

PE activities

Without the routine of regular physical activity at school, children are at a greater risk of developing poor habits and therefore having a detrimental effect on their physical and mental health.

Please find below a selection of online resources that will help your children experience the recommended 1 hour of physical activity required every day.

Stay safe - Stay healthy!

All of these resources have been created by quality assured providers, and downloads should be free to access.

Real PE @ home

Description: real PE at home supports families to play and learn together and includes 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity for every family! Your teacher has the log in and password for this site.

<https://jasmineactive.com/news/home-learning-resources/>

Boogie Beebies

Description: videos that get younger children up and dancing with CBeebies presenters.

Website: <https://www.bbc.co.uk/programmes/b006mvsc>

Disney 10 Minute Shakeups

Description: 10-minute activities based on Disney films that count towards a child's 60 active minutes per day

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

Super Movers

Description: videos which help children move while they learn. They support curriculum subjects, including maths and English.

Website: <https://www.bbc.co.uk/teach/supermovers>

#ThisIsPE

Description: videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube. These have been commissioned by the Association for Physical Education

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Active at Home

Description: The ACTIVE AT HOME programme allows children, parents, friends and family to look at some of our fun games that are used in school. You will have access to our lesson plans, videos and diagrams to help you keep active when your children are not at school.

<https://online.succeedin.co.uk/public/index/638>

NHS – Change 4 life

Description: This website shares a number of links and ideas for fun home based activities at home, many of which link with other curriculum areas.

<https://www.nhs.uk/change4life/activities>

BBC Supermovers

Description: A number of activities and videos aimed at primary aged children, linking physical activity challenges with other subject area

<https://www.bbc.co.uk/teach/supermovers>

Active kids do better

Description: A range of ideas and resources to inspire families to do some physical activity together

<https://www.activekidsdobetter.co.uk/active-home>

National Trust - 50 things to do before you are 11 ³/₄

Description: A range of ideas to challenge children (if they can get outside)

<https://nt.global.ssl.fastly.net/documents/50-things-activity-list.pdf>

Sportshall athletics at home

Description: The Home Pentathlon is a fun way for families to take part in adapted Sportshall Athletics events within their home environment.

Key stages: Key Stage 3 and 4

<http://www.sportshall.org/homepentathlon>

Youth Sport Trust

Description: You can find a range of 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

www.youthsporttrust.org/pe-home-learning

Or, if you're looking for a short, fun activity break there are lots of ideas here:
www.youthsporttrust.org/active-breaks

Get-set for Tokyo

Description: A range of cross curricular resources and ideas that can be done at home around the theme of the 2020 (now 2021) Tokyo Olympics

<https://www.getset.co.uk/tokyo-ten>

Park Run daily challenges

Description: Each morning a new challenge for the day is posted on the Park Run [YouTube channel](#). All challenges can be done around the house or in the garden. Every Sunday morning there is a special junior parkrun warm-up that the whole family can try in the living room or garden!

Think Active - The A-Z challenge

Description: School Games Organisers are supporting the national effort to ensure young people and their families have access to fun ways of staying active. Over the next 26 working days the SGO's will be bringing you challenges linked to the School Games.

<http://www.thinkactive.org/wethinkactive/kids-active-learning/a-z-challenge/>

Fitness Blender

Description: videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not.

Key stages: key stage 3 to key stage 5

<https://www.fitnessblender.com/>