



#activeathome
#activeoutdoors
#jointhemovement

Derbyshire Summer Staycation is a set of resources aimed at providing children and their families with a series of ideas to help them to stay active over the Summer. The activities start at home and thereafter are focused on exploring the outdoors in your local area. There's an appendix at the end for you/your children to record what they've done over the summer in a diary format.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. To access our range of other resources please visit our [website](#).

Please adhere to government guidelines relating to COVID-19 while undertaking any activities.



For additional challenges and ideas on how to keep physically active over the Summer, please visit the Active Derbyshire [website](#) or your School Sports Partnership page.

Active Derbyshire and the School Sports Partnerships cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.



active at home



- For those rainy days, early mornings, or evenings when the sun has gone in
- Set yourself a personal challenge for the Summer. Why not try something new, or learn a new skill? The National Trust has a load of ideas for the back garden [here](#). Why not record what you've done in our summer diary at the end of this resource?
- You could give one of our home **School Games** personal challenges a go? Design your own golf course, develop your football skills, try touchrugby, tennis, gymnastics and more... www.activederbyshire.org.uk/young-people-active-at-home
- Or if you fancy a dance workout, try our **Dance Around the World with Charmaine**. From Africa to South America, the Carribbean to South Asia, there are eight videos from eight different locations. Watch one, learn the moves and practise your routines. Each time think about how you can improve your performance and make it better than last time. www.activederbyshire.org.uk/dance-around-the-world



Check out our full range of Active at Home resources [online](#).

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explore your local area



- Get out and explore – by foot, by bike, or whatever takes your fancy. Check out **Sustrans Outside-In** for ideas: www.sustrans.org.uk/campaigns/outside-in/
- Create a circuit from your front door and back again, see what you can see, find somewhere new to go. For those on bikes in Derby City try www.cyclederby.co.uk, or if not, check out the Derbyshire County Council [website](#)
- Why not set yourself a walking or cycling challenge for the summer? Try and go a bit further each week. Ever tried [orienteering](#) or [geocaching](#) in your local area? Why not give [British Orienteering's Xplorer](#) a go?
- Clock the miles and see how far you can go over the summer. Why not record what you've done in our summer diary at the end of this resource?
- To find out where to go locally check out your local council [website](#)
- To learn how to ride, or just improve your skills, check out www.bikeability.org.uk
- If gardening is your thing, why not spend some family time outside at home, or visit the allotment? [Kids Gardening](#) has a load of ideas for the younger ones.

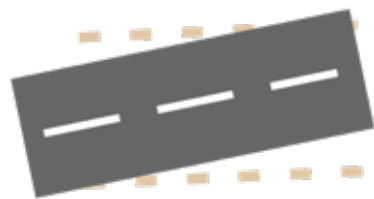


cyclederby

XPLORER



#activeoutdoors

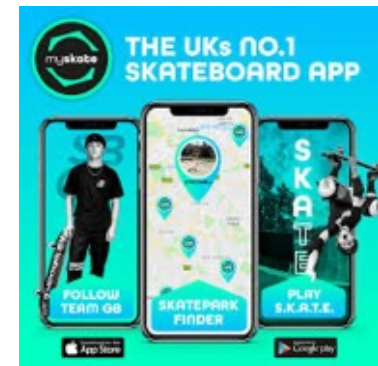


take to the streets

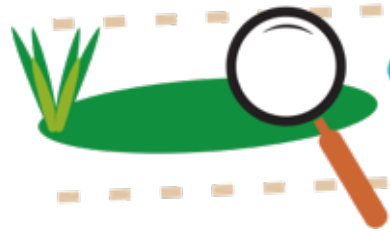


- Get out and urban on your skateboard, roller skates or scooter. Take to the streets, or the paths, or even your local skate park. Check out [Skateboard England's skatepark finder](#) to find your closest facility.
- Challenge your friends to a game of S.K.A.T.E with their random trick generator. Improve your skills, develop your moves, record the minutes. Find out more [here](#).
- Ever tried free running? Also known as Parkour, or Art du Deplacement it is the non-competitive physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping, climbing and quadrupedal movement. Check it out [here](#).
- Clock the miles and see how far you can go over the holidays, using whichever method takes your fancy. Why not record what you've done in our summer diary at the end of this resource?

Check out our range of Active Outdoors ideas [online](#).



#activeoutdoors



check out your local
green space



- Games time – whatever you fancy, family rounders, keepy-ups with your mates, village cricket – stay safe and socially distance, but have fun and play games
- To find out where to go locally check out your local council [website](#)
- You could give one of our *School Games Sports* activities a go? Get together with friends or family and try our one of our sports in the park - <https://www.activederbyshire.org.uk/young-people-active-at-home>
- Or see what's on offer from walking and cycling routes, to orienteering and outdoor gyms. Ever tried [orienteering](#) in your local park? Why not give [British Orienteering's Xplorer](#) a go?
- Why not record what you've done in our summer diary at the end of this resource?

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#activeoutdoors



explore the water



- Paddle in the puddles, splash in the stream, kayak down the river, or sail in the lake – whatever takes your fancy, give it a go, so long as it is safe and legal to do so. Why not explore around the county waterways and see what marine life you can spot? The [Derbyshire Wildlife Trust](#) has a range of ideas on their website.
- Ever tried fishing? Good for friends and family, check out [The Canals and Rivers Trust](#) for how to get involved. If you're more of a regular, check out [The Angling Trust Fishing Information website](#) for locations of where to fish in Derbyshire.
- [The Canals and Rivers Trust](#) also has a load of ideas on exploring the local waterways – just make sure you and your family stay safe! If you're unsure on what this means, the Trust also has lots of safety tips and advice [here](#).
- If you fancy venturing slightly further try out [Carsington Water](#) which is now re-open to the public.
- Why not record what you've done in our summer diary at the end of this resource?



Check out our range of Active Outdoors ideas [online](#).

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adventure further afield



- If you fancy something more adventurous check out what your local area has to offer, or visit one of the fantastic attractions that's on offer across the county. Why not give one of the following a visit:
 - [Carsington Water](#)
 - [The Peak District](#)
 - [The National Forest](#) and [The National Forest Way](#)
 - [Forestry England](#)
 - [The National Trust and their 51 things to do before you're 11 ¾](#)
 - [English Heritage](#)
 - [Visit Derbyshire](#)
- From rock climbing to mountain biking, canoeing to simply exploring the Great Outdoors, why not try something new, but please ensure you stay safe and learn from the experts before you try by yourself.
- Why not record what you've done in our summer diary at the end of this resource?

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explore your local area



- Amber Valley - www.ambervalley.gov.uk
- Bolsover - www.bolsover.gov.uk/index.php and Go Active - www.goactive.org.uk
- Chesterfield - www.visitchesterfield.info/things-to-do/activities/cycling
- Derby City - www.derby.gov.uk/education-and-learning/extra-curricular-activities/school-holiday/
- Derbyshire Dales - www.derbyshiredales.gov.uk/things-to-do
- Erewash - www.erewash.gov.uk
- High Peak - www.visitpeakdistrict.com/things-to-do
- North East Derbyshire - www.ne-derbyshire.gov.uk
- South Derbyshire - www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit

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