

Physical Education & Physical Activity

Home Learning Resources

Links & resources for the Jan/Feb lockdown period.

The resources have been broken down to those that support Physical Education and those that can support ensuring pupils are physically active.



Physical Education focused Resources

Yorkshire Sport 'This is PE'	AfPE and Govt endorsed home learning PE videos	https://www.youtube.com/channel/UCGVzDT1kETxgbfXe0BC_SvkA
YST Primary PE Activities	Activity cards and video's	https://www.youthsporttrust.org/primary-pe-activities
PE with Steven Jeff	PE lessons that can be used at home or for key worker children	https://www.youtube.com/channel/UCU827DZHDTnUYwohUiONhiA
REAL PE at Home	Jasmine at home resource for schools who deliver REAL PE ONLY	jasmine@createddevelopment.co.uk

Physical Activity focused Resources

Youth Sport Trust 60 Second challenges	Physical activity challenges created by YST, can be used at home or in classrooms	https://www.youthsporttrust.org/60-second-physical-activity-challenges
Get Set 4 PE active family's resources	A variety of different challenges children and families can do whilst at home	https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002
NETFLEX Physical Activity Videos	A Netflix style resource containing lots of different videos around PE & PA	https://drive.google.com/file/d/1Cf1BQk2-kbOt3E8hQYK5qdhmLKKsVafH/view

<p>NETFLEX SEND Physical Activity Videos</p>	<p>Inclusive videos for physical activity in classrooms or at home for learners who will now be shielding</p>	<p>https://drive.google.com/file/d/17IkIRCIMjnInCDOZd95U43yEUfN5wbOE/view</p>
<p>Health with Ryan Forwood</p>	<p>A selection of videos around the benefits of health and PA</p>	<p>https://www.youtube.com/channel/UCtzvLEWU2GgNTSr0ZyaXEsw</p>
<p>Youth Sports Trust after school clubs</p>	<p>Physical activity after school clubs created by YST for children to do at home</p> <p>The different daily themes are below:</p> <p>Adventure Monday – This might involve getting children to do floor, wall climbing and map reading all within their living room</p> <p>Tuesday Play – Imaginative play utilising resources in the house to create games and activities to get active</p> <p>Wild Wednesday – Some high tempo competitive activities involving personal challenges</p> <p>Thinking Thursday – Introducing cognitive challenges for children through movement. Active noughts and crosses and introducing an element of competition – whether that be against themselves, the clock, their siblings or remotely with friends</p> <p>Fun Friday – A chance for children to let loose and have some fun. Dancing and doing what makes them feel good.</p>	<p>https://www.youtube.com/user/YouthSportTrust</p>

<p>Youth Sports Trust – Wonder Woman resource</p>	<p>Wonder Woman 1984</p> <p>YST have teamed up with DC to create Wonder Woman-inspired resources for schools and families. Filled with awesome ideas and anchored in the recovery curriculum (Carpenter, B. and Carpenter, M., 2020), the fun free activities will help your young people develop skills such as courage, strength and teamwork using the power of sport.</p> <p>The multi-level activity cards give a huge variety of options for group or individual work with quest cards to monitor progress</p>	<p>https://www.youthsporttrust.org/wonder-woman-1984</p>
<p>Just Dance</p>	<p>A variety of songs for children to dance to by copying the movements</p>	<p>https://www.youtube.com/user/justdancegame</p>
<p>Cosmic Yoga</p>	<p>Fun story themed yoga videos aimed at children</p>	<p>https://www.youtube.com/user/CosmicKidsYoga</p>
<p>Go Noodle</p>	<p>A variety of movement videos for kids</p>	<p>https://www.gonoodle.com/</p>
<p>Yoga with Adrienne</p>	<p>Simple yoga videos suitable for all ages including older children and parents!</p>	<p>https://www.youtube.com/c/yogawithadriene/videos</p>
<p>TopYa! active challenges</p>	<p>Pupils can join schools' games active championships via the TopYa! App, supported by YST.</p>	<p>https://topya.com/</p>

Change 4 Life	A variety of shake up games to keep children active	https://www.nhs.uk/10-minute-shake-up/shake-ups
Let's Get Kids Moving	A variety of superhero themed workouts aimed at children	https://www.youtube.com/channel/UCokO71NW3TgndaSNyHIqwtQ
Disney Dance along songs	Aimed at ages 5 to 8, a variety of dance along videos with 'This Girl Can'	https://www.thisgirlcan.co.uk/activities/disney-workouts/
Andy's Wild Workouts	Aimed at KS1 children, learn a variety of fun movements with a theme	https://www.bbc.co.uk/programmes/p06tmmvz
Joe Wicks Videos	Joe Wicks will be returning with lots of physical activity videos for children to join in with	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ