



#GetGedlingActive

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Active at Home



The [Active Recovery Hub](#), funded by the National Lottery, provides schools, local authorities, and families with easy access to free resources that'll help more children reach the Chief Medical Officer's target of taking part in 60 minutes of physical activity a day.

The resource comes on the back of the government's School Sport and Activity Action Plan, which promised to extend the [School Games](#) website to help teachers and parents find opportunities for young people to compete and get active.

Click on the Active Recover Hub image to access the resources.



With restrictions continuing to ease, opportunities for young people to be active are increasing. However if you or your young ones are among the unfortunate few asked to self isolate, **Active Notts** has compiled a collection of resources designed to help children, young people and families get or stay active at home.

Click on the Active Notts logo to access the page.

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Active in Gedling



A packed programme of free and affordable activities has been planned for the school summer holidays to keep children and young people occupied and active across Gedling borough.

The fun activities on offer from [Gedling Borough Council](https://www.gedling.gov.uk), who has put together the programme, include roller discos, snorkelling, arts and crafts, a picnic in the park event, and some special movie-related events.

Events take place at venues across the borough, including at Arnold, Calverton, Redhill, and Carlton Forum Leisure Centres, The Bonington Cinema, Gedling Country Park and Arnot Hill Park.

A full list of the summer activities is available at www.gedling.gov.uk/events

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Active around Notts



From rock climbing to mountain biking, canoeing to simply exploring the Great Outdoors, why not try something new. 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:

- [Holme Pierrepont Country Park](#)
- [Clumber Park](#)
- [Sherwood Pines Forest Park](#)
- [Forestry England](#)
- [The National Trust and their 51 things to do before you're 11 ¾](#)
- [English Heritage](#)
- [Visit Nottinghamshire](#)



Why not set yourself a walking or cycling challenge for the summer? Ever tried [orienteeing](#) or [geocaching](#) in your local area? Why not give [British Orienteering's Xplorer](#) a go?



To learn how to ride, or just improve your skills, check out www.bikeability.org.uk or more locally [Ridewise](#) in Nottingham.

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National Campaigns



"I Am Team GB" - Festival of Sport

Inspired by Team GB's involvement at the Tokyo 2020 Olympic Games, "I Am Team GB" is back for 2021 to encourage the nation to 'Get Up and Get Active' in their Festival of Sport.

- Click [here](#) for more information.



"Rediscover Summer"

The government's "**Rediscover Summer**" campaign hopes to inspire families to get out and about safely and make the most of summer. Whether it's visiting the places that inspired your favourite books, trying out a new sport or even learning how to code, the campaign will show families that there are plenty of new activities to try wherever they live.

- Click [here](#) for more information.



Get Set – Travel to Tokyo

To celebrate the rescheduled Tokyo 2020 Olympic and Paralympic Games, Get Set are inviting families to get active with their virtual Travel to Tokyo challenge.

- Click [here](#) for more information.



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