
It's social, it's fun, it's creative!

This will be recorded on a Friday night,  
then (with individual permissions), on Saturday  
it will be uploaded onto our social media platforms:  
Facebook: /Fleet Arts  
Instagram: FleetArts  
Twitter: @FleetArts

For more details and a registration form,  
parents/carers please email: [events@fleet-arts.org](mailto:events@fleet-arts.org)

 Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

  
**Fleet Fridays**  
  
**at The Staying Inn**

**An on-line open-mic for musicians under 19**

[www.fleet-arts.org](http://www.fleet-arts.org)

## Chesterfield Summer Activities



**Age Range: 4-14**

**Holiday Camps: £25**

**Availability - Limited**

Samba Sport Holiday Clubs are packed with fun, sporty activities to keep your children active during the School Holidays! \*1 coach to 5 children - Social Bubbles! (may change as government ease lock down restrictions)

- Ages: 5-14 years
- Registration 8:00-9:00am
- one way system, temperature check, hand sanitized & put into aged group. (Preferences can be made on request)
- Pick up - 4:00pm.
- Spaces available: 25 - Social Bubbles of 5 children per coach  
Children will rotate around different stations taking part in a range of activities throughout the day. Samba are following all guidelines by the FA and government.
- Tuck Shop is available at break time.
- Bring Packed Lunch (no nuts)
- Outdoor clothing/footwear

### Special Offers!

Book 5 days for £100 - (saving £25 .00)

Price to be reduced once social distance restrictions removed - (Ratio changed from 1/5 to 1/15)

USE CODES AM & PM for £10.00 discount at checkout to attend for half day.

AM - 9:00-12:00

PM - 1:00-4:00

Book 3 days for £60.00 (use code 3DAYS)

Book 5 days for £100

Email: [Chesterfield@sambasportscoaching.co.uk](mailto:Chesterfield@sambasportscoaching.co.uk) if you have any questions or visit

[www.sambasportscoaching.co.uk](http://www.sambasportscoaching.co.uk)



### Pan-Disability Sports sessions

We are running sessions on;

Wednesday afternoons from 3.30 till 5.00,

Saturday mornings 9.30 till 11

The sessions are being held at Stand Road Park.

We cater for any children or young people with additional needs or disabilities, whether physical, mental or emotional. Sessions are completely free for the next 3 weeks but pre-booking is essential so we have enough staff to comply with social distancing requirements.

For further details email [scottatkinson@spireitetrust.org.uk](mailto:scottatkinson@spireitetrust.org.uk)



Referrals are not necessary but pre-booking is so we can plan our staffing accordingly.

Our participants are grouped according to ability in small groups of 6 (2 coaches and 4 children/young people) this complies with current government guidelines and guidelines from The FA

We are also running holiday clubs through the summer, based at the stadium on;

Mondays, Wednesdays and Fridays.

The cost is £20 per day from 10-3, though we do have the facility for early drop off from 8.30 and late pick up from 5.30 at a cost of £2 per half hour to cater for working families.

Any Derbyshire foster care families can get free access through the Active Fostering scheme. Bookings through me again

## Erewash Summer Activities

### **Kuala Klub; Holiday Scheme**

07891833965  
21st July

Rutland Sports Centre

West Park Long Eaton

( Chargeable )

5+

### **Active Camps**

01332869415

10<sup>th</sup> August – running for three weeks

Monday-Friday 9:30 – 4:30 or extended hours which must be paid further for.

4-12 years

Based at Chaucer School

(Chargeable service)

### **Sawley Youth Club**

Contact on Facebook page -  
<https://www.facebook.com/Sawley-Youth-Club-107406071016229/>

Mondays each week starting 12<sup>th</sup> July

Consent form must be filled in and returned

11-15 years