



### Recommended Webpage Links for Physical Activity at Home

Who	Web-Link	About	Ideal for
<b>Youth Sport Trust</b>	<a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a>	A fun 'compete against yourself' approach to physical activity with a focus on resilience, perseverance and the aim to achieve bronze, silver or gold medal awards. The Youth Sport Trust has a range of activity cards & videos which can be completed at home.	4-11 year olds.
<b>The FA Superkicks App</b>		There are 100s of creative challenges to get your kids active. Whether your child is new to football or plays for a club, there are different levels making it easy to get involved. A free & safe resource by The Football Association	5-14 year olds.
<b>Change4Life &amp; Disney</b>	<a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a>	Change4Life & Disney have teamed up to bring Physical activities inspired by Toy Story 4, Incredibles 2, The Lion King & Frozen. These 10 minute bursts will really get your kids moving and counts towards 60 active minutes they need every day.	4-11 year olds.
<b>The FA SOCCERCISE</b>		Soccercise has been developed by The FA to form a football themed work-out for women and girls. Soccercise combines a variety of fitness exercises with a football.	Ideal for girls aged 8-16 years.
<b>Jump Rope UK</b>	<a href="https://www.jumpruk.com/at-home-resources/">https://www.jumpruk.com/at-home-resources/</a>	Jump Rope have added a section on their website for 'at home resources' which has some great ideas. It is also National Skipping Day in the UK on 24 <sup>th</sup> April so you could use these in build up to this event.	5-16 year olds.
<b>This Girl Can</b>	<a href="https://www.thisgirlcan.co.uk/activities/home-exercise/">https://www.thisgirlcan.co.uk/activities/home-exercise/</a>	A range of body weight exercises are provided for building strength and endurance in the chest, shoulders, core and legs.	Ideal for girls aged 11-16 years.
<b>The Youth Sport Trust</b>	<a href="https://www.youthsporttrust.org/pe-home-learning">https://www.youthsporttrust.org/pe-home-learning</a>	YST has designed a range of PE at home learning activities which incorporate athletics, dance, gymnastics and outdoor and adventure activities.	5-11 year olds.
<b>Lawn Tennis Association</b>	<a href="https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/">https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/</a>	The LTA has created a Home Activity Hub consisting of tennis at home exercises, activity cards, personal development challenges and learning activities.	4-11 Year Olds

<b>Oti Mabuse Dance Lessons</b>	<a href="https://www.youtube.com/watch?v=HQ3npArbxvc">https://www.youtube.com/watch?v=HQ3npArbxvc</a>	Oti Mabuse is delivering daily dance lessons on youtube which includes a variety of styles and genres.	4-16 year olds.
<b>Ollie Tunmer Body Beats</b>	<a href="https://www.youtube.com/watch?v=wvCyhxzYDqs">https://www.youtube.com/watch?v=wvCyhxzYDqs</a>	Ollie Tunmer from 'Beat Goes On' has some great videos which combines dance, body percussion and educational tutorials.	7-14 year olds.
<b>The PE Shed</b>	<a href="https://www.thepeshed.com/">https://www.thepeshed.com/</a>	This website offers PE activities and games which are aimed at children in Primary and lower Secondary School. The majority of activities can be adapted for all ages. The PE website has been divided into areas to make it easy for you to navigate and find the perfect PE activity for you and your children: PE resources, PE games, sport themed ideas and topic themed ideas.	
<b>The Youth Sport Trust</b>	<a href="https://www.youthsporttrust.org/free-home-learning-resources-secondary">https://www.youthsporttrust.org/free-home-learning-resources-secondary</a>	Each <b>#ThisIsPE</b> secondary PE activity comes with a downloadable learning card outlining what space and equipment is needed, personal and physical learning outcomes, guidance on adapting the activity to make it harder or easier and some questions to consider. All activities can be done at home and with household objects. All videos have been filmed by current secondary PE teachers who are part of the Youth Sport Trust Secondary PE CatalYST network.	11-16 year olds.
<b>Cosmic Kids Yoga</b>	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>	Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early! Ideal for Primary aged children.	
<b>Premier League Primary Stars</b>	<a href="https://plprimarystars.com/home-learning">https://plprimarystars.com/home-learning</a>	To support those looking for ways to educate and entertain children aged 5-11 and keep them active, we have made a selection of curriculum-linked resources available for home learning without any need to register.	5-11 year olds.
<b>BBC Supermovers</b>	<a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a>	Fun curriculum linked resources to get moving while you learn. This is great for mini breaks between or during lessons. Active videos and songs for times tables and many other topics including English, Science and PSHE.	5-11 year olds.
<b>Little Movers</b>	<a href="https://peumbrella.com/wp-">https://peumbrella.com/wp-</a>	This is a booklet that has been designed by The PE Umbrella for EYFS and gives parents activities and skills to work on at home with their	3-5 year olds.

	<a href="#">content/uploads/2020/03/Home-Challenges.pdf</a>	children. There are different levels within this to increase personal challenge. Skill areas covered include throwing and catching, coordination and stability.	
<b>England Athletics @home challenges with Jenny Meadows</b>	<a href="https://www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/jenny-meadows-challenges/">https://www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/jenny-meadows-challenges/</a>	During the first lockdown, England Athletics and Jenny Meadows worked on a range of free athletics-based challenges for children and parents to take part in at home. These activities cover a range of areas such as Speed, Endurance, Jumping, Throwing and Physical Preparation.	7-14 year olds.
<b>Kind Edward School Sports Partnership PE at Home</b>	<a href="https://www.kessp.com/page/?title=PE+at+Home&amp;pid=45">https://www.kessp.com/page/?title=PE+at+Home&amp;pid=45</a>	The PE at Home team provide Physical Education resources for schools and families. Activity cards are free to download and cover content from Early Years to Key Stage 4. The PE at Home team are passionate about using Physical Education to empower young people and develop key attributes they will need to thrive in the world in which we live.	3-16 year olds.
<b>IMoves</b>	<a href="https://imoves.com/">https://imoves.com/</a>	IMoves supports home learning with more than 350 easy to share resources to enjoy at home. There's lots of variety with more than 1,200 lessons – not just PE and Dance but also Maths, English, Science and Humanities.	4-11 year olds.
<b>The Children's Challenge</b>	<a href="https://thechildrenschallenge.com/virtual-challenge-schools">https://thechildrenschallenge.com/virtual-challenge-schools</a>	On Monday 15th February, primary schools across the UK go head-to-head as they seek to travel the greatest distance over the Spring half term break. The event ends at 9.00pm on Sunday 21st February and children are encouraged to walk/run/scooter/wheelchair or cycle as much as they are able during this time. There will be a constantly evolving league table showing both the absolute distance and the average distance per pupil for every school.	4-11 year olds.

