

Physical Education, Sport and Wellbeing – Websites

Youth Sport Trust	<p>Youth Sport Trust have created some easy to follow activity cards with fun challenges and PE activities for children at home. The aim is to help parents/carers bring the ideas to life within their home environments (inside or outside) – and can be adapted to suit a range of ages abilities.</p> <p>https://www.youthsporttrust.org/free-home-learning-resources-0</p>
School Games Active Challenge	<p>a variety of digital challenges every Mon, Weds & Friday via TopYa! app</p> <p>https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/</p>
Topsportsability Inclusive PE & Sport	<p>Fantastic online resource of Inclusive PE & Sporting activities and ideas for young people with Special Educational Needs & disabilities. Free at https://www.topsportsability.co.uk/ Sign up using the Inclusion Lead Code: YSTINCLUSION25</p>
FA Girls Football in Schools	<p>A fantastic website to access resources, ideas, useful information and links to help you grow girls' football.</p> <p>https://www.girlsfootballinschools.org/</p>
Sportshall Athletics	<p>Sportshall Athletics Home Pentathlon is a fun, adapted Sportshall Athletics event that can be played at home. Great environment. http://www.sportshall.org/homepentathlon</p>
NGB Activities	<p>National Governing Bodies of Sport (NGBs) developed a series of sport formats for all young people to participate & extend their skills & confidence.</p> <p>https://www.yourschoolgames.com/coronavirus-support/ngb-activities/</p>
	<p>Age range: KS1 and KS2 Joe Wicks will be conducting daily PE lessons for children of primary age at 9am each day during the school closure. Visit his YouTube channel: https://www.youtube.com/watch?v=K6r99N3kXME</p>
Andy's Wild Workouts - BBC iPlayer	<p>Age range: EYFS, KS1 Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure.</p> <p>https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts</p>
	<p>Age range: KS1 & KS2 Premier League Primary Stars have created activities covering English, Maths, PE, Health and Wellbeing. https://plprimarystars.com/news/home-learning-activities-school-closures</p>
	<p>Age range: EYFS, KS1 and KS2 Yoga, mindfulness and relaxation videos.</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>
	<p>Age range: KS1 and KS2 Just Dance is a YouTube channel featuring guided dancing sessions to popular songs.</p> <p>https://www.youtube.com/watch?v=RefJ2QOsVLo</p>
	<p>Age range: EYFS, KS1 and KS2 Movement mindfulness and relaxation videos</p> <p>https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</p>
Chance to Shine Cricket	<p>Chance to Shine provides cricket and class room based activities for teachers and parents/carers. These are free on the Resource portal: https://teachers.chancetoshine.org/s/login/?ec=302&startURL=%2Fs%2F</p>
BBC Supermovers	<p>Super movers - https://www.bbc.co.uk/teach/supermovers</p>