



Videos, delivered by PE teachers, designed to help children and young people to continue their skill development in PE.

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



Free App by School Games
Fun challenges, kid friendly (parent protected)



Joe Wicks Live PE lessons, 9am on Youtube, Monday, Wednesday and Friday. These can also be accessed at a later time.



Various wake and shake activities/Free Resources
<https://www.nhs.uk/change4life/activities/>



Fun activities and resources that cover English, Physical Activity, Health and Wellbeing and Maths for KS 1 and KS 2.

<https://plprimarystars.com/news/home-learning-activities-school-closures.>



Free active lessons/resources

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



Join the Daily Mile and see how many boxes you can tick off on the bingo sheet.

<https://thedailymile.co.uk/wp-content/uploads/2021/01/TDM-New-Year-Bingo-2.pdf>



YST are running a live PE afterschool club on a Tuesday and Thursday, 5pm on Youtube. This is also recorded and can be viewed at a later time.



A- Z sports challenge offers 26 opportunities to get active each linked to a different sport

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



Lots of home learning activities including Dance around the world and Notts School Games Stay Active Resource

<https://www.activenotts.org.uk/covid-19-support>



Home Court
Free App to download, this has a range of augmented reality challenges



All you need to stay active in one place. Includes options for getting active at home and outdoors, along with the latest government advice.

[https://www.sportengland.org/stayinworkout#join the movement](https://www.sportengland.org/stayinworkout#join%20the%20movement)

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN

