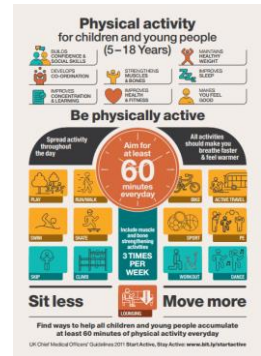




It is recommended that all children should have 60 active minutes per day.

Whether it is at school or at home, each child should be keeping active for at least 60 minutes, with moderate intensity activity. The recommendation is for 30 minutes at school and 30 minutes at home.

Each link will take you to a different provider and website, offering a variety of ways to get active, stay active and have fun!



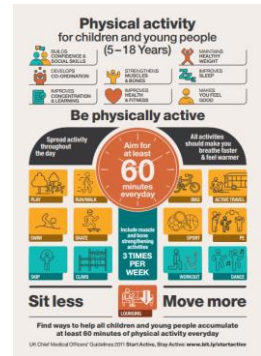
Platform name	Activity	URL
Youth Sport Trust	60 Second Challenge Cards	https://www.youthsporttrust.org/60-second-physical-activity-challenges
Youth Sport Trust	60 Second Challenge Cards	https://www.youthsporttrust.org/primary-pe-activities
YST After School Club	Fun After School Sports Club	https://www.youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b
#ThisisPE	PE skills videos to do at home	https://www.youtube.com/playlist?list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL
#ThisisPE SEND Activities	SEND activities	#ThisisPE SEND Activities Youth Sport Trust
Special Olympics GB	Motor Activities Training Programme @ Home	https://www.youtube.com/watch?v=OPkSVBhWKRA&list=PLC0WEbu9sGwiDj88tBSA0KufCmVptJp-K
Sensory Circuits	Short Sensory Circuits videos to do at home	https://www.youtube.com/playlist?list=PLoyTTPjYwM4cwkGxRpCUGW_PVKEXBnGhu
Stay In, Work Out (Sport England)	Ideas to keep all ages active	https://www.sportengland.org/jointhemovement
Go Noodle	Yoga and Mindfulness	https://www.gonoodle.com free to use, requires account
Cosmic Kids	Yoga and Mindfulness	https://www.cosmickids.com
Jump Rope Uk	Skipping videos & challenge	https://www.jumpruk.com/the-lock-down-jump-rope-challenge/
The Body Coach/ Joe Wickes	Fitness workouts	https://www.youtube.com/user/thebodycoach1
Andy's Wild Workouts (CBBC)	Fitness/movement workouts	https://www.bbc.co.uk/programmes/p06tmmvz



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BBC Supermovers	Fun fitness and dance workouts	https://www.bbc.co.uk/sport/football/supermovers
Les Mills	Dance and fitness workouts	https://www.youtube.com/playlist?list=PLWTqWBIJUUmVfgSBhkLnXcthciXW6Nf
Oti's Boogie Beebies (CBBC)	Dance workouts	https://www.bbc.co.uk/iplayer/episode/m000jsf1/otis-boogie-beebies-series-1-1-zoom-to-the-moon?xtor=CS8-1000-%5bDiscovery_Cards%5d-%5bMulti_Site%5d-%5bSL09%5d-%5bPS_IPLAYER~C~~P_Oti%27s%20Boogie%20Beebies%20S1E1%20Zoom%20to%20the%20Moon%5d
5-a-day fitness	Dance workouts	www.5-a-day.tv
This Girl Can: Disney Dance Alongs	Dance workouts	https://www.thisgirlcan.co.uk/activities/disney-workouts/
Change 4 Life	Activity ideas, routines & recipes	https://www.nhs.uk/change4life/activities
The Daily Mile @ Home	Resources to support the Daily Mile at Home	https://www.livingsport.co.uk/the-daily-mile-at-home
Lawn Tennis Association	Tennis at home	https://www.youtube.com/playlist?list=PL6P9iGS4Ir9kw18iEujrkRi-3nJ5e7_K6
Chance to Shine	Cricket at home	https://www.youtube.com/playlist?list=PLdD6u9OsMyMva1KFhkHZiv8f2Q9xiwHT-
Disney 10 minute shakeup	Dance workouts	https://www.nhs.uk/10-minute-shake-up/shake-ups
Getset4pe	Activity ideas, routines & recipes	https://www.getset4pe.co.uk/
Panathlon	SEN activities	https://panathlon.com/parallel-pe-teachers-disabilities-sen-lockdown/
Speed Stacks UK	Training videos	https://speedstacks.uk/education/home-curriculum/