

### Online Active Resources to support Active Learning at Home

The websites and resources listed below are intended to provide schools and parents with a number of options when it comes to trying to keep children active whilst at home during the disruptions caused by the coronavirus outbreak.

#### WEBSITES

**Healthy Futures** – daily workouts and challenges, including food and activity logbooks to record progress. Visit website to subscribe for free resources

<https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de>

**iMoves** – online access to a range of activities videos which can be delivered at home and in small spaces. Visit website to subscribe for free resources

<https://imoves.com/imovement-signup>

**Youth Sports Trust** – free home learning resources

<https://www.youthsporttrust.org/free-home-learning-resources>

**real play (Create Development)** – free access to families for real play activities. Schools must express their interest by email to [jasmine@createdevelopment.co.uk](mailto:jasmine@createdevelopment.co.uk)

**BBC Supermovers** – a range of online active learning videos themed around various curriculum areas.

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

**GoNoodle!** – An assortment of activity videos linking to the curriculum along with movement, mindfulness and yoga

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

**Change4Life Disney 10 Minute Shake Ups** – activity videos linking physical activity to a range of classic and current Disney films.

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

**PE Primary** – 60+ EYFS Physical Development activities. Email [info@primarype.co.uk](mailto:info@primarype.co.uk) to request a free copy.

**Get Set – Tokyo Ten Activities** – 10 minute activities using simple equipment to get active in the house

<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>

**Sport England** - General advice and ideas to keep active at home.

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

### **ACTIVITY VIDEOS**

**Joe Wicks – The Body Coach – Kids workouts to do at home**

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40q2-k>

**Cosmic Kids Yoga** - yoga videos ranging from 5 to 30 minutes available via YouTube

<https://www.youtube.com/user/CosmicKidsYoga>

**Just Dance Videos** – free online dance videos to current and classic songs which can be completed in a small space.

<https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>

Also, follow the Twitter feeds for the Northamptonshire Sport School Sport Partnerships – so much content is shared through the PE Network which we often share and retweet.

@NorthamptonSSP @SNDSchoolSport @WENSchoolSport @COTSchoolSport @Nsport