

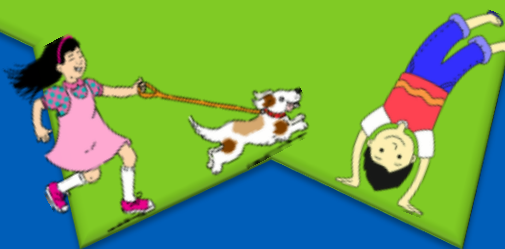
# Thurrock primary school children.

You have been set a very important mission!



## Move it Mission Makers

29<sup>th</sup> May – 13<sup>th</sup> June 2021



There is a theory that if physical activity is fun, we are more likely to do it.

Let's get moving!

# Your mission

Try at least one fun way of being physically active

# When

Saturday 29<sup>th</sup> May to Sunday 13<sup>th</sup> June 2021

# How

As a 'Move it Mission Maker' your mission is to try activities that get you moving, and let us know which ones you would recommend to other children (via a parent/carer survey).

Dear Parent/Carer, to register your child for the mission please complete the survey via the link below. A follow up survey will be sent at the end of the mission to let us know which activities your child has tried, and their recommendations.

As a thank you for taking part, you can enter your child into our free prize draw where a number of goody bags up for grabs!

<https://www.surveymonkey.co.uk/r/pre-missionsurvey-summer2021>

We have seen PE with Joe, schools doing star jumps, morris dancing, riding bikes, and school communities working together on the 'Road to Tokyo'. All with smiles and laughter. Proof that moving is good for our mind and our body!

## Keeping Active Keeping Healthy



You may have your own ideas on how to be more active. If you need some ideas to get started, the next page shows just some of what is available online and across Thurrock for the whole family.

### Follow us on social media



@BrighterFuturesHealthyFamilies



@Bright8rFutures



@brighterfutureshealthyfamilies

## Thurrock Cycle Map

[https://www.thurrock.gov.uk/sites/default/files/assets/documents/map\\_cycling\\_2014.pdf](https://www.thurrock.gov.uk/sites/default/files/assets/documents/map_cycling_2014.pdf)

## RSPB Rainham Marshes Cycle Hire

[www.rspb.org.uk/reserves-and-events/reserves-a-z/rainham-marshes/cycling-at-rainham-marshes](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/rainham-marshes/cycling-at-rainham-marshes)

## Disability Sports and Fitness

[www.thurrock.gov.uk/sports-and-leisure/disability-sports-and-fitness](http://www.thurrock.gov.uk/sports-and-leisure/disability-sports-and-fitness)

## Outdoor Gyms (Free)

[www.thurrock.gov.uk/play-sites/outdoor-gyms](http://www.thurrock.gov.uk/play-sites/outdoor-gyms)

## Change4Life

### 10 Minute Shake Ups

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

## Grangewaters

**Activities** (cost involved)

<https://www.thurrock.gov.uk/grangewaters-outdoor-education-centre/grangewaters>

## Woodland Trust

**Scavenger Hunts & Activities** (Free)

<https://www.woodlandtrust.org.uk/blog/categories/children-and-families/?q=&p=1&region=>

## Thurrock Parkrun

**Orsett Heath** (Free)

[Thurrock Parkrun \(findarace.com\)](http://ThurrockParkrun.findarace.com)

5km run, jog or walk every Saturday at 9am. Minimum age of 4, and children under 11 need to run with a parent or guardian. It is not a race!

## Impulse Leisure Thurrock

Belhus Park, Blackshots, Corringham,  
<https://www.impulseleisure.co.uk/>

## Parks and Countryside (Free)

<https://www.thurrock.gov.uk/parks-and-countryside>

- Belhus Woods Country Park
- Chafford Gorges Nature Park
- Coalhouse Fort Park
- Davy Down Riverside Park
- Grays Beach Riverside Park
- Grays Town Park
- Land of the Fanns
- Langdon Hills Country Park
- Mardyke Valley
- Oakwood and Ash Plantation
- Rainham Marshes Nature Reserve
- Thames Chase Community Forest
- Thameside Nature Park
- Play site playgrounds across Thurrock

## Joe Wicks' Workouts

[Kids Beginners Workout | The Body Coach - YouTube](#)

[Summer Holiday Kids Workout | With Sid \(aged 7\) The Body Coach - YouTube](#)

[Absolute Beginners HIIT Workout | The Body Coach | Joe Wicks - YouTube](#)

## Cosmic Kids Yoga

[www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)

## Active Essex:

**Family workouts and wellbeing sessions**

[https://www.youtube.com/channel/UC9tcapECrxjrDHX\\_iDHgGeg](https://www.youtube.com/channel/UC9tcapECrxjrDHX_iDHgGeg)

## Activity Finder

<https://www.activeessex.org/>