

PE & PA HOME LEARNING

Links & resources for the Jan/Feb lockdown period. Some resources can be used for PE and some are simply physical activity & health related. It is important more than ever we encourage young people to engage in PA whilst at home!

<u>Activity</u>	<u>Description</u>	<u>Link to resource</u>
Yorkshire Sports 'This is PE'	AfPE and Govt endorsed home learning PE videos	https://www.youtube.com/channel/UCGVzDT1kETxgbfXe0BCSvkA
Youth Sports 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 families 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
NETFLEX SEND Physical Activity Videos	Inclusive videos for physical activity in classrooms or at home for learners who will now be shielding	https://drive.google.com/file/d/17lkIRCIMjnlnCDOZd95U43yEUfN5wbOE/view
Health with Ryan Forwood	A selection of videos around the benefits of health and PA	https://www.youtube.com/channel/UCtzvLEWU2GgNTSr0ZyaXEsw

<u>Activity</u>	<u>Description</u>	<u>Link to resource</u>
PE with Steven Jeff	PE lessons that can be used at home or for key worker children	https://www.youtube.com/channel/UCU827DZHDTnUYwohUiONhiA
Youth Sports Trust after school clubs	Physical activity after school clubs created by YST for children to do at home	https://www.youtube.com/user/YouthSportTrust
Just Dance	A variety of songs for children to dance to by copying the movements	https://www.youtube.com/user/justdancegame
Cosmic Yoga	Fun story themed yoga videos aimed at children	https://www.youtube.com/user/CosmicKidsYoga
Go Noodle	A variety of movement videos for kids	https://www.gonoodle.com/
Yoga with Adrienne	Simple yoga videos suitable for all ages including older children and parents!	https://www.youtube.com/c/yogawithadriene/videos

<u>Activity</u>	<u>Description</u>	<u>Link to resource</u>
TopYa! active challenges	Pupils can join schools games active championships via the TopYa! App, supported by YST.	https://topya.com/
Change 4 Life	A variety of shake up games to keep children active	https://www.nhs.uk/10-minute-shake-up/shake-ups
Lets Get Kids Moving	A variety of superhero themed workouts aimed at children	https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ
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